

The scope of Facebook addiction among nursing students at An-Najah National University

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Abstract :

Introduction: In the last five years Facebook has started to take an important part of people's daily life as the result of developments in communication technologies. Facebook is a media that provides people to reach so much kind information and also to communicate with their social contacts. Beside its benefits it is undeniably true that Facebook has some negative effects for its users because of heavy and aimless usage, and the excessive and pointless use of it carries with the problem of addiction, and that have a many negative impacts.

Objectives: (1) know the prevalence and degree of Facebook addiction among nursing and midwifery students at An-Najah National University and ;(2) study the impact of Facebook on academic performance among students.

Method: This is a quantitative, cross-sectional study tries to explain rationally Facebook addiction and Facebook addiction types of users who are students.

Conclusion: The results indicate that the majority 64% of students are not addicted, about 35% are risky group, and only 1% are severely addict. The extensive use of Facebook by students leads to poor academic performance. However, students in our study are more self-regulated control their presence on Facebook more effectively. About 15% of the respondent's grades are affected in college because of the amount of time they spend for chatting.

Recommendations: Participants who are students do not have addiction significantly, but they have some degree's that will lead to addiction. Those must set themselves larger in the use of Facebook by increasing their awareness about the risks of using it incorrectly. And how to get rid of which.