

A Literature Survey on Facebook Intrusion: Predictors and Effects

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Abstract— Facebook has emerged as the leading social media platform globally, with billions of users engaging in social interaction, information dissemination, and community building. This research paper aims to explore the impact of Facebook on personal privacy and emotional well-being, with a focus on Sri Lanka as a case study. Despite its popularity, Facebook raises concerns regarding invasion of personal space and privacy, cyberbullying, exposure to harmful content, and social comparison, which can contribute to negative psychological outcomes such as depressive symptoms, psychological distress, and anxiety.

This study adopts a literature survey methodology, conducting a comprehensive search using predefined search terms on Google Scholar. The findings reveal that Facebook intrusion, characterized by excessive involvement and disruptive behaviors, is associated with addictive symptoms and emotional attachment. Various factors, including fear of missing out, narcissism, self-esteem, satisfaction with life, moral norms, and depression, have been identified as predictors of Facebook intrusion. Negative effects of Facebook intrusion include sleep problems, social isolation, reduced goal-oriented behavior, and impaired emotional functioning. However, the relationship between Facebook intrusion and mental well-being is complex, with some studies reporting positive associations with life satisfaction. Additionally, Facebook intrusion has implications for interpersonal relationships, contributing to relationship dissatisfaction and jealousy. This research contributes to a deeper understanding of the risks and benefits associated with social media platforms like Facebook, facilitating efforts to enhance user experiences and mitigate potential negative effects

Keywords— Facebook Intrusion, Perceived Personal Space, Disruptive Behaviour

I. INTRODUCTION

Facebook stands out as the world's most active social media platform (Kemp, Kepios Analysis, 2023). Which is the largest social networking platform in the world consisting of 2.99 billion users (Meta, Inc., 2023). According to the latest figures, roughly 37.2% of all the

people on Earth use Facebook today. (Kemp, Facebook Users, Stats, Data and Trends, 2023). It caters for social interaction, information dissemination, and community building, which facilitates users to connect with like-minded individuals and discussion on various topics of interest (Journal of Computer-mediated Communication). According to a study by Kuss and Griffiths (2011), the chief purposes people use Facebook for socialization, entertainment, information seeking, maintaining relationships, and self-presentation. In addition to connecting on Facebook to find friends and share their personal experiences, users sought emotional support from virtual friends. It showed that Facebook, in essence, was functioning as a society created in virtual space with billions of users, some believing that it provided them with a sense of belonging and emotional support from like-minded people.

Despite the above-mentioned high usage, Facebook has a highly invasive impact on people's personal space and privacy (Barrett-Maitland & Lynch, 2020). Research suggests that excessive use of social media, including platforms like Facebook, can have negative consequences such as cyberbullying, exposure to harmful content, and social comparison. These factors may contribute to increased depressive symptoms, psychological distress, and a heightened sense of anxiety. Blurring boundaries between personal and public spaces may lead to a feeling of virtual intrusion, as individuals are compelled to share personal information, respond to messages and notifications, and face openly made false judgments (Wright, White, & Obst, Facebook False Self-Presentation Behaviors and Negative Mental Health, 2018). The constant availability and accessibility of social media have made the virtual world closer than ever to the real world. Being compelled to share personal information, respond to messages and notifications, as well as being subjected to openly made false judgments, all of which can be intrusive and overwhelming. This can lead to a feeling of anxiety, stress, and even depression (Wright, White, & Obst, Facebook False Self-Presentation Behaviors and Negative Mental Health, 2018). The constant availability and accessibility of social media have brought the virtual

world closer to reality, intensifying the potential for intrusive and overwhelming experiences.

Therefore, further research is required to gain a deeper understanding of the potential risks and benefits associated with social media platforms like Facebook, particularly concerning personal privacy and emotional well-being. Exploring these aspects will contribute to a better comprehension of the impact of social media in various domains and guide efforts to enhance user experiences and mitigate potential negative effects (Kemp, Kepios Analysis, 2023)..

II. METHODOLOGY

This study was conducted as a literature survey. A comprehensive search was conducted on Google Scholar using a set of predefined search terms and inclusion criteria. The search was conducted in two steps. For the first step, the search term was ‘intitle: Facebook AND intrusion’. There were about 406 research titles matching these criteria. The results were filtered to include only those articles from 2018 onward, i.e., covering the past 05 years.

The reviewers then removed the redundant and unavailable entries and conducted an independent screening of the titles and abstracts of identified articles. Finally, a full-text review of the selected studies was conducted, resulting in a total of 30 articles.

III. FINDINGS AND DISCUSSION

A. *Defining Facebook Intrusion*

Facebook Intrusion is an increasingly occurring term in the research literature that is used to describe an excessive and unhealthy dependency on Facebook. Elphinstone and Noeller defined Facebook Intrusion as “excessive involvement in Facebook, disrupting day-to-day activities and interpersonal relationships”. (Elphinston & Noller, 2011). It has also been defined as “an excessive involvement in Facebook that disrupts everyday activities and duties, manifesting itself in the compulsive use of the site and the neglect of social life.”

In some cases, the term “Problematic Facebook Use” (PFU) is also used interchangeably, though PFU includes both addictive symptoms and a preference for online social interaction as a means of mood regulation. In this work, we will only confine ourselves to the former sense, i.e., Facebook usage that mimics addictions. For example, users with high levels of Facebook Intrusion report failed attempts to reduce Facebook use as well as distress when they cannot use it. In this context, most authors take the term to cover not only the excessive use of Facebook but also the users’ emotional attachment to it (Blachnio &

Przepiórka, 2018). In this sense, we will only consider those works that use the term “Facebook Addiction” to be synonymous with Facebook Intrusion.

It must also be noted that problematic/addictive Facebook use has not been recognized as a formal psychiatric disorder in the Diagnostic and Statistical Manual of Mental Disorders (American Psychiatric Association, 2013) or the International Classification of Diseases (World Health Organization, 2018). Furthermore, some researchers emphasize that it is important not to over-pathologize intensive online activity (Brailovskaia & Margraf, 2022).

B. *Measuring Facebook Intrusion*

A few instruments have been developed to measure the degree and intensity of Facebook addiction/intrusion. These include the Bergen Facebook Addiction Scale, Facebook Addiction Scale, and the Facebook Intrusion Questionnaire (Primi, Fioravanti, Casale, & Donati, 2021). All of them are either ad hoc developments or adaptations from items originally used to assess other behavioural addictions (Ryan, Chester, Reece, & Xenos, 2014).

The Bergen Facebook Addiction Scale (BFAS) is reported as the most extensively used measure (Primi, Fioravanti, Casale, & Donati, 2021). It originally contained 18 items, three reflecting each of the six core elements of behavioural addiction distinguished by Griffiths (Griffiths, 2005): salience (i.e., permanent thinking of Facebook use), tolerance (i.e., the enhanced time that must be spent on Facebook to experience positive emotions), mood modification (i.e., Facebook is used for mood improvement), relapse (i.e., reverting to old use pattern despite endeavours to reduce Facebook activity), withdrawal symptoms (i.e., feeling nervous without Facebook use), and conflicts (i.e., interpersonal problems because of the high intensity of Facebook use). However, the final edition contained only six items, each item referring to the past 12 months and is answered on a 5-point Likert scale ranging from 1 (very rarely) to 5 (very often) – though it must be mentioned that some research used the original 18-item scale as-is (Uysal, Satici, & Akin, 2013), and a 12-item scale has also been used (Hong, Huang, Lin, & Chiu, 2014).

The 20-item Facebook Addiction Scale (FAS) is a modified version of Young’s Internet Addiction Test (ÇAM & Onur, 2012). In recent literature, though, the term has largely been eclipsed and replaced by the BFAS.

The Facebook Intrusion Questionnaire, developed by Elphinstone and Noeller (2011), is based on the Mobile Phone Involvement Questionnaire (behavioural addiction

components and phone involvement). It consists of eight items (e.g., I have been unable to reduce my Facebook use) measuring eight aspects of behavioural addiction, namely, cognitive salience, behavioural salience, interpersonal conflict, conflict with other activities, euphoria, loss of control, withdrawal, and relapse and reinstatement. The items are rated on a 7-point Likert scale from 1—strongly disagree to 7—strongly agree.

C. Predictors of Facebook Intrusion

In 2018, Błachnio & Przepiórka showed that a high level of fear of missing out and high narcissism were predictors of Facebook intrusion. (According to them, no previous studies were confirming a direct relation between Facebook intrusion and satisfaction with life or narcissism.) They also showed that a low level of fear of missing out, and high narcissism were related to satisfaction with life. Their findings are based on (online) snowball sampling of 360 Polish Facebook users (64% female, mean age = 22 with an SD=6.84) (Błachnio & Przepiórka, 2018). In 2019, The same authors demonstrated that a low level of self-esteem and satisfaction with life predicted Facebook intrusion. Similar to their study in 2017, this too, was an online snowball survey study using 597 Polish mobile phone users (mean age = 21.22, SD = 6.52) (Błachnio & Przepiórka, 2019).

Wright, White, and Obst, in 2018, with a sample size of N=211 reported that moral norms significantly predicted two types of false self-presentation (lying and dishonest liking) on Facebook and other platforms, of which, liking behaviours were associated with depression, anxiety, and stress. They speculate that this may be indicative of possible offline negative mental health. (Wright, White, & Obst, 2018).

Facebook intrusion has been demonstrated as a mediator between self-esteem and general distress; as well as between self-control and general distress (Przepiórka, et al., 2021). Future Time Perspective (FTP) goals have also been shown to be a negative predictor of Facebook intrusion while depression has been shown a positive predictor of Facebook intrusion (and sleep problems)(Przepiórka & Błachnio, 2020).

According to Langgaman, college students (sample: 365 students in Kalinga State University) experience anxiousness, and yet it did not emerge as a predictor for their Facebook usage. The Loneliness which students experience was shown to have little contribution to Facebook use. Loneliness was able to predict Facebook usage but only has little contribution to college students' Facebook usage (Langgaman, 2020).

In 2022, Cudo, Torój, Orzechowski, and Misiuro study the relationship between Facebook intrusion and self-control dimensions among (non-gaming) Facebook users, using a sample of 991 users (785 females). Their responses were analysed using structural equation analysis. They conclude that the behavioural mechanisms associated with Facebook Intrusion could be associated with a low ability to suppress/delay unwanted/improper actions (Cudo, Torój, Orzechowski, & Misiuro, 2022).

It is noteworthy that some studies make a distinction between Active Facebook usage and Passive usage. Active Facebook usage (but not passive usage) is positively linked to Facebook Addiction. Active Facebook usage has been shown to contribute to the experience of Facebook-related flow, which, in the long run, serves as an antecedent of Facebook Addiction. Also, individuals with past or present depressive symptoms were seen to be more susceptible to Facebook addiction (Brailovskaia & Margraf, 2022).

Facebook addiction is associated with increased use of both passive and active use as well as increased levels of loneliness and depression. Furthermore, Facebook addiction was closely related to social comparison, which was also associated with depression (Casingcasing, Nuyens, Griffiths, & Park, 2022).

It seems reasonable to investigate whether certain personality traits were related to Facebook Intrusion. According to a 2022 study using the OCEAN model of personality traits, agreeableness, openness to experience and conscientiousness were shown to be negatively related to Facebook addiction. Loneliness, narcissism, impulsivity and shyness were significantly correlated with Facebook addiction (Rajesh & Rangaiah, 2022). Furthermore, the same study showed that emotion-focused coping mediated the association between rash impulsiveness and Facebook addiction; results also showed that rash impulsiveness was directly associated with Facebook addiction.

The positive association between narcissism and Facebook addiction (FA) has been demonstrated aptly. Facebook flow is shown to positively mediate the link between narcissism and FA. Facebook use intensity (in turn), is seen to positively moderate the link between Facebook flow and FA (Brailovskaia, Bierhoff, Rohmann, Raeder, & Margraf, 2020). Neuroticism, too, is shown to play a role here: it is seen to moderate the predictive effect of Past-negative on Facebook addiction. High levels of neuroticism have been shown to foster Facebook addiction, even in the presence of low negative temporal orientation (Miceli, Cardaci, Scrima, & Caci, 2022).

D. Negative Effects of Facebook Intrusion

The negative effects of Facebook Intrusion have been extensively reported. Facebook intrusion has been shown to contribute positively to sleep problems (Przepiorka & Błachnio, 2020). Loneliness and Facebook intrusion have been shown to be reciprocally related (Przepiorka & Błachnio, 2019), which means that Facebook Intrusion may play a part in social isolation. It has also been shown to coincide with a low ability to focus on goals, and a low ability to induce efficient motivation and persistence to achieve higher-order goals (Cudo, Torój, Orzechowski, & Misiuro, 2022), which the researchers speculate may ultimately result in those users failing to maintain goal-directed behaviour. In addition, certain aspects of emotional functioning—rumination, trait anxiety, and emotional intelligence—have been shown to be related to Facebook intrusion (Błachnio, Przepiorka, & Cudo, 2023)

Problematic Facebook Use (PFU) (which in this case is being used synonymously with Facebook Intrusion) has been shown to fully mediate the relationship between the intensity of Facebook usage and depressive symptoms. This indirect relationship was seen to be especially strong among those who were young or scored high on neuroticism (Gugushvili, Täht, Rüter, & Verduyn, 2022). However, this is far from a consensus. In a study conducted in 2018, for example, Facebook intrusion in Italy was shown to be associated with higher life satisfaction (Błachnio, Przepiorka, & Benvenuti, 2019).

Moving beyond the individual, Facebook Intrusion has been linked to relationship dissatisfaction, via jealous cognitions and surveillance behaviours (Elphinston & Noller, 2011). It has also been shown that excessive Facebook usage has an impact on families and other social units as well. Excessive (and addictive) use of Facebook has been shown to be a contributor to jealousy among married individuals, negatively and significantly affecting marital relationships with regard to social intimacy (Rashid & Muhammad, 2023).

IV. CONCLUSION

This research has shed light on the impact of Facebook on personal privacy and emotional well-being. The findings highlight the concerns surrounding Facebook intrusion, which is characterized by excessive involvement and disruptive behaviours that can mimic addictive patterns. The invasive nature of Facebook, coupled with factors such as fear of missing out, narcissism, low self-esteem, and depression, contributes to negative psychological outcomes including depressive symptoms, psychological distress, and anxiety.

While Facebook intrusion has been associated with various negative effects such as sleep problems, reduced

goal-oriented behaviour, and impaired emotional functioning, the relationship between Facebook intrusion and mental well-being is complex. Some studies have reported positive associations between Facebook usage and life satisfaction, indicating that the platform can also provide a sense of connection and fulfilment.

Furthermore, the research highlights the importance of considering the impact of Facebook on interpersonal relationships. Relationship dissatisfaction and jealousy have been identified as outcomes of excessive Facebook usage, emphasizing the need for individuals to balance their online and offline interactions.

These findings underscore the significance of further research in understanding the risks and benefits associated with social media platforms like Facebook. Such research can inform the development of strategies and interventions to enhance user experiences, mitigate potential negative effects, and promote healthy digital habits. It is crucial to strike a balance between the advantages of social connectivity and the preservation of personal privacy and emotional well-being in the digital age.

Overall, this research contributes to the ongoing dialogue on the impact of social media platforms, particularly Facebook, on individuals and society. It emphasizes the need for individuals, researchers, and policymakers to navigate the evolving landscape of social media use responsibly, considering both the potential benefits and risks to ensure a healthy and fulfilling online experience

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