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FACEBOOK ADDICTION AND RESILIENCE AMONG STUDENTS AT HO CHI MINH CITY UNIVERSITY OF CULTURE

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Abstract. This study aims to investigate the rate of Facebook addiction, resilience level, and the relationship between the two factors in a sample of students at the University of Culture, Ho Chi Minh City. Through a cross-sectional study design and convenience sampling method, we collected data from 357 students. The Bergen Facebook Addiction Scale and the Connor-Davidson Resilience Scale were used to assess the current status of the research problem. The SPSS 20.0 software was used for statistical analyses, including Cronbach's alpha reliability analysis, descriptive statistics, and an independent samples t-test. Research results showed that 59.4% of students are at risk of Facebook addiction; students' resilience is low (M = 17.43 and SD = 7.53), and Facebook addiction does not have a significant correlation with students' resilience ($r = -0.065$, $p > 0.05$). The above results suggest that specific measures are needed to reduce the rate of students at risk of Facebook addiction and enhance resilience for students at the University of Culture, Ho Chi Minh City.

Keywords: Facebook addiction, resilience, relationship.

1. Introduction

As of May 2023, Facebook has 3.03 billion users. For many users, using Facebook has become an important part of daily life [1] and some people seem to lose control of their Facebook use and develop a strong psychological need to always be online, accepting the possible negative consequences of this behavior [2]—the so-called Facebook addiction [3]. Facebook addiction is defined as "excessive involvement in Facebook activities and is a frequent cause of problems in daily social functioning" [4]. This definition is similar to the definition of social media addiction proposed by Andreassen et al., (2014): "excessive interest in social networking sites (SNS), driven by a strong motivation to log in or use SNS, and spending so much time and effort on SNS that it impairs social activities, study or work, interpersonal relationships, and/or psychological health and well-being" [5]. Facebook addiction is defined by six features typical of addictive disorders, including tolerance, salience, mood modification, withdrawal, relapse, and conflict [6].

To date, many studies have reported the prevalence of university students at risk of Facebook addiction, and this proportion varies across different student samples and different countries. For example, the prevalence of university students at risk of Facebook addiction recorded in previous studies is 43% (India) [7], from 22.7% to 36.9% (Bangladesh) [8], [9], 23.3% (Nigeria) [10], and 13% (Iraq) [11], 16.2% (Peru) [12]. In Vietnam, the prevalence of students at risk of Facebook addiction among high school and college student samples also differs. For example, the prevalence of students at risk of Facebook addiction in previous studies was 22.2% (high school students in Dong Nai) [13] and 80.7% (university students at Hue University) [14].

Resilience is an individual's capacity or ability to regain balance after experiencing certain traumatic events [15]. In other words, resilience is adapting well to adversity (such as trauma, tragedy, stress, or threats) and maintaining mental health [16]. Using the same CD-RISC-10, student samples in different countries reported different resilience abilities. For example, in university student samples in Spain [17] and China [18], researchers reported that students had high resilience (total score > 25.5). However, in samples of university students in Vietnam [19] and Eritrea [20], it was reported that students had low resilience (total score < 25.5).

In the literature, many studies have reported the relationship between Internet addiction and resilience [21]. As a form of Internet addiction, Facebook addiction was found to be associated with resilience among university students. For example, research on a sample of 130 university students in India found that there was an inverse relationship between Facebook addiction and resilience [22]. Accordingly, students with higher levels of Facebook addiction have lower resilience, and vice versa, students with lower levels of Facebook addiction have higher resilience [22]. This can be explained by the fact that resilience is an individual's ability to cope with stress and stress is associated with addiction in general [22]. However, the study by Robertson et al. (2018) showed that while there is a negative correlation between Internet addiction and resilience, there is no significant correlation between Facebook addiction and resilience among users [21]. Thus, the above analysis shows that research results on the relationship between Facebook addiction and resilience in previous studies are not consistent.

In Vietnam, several studies have reported on the prevalence of university students at Hue University [13] and high school students in Dong Nai [13] at risk of Facebook addiction and the resilience of students at a university of economics [19]. However, on a sample of students at Ho Chi Minh City University of Culture, we have not found any studies reporting on resilience or the prevalence of students at risk of Facebook addiction. Worldwide, we found only two studies reporting on the relationship between Facebook addiction and resilience among Facebook users [21], [22]. To fill the gaps in the literature, we conducted a study on "Facebook addiction and resilience among students at Ho Chi Minh City University of Culture". This study can fill the gap in the literature and provide a more specific view of the prevalence of Facebook addiction and the level of resilience among university students at Ho Chi Minh City University of Culture. Furthermore, examining the relationship between Facebook addiction and resilience among these students can yield additional data and context to better understand this relationship. This contributes to creating a more comprehensive view of this relationship, not only in Vietnam but also globally. Therefore, this study aims to answer the following three research questions:

Question 1: How prevalent is it that students at Ho Chi Minh City University of Culture are at risk of Facebook addiction?

Question 2: How is the resilience of students at Ho Chi Minh City University of Culture?

Question 3: How is Facebook addiction related to resilience among students at Ho Chi Minh City University of Culture?

2. Content

2.1. Methods

2.1.1. Sample

Data were collected in March 2024 through a cross-sectional study design. Conditions for recruiting research participants include: (1) being undergraduate students at Ho Chi Minh City University of Culture; and (2) students using Facebook. 357 students from Ho Chi Minh City University of Culture participated in this study. In terms of gender, there are 100 male students (accounting for 28.0%) and 257 female students (accounting for 72.0%). By grade level, there are 187 first-year students (accounting for 52.4%), 51 second-year students (accounting for 14.3%), 46 third-year students (accounting for 12.9%), and 73 fourth-year students (accounting for 20.4%). In terms of daily Facebook

usage time, 10.4% of students use Facebook for less than 30 minutes/day; 30.5% of students use Facebook from 30 minutes to 1 hour/day; 45.1% of students use Facebook from 1 to 3 hours/day; 10.4% of students use Facebook from 3 to 5 hours/day; and 3.7% of students use Facebook for more than 5 hours/day. The average daily time spent using Facebook was 2.68 hours (SD = 0.99). All participants voluntarily completed the questionnaire.

2.1.2. Instruments

In this study, we use two scales including the Bergen Facebook Addiction Scale and the Connor–Davidson Resilience Scale:

Bergen Facebook Addiction Scale (BFAS) [2] was used to assess students' level of Facebook addiction. The BFAS consists of six items, asking participants to report the frequency of experiencing given situations. Response options are designed on a 5-point scale from 1 (very rarely) to 5 (very often). With such a scale, the BFAS has a lowest score of 6 and a highest score of 30, with higher scores indicating higher levels of Facebook addiction. According to previous studies, a total score greater than 12 or 18 was determined to be at risk of Facebook addiction [23]. In this study, we rely on Andreassen et al.'s (2012) opinion to determine that a total score greater than 12 is considered at risk of Facebook addiction [2]. In previous studies, the scale had good reliability on university student samples in Vietnam ($\alpha = 0.89$) [24].

The Connor–Davidson Resilience Scale (CD-RISC−10) [25] was used to assess students' level of resilience. The CD-RISC−10 consists of 10 items rated on a 5-point scale from 0 (not true at all) to 4 (true almost all of the time). With such a score scale, the CD-RISC-10 resilience scale has the lowest score of 0 and the highest score of 40. Higher scores indicate higher resilience. Ye et al., (2017) proposed that a total score below 25.5 is considered low resilience, and a total score greater than 25.5 is considered high resilience [26]. In previous studies, the scale had good reliability on university student samples in Vietnam ($\alpha = 0.85$) [19].

In a sample of students at Ho Chi Minh City University of Culture, we tested the psychometric characteristics of two scales (Table 1). The indices of the two scales presented in Table 1 show that both scales have good reliability ($\alpha > 0.80$) and structural validity (factor loading factor > 0.30 and variance extracted greater than 50%).

Table 1. Psychometric characteristics of the BFAS and the CD-RISC−10

Name	Items	Factor loading	Variance extracted	α
BFAS	Item 1	0.39	51.76 %	0.81
	Item 2	0.60		
	Item 3	0.45		
	Item 4	0.55		
	Item 5	0.52		
	Item 6	0.60		
CD-RISC−10	Item 1	0.36	51.82%	0.84
	Item 2	0.47		
	Item 3	0.44		
	Item 4	0.43		
	Item 5	0.44		
	Item 6	0.34		
	Item 7	0.46		
	Item 8	0.36		
	Item 9	0.54		
	Item 10	0.34		

2.1.3. Data analysis

To analyze the data, we used SPSS 20 software. The data analysis process is performed in the following order: (1) reliability analysis and exploratory factor analysis to check the reliability and construct validity of the two scales; (2) descriptive statistical analysis to determine mean, and standard deviations, and calculate numbers and proportions; (3) correlation analysis and an independent sample t-test to determine the relationship between Facebook addiction and resilience.

2.2. Results

2.2.1. Prevalence of students at risk of Facebook addiction

Table 2 presents the prevalence of students at risk of Facebook addiction among students at Ho Chi Minh City University of Culture. According to Table 2, out of 357 students from Ho Chi Minh City University of Culture participating in the survey, 212 students (accounting for 59.4%) are at risk of Facebook addiction, and 145 students are not addicted to Facebook. Table 2 results also show that the level of Facebook addiction of students at Ho Chi Minh City University of Culture is M = 12.92 and SD = 4.48. There are 16.3% of students who often and very often show signs of "using Facebook to forget personal problems"; 11.7% of students often and very often "feel the urge to use Facebook more and more"; 11.5% of students often and very often "try to cut down on the use of Facebook without success"; 9.0% of students often and very often show signs of "using Facebook so much that it has hurt your job/studies."; 7.9% of students often and very often feel "becoming restless or troubled if you are prohibited from using Facebook"; and 5.9% of students often and very often "spend a lot of time thinking about Facebook or planning how to use it".

Table 2. Prevalence of students at risk of Facebook addiction

Items	**Frequency of experience**				
	Very rarely N (%)	***Rarely N (%)***	***Sometimes N (%)***	***Often N (%)***	***Very often N (%)***
You spend a lot of time thinking about Facebook or planning how to use it	145 (40.6%)	100 (28.0%)	91 (25.5%)	15 (4.2%)	6 (1.7%)
You feel the urge to use Facebook more and more.	108 (30.3%)	104 (29.1%)	103 (28.9%)	38 (10.6%)	4 (1.1%)
You use Facebook to forget about personal problems.	76 (21.3%)	99 (27.7%)	124 (34.7%)	47 (13.2%)	11 (3.1%)
You have tried to cut down on the use of Facebook without success.	110 (30.8%)	91 (25.5%)	115 (32.2%)	29 (8.1%)	12 (3.4%)
You become restless or troubled if you are prohibited from using Facebook.	149 (41.7%)	102 (28.6%)	78 (21.8%)	21 (5.9%)	7 (2.0%)
You use Facebook so much that it has hurt your job/studies.	155 (43.4%)	98 (27.5%)	72 (20.2%)	26 (7.3%)	6 (1.7%)
Total score	**M**			**SD**	
	12.92			4.48	
Classify	**N**			**%**	
Non-Facebook addiction	145			40.6	
At-risk Facebook addiction	212			59.4	

2.2.2. Resilience among students

The results of analyzing the current state of resilience among students at Ho Chi Minh City University of Culture are presented in Table 3. As shown in Table 3, the resilience of students at Ho

Chi Minh City University of Culture is low, with M = 17.43 and SD = 7.53. Demonstrated levels of resilience include "Able to adapt to change" (M = 1.59 and SD = 1.23); "Can deal with whatever comes" (M = 1.66 and SD = 1.10); "Tries to see the humorous side of problems" (M = 1.78 and SD = 1.12); "Coping with stress can strengthen me" (M = 1.76 and SD = 1.11); "Tend to bounce back after illness or hardship" (M = 1.57 and SD = 1.08); "Can achieve goals despite obstacles" (M = 1,89 and SD = 1.05); "Can stay focused under pressure" (M = 1.76 and SD = 1.22); "Not easily discouraged by failure" (M = 1.73 and SD = 1.21); "Thinks of self as a strong person" (M = 1.79; SD = 1.91) and "Can handle unpleasant feelings" (M = 1.88 and SD = 1.34).

Table 3. Resilience among students

Items	M	SD
1. Able to adapt to change	1.59	1.23
2. Can deal with whatever comes	1.66	1.10
3. Tries to see the humorous side of problems	1.78	1.12
4. Coping with stress can strengthen me	1.76	1.11
5. Tend to bounce back after illness or hardship	1.57	1.08
6. Can achieve goals despite obstacles	1.89	1.05
7. Can stay focused under pressure	1.76	1.22
8. Not easily discouraged by failure	1.73	1.21
9. Thinks of self as a strong person	1.79	1.91
10. Can handle unpleasant feelings	1.88	1.34
Total score	**17.43**	**7.53**

2.2.3. Relationship between Facebook addiction and resilience among students

The relationship between Facebook addiction and resilience among students at Ho Chi Minh City University of Culture is presented in Table 4. The results of the Pearson correlation analysis showed that the correlation coefficient was r = -0.065 and p > 0.05. The results of the independent sample t-test showed that there is no significant difference in resilience between the group of students not addicted to Facebook and the group of students at risk of Facebook addiction in the sample of students at Ho Chi Minh City University of Culture (t = 1.072 and p > 0.05).

Table 4. Relationship between Facebook addiction and resilience among students

Classify	M	SD
Non-Facebook addiction	17.95	7,13
At-risk Facebook addiction	17.08	7,79
$t_{(355)}$	1.072^{ns}	
Pearson correlation	**r**	**p**
	-0.065	0.589

Note: ns = Not statistically significant

2.3. Discussion

Overall, our research results showed that students at Ho Chi Minh City University of Culture have a low level of Facebook addiction, and 59.5% of students are at risk of Facebook addiction. Compared to studies in other countries, the prevalence of students at risk of Facebook addiction at Ho Chi Minh City University of Culture is higher than in Iraq [11], Bangladesh [8], [9], Nigeria [10], and India [7]. Compared to studies in Vietnam, the prevalence of students at risk of Facebook addiction at the Ho Chi Minh City University of Culture is higher than that of high school students in Dong Nai [13], but this

prevalence is lower than in other studies with Hue University students [14]. Based on previous research [14], we believe that the difference in the prevalence of students at risk of Facebook addiction in different studies may be due to the different cutoff points used to identify an individual with the risk of Facebook addiction in different studies. For example, Sayeed et al.'s (2020) {Formatting Citation} study on a sample of students in Bangladesh used a cut-off score of 18. Meanwhile, this study used a cut-off score of 12. On the other hand, daily Facebook usage time was found to be related to Facebook addiction [28]. Indeed, our investigation results show that students at Ho Chi Minh City University of Culture have an average daily Facebook usage time of 2.68 hours, and Facebook usage time is positively correlated with Facebook addiction ($r = 0.296$ and $p < 0.01$). Our findings imply that reducing daily Facebook use may help reduce the prevalence of students at risk of Facebook addiction.

Our research also shows that students at Ho Chi Minh City University of Culture have low resilience. This result is similar to the findings of Kelifa et al. (2020) on a sample of university students in Eritrea [20] and of Ho et al. (2023) on a sample of students at a University of Economics in Vietnam [19]. However, the resilience of students at Ho Chi Minh City University of Culture is lower than the resilience of university students in Spain [17] and China [18]. We believe that the low resilience of students at Ho Chi Minh City University of Culture may be related to the characteristics of the research sample. Previous studies have shown that male students often have higher resilience than female students [29], [30]. In our study, the proportion of female students was nearly three times higher than the proportion of male students (72% versus 28%). Further analysis of the relationship between gender and resilience in students at Ho Chi Minh City University of Culture shows that there is a significant difference in resilience between male and female students ($t_{(355)} = -2.43$ and $p < 0.05$).

Unlike previous research [22], our study shows that there is no significant relationship between Facebook addiction and resilience in students at Ho Chi Minh City University of Culture. However, the findings of this study are similar to those of Robertson et al. (2018) [21]. The assumption to explain the results of this study could be that the level of Facebook addiction among students in our sample was low, with $M = 12.95$, while the cut-off point to determine the risk of Facebook addiction recommended is $M = 12$ [2]. Low levels of Facebook addiction may not create stress among students, and therefore, students do not need to mobilize resources to cope with stress and adapt to adversity (increasing resilience).

3. Conclusion

This study aims to investigate the prevalence of students at risk of Facebook addiction and resilience among students at Ho Chi Minh City University of Culture, as well as the relationship between the two factors above. Through a survey of 357 university students, this study found that the prevalence of students at Ho Chi Minh City University of Culture at risk of Facebook addiction is 59.5%; students had low resilience ($M = 17.43$), and there was no significant relationship between Facebook addiction and resilience. The findings of this study add to the understanding of the prevalence of Facebook addiction, resilience, and the relationship between them in a sample of university students in Vietnam. More importantly, through this research, we found that a large number of students at Ho Chi Minh City University of Culture are in the group at risk of Facebook addiction, and the student's ability to recover is low. Therefore, these findings suggest that appropriate measures are needed to reduce the prevalence of Facebook addiction and enhance students' resilience.

Despite its contributions, this study still has limitations. The biggest limitations of this study are the cross-sectional research design and convenience sampling method. The cross-sectional study design cannot help this study infer a causal relationship between Facebook addiction and resilience. Convenience sampling does not identify sampling errors and does not allow this study to conclude the population. Additionally, the unbalanced sample by gender and grade level may have affected the findings of this study. In our opinion, longitudinally designed studies with superior sampling techniques

are needed to carefully test the findings of this study. At the same time, future research also needs to ensure balance in terms of gender and grade level when recruiting research participants.

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