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- News Feed
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### Abstract

With 2.13 billion monthly active users (Facebook, 2018), Facebook is one of the most extensively used social networking sites (SNS) in the world. So much so, that young adults around the age of college students, see it as an extension of their everyday lives (Ivcevic & Ambady, 2013). A literature review was conducted to determine if Facebook use positively or negatively impacts the psychological wellbeing of young adults. Previous research showed mixed results, but the results of this research show that Facebook has a more positive than negative impact on young adults' psychological wellbeing, especially for those with high psychological needs. With further research on controlled Facebook use, this SNS could potentially be used to improve the psychological wellbeing of young adults in academic or health settings.

### Objective

This project investigates whether Facebook use positively or negatively impacts young adults' psychological wellbeing.

Compose Post Photo/Video Album Live Video

# Impact of Facebook Use on the Psychological Wellbeing of Young Adults

## Methodology

20 February at 22:16 · 👤

In this literature review, Facebook use was measured by young adults' behaviour on Facebook (i.e., photo uploads, comments, group memberships, etc.). Psychological wellbeing was determined by the fulfillment of their psychological needs, including personal growth, positive relations, autonomy, and development of purpose in life (Grant et al., 2009). The research was conducted by keyword searches for Facebook, psychological wellbeing, young adults, and personality on the PsycINFO, PsycARTICLES, and Web of Science databases. The analysis of empirical studies, thesis dissertations, scholarly and peer-reviewed journal articles, literature reviews and meta-analytic reviews revealed the relationships between Facebook use, psychological wellbeing and personality of young adults.

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## Results added 30 new photos.

26 February at 20:38 · 🌐

Research revealed that young adults behave on Facebook the same as they would offline (Ivcevic & Ambady, 2013; Grieve et al., 2014). This led to the three major findings outlined on the right. The findings also indicated that personality impacts one's psychological needs. While, young adults with low self-esteem and low life satisfaction found greater benefits from Facebook use than from offline interactions (Ellison et al., 2007).

(1) Facebook use fulfills young adults' psychological needs.

(2) Meaningful social interactions are easier to have online than offline.

(3) Facebook use is more impactful on young adults with low wellbeing.

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**Tandoc et al., 2015** Young adults with depression who were aware of the risks of using Facebook and had social support from their Facebook friends reported a decrease in depressive symptoms.  
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**Erfani et al., 2016** Similar results were found in Australian cancer patients who reported increased emotional support from connecting with similar others on Facebook.  
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Stories



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### Discussion

The impact of Facebook use on the psychological wellbeing of young adults is more positive than negative. Existing research on this topic focuses more on the immediate effects of Facebook use, which do not provide conclusive evidence for its impact on psychological wellbeing. Further research should focus on longitudinal studies, and more comprehensive research that provides conclusive evidence for Facebook's positive impact on psychological wellbeing. However, the findings also lead to the possibility of using Facebook as a tool for young adults to improve their psychological wellbeing in controlled settings, especially for those with low psychological wellbeing due to a mental or physical illness. Facebook has the potential to bridge the gap for young adults to achieve optimal psychological wellbeing.  
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