A NEW ADDICTION FOR TEACHER CANDIDATES: SOCIAL NETWORKS

Emre ÇAM
Sakarya University, Computer Education & Instructional Technology Department, Turkey
emrecam@ymail.com

Onur İŞBULAN
Sakarya University, Computer Education & Instructional Technology Department, Turkey
oisbulan@sakarya.edu.tr

ABSTRACT

With the transition to being a knowledge-based society, the internet usage has become an irreplaceable part of life. As socials networks have come into our lives, the internet usage has taken a different dimension. People can affiliate to social networks in order to make friends, exchange information, find partners, and to play games. The process that starts with membership then turns into an addiction. The internet addiction is along with the addiction to social networks, which is one of the today's matters. The study used quantitative model. Facebook Addiction Scale was used to collect data and t-Test and ANOVA analyses were used to determine whether there is a difference between gender and classes according to the Facebook addiction. The findings of this study revealed that there is a significant difference between gender and classes according to the Facebook addiction. It was found that Facebook addiction levels of males were higher than those of females. Besides it was found that Facebook addiction levels of seniors were higher than those juniors, sophomores and freshmen.
Key Words: Internet, Social Networks, Social Network Addiction, Internet Addiction, Facebook

INTRODUCTION

Some users have lost their control over their internet usage and begun having problems with their functionality in social, vocational and personal circles as the Internet, which has been developed to enhance communication and to ease the exchange of information, has unexpectedly become widespread over time. However, social networks gain great importance following the development of web 2.0 technologies. Today, many individuals communicate with others using social networks in environments where face-to-face communications are not fully provided (Isbulan, 2011). The increase in the internet usage and the rapid advancement of social networks can, for these people, become a problematical use and even an 'addiction'.

Morahan-Martin and Schumacher (2000) explain the internet addiction as the excessive use of the internet and the failure to control this usage which seriously harms a person's life. Beard and Wolf (2001), on the other hand, define it as the extreme use that inclines a person to have difficulties in his domestic, social, professional, educational and/or psychological life. In addition to these descriptions, Young (2007) sees the internet addiction as a new and generally an unrecognized disorder which can effect a user's online usage and his ability to control to the extent that it may cause communicational, vocational and social problems. Besides, according to Sahin (2011) internet addiction is described as the use of internet in increasing amounts of time in order to achieve satisfaction. And also Iskender and Akin (2011) stated that students high in self-judgment, isolation, and over-identification are more likely to vulnerability to internet addiction than are people high in self-kindness and mindfulness.

Excessive mental preoccupation with the internet usage, repetitive thoughts about limiting or controlling the use, failure to prevent the desire for access, continuation of using the internet though functionality being ruined at various levels, spending more and more time on the internet, craving for using the net when no access is available are the remarkable problems with the internet usage.

Social networks are among the most popular applications of the internet–which today rapidly advances on the way to being one of the most important means of communication. The frequency of participating in social networks increases as the internet usage becomes widespread. It is argued that a considerable proportion of the internet usage will be provided by social networks in the near future. Social network applications now provide communication only and intend to meet almost all the requirements of the users by use of many branches such as games, knowledge acquisition and searching. Thus, people who can find almost everything they look for on a social network will not need another tool.

Social Networks

Social networks appear to be the most ideal environments in that they are constantly updateable, open to multithreading and give an opportunity to virtual sharing. According to Downes (2005), social networks are the conjunction of personal ties which are combined by the set of relations. People can express their daily thoughts,

discuss over these thoughts and come up with new ideas on social networks. Also, they can share various photographs and videos in addition to their personal details, look for job –even, they can find one–, and they experience the real world within the virtual environment. This, day by day, draws all the attention to this field and forms a new conceptual frame for the renewed virtual world. A good number of social communication networks have nowadays emerged. These are as follows:

Table 1. Social Networks

Facebook	Twitter
Plaxo	Netlog
Xing	Badoo
Jhoos	Orkut
Myspace	Youtube
Hi5	Linkedin
CyWorld	Friendster
Google+	Wikipedia

Numerous social communication networks have today arisen as is seen in Table 1. The reason as to why these networks have come into being is due to the fact that the internet users have been in search of new things. This search, during the time when social networks have become widespread, becomes a social habit which will day by day turn into a social network addiction.

Social Network Addiction
Many social networks have nowadays emerged and they reshape people's communication, interaction, cooperation and even their learning process. Murray (2008) argued that social networks and softwares in today's societies have changed both the way people communicate with each other and knowledge-sharing. To give an example of the issue, the time that the users spend on social networks has now been two or three times more than that when such networks emerged. A large number of people of all ages participate in social networks with different aims and the number of the users who attend on-line social networks still increases day by day. Researches on addictions now place special emphasis on social network addiction as well as smoking, alcohol and drugs. Spending many hours on the internet to share notifications is viewed as "socialization". Psychologists describe this as social-notification-addiction. Such users, even though they think that they will socialize by sharing notifications, become unsocial and prone to avoiding real social relations because they are prevented from the time that the brain has made for socialization: Because the brain is sated with socialization by the effect of the notifications. The fact that an addict who does not keep in touch with his own relatives says "hello" to those on his friend-list every morning and converses with them, trying to solve their problems points to a serious contradiction.

The scientists from Gothernburg University of Sweden, who conducted a Facebook survey on 100 students, showed that %85 of the surveyed log in Facebook at least one time every day. According to the survey, the half of the participators mentioned that they feel they drop behind something in social sense (Denti et al., 2012).
The survey by Oxygen Media and Lightspeed Research Center which was conducted on girls whose ages ranged from 18 to 34 and all of whom were social media users revealed striking consequences. %34 of them confessed that they log in Facebook before they go to the toilet when they wake up every morning whereas %39 identify themselves as Facebook addicts. %49 of them take hacking and controlling their boyfriends' accounts as a normal behavior (Abhijit, 2011).

A research made by Chicago Booth School of Business University on subjects who were between 18 and 35 and were the members of Facebook and Twitter showed that social network addiction precedes smoking and drug addictions. Specialists remarked that the desire for being on social networks is superior to the desires for sleep and rest, pointing to a social disaster, and, they discussed social media addiction is more harmful than smoking- and drug-addiction (The Telegraph, 2012).

RESEARCH METHOD
The purpose of this study is to determine Facebook addiction of teacher candidates who are enrolled in Sakarya University, College of Education. In this study, the collection and analysis of quantitative data is used. In a descriptive method, the aim is to describe systematically the facts and characteristics of a given population or area of interest, factually and accurately. It involves collecting data to test the validity of the hypotheses concerning the current status of the subjects of the study (Ekmekçi, 1991).

Participants

The subjects for this study were 1257 students who were at Sakarya University in Turkey. Demographic information of the participants follows. The participants consisted of 739 female, 518 male and 536 of them are freshman, 303 of them are sophomore, 336 of them are junior, 82 of them are senior students. The demographic characteristics of the participants are given table 2.

Table 2. Data About the Sampling

Variables	N	%
Gender		
Female	739	58,8
Male	518	41,2
Classes		
Freshman	535	42,6
Sophomore	303	24,1
Junior	336	26,7
Senior	83	6,5
Total	**1257**	**100**

Data Classification and Analysis

In the research, to identify teacher candidates' demographic characteristics, frequencies and percentages were calculated. T- test and ANOVA were used to examine differences among groups in terms of independent variables. For statistical analysis, SPSS 19 Statistical Data Analysis Program was used.

Instrument

Internet Addiction Test by Dr. Kimberly Young, director of Netaddiction.com and the Center for Internet Addiction, was reorganized for Facebook with her permission. In Facebook Addiction Scale 20 items are about determining of the Facebook Addiction and 2 items are about personal information. For determining these items, items were assessed in terms of theoretical consistency, conception clarity and ease of interpretation. The items are evaluated with the opinions of "totally measuring", "somewhat measuring" and "not measuring" by 7 faculty members from the programs of Computer Education and Instructional Technology, Psychological Counseling and Turkish Language Education. The survey items are answered by means of a Likert-type Scale with six response choices, including "Does not apply", "Rarely", "Occasionally", "Frequently", "Often" and "Always".

Validity and reliability studies of the survey are conducted with 1257 (58.8% Female, 41.2% Male) teacher candidates. Exploratory factor analysis (EFA) was used for validity of the 20 items. The Kaiser-Meyer-Olkin (KMA) measure of sampling adequacy and Bartlett's Test of Sphericity (BTS) are applied to the data prior of factor extraction to ensure the characteristics of the data set are suitable for EFA. Since the KMO and BTS results indicate the data satisfy the psychometric criteria for factor analysis, the EFA is performed. Furthermore, Cronbach's alpha internal consistency coefficient is calculated.

According to finding of exploratory factor analysis, similar to original scale, adapting scale was resulted in one dimension with 40.93% explained variance. Also, Kaiser-Meyer-Olkin (KMO) and Bartlett test confirm the appropriateness sample size with .95 value (χ^2= 9688.18, p=,000). Although the original scale had 20 items, in adapting scale, 19 item numbers were obtained by exploratory factor analysis. The reliability of the scale was calculated with Cronbach's alpha and it was found to be .92.

Table 3. Exploratory Factor Analysis Results

Items	Extraction	Factor Loadings
m2	0,59	0,63
m3	0,48	0,55
m4	0,35	0,55
m5	0,52	0,58
m6	0,64	0,73
m7	0,43	0,60

m8	0,68	0,69
m9	0,53	0,64
m10	0,47	0,63
m11	0,49	0,60
m12	0,52	0,68
m13	0,49	0,66
m14	0,57	0,65
m15	0,62	0,66
m16	0,51	0,63
m17	0,59	0,69
m18	0,65	0,65
m19	0,51	0,62
m20	0,58	0,68

Eigenvalue (Sum.= 7.78)
Total Variance Explained %= 40.93

According to finding of exploratory factor analysis the scree-plot that shows one subscale is given below:
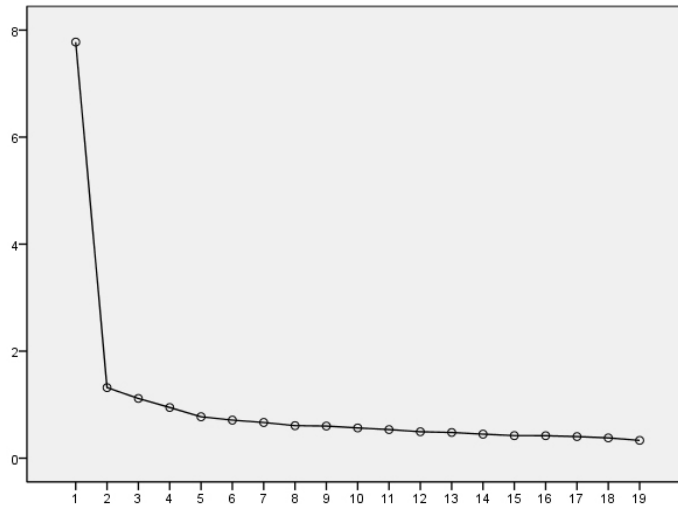
Figure 1. Scree-plot Chart

FINDINGS
This study examines Facebook addiction of teacher candidates who study in college of education. t-Test and ANOVA were used to examine differences among groups in terms of independent variables.

Gender Differences
As a result of the t-Test that was applied to see whether there is a significant difference among female and male teacher candidates related to the answers given to the Facebook Addiction Scale.

Table 4. t-Test for Differences between Genders

Factor	Gender	N	$\bar{x}$	S	sd	T	P
Facebook Addiction	Female	739	35,94	15,47	1269	-6,103	,000
	Male	518	41,36	15,72			

As a result of the t-Test applied, there is a significant difference between "Facebook Addiction" related to the answers given. The result showed that male teacher candidates are significantly (t= -6,103, p< .05) more addicted to Facebook than female teacher candidates.

Class Differences
As a result of the ANOVA that was applied to see whether there is a significant difference among between teacher candidates' classes related to the answers given to the Facebook Addiction Scale.

Table 5. ANOVA for Differences between Classes

	Class	N	$\bar{x}$	SD	Source of Variance	Sum Of Squares	Df	F	p
Facebook Addiction	Freshman	535	36,25	14,59	Between Groups	8054,59	3	11,00	,000
	Sophomore	303	38,48	16,16					
	Junior	336	38,93	17,12	Within Groups	305477,93	1252		
	Senior	83	46,62	13,54					

When Table 5 was analyzed, it was seen that the total addiction scores towards Facebook is the highest ($\bar{x}$ = 46.62) for the teacher candidates, who are seniors. There is a significant difference between type of classes and the total addiction scores ($F_{(3, 1252)}$ = 11.00; p < .05). In order to find out among which group this difference results from, Bonferroni analysis in ANOVA was applied. It was understood that the total addiction scores for seniors ($\bar{x}$ = 46.62) is significantly different from juniors ($\bar{x}$ = 38.93), sophomores ($\bar{x}$ =38.48) and freshmen ($\bar{x}$ =36.25). The teacher candidates who are seniors are more significantly (p< .05) addicted to the Facebook than juniors, sophomores and freshmen.

CONCLUSION
Social networks of such popularity effect today's societies and they are now and will be changing some of their habits. Many people who feel lonely try to open instant conversations and to extend their circle of friends through social networks. By this way, people become detached from social life as social network addiction ascends. Social life, considerably limited by television, has come to a more complicated state through virtual world. This study aims to investigate how teacher candidates are addicted to the Facebook the obtained results can be summarized.

It was found that there is significantly difference between genders and classes. Male teacher candidates are significantly more addicted to Facebook than female teacher candidates. However seniors are more significantly addicted to the Facebook than juniors, sophomores and freshmen.

In this study, male teacher candidates more significantly expressed than female teacher candidates that they prefer the excitement of the Facebook to intimacy with your partner, they form new relationships with fellow Facebook users, others in their life complain to them about the amount of time they spend on Facebook, their grades or school work suffer because of the amount of time they spend on Facebook, they check their Facebook messages before something else that they need to do, their job performance or productivity suffer because of the Facebook, they become defensive or secretive when anyone asks them what they do on Facebook, they find themselves anticipating when they will go on Facebook again, they snap, yell, or act annoyed if someone bothers them while they are on Facebook, they feel preoccupied with the Facebook when off-line, or fantasize about being on Facebook, they try to cut down the amount of time they spend on Facebook and fail, they try to hide how long they've been on Facebook, they choose to spend more time on Facebook over going out with others and they feel depressed, moody, or nervous when they are off-line, which goes away once they are back on Facebook.
Beside all this results, it was thought that males and seniors can be investigated about their addiction to the Facebook. And also developed scale can be used in different studies and lead to other studies.

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