

**THE IMPACT OF SOCIAL MEDIA ADDICTION TO YOUNG
ADULTS ON FAMILY RELATIONSHIPS
IN GUIMBA, NUEVA ECIJA**

A Thesis Presented to the
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by

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THESIS ABSTRACT

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7. Abstract:

7.1 Rationale/Background

Since its creation in 1997, social media has increased in popularity in line with developments in internet technology, an estimated 210 million people worldwide are addicted to the Internet or social media. On the other hand, young Filipinos spent an average of 10 hours and 27 minutes per day connected to the Internet. The average time young Filipinos spend on the internet provides evidence that half of the day is spent on social media and other mobile apps. The data show

that millions of people use the internet, in that case, social media addiction may affect family relationships and knowing how to prevent it will lead to better use of social media. The value of our own family's leadership must be steady, so that young adults know the suitable approaches to reduce social media usage. Everything we do in excess is dangerous in our own lives.

7.2 Summary

This study aimed to assess the impact of social media addiction to young adults on family relationship in Guimba, Nueva Ecija.

Specifically, the study aimed to:

1. Determine the socio-demographic profile of the respondents in terms of:
 - 1.1 Age
 - 1.2 Sex
 - 1.3 Religious Affiliation
 - 1.4 Educational Attainment
 - 1.5 Estimated household income per month
 - 1.6 Time spent on social media
 - 1.6.1 Frequency of social media visit
 - 1.7 Types of social media used
2. Assess the indicators of young adult social media addiction in terms of:
 - 2.1 Virtual Tolerance
 - 2.2 Virtual Communication

2.3 Virtual Problem

2.4 Virtual Information

3. Determine the significant relationship between socio-demographic profile and social media addiction; and
4. Analyze the significant relationship between social media addiction and family relationships.

This study used non-probability sampling to select only young adults between the ages of 18 and 25 for its quantitative study and correlational research in Guimba, Nueva Ecija. For the analysis, the data were quantified and interpreted using statistical techniques, such as percentages, frequencies, means, standard deviations, analysis of variance, linear regression, and Pearson's Product Moment Correlation Coefficient test. The research instruments used were the Social Media Addiction Scale and the Brief Family Relationship Scale. The data were collected online through surveys sent via emails and social media platforms.

7.3 Major Findings

The study found out that even if social media increase the number of young adults in Guimba, Nueva Ecija also the family relationship increases. The Socio-demographic characteristics only have a significant relationship with daily spent time using social media and other socio-demographic characteristics not having a significant relationship. For the Indicators of Social Media Addiction, the result

found that all the indicators do have a significant relationship such as Virtual Tolerance, Virtual Communication, Virtual Problem, and Virtual Information.

Young adults occur to have more social media tolerable especially since the majority of the respondents are female and are more engaged in social media than they pertain almost all of the respondents are Roman Catholic which can be applied that they giving teaching to provide them more productive rather than used all the time and energy to the social media. Therefore, the young adults in Guimba, Nueva Ecija ages 18-25 are knowledgeable enough to sustain and maintain using social media that relationship within families also increases.

7.4 Conciusions

Based on the results of this study, the socio-demographic characteristics of the time spent on social media had significant differences in social media addiction and the age, sex, religious affiliation, educational attainment, household income per month, frequency of social media and type of social media used prevailed that there is no significant relationship to the impact of social media addiction to young adults In Guimba, Nueva Ecija.

Revealed further that the indicators of a young adult in social media addiction only prevailed that Virtual problem only Disagreed and the Virtual Tolerance, Virtual Communication, and Virtual information are neither agree nor disagreed then their relationship to Family Relationship shows that all the indicators have a significant relationship to the social media addiction.

Therefore, if a young adult has the indicators of social media addiction, it can be revealed that the impact of social media addiction where even the excessive use of social media can imply a great relationship within the family.

7.5 Recommendations

Based on the results of the study, the following are recommendations from which Young Adults with Social Media Addiction to Family Relationships could be benefited:

1. The Young Adults in Guimba, Nueva Ecija, must efficiently observe their time spent on social media so it does not harmful affect their relationship with families.
2. Parents are advised to monitor their children using social media platforms to prevent them from becoming addicted.
3. In using social media, the young adult must perceive the concept of controllable desire using social media, then communicating through face-face interaction is more efficient than using social media.
4. This study may be applied to different research locales to differentiate if the environment they were living in impacts social media addiction in family relationships.

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LIST OF ABBREVIATIONS

ANOVA: One-way Analysis of Variance

BFRS: Brief Family Relationship Scale

BST: Bartlett Sphericity test

IDDV: Independent and Dependent Variables

KMO: Kaiser-Meyer-Olkin coefficient

SMAS-SF: Social Media Addiction Scale-Student Form

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