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Facebook's Effect on Relationships and Self-Esteem

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Abstract

    Much research has shown a pattern between low satisfaction within relationships and low

self-esteem due to Facebook usage, but there is little research done on how Facebook affects

romantic relationships in terms of self-esteem and negative emotions. This study examined these

constructs. La Salle undergraduates between the ages of 18-21, both male and female, who are in

committed relationships, were recruited. Measurements presented via Qualtrics included

Facebook usage levels, relationship satisfaction, relationship conflicts, and self-esteem

assessments. The findings indicated that Facebook usage has no impact on the romantic

relationship satisfaction levels or self-esteem scores, but associations between negative impacts

on Facebook and relational issues were significant.

Facebook's effect on relationships and self-esteem

Relationships are constantly changing in ways that not many of us realize and our self-esteem levels are impacted as well. What if social media is one of the causes of these changes? The online world is extremely prevalent in our lives in variety of ways. We use social media for jobs, school, personal uses, and it has become part of our daily activities. Romantic relationships are an example of social media's compelling influence. Facebook is just one out of the many social networking sites that we use as a platform to create, develop, and keep our relationships together. Romantic relationships can become an issue when Facebook engagement is relatively high. There can be some potential negative outcomes on a romantic relationship in many ways (Kerkhof, Finkenauer, & Muusses, 2011). Breakups, communication, jealousy, and Facebook intrusion are examples of some potential outcomes from someone's involvement in Facebook. There have been numerous studies done to measure Facebook's impact on romantic relationships, as well as studies that focused on Facebook's effects on self-esteem. What we know from previous studies is that high social media usage can be problematic to psychological well-being (Naeemia, Tamam Hassan, & Bolong, 2014)

Studies have shown that satisfaction levels for relationships are more likely to be negative when engaging into Facebook-specific conflicts that can damage the relationship. Some concerns that arise from this issue could be: Are our relationships satisfaction decreasing from our media usage? Does Facebook related activities influence our romantic relationships? This can create a barrier between a healthy and unhealthy relationship with a significant other. Facebook can also cause some negative emotional responses. Jealousy and self-consciousness can erupt from the pressures of social media (Elphinston & Noller, 2011).

A study was done by Clayton and his colleagues (2013) to examine if Facebook is to blame for relationship breakups. In their research, they measured the usage of Facebook from 205 users of an 18-82-year population. In their study, it was concluded that the majority of their sample use Facebook extensively. Their survey questioned if there was any relationship conflicts that occurred while Facebook was actively being used. The results consisted of communication issues and jealousy that came from monitoring their partner online. These Facebook related conflicts in their study mediated the negative relationships outcomes and Facebook usage. It is safe to conclude that in this study, negative impacts on relationships resulted from Facebook usage (Clayton., Nagurney, & Smith, 2013). Negative impacts might include trust in partner or jealousy. Social media can affect our relationships as an active user and high usage can lead into a person into engaging in inappropriate activities. These negative outcomes included cheating, separation, and divorce. (Clayton, Nagurney, & Smith, 2013).

Facebook usage has also been affecting many people's own behaviors and emotions as well as their partner's. The amount of time a person spends on Facebook can be causing behavioral issues like intrusion and distraction. In Elphinston and Noller's (2011) study, they "speculate that individuals who are seriously affected by Facebook intrusion may also experience jealousy in their current romantic relationship because of the propensity of Facebook to disrupt their personal lives and interpersonal relationships" (3). It can be essential for studies such as this one to measure the amount of time spent online and the satisfaction level of the relationship. The habit of getting on the Facebook page and scrolling pass hundreds of post can become addictive and intrusive to the relationship due to the lack of attention given in person contrary to the attention spent online (Elphinston & Noller 2011). This study will be able to examine if Facebook usage is affecting college students' romantic relationships today. Issues in the

relationship can result into jealousy or feelings of neglectfulness, which then can lead into lowering self-esteem.

Self-esteem and Facebook has been repeatedly measured in many research studies. (e.g., Kim, LaRose & Peng 2011; de Vries & Kühne, 2015; Anderson, Fagan, Woodnutt and Chamorr-Premuzic's 2012) There are various ways to affect someone without having to touch or hear their voice. Someone can simply write a comment that can positively or negatively affect another person's self-esteem. (de Vries & Kühne, 2015). In de Vries and Kuhne's (2015) study, they measured how Facebook can be detrimental to a person's well-being. In addition, Anderson, Fagan, Woodnutt and Chamorr-Premuzic's (2012) study indicates that issues with self-esteem might create a barrier between authentic relationships with a significant other and maintaining good mental health. Because of the power Facebook has on a person's self-esteem, can that be providing us an effective way to express our emotions to one another? This study further indicates Facebook affects self-esteem because of the person's emotional response from disclosing online. The lower self-esteem levels are from those who disclose online in order to get acceptance from others and popularity. (Anderson, Fagan, Woodnutt & Chamorr-Premuzic, 2012). Also, if someone has low self-esteem and sees a post where another person appears to be happy or doing something enjoyable, it can make them question their own lifestyles and develop an emotion of envy. In Raymer's (2015) study, along with those emotions, "more exposure on Facebook leads to lower body image satisfaction and a greater drive for thinness" (2). These results can decrease a person's self-confidence and higher expectations to look a certain way can be a factor towards that low score of self-esteem.

Moreover, in previous studies, one could hypothesize that high Facebook usage can lead to low satisfaction levels on romantic relationships and self-esteem. There has been many

research and supported theories that reveal how Facebook related issues and usage can be

impactful on our romantic relationships. (Elphinston & Noller 2011) Research on self-esteem

exposes negative emotions outcomes that can come from Facebook usage. (Clayton, Nagurney,

& Smith, 2013). Considering that, there are consequences for excessively using Facebook on

relationships and self-esteem, research on these two topics would be valuable.

Literature Review

Facebook and Romantic Relationships

Social media has been very impactful in our daily lives. Research has shown how

powerful and influential media can be to a person's well-being and romantic relationships in

numerous ways. There was a study done that explored some issues that occurred when

Facebook-related conflicts and Facebook usage were significantly related. There was a p value of

less than 0.001 (Clayton, Nagurney & Smith 2013). It showed that Facebook is associated with

conflicting relationship outcomes when used. In addition, one can conclude that there is a

correlation between participants reporting high Facebook usage and experiencing relationship

issues with their partner. Clayton, Nagurney, and Smith's (2013) research was reliable in its

results, but it is only applied to those who are in newer relationships. There happens to be an

association between newer relationships and Facebook negative outcomes. The longer

relationships are not as affected by Facebook usage in their study. One can further indicate that

the relationship between separation and divorce and Facebook usage is significant according to

their findings (Clayton, Nagurney & Smith).

Furthermore, in Elphinston and Noller's (2011) study, they were investigating the effects

Facebook intrusion has on romantic relationship satisfaction, jealousy, and surveillance

behaviors. Their measurements included Facebook usage, relationship satisfaction, and intrusion. Elphinston and Noller (2011) measurements were navigated towards addictive behaviors of being online for a considerable long period and indicators of Facebook intrusion. The Facebook usage was associated with intrusion results that are also linked to relationship dissatisfaction, jealousy, and overbearing behaviors. There are also strong correlations between a partner who is overbearing and reporting feelings of jealousy and being an active Facebook member. These types of feelings and behaviors are resulting into the likelihood of a person having relationship problems in terms of jealousy and dissatisfaction (Elphinston & Noller 2011). This supports the ideas that Facebook usage is an essential component to analyze when there are relationship issues and they are continuously growing because younger adults are facing conflicts in their new relationships.

Also, Facebook has been causing intrusion behaviors and many research on Facebook intrusion are related to other studies that measure negative emotional or behavioral outcomes from high use of Facebook (Chaulk & Jones 2011). In Chaulk and Jones' (2011) study, they were analyzing any potential connections between intrusion in relationships and Facebook usage. Relationships are more likely to suffer and become toxic when there is access to "keeping tabs" on a partner or on ex-partners. The invasion of privacy can be damaging to the relationship and trust would become a significant problem to how high relationship satisfaction would be rated (Chaulk & Jones 2011). The effects Facebook can have on a romantic relationship has been negatively viewed and studied as it brings more opportunities for issues with trust through obsessively tracking their partner online.

Moreover, there are compelling issues of surveillance impacting the relationship in Tokunaga's (2015) study. This study analyzed the issues within surveillance in romantic

relationships due to overly using social networking sites. Tokunaga pulled some theories from other related research regarding behavioral outcomes from a dissatisfied relationship: "Unsatisfied, less committed romantic partners use negative behaviors, such as spying and jealousy induction, to maintain their relationships" (Goodboy & Myers 2010). The researcher was able to bridge the understanding between the online behavior issues and relationship satisfaction. Partners are keeping their relationship alive through negative behaviors (Goodboy & Myers 2010). There are more conflicts done online like surveillance and privacy loss when the relationship is low on satisfaction (Tokunaga 2015). Facebook has been growing to cause more issues for a couple because of the ability to track your partner more easily and without notice. (Tokunaga 2015).

Along with Tokunaga's (2015) study, similar studies found some negative associations between Facebook usage and relationship satisfaction from surveillance behaviors as well. In Marshall, Bejamyan, Castro, and Lee's (2012) study on attachment styles as predictors of Facebook jealousy and surveillance in the relationship, there is a Facebook usage issue that damages the relationship because of the easy access to surveillance your partner online. In their study, they measured Facebook usage and two different attachment styles that included attachment-anxious (Individuals tend to feel insecure and are often clingy) and avoidant attachment style (People in this situation desire less closeness with their partners). When there were reports of attachment-anxious, there was a high rate of jealousy because the trust in partner is low and surveillance behavior is likely to happen. Facebook usage in their study is influencing a person's emotions of jealousy and anxiousness (Marshall, Bejamyan, Castro & Lee 2012). Trust in partner in their measures was only related when there are problems with jealousy online. There are negative responses to Facebook involvement because of the low level of trust in

couples, and high surveillance in the partner's Facebook page was more frequent. This is essential for further research given that Facebook usage can be associated with negative emotions and overbearing behaviors in the relationship that can create relationship dissatisfaction (Marshall, Bejamyan, Castro & Lee 2012).

In addition to the previous study, there is further conducted research that also found issues between Facebook usage and surveillance in partners. Fox and Weber's (2013) research indicated that Facebook is highly associated with negative emotions in the relationship due to surveillance done to a romantic partner and ex-partners. In Fox and Weber's (2013) study, majority reported on their current relationship and some reported on past relationships. The survey asked questions on the amount of time a person would check their partner's profile online, relational certainty, and emotional attachment. In their study, they were able to make connections between the participant's surveillance of their partner online and how well their emotional stability is. The results showed that when someone has anxiety and have trust issues within the relationship, then it can result into Facebook surveillance becoming more likely. Those who were reporting on past relationships were more comfortable with admitting to experiencing surveillance and jealousy in their relationship. Facebook creates an issue for the relationship because of the quick access to your partner's page and engaging into high feelings of jealousy (Fox & Weber 2013). Facebook has been an issue for relationships and it can be predicted that from many research, Facebook is an accessible way to worsen the relationship from the negative Facebook activities a person can do online.

Facebook and Self-esteem

As the score for relationship satisfaction decreases due to excessive Facebook usage, there are studies that research self-esteem being affected as well. There is a great amount of pressure from online that is associated with wanting to change your lifestyle due to lifestyle comparisons. The perceptions an individual can have on other person's lifestyle and self-image can be damaging to their own self-esteem because of comparisons (Clayton, Nagurney & Smith 2013). There are numerous studies done that evaluated the ways social media has affected individuals negatively, in regards to their self-esteem. In Naeemi, Tamam, Hassan, and Bolong's (2014) study, they investigated the effects Facebook usage can have on the psychological well-being. The results indicated that when online users are using social media to make connections and organize events, there is a positive relationship with the psychological well-being. In contrast, there is a negative association with psychological well-being when social media is being used as an information seeking; this includes having surveillance over their romantic partner online or being highly attentive to other user's activities online. (Naeemi, Tamam, Hassan, & Bolong 2014). The negative effects on self-esteem from Facebook usage can be resulting from the online random surfing or engaging into inappropriate activities. There is a correlation between low self-esteem and inappropriate behavior done online. When there are negative emotions within oneself, there is a higher chance that negative behaviors can deprive from that and affect the way they would treat their significant other or peers on and offline (Naeemi, Tamam, Hassan, & Bolong 2014). In this case, when Facebook is involved there are issues with becoming overbearing and using Facebook as a way to record your partner's activities online which is damaging the participant's self-esteem level.

Kim, LaRose, and Peng's (2009) study investigated the effects internet use has on the psychological well-being. Research done from this study was able to conclude that participants

who are lacking social skills offline are finding benefits with interacting with other users online. Social networking starts negatively affecting a person's self-esteem when their social interactions in person are healthy and their online interactions are unhealthy (Kim, LaRose, & Peng 2009). There is a notion that rich-get-richer model are actually suffering more. Self-esteem level is decreasing when in-person social interactions are relatively well and it becomes unbeneficial when they are seeking more social interactions on social media. In contrast, there are some benefits with increasing the self-esteem levels through online activities with individuals who lack in-person social skills, but there can still be some underlying issues outside of that media outlet. Those who are lonely and use the internet to fulfill the feeling of loneliness through messaging with other users or communicating to their follows through their posts, are experiencing conflicts of harming other important activities in their lives like work, school, or significant relationships. There are potential issues on a person's self-esteem level when they are over using social media for online interactions by not relieving the real-life problems they are facing offline (Kim, LaRose, & Peng 2009). Their research suggests that those who are not psychosocially healthy offline, are having more issues with social interactions in their real lives and are not maintaining a regulated internet use which then leads into poor self-esteem measures (Kim, LaRose, & Peng 2009).

Subsequently, studies show that Facebook usage can impact an individual's psychological well-being indirectly (Shaw & Gant 2002). Self-esteem can be directly influenced by Facebook usage as previous studies show, but it can possibly be affected by other mediating variables. In Shaw and Grant (2002) study, there are many other variables that are associated with self-esteem that are affected by high Facebook usage directly, that leads into low self-esteem reports indirectly. Self-esteem scores start to fluctuate when scores on loneliness, depression, and social support are

impacted. This suggests that self-esteem may not be affected as quickly as it can affect loneliness, depression, or social support (Shaw & Grant 2002). Other mediating variables like depression and loneliness can be essential when researching a user's self-esteem because of the correlations these negative emotional outcomes have with each other when Facebook usage is high. Also, it is possible that many can report some feelings of loneliness, depression, and low self-support, but show normal self-esteem levels. These other variables are more effective towards self-esteem when depression, loneliness, and lack of support are highly reported (Shaw & Grant 2002).

Furthermore, there are problems with comparing oneself to another individual online because it can lead to wanting to change their lifestyle. Facebook users are constantly viewing what others are doing in their lives and it can be easy to compare lifestyles and to feel insecure. It can also lead into feeling pressured to only post positive events that happens in their lives and to portray themselves as a happy individual and ignore real-life problems. "As people spend more time on Facebook, they visit other people's profiles and they start envying certain individuals who they think are superior or better-off than them" (Muqaddas, Soomro, & Ahmad 2017). These negative emotions can be detrimental to self-esteem and can make individuals feel less about themselves. A person's well-being would be negatively impacted if self-comparisons and feeling of envy are the outcomes to Facebook usage (Muqaddas, Soomro & Ahmad 2017).

High reports on Facebook usage can be damaging to the romantic relationship and self-esteem. There are many ways to measure how Facebook can impact a person's relationship through inappropriate behaviors done online that would lead into overall low trust in the relationship. Facebook users may also be engaging into activities that they should not be that can cause jealousy between partners and overall relationship conflicts. Facebook is a platform to different types of negative emotional outcomes that can impact a person's well-being. Life comparisons, envy,

insecurities are examples of what type of issues Facebook usage can create for many individuals. This current study examined how Facebook usage can negatively impact relationships and self-esteem.

Current Study

This study will fill in the gaps found in previous studies by considering the effects our mental states can have on our romantic relationships. Self-esteem ~~being~~ affected by social media can also lead to affecting the relationship. (Elphinston &Noller 2011) These components interchangeably influence one another. Results of one's self-esteem can be hurting or helping the relationship. Low self-esteem levels can result into relationship insecurities and conflicts. (Cotton, 2008). Those insecurities can erupt from the engagement of Facebook. To exam this, La Salle undergraduate students who are in committed relationships and own a Facebook account will be the convenient sample.

Hypotheses

H 1: From what was ~~done~~ found in previous studies, one can hypothesize that high Facebook usage can lead to low satisfaction levels on romantic relationships.

H 2: It is expected that when Facebook usage is high, relationship conflicts increase and reports on low self-esteem will be evident

Methods

Participants included 33 La Salle undergraduate students that were recruited to participate in an online survey using a link created on Qualtrics. The racial distribution that participated in the survey included, 11 (34.38%) Hispanic or Latino, 10 (34.48%) Black or African American, 10 (35.71%) Caucasian, and 1 (3.57%) Native Hawaiian or Other Pacific Islander. There were 26 (78.13%) who identified as Female and 7 (21.88%) who identified as Male. Participants were not

asked to disclose any identifying information unless they wanted to earn extra credit for their class at end of the survey and then provided name, professor, and course name. This information was separated from the data by Qualtrics to preserve anonymity. Participants were recruited via in-class presentation of the study or via emails. Some instructors offered extra credit at their own discretion.The Institutional Review Board approved this research study, IRB #17-11-065, at La Salle University.

Measures

Demographic Form

The survey begins with a series of questions asking for standard information. It requested information such as age, year level, gender, ethnicity and racial identity.

Facebook Usage Form

A questionnaire assessing Facebook usage asked six questions. The six questions included: How often one visits the Facebook site through, I visit every day of the week (high) to I do not visit at all (low). How many hours do you spend on Facebook of, less than an hour (low) to more than 6 hours (high). Most of the questions were from Ellison's Facebook intensity scale along with created measures to assess any other networking sites one might also use other than Facebook. (Ellison, Steinfield, & Lampe, 2007). This Facebook intensity scale has a reliability of Cronbach's alpha of .83.

Facebook and Romantic Relationship Questionnaire

A questionnaire was used to measure information regarding the relationship in terms of length, satisfaction, and conflicts. There were fourteen questions including, what is the length of relationship, ranging from less than 3 month (low) to more than 3 years (high), what do you rate as the relationship satisfaction using the scale of extremely satisfied (high) to extremely

dissatisfied (low). There were two likert-scale questions for Facebook's impact on the

relationship of extremely positive (high) to extremely negative impacted (low). These

measurements were created assessments to measure relationship satisfaction and Facebook-

related conflicts in the romantic relationship.

Facebook and Self-esteem Questionnaire

A self-esteem questionnaire was created using sixteen questions. This form included

assessments from the Rosenberg Self-Esteem Scale and some created assessments. Questions

included a likert- scale of, strongly agree (high) to strongly disagree (low) to rate satisfaction of

self, if one feel like they have something to be proud of, if one feels like they have worth, if one

feel like they have respect for themselves, if one feels like a failure, and if one has a positive

attitude towards themselves. These self-esteem assessments came from Rosenberg's self-esteem

scale of Society and the adolescent self-image. The Self-esteem scale has reliability of

Cronbach's alpha of 0.87, (Rosenberg 1965). Along with these measurements, there were created

assessments to measure further Facebook-related self-esteem issues.

Procedure

The participant signed onto Qualitics using the provided link. The first page was a

consent form that participants read and signed before proceeding to the survey. Next, the

demographics form was presented, then the Facebook usage form, the romantic relationship

form, and lastly, the self-esteem form. After completing these measures, the participants were

debriefed. An option to access a page for possible extra credit was available at the end of the

study. The page was a separate form from the data provided by Qualtrics to maintain anonymity.

Results

Analyses were performed using Pearson Correlations. Facebook usage did not impact the person's self-reported self-esteem or relationship satisfaction. However, a perception of negative impact did affect both satisfaction and trust (See Table 1). Facebook usage has no influences to a person's relationship satisfaction and their general self-esteem score. The results on the trust in partner shows a negative association with satisfaction with a r value of .803 (***p<.001). There are also correlations that shows that positive usage does not impact factors of length, satisfaction, trust and is not related to Facebook usage. As negative impact of Facebook increases, satisfaction and trust decreases; as Facebook usage increases so does negative impact. As it is presented in table 1, positive and negative impact are not related to each other. Positive impact on the relationship does have a high association with self-esteem. High self-esteem levels correlates with Facebook positively impacting a person's relationship, but self-esteem has no other impacts or associations. However, results did show that when someone reports Facebook has negatively impacted the relationship, it becomes highly associated with the Facebook related conflicts in the relationship and Facebook related self-issues. These measures included feelings of envy, trust in partner, liking online attention, wanting to change lifestyle, etc. (See Table 2).

TABLE 1:

Correlations between Self Esteem and Satisfaction in a Relationship and Facebook Usage

	1	2	3	4	5	6
1 Self Esteem	--					
2 Satisfaction	.072	--				
3 Trust in Partner	.055	.803***	--			
4 Facebook Usage	-.177	-.201	-.299	--		
5 Positive impact	.457**	-.078	.029	.029	--	

| 6 Negative impact | .119 | -.617*** | -.391* | .427* | .152 | -- |

*p<.05

**p<.01

***p<.001

TABLE 2:

Correlations between Negative Impact of Facebook Usage and Self-Related Issues

	1	2	3	4	5	6	7
1 Negative Impact	--						
2 Care: # of friends	.520**	--					
3 Removing Posts	.650**	.590**	--				
4 Likes Attention	.364*	.670**	.555**	--			
5 Feel envious	.495**	.451**	.515**	.418*	--		
6 Make comparison	.497**	.420*	.567**	.329	.765**	--	
7 Want to change	.515**	.340	.689**	.268	.634**	.698**	--

*p<.05

**p<.01

Discussion

Contrary to expectations, Facebook usage had no significant impact on ~~the~~ romantic relationship satisfaction or self-esteem. It was expected that Facebook usage would have an association with relationship conflicts, but Facebook usage did not relate to relationship satisfaction levels. It was further hypothesized that when Facebook usage is high, self-esteem scores will decrease. Self-esteem was not associated with anything other than when there were reports of Facebook positively impacting the relationship, self-esteem would be at a high range.

When Facebook has a negative impact in the relationship, there will be a following of negative emotions that participants experience. The association between the negative impact and Facebook relationship satisfaction is relatively high and it does not have anything to do with how much time a person spends online.

The associations between negative emotions and low relationship satisfaction primarily occurs when the online user is actively experiencing conflicts online, contrary to the amount of time spent. From what was ~~done~~ found in Clayton, Nagurney, and Smith's (2013) study, Facebook usage lead into conflicts in the relationship and separation, but this current study did not support that evidence. There might be a social media usage differences towards why this current study is not aligned with Clayton, Nagurney, and Smith's study (2013). Facebook was the primary social media outlet in the years of 2013, but other social media outlets may be gaining more users. That can be an important factor towards future Facebook-related research. This current study discovered that Facebook usage was not important to any compelling findings in this study; it was the conflicts that were occurring online that are associated with negative relationship outcomes. A potential issue that was found in the study was inappropriate activities done on Facebook (e.g. inappropriate interaction with others, inappropriate posts etc.) Inappropriate online behaviors are associated with Facebook negatively affecting the relationship and low trust scores in couples were highly associated. The low satisfaction rates in the relationship can have a trickle effect on low self-esteem scores. These low self-esteem scores are negatively associated with online social pressures such as, comparing lives with others online, desiring to change lifestyle, caring about the attention given online, etc.

Self-esteem was not affected by Facebook usage in this study. The general self-esteem measures were only associated positively when participants feel like Facebook has positively

impacted their relationship. When self-esteem was measured under negative Facebook-related scenarios such as, removing a post online from not receiving the desired amount of likes or feeling envious of others online because of their posts, self-esteem was low. These social media expectations to live a positive lifestyle, only posting positive events in life, and expose only what is socially acceptable online can put a great amount of pressure on many online users. Therefore, self-esteem is being negatively associated with Facebook-related self-esteem issues. Furthermore, the reports in this current study on Facebook-related self-esteem issues are not associated with general self-esteem assessments. The amount of time spent on Facebook is not noteworthy, but the negative emotional responses participants are experiencing are significant findings.

This current study does not support ~~by~~ the hypotheses that Facebook usage is the main factor to relationship satisfaction and self-esteem levels. Accessibility to Facebook does not seem to harm a person's romantic relationship if the user is not engaging into any activities online that can be damaging to partner's trust, satisfaction, and self-esteem levels. Future research on this topic should start questioning the type of issues Facebook can expose couples to online. Time that is being spent online is not the important factor to relationship and self-esteem outcomes, but it can be predicted that depending on the person's activities and personal motives, there can be negative outcomes.

Conclusion

The conflicts users experience online are the main factors associated with negative relationship satisfaction levels and Facebook-related self-esteem issues. Participants who had high reports on Facebook-related self-esteem issues and conflicts with the relationship online, were associated with Facebook negatively impacting their romantic relationship. The self-esteem

levels in general had no ~~affect~~ effect on either relationship satisfaction or Facebook usage.

Facebook usage was not associated with anything in the results and did not show any

significance. The hypotheses were not supported by the results. Facebook usage had no effect on

relationship satisfaction or general self-esteem levels. Facebook can be impactful when

Facebook is associated with negatively affecting one's relationship and self-esteem.

Demographic Form

1. How old are you?

o 18 years old

o 19 years old

o 20 years old

o 21 years and older

2. What is your current year level?

o Freshman

o Sophomore

o Junior

o Senior

3. What is your gender?

o Male

o Female

o Other _____

4. What is your ethnic identity?

o Hispanic or Latino

o Not Hispanic or Latino

5. What is your racial identity?

o American Indian or Alaska Native

o Asian or Asian American

o Black or African American

o Native Hawaiian or Other Pacific Islander

o White (including Middle Eastern)

o Other _____

Appendix B

Facebook Usage

6. Approximately how many days per week do you usually visit Facebook?

o I visit everyday of the week

o I visit every other day a week

o I visit three days a week

o I visit one or two days a week

o I visit once a week or less

7. Approximately how many hours a day do you spend on Facebook?

o Less than an hour

o 1-3 hours a day

o 4-6 hours a day

o More than 6 hours a day

8. Name your top three social networking sites you use (i.e. Facebook, Instagram, Snapchat)? _____

9. Of those sites, please rank your top three sites. First site being the most important and third being the least important:

o _____ First o _____ Second o _____ Third

10. Facebook is part of my everyday activity

o Strongly Agree

o Agree (2)

o Somewhat agree

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (8)

o Strongly disagree (9)

    11. I feel I am part of the Facebook community

o Strongly Agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

 o Disagree (6)

o Strongly disagree (7)

Romantic Relationship Measure

12. Is your romantic relationship online or in person?

o Online Relationship

o In person relationship

o Other _____

13. If you are in a romantic relationship, how long have you been in it?

o Less than 3 months

o 3-6 months

o 6-9 months

o 9 months-1 year

o 1-3 years

o More than 3 years

14. Q4 If you are in a romantic relationship, how satisfied are you in it?

o Extremely satisfied

o Moderately satisfied

o Slightly satisfied

o Neither satisfied nor dissatisfied

o Slightly dissatisfied

o Moderately dissatisfied

o Extremely dissatisfied

15. How much do you trust your significant partner?

o A great deal (1)

o A lot (2)

o A moderate amount (3)

o A little (4)

o Not at all (5)

16. Are you linked to your significant other on Facebook?

o Yes

o Not Sure

o No

17. Do you publicize your romantic relationship on Facebook?

o Definitely yes

o Probably yes

o Might or might not

o Probably not

o Definitely not

18. Do you think it is important to publicize your romantic relationship on Facebook?

o Definitely yes (1)

o Probably yes (2)

o Might or might not (3)

o Probably not (4)

o Definitely not (5)

19. Has Facebook positively impacted your romantic relationship?

o Extremely positive (1)

o Moderately positive (2)

o Slightly positive (3)

o It has not positively impacted my relationship (4)

20. Has Facebook negatively impacted your romantic relationship?

o Extremely negative (1)

o Moderately negative (2)

o Slightly negative (3)

o It has not negatively impacted my relationship (4)

21. If Facebook has negatively impacted your relationship what would be the main causes?
(Check all that apply)

Inappropriate post made by you and/or significant other (1)

Lack of privacy (2)

Inappropriate interactions with others (3)

Lack of publicizing relationship i.e via relationship status, pictures with significant other, etc. (4)

Participation in inappropriate groups i.e. Facebook groups (5)

It has not impacted my relationship (6)

Other _____(7)

22. Thinking about the previous question on the main causes of Facebook's negative impacts on your relationship, rank those causes you selected in order. 1 being the greatest cause and 5 being the least negative or 0 being no impact

_____ Inappropriate post made by you and/or significant other (1)

_____ Lack of privacy (2)

_____ Inappropriate interactions with others (3)

_____ Lack of publicizing i.e via relationship status, pictures with significant other, etc. (4)
_____ Participation in inappropriate groups i.e Facebook groups (5)

_____ Other_____ (6)

    23. I would communicate things to my significant other on Facebook that I would in person

o Definitely yes

o Probably yes

o Might or might not

o Probably not

o Definitely not

    24. I had a romantic relationship end because of social media.

o Strongly agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

    25. I had a romantic relationship start because of social media

o Strongly agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

Facebook and Self-Esteem

    26. On the whole, I am satisfied with myself.

o Strongly agree (1)

o Agree (2)

o Neither Agree or Disagree (3)

o Disagree (4)

o Strongly disagree (5)

    27. At times I think I am no good at all.

o Strongly Agree (1)

o Agree (2)

o Neither Agree or Disagree (3)

o Disagree (4)

o Strongly Disagree (5)

    28. I feel that I have a number of good qualities

o Strongly Agree (1)

o Agree (2)

o Neither agree or Disagree (3)

 o Disagree (4)

o Strongly Disagree (5)

    29. I am able to do things as well as most other people

o Strongly Agree (1)

o Agree (2)

o Neither Agree or Disagree (3)

o Disagree (4)

o Strongly disagree (5)

30. I feel I do not have much to be proud of.

o Strongly Agree (1)

o Agree (2)

o Neither agree or Disagree (3)

o Disagree (4)

o Strongly Disagree (5)

31. I feel that I'm a person of worth, at least on an equal plane with others

o Strongly Agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

32. I wish I could have more respect for myself

o Strongly Agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

 o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

33. All in all, I am inclined to feel that I am a failure

o Strongly Agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

34. I take a positive attitude toward myself

o Strongly Agree (1)

 o Agree (3)

o Somewhat agree (4)

o Neither agree nor disagree (5)

o Somewhat disagree (6)

o Disagree (7)

o Strongly disagree (8)

35. Evaluate this statement: "I care about the amount of friends or followers I have on social
     media sites"

o Strongly Agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

36. Would you remove a post from a social media website if it didn't receive the response you wanted? (e.g. it did not receive likes on Instagram or Facebook?)

o Definitely yes (1)

o Probably yes (2)

o Might or might not (3)

o Probably not (4)

o Definitely not (5)

37. Evaluate this statement: "The attention I get from posting on social media websites makes me feel good."

o Strongly Agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

38. Is keeping up to date with the lives of your friends/people you follow a main reason you use social media?

o Yes (1)

o Maybe (2)

o No (3)

39. Do you feel jealous/envious of what your friends/people you follow post on social media? (e.g., Vacation photos, relationship updates)

o Yes (1)

o Maybe (2)

o No (3)

40. Do you compare your life to the lives of your friends/people you follow based on what they post on social media?

o Yes (1)

o Sometimes (2)

o No (3)

41. Evaluate this statement: "Seeing what my friends/people I follow post on social media (e.g., Vacation photos, relationship updates) makes me want to change my lifestyle"

o Strongly Agree (1)

o Agree (2)

o Somewhat agree (3)

o Neither agree nor disagree (4)

o Somewhat disagree (5)

o Disagree (6)

o Strongly disagree (7)

Appendix E

Extra Credit

Extra credit for research participation is given by some Instructors at their discretion. If you are taking a class where extra credit is an option, you can complete this form. You may only earn extra credit for one course.

42. Would you like to earn extra credit?

o Yes

o No

43. Please enter your name, professor, and course name below:

_____

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