Predicting family performance based on psychological well-being and readiness for social media addiction

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Abstract

Introduction: Cyberspace depicts world that have emerged from fiction; however, for many people, cyberspace has become a part of their daily lives, affecting their psychological well-being and family functioning. The aim of this study was to predict family performance based on psychological well-being and readiness for social media addiction among student users.

Method: The research method was descriptive-correlational type and the statistical population of this study included all students of Islamic Azad University, Karaj Branch in the academic year 2016-2017, from which 200 people were selected by multi-stage cluster sampling. Research tools include the Affective Family Climate Scale; Ryff Psychological Well-Being Scale-Short Form and Social Media Addiction Questionnaire. Pearson correlation and simultaneous regression analysis were used to analyze the data.

Results: The results of the present study showed that the dimensions of family functioning have been associated with psychological well-being. Dimensions of family functioning have been associated with readiness social media addiction.

Conclusion: It is suggested that by educating families and parents for families with children and adolescents, in addition to prevention, the level of family performance and consequently the well-being of children, adolescents and young adults can be increased.

Keywords: addiction" family performance" social media" well-being

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