Social Networking Addiction

Northern Marianas College

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Author Note,

This paper is prepared for English 202, Section 02, taught by Dr. Kimberly Bunts-Anderson.

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**Abstract**

Social networking came with different many forms few decades ago. Then as technology arises, social networking now occurs online. Social networking sites are mainly used for communication, learning, and entertainment. But many people abused the use of these sites and lost control. Thus, several recent studies were made about social networking addiction. Each study has different methods and focus to find the reasons, behaviors, and effects of addiction to social networking. However, this research paper analyzes the existence of social networking addiction, and focuses on when a person considered addicted, the motivations, and the chances of social networking addiction in Saipan. Results and findings to these focuses were made possible by doing a lot of database and online research, many readings and critical thinking, surveys were given out to two Northern Marianas College class, and interview was done to an expert as well as questionnaires to an employee of a company that provides internet services.

**Social Networking Addiction**

**Introduction**

Social networking comes from a wide variety of social media and the development of the internet. Several studies have been made which indicated that social media and internet addiction does exist, so thus social networking addiction. Although social networking addiction is understood similarly as social media and internet addiction, social networking addiction is a narrowed term that is directed to activity or action. Internet is the main source of the use of social networking sites (SNSs), and is firstly identified as an addiction. Goldsmith & Shapira (2006) and Griffiths (1999) concluded that “there is active debate about the wisdom of characterizing excessive Internet surfing as an addiction,” and Morahan-Martin (2007) added that “it is clear that this new coping strategy is creating very real problems for at least a small portion of Internet users” (as cited in Weiten, 2008, p. 425). Knowing that social networking addiction does exist and understanding the role and effect of this psychological disorder, these helps people to become aware and avoid possible consequences.

**Background**

Through the innovation of technology, internet is now easily accessed by people all around the world. Internet is “a computer network consisting of a worldwide network of computer networks that use the TCP/IP network protocols to facilitate data transmission and exchange” (WordNet, n.d.). It is everywhere, and it can be at home, school, work, or on the move (Healey, 2011, p.1). The majority of people use the internet, which has became part of everyday lives and mostly used for social networking. As social media and social networking sites grows, the numbers of people and time using these utilities multiply and possibly become addiction as well. Getting addicted to a social networking can definitely have negative effects, and addicted people, as well as people around them, may suffer. Just like other countries, such as United States, Saipan has companies that give broadband or internet services and includes many people who use it and are active on many social networking websites. Thus, there is a possibility that there are people in Saipan, especially students, who are addicted to social networking as well.

Social networking addiction does exist and can cause many destructive consequences on addicted people. This addiction is an actual disorder that is also called as “internet addiction” and according to Nicola F. Johnson (2008),

There are many competing discourses or approaches to internet addiction, including preferred descriptors. Multiple views of internet addiction claim it to be: (1) real and is as addictive as drug addiction, (2) A play on words, an interference with meaning that is questionable non-existent, as it is an environment and not a substance, but it enables people to act out their previous addictions or addictive tendencies, (3) Not the issue as high frequency use is a lifestyle choice and vocational expectation, (4) At one end of a continuum of addiction, (5) Better suited to being titled ‘pathological internet use’ (p. 9).

Many debates likely to occur because social networking has become a way of communication and life, business, and it provide advantages such as learning, leisure and expertise (Johnson, 2008). For the reason that there are different conclusion and methods to know the actual addiction of social networking, it resulted to wide and indecisive findings.

**Literature Review**

Social networking can be so addictive with many different causes, however one reason became prominent. A recent study of Harvard University showed that “to the extent that humans are motivated to propagate the products of their minds, opportunities to disclose one’s thoughts should be experienced as a powerful form of subjective reward” (Tamir & Mitchell, 2012, p. 8038). Thus, giving and sharing information of a person in social networking sites gives him/her pleasure. According to Green (2013) the actions such as tweeting, poking, posting, chatting, etc. are not the actual reason for being addicted to social networking, but rather the pleasure or reward they receive by doing these activities. Therefore, addiction to social networking is hard to be stopped, and there are people who are most at risk.

There are types of people that are prone to be addicted to social networking. Wilson, Fornaiser, & White (2010) concluded that their study “sought to predict young adults’ use of SNSs and addictive tendency toward the use of SNSs from their personality characteristics and levels of self esteem” (p. 173). Their findings also showed that extroverted and unconscientiously people have higher risks of both SNS use and addictive tendencies. In the further studies it indicates that there are still possible psychosocial characteristics that can be identified that lead to social networking addiction. Then as this individual becomes very addicted, it affects them psychologically.

Any addiction has its own probable effects on mental health, including addiction to the use of social networking sites (SNSs). A study of Thompson & Lougheed (2012) indicated the differences of social networking use effects between males and females. The study showed that females spent more time on Facebook, has less sleep, feels closer to friends on Facebook than those seen face-to-face, “that Facebook pictures cause negative self image,” feels addicted to Facebook, and causes them stress. Furthermore, Green (2013) state that there are common symptoms or signs of social media addiction. This includes losing time, other tasks don’t get done, isolation, guilty or defensive feelings, sees that nothing beats the social media, and has physical symptoms such as Carpal Tunnel Syndrome, dry eyes/eye strain, back aches/neck aches, severe headaches, lack of sleep, weight loss or gain.

**Research Question**

Primary research question: When is social networking becomes an addiction?

Secondary research questions:

1. What are the reasons or motivations for Social Networking Sites usage?
2. Does Saipan have a lower or higher risk of social networking addiction?

**Methodology**

**Pilot Study**

Pilot surveys were conducted with the help of an instructor and other students. Its purpose is to get feedbacks to help better the survey questions and to get the main objective of the survey. First, a couple of brainstorming or prewriting in a sheet of paper was made to think of three topics. Then, three topics or research questions were brought to class in an index card. It was passed on to every fellow classmate to give comments whether it’s a good or bad topic and if it can be a potential research topic. After getting their comments, it arose with another research topic that relates to one of the three research questions in the index cards, which is social media. Then other two secondary questions were made and a drafted survey questions are reviewed by the instructor. With the instructor’s modifications, a few questions were improved, reworded and combined (See Appendix A). Next, ten survey questions were posted in survey monkey and then, comments and responses of students were obtained. Through the students’ feedback and comments, these helped to adjust some questions and to make the survey questions better as well as to get the answers needed.

**Second Pilot Study**

Another survey was given to other group of audience after getting responses from the first group of students. However, before it was posted and sent out there were another few corrections made by the help of the instructor and first group’s responses and reactions. For instance, the question “How would you rate your internet connections,” it was added a “please check all that apply” and the type of choices or answers was changed in to a checklist where they can choose more than one answer. Then, a sub-question was added, “Where is the internet best and worst? Why is it so? Do internet problems impact how much you use the internet? And why?” (See Appendix B). Moreover, with the help of some peers, question 8 was reworded because of the trouble of understanding the question. From the question, “How many hours do you spend on your homework, job, and social communications require internet access to social networking sites daily?” to a question “How much of your homework, job, and social communications require internet access to social networking sites daily? While doing your homework or job, do you ever visit social networking sites when are not related to your work? If yes, how often?” (See Appendix B). With these changes it gave helpful responses from the audience or student.

**Interview and Questionnaire**

After having the pilot surveys to two classes of student, a letter for the expert was constructed. However, before sending the letter out to the expert, it was first examined by the instructor and checked any flaws or unclear details. Then, the letter was sent out to a psychology instructor by email and he then called and set up the appointment. After the confirmed appointment, an interview questions with eight questions were made, and through the instructors help, minor corrections and additional question was applied. Then, an interview was done with Mr. Christopher Jones and was recorded in a cellular phone. Moreover, a few questionnaires were also made and given to Ms. Myra Grageda. She is an employee of DOCOMO, which a company that provides internet and phone line services.

**Findings**

Like any other activity, social networking can be addictive and is an actual disorder. Johnson (2008) claim that internet addiction is a real and is addictive as drugs. This claim is also supported by an interview with a psychology instructor. Christopher Jones stated that “anybody can be addicted to just about anything” and he defined addiction as “repetitive engagement in an activity that might be detrimental to the individual’s daily function and that would be consider an addiction” (See Appendix C). He also asserted that social networking consider as addiction by looking at the time a person spent on social networking sites and the time they spent away from generalized activity that facilitate their well being. If a person all does is to be on social media or networking sites and if that behavior has negative consequences, then it becomes as an addiction. Thus, there is no more doubt that like any activities or drugs, social networking can be an addiction.

Social networking addiction’s top motivation is the pleasurable feeling they get from being in social media. This was supported by the study of Harvard University, which stated that “to the extent that humans are motivated to propagate the products of their minds, opportunities to disclose one’s thoughts should be experienced as a powerful form of subjective reward” (Tamir & Mitchell, 2012, p. 8038). The reward of pleasure they get is comes from the actions a person do, such as tweeting, posting pictures, chatting, and getting ‘likes’ from friends. In the NMC survey on two classes, the main reason of using social networking sites is to socialize with friends, which resulted with the highest percentage of 87.50%. Therefore, having the sense of attention and the freedom to do or express what a person wants are the pleasure they get in which motivates them to uses social networking sites.

The frequent use of social networking sites depends on the internet connection or service a person has. In the first NMC class survey, half of the students responded that their internet connection is good and half of them said it is bad. But on the second NMC class survey, most of the students said their internet connections are good. However, both classes answered that there’s a big impact on the kind of internet connection they have to be online. If the internet is slow, the student said that they rather not use it because they get irritated. In contrast with this result, Christopher Jones believed that slower internet connection does not affect the addiction to social networking because he might not be addicted, but he still uses social media although internet connection is very slow here in Saipan compared to States. Additionally to internet connection, Myra Grageda supposed that the DOCOMO’s fastest internet is 1.8 meg and there’s very few residents that has it (See Appendix D). Out of 100, only 20 customers applied for it, and it is likely because it is very expensive. However, this internet connection is still slow.

**Discussion**

Addiction to social networking can be a negative or positive thing to an individual. According to Johnson (2008), there’s an advantage on social networking. It can be a leisure, learning, and expertise. However, social networking addiction can be a bad thing if it is debilitating a person. This is supported by Christopher Jones. He asserted that there is a negative and positive side of social networking addiction. It becomes a problem when a person let her/himself get controlled of social media than a person control the social media (See Appendix C).. Then, this addiction debilitates and distress the person controlled by social media, and which also determines if the person realize that it distress him/her and if he/she thinks that he needs to see a psychiatrist or psychologist. However, addiction to social media can be a good thing to a person. Psychology instructors, Christopher Jones, added that people who works for a social media company and a person who owns or manages a social networking site like Mark Zuckerberg, the founder of Facebook, are addicted and successful.

Many students or teenager in Saipan are active in social networking sites. Yet, there is still uncertainty if a student is addicted or not because mostly are not severe and some are quite uncontrolled with their social networking use. In the first NMC class survey, one respondent said that “some of his families, especially females, are so addicted. We will be talking and they’re on their phone checking their phone checking their Facebook or Twitter” (See Appendix E). Then, most of the respondents put their chores, homework and errands to just use social networking sites.

A person can prevent his/herself from being addicted to social networking sites. Christopher Jones asserted that if a person’s “Ego” is strong, they will not let his/herself do only one thing over and over again (See Appendix C). The person’s Ego will balance the pressure between his/her desire and morality. Though a person may be already addicted, there is available help he/she can get, such as counseling and psychotherapy. Christopher believes that, “everything can be treated” (See Appendix C).

**Conclusion**

In this generation, technology has developed quickly and formed internet as well as social media. Through the innovation of internet and social media, an activity of social networking has arisen. Many people now are using it, and as time approaches further, more and more people use it. Due to people who excessively use social networking sites, several studies were made to analyze the feasible addiction to this kind of activity. However, it is now proven as an actual addiction and real disorder. Mainly there are many negative effects, such as psychological problems, that can develop from being addicted to social networking. Students are most affected with this addiction, which lead to further study of the motivations, behavior, and other areas of social networking addiction. Moreover, this addiction does not only have negative side but it also has its positive side. Some successful person, such as Mark Zuckerberg, is addicted to social media, yet, it became a good consequence for him. Excessive use of social networking is still unclear whether slower internet connection helps to lessen addiction, especially internet service in the island of Saipan, or not. Some students claim it does affect their use of social networking sites, and a psychology instructor claim it does not stop a person from using SNSs. Although there are debates about the impact of internet connection, social networking addiction does exist in Saipan, but with lower chances.

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Appendices

**Appendix A**

Social Networking Addiction Pilot Survey Draft

1. Thank you for taking the time to participate in my research project. Completing the survey will not take long and your time is greatly appreciated. The research is part of an English project and is focusing on the following:

Primary question: When social networking becomes an addiction?

Secondary question:

What are the motivations for social networking usage?

 Does Saipan have a lower or higher risk of social networking addiction?

Gender: \_\_ Female \_\_Male Age: \_\_13-17 \_\_18-21 \_\_22-25 \_\_26 above

Marital Status: \_\_Single \_\_ Married \_\_Other:\_\_\_\_\_\_\_\_\_\_ Ethnicity: \_\_\_\_\_\_\_\_\_\_\_\_\_

Student: \_\_Yes \_\_No Employed: \_\_Yes \_\_No

1. Do you have access of internet?

\_\_Yes \_\_No

If yes, please list below where and what internet connection or plan do you use? For example, home – broadband, cell phone - data, etc.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How would you rate your internet connections? Where is the internet the best and the worst? Why? Do internet problems impact how much you use the internet?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How often do you visit social networking sites in a week?

\_\_\_\_\_None \_\_twice \_\_3-4 times \_\_5-7 times \_\_\_\_other

1. What do you usually do on social networking sites?

\_\_play games \_\_connect with family \_\_socialize with friends \_\_do homework

1. How many hours do you spend on the internet in a day?

\_\_0 \_\_1-2 \_\_3-4 \_\_5-8 \_\_8-10 \_\_11-12 \_\_13 above

1. What social networking sites do you visit? Include as many as you know.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How many hours do you spend on school related work online?

\_\_1-2 \_\_3-4 \_\_5-8 \_\_8-10 \_\_11-12 \_\_13 above

1. How much of your homework, job, and social communications require internet access to social networking sites daily? Do you ever use the internet to complete tasks when doing the work in a different way would be faster?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you put things off whenever you use internet and visit social networking sites? If yes, list all the things you put aside to be online.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Did you receive free computer in Junior High? If yes, how did it affect your use of internet and visit on social networking sites?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Appendix B**

Social Networking Addiction Pilot Survey

1. Thank you for taking the time to participate in this research survey. Completing the survey will not take long and your time is greatly appreciated. The research is part of an English project focusing on social networking as an addiction, the risk here in Saipan and its usage motivations.

|  |  |
| --- | --- |
| Age: |  |
| Gender: |  |
| Marital Status: |  |
| Ethnicity: |  |
| Student current level or last year completed: |  |
| Employed: |  |
| Did you actively use the internet as part of your Middle school experience? |  |
| Did you actively use the internet as part of your high school experience? |  |
| Would you say you are addicted to the internet? Why? |  |
| Would you say that anyone you know is addicted to the internet? Why? |  |

2. Do you have access to the internet at home, school or work?

|  |  |
| --- | --- |
| https://www.surveymonkey.com/i/t.gifYes | https://www.surveymonkey.com/i/t.gifNo |
| If yes, please list below where and what internet connection or plan do you have for personal use. For example, home-broadband, cellphone-data, etc. | |

3. How would you rate your internet connections? Please check all that apply.

|  |
| --- |
| https://www.surveymonkey.com/i/t.gifGood  https://www.surveymonkey.com/i/t.gifVery Good  https://www.surveymonkey.com/i/t.gifExcellent  https://www.surveymonkey.com/i/t.gifBad  https://www.surveymonkey.com/i/t.gifVery bad  https://www.surveymonkey.com/i/t.gifWorst |
| Where is the internet the best and worst? Why is it so? Do internet problems impact how much you use the internet? and why? |

4. How many days do you usually visit social networking sites in a week?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| https://www.surveymonkey.com/i/t.gifNone | https://www.surveymonkey.com/i/t.gifOne | https://www.surveymonkey.com/i/t.gifTwo | https://www.surveymonkey.com/i/t.gif3-4 days | https://www.surveymonkey.com/i/t.gif5-6 days | https://www.surveymonkey.com/i/t.gifEveryday |
| If none, do you live with or know someone who is active on social networking sites? | | | | | |

5. How often do you visit social networking sites in a day?

|  |
| --- |
| https://www.surveymonkey.com/i/t.gifNone  https://www.surveymonkey.com/i/t.gifEvery 5-15 minutes  https://www.surveymonkey.com/i/t.gifEvery 30 minutes  https://www.surveymonkey.com/i/t.gifHourly  https://www.surveymonkey.com/i/t.gifEvery 2-3 hours  https://www.surveymonkey.com/i/t.gifOnce a day  https://www.surveymonkey.com/i/t.gif2-4 times a day  https://www.surveymonkey.com/i/t.gif5-8 times a day  https://www.surveymonkey.com/i/t.gif9-12 times a day  https://www.surveymonkey.com/i/t.gif13 and above  https://www.surveymonkey.com/i/t.gifOther |
| If other, please specify. Do you feel that being active on social networking sites has become a requirement of some social communities or jobs in Saipan? If so how? |

6. What do you or the person you know that uses social networking usually do on these sites?

|  |
| --- |
| https://www.surveymonkey.com/i/t.gifPlay games  https://www.surveymonkey.com/i/t.gifConnect with family  https://www.surveymonkey.com/i/t.gifSocialize with friends  https://www.surveymonkey.com/i/t.gifDo homework |
| Other (please specify) |

7. What social networking sites do you visit or have you visited in the past? Please list them all from most visited to least visited social networking site.

8. How much of your homework, job, and social communications require internet access to social networking sites daily? While doing your homework or job, do you ever visit social networking sites when are not related to your work? If yes, how often?

9. Do you or the person you know that uses social networking sites put things (homework, chores, task etc.) off whenever you or he/she use internet and visit social networking sites? If yes, please list all the things you put aside to be online.

10. Did you receive free laptop in Junior High? If yes, how did it affect your use of internet and visits to social networking sites?

**Appendix C**

Interviewer: Joanna Bea

Interviewee: Mr. Christopher Jones

Date: Tuesday, April 22, 2014

Recorded time: 10:01 am

1. In your opinion, can someone be addicted to an activity as well as certain substances?

“Absolutely, anybody can be addicted to just about anything… what causes and define addiction… repetitive engagement in an activity that might be detrimental to the individual’s daily function and that would be considered an addiction.”

1. Some claim it is possible to be addicted to social networking if so, how would you know if a person was addicted to social networking?

“How much time they spent on social networking and how much time they spent away from other generalized activity that their engaged in, that may facilitate their well being… addiction is a behavior that may have negative consequences to the outcome congruence…a genuine human being that wants to be intelligent and engage in other social behaviors.” There are two things (addiction), pornography and Facebook or social media or interacting, which is less severe. “What it does, it the kind of thing that causes your brain to do unless, of course, you may suffer when you meet somebody online such as stalker, killer, child molester… general social media or interaction is negative when it can be debilitating too, it keeps you from doing your normal lifestyle, and it keeps you from going out and doing things… Then other side, pornography is debilitating if you don’t establish a real relationship, a physical intimacy or emotional intimacy with anybody. You kind have this screen and forming an emotional relationship, but physical is a healthy relationship.”

1. In your experience, what causes people to become addicted to it?

“Addiction that’s good and bad for you... for example tennis. It’s a positive addiction, working out... If your mind says that’s the only thing you know how to do.” But you’re not, if you’re not addicted to one thing. There are two sides: negative and positive. However if ego strength you have is greater, you will not let yourself do only one thing. “A person is first involved to it and they like it over and over again, it becomes a part of you, it controls you life. But if you’re under control then you’re not addicted.”

1. Is social networking addiction considered a disorder?

“Only if it’s debilitating the person and if they are distress about it. If you think you need to see a psychiatrist and psychologist. It keeps you from having a normal life. Suddenly you don’t have a friend, work, or anything.”

1. Can social networking addiction be treated or not? If yes, how?

“Yes, everything can be treated, such as counseling and psychotherapy (broad range)”

1. Is there any available help for this condition?

“Yes, absolutely.”

1. Would self-control or self prevention be effective, or not? Why?

“One thing you want to teach anybody in a counseling… how much debilitating an activity do they have and do they know it. Cognition. Do you know what you’re doing and how much it keeps you from doing things. Yes, of course. Just like Mark Zuckerberg and some company, they are considered addicted. But it was a good thing. Again, you’re addicted only when you think its keeping yu from doing things and causing distress.”

1. Do you think that a slower internet connection might lessen the addiction to social networking or not?

“No, not at all. I am not addicted but I still use a slow internet service, and it’s the slowest compared to other place or State.”

**Appendix D**

Interviewer: Joanna Bea

Interviewee: Myra Grageda (DOCOMO employee)

Informal questionnaire - Through cellular phone messaging

Question 1: What is the DOCOMO’s fastest internet connection?

Answer: 1.8 meg.

Question 2: How many people applied for this service?

Answer: Few. Estimation of 20 out f 100 residents.

Question 3: Is it really fast or not?

Answer: It is actually not that fast.

**Appendix E**

Social Networking Addiction Pilot Study I

Question #9. Do you or the person you know that uses social networking put things off whenever you use internet and visit social networking sites? If yes, please list them all.

Question number 9 too unclear to respond to

3/31/2014 11:14 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3153969940)

Yes. Some of my family(especially females), are so addicted. We will be talking and their on their phone checking their facebook or twitter.

3/31/2014 8:53 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3153753188)

not sure

3/31/2014 7:51 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3153684827)

Probably.

3/31/2014 4:46 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3153501514)

yes chores homework errands

3/31/2014 4:29 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3153488841)

chores

3/31/2014 4:23 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3153483997)

Yes -Chores mainly

3/31/2014 4:13 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3153477764)

Yes. Facebook

3/30/2014 7:36 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3152564858)

no

3/29/2014 11:24 PM [View respondent's answers](https://www.surveymonkey.com/analyze/browse/sbwD1mIVpVZZn66J6UjZ_2BrPeDM2ggteLfNT471iHZ6I_3D?respondent_id=3151821581)