

A Literature Survey on Facebook Intrusion: Predictors and Effects

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Abstract

Facebook has emerged as a leading social media platform globally, with billions of users engaging in social interaction, information dissemination, and community building. This research paper aims to explore the impact of Facebook on personal privacy and emotional well-being, with a focus on Sri Lanka as a case study. Despite its popularity, Facebook raises concerns regarding invasion of personal space and privacy, cyberbullying, exposure to harmful content, and social comparison, which can contribute to negative psychological outcomes such as depressive symptoms, psychological distress, and anxiety. This study adopts a literature survey methodology, conducting a comprehensive search using predefined search terms on Google Scholar. The findings reveal that Facebook intrusion, characterized by excessive involvement and disruptive behaviours, is associated with addictive symptoms and emotional attachment. Various factors, including fear of missing out, narcissism, self-esteem, satisfaction with life, moral norms, and depression, have been identified as predictors of Facebook intrusion. Negative effects of Facebook intrusion include sleep problems, social isolation, reduced goal-oriented behaviour, and impaired emotional functioning. However, the relationship between Facebook intrusion and mental well-being is complex, with some studies reporting positive associations with life satisfaction. Additionally, Facebook intrusion has implications for interpersonal relationships, contributing to relationship dissatisfaction and jealousy. The study advances the deeper understanding of the advantages and drawbacks inherent in social media platforms like Facebook, thereby supporting endeavours aimed at optimizing user interactions while mitigating potential negative effects.

Keywords: *Facebook intrusion, Perceived personal space, Disruptive behaviour*