

The relationship between anxiety and the use of online social networks

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The research examines the relationship between anxiety and the use of online social networks. Studies of social networks (social network in the classic sense, not online social networks) from the 60's the 70's and the 80's, have found that those social networks have an impact on the individual's coping with different situations, including anxiety. Studies of the psychological effects of using the online social networks found that the use of online social networks effects on the psychological well-being of the user. Subsequently the question arises whether the online social networks, as well as the social network in the classic sense, effects on the user's anxiety level.

The first hypothesis assumed that there is a correlation between low anxiety level and a high degree of using online social networks .The second hypothesis assumed that there is a correlation between low anxiety level and a high level of active social networking activity .The Third hypothesis assumed that there is a correlation between low anxiety level and a large number of active friendships in the online social network.

The research method was quantitative survey (Beck Anxiety Inventory (BAI) and a questionnaire about Facebook using) that was implemented by online questionnaire. The sample included 140 subjects.

Preliminary analysis of the results did not confirm the research hypotheses. However an analysis of the subjective part of the Beck Anxiety Inventory showed that subjects with an open Facebook profile had significantly different level of anxiety than subjects with limited profile on Facebook. Additional analysis will be conducted.