



**Psychosocial Influences on Compulsive Facebook Habits: Personality
Meets Self-Perception**

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ABSTRACT

Background: An increasing number of people are seeing the detrimental effects of Facebook use on their mental health and ability to interact socially, a phenomenon known as problematic Facebook use (PFU). Perceived social acceptability, self-efficacy, self-esteem, and personality characteristics are major factors in determining whether Facebook usage is excessive or maladaptive, according to previous studies.

Method: This research followed the standard procedure for meta-analyses by conducting a systematic review. via the use of predetermined search terms, relevant studies were located via databases including Medline, Scopus, Web of Science, and ScienceDirect. A total of 124 studies were considered after screening and eligibility evaluation. Using standardised methods and evaluation tools, data extraction and quality assessment were carried out.

Results: According to the results, PFU is favourably correlated with narcissism, impulsivity, loneliness, and high levels of neuroticism, and negatively correlated with attributes like emotional stability and conscientiousness. Some of the characteristics that mediate the relationship between problematic use and low self-esteem and self-efficacy include social comparison, the need for external validation, and the fear of missing out (FoMO). People are more likely to participate in excessive online conversations when they believe they are socially acceptable to do so.

Conclusion: A number of interrelated psychological and personality traits contribute to PFU's complexity. Those who are already emotionally and socially vulnerable may resort to this unhealthy coping method. In order to improve mental health and decrease harmful social media usage, it is important to address these variables via tailored treatments.

Keywords: Big five personality traits, Loneliness, Narcissism, Shyness, Impulsivity, Facebook addiction

I. INTRODUCTION

Facebook was launched as a social media platform to facilitate improved communication via the establishment of worldwide networks. Facebook allows its users to connect with one another, see what others are up to, post photos of themselves, start conversations via messages, and voice their thoughts [1]. Facebook, when used responsibly, can lead to positive outcomes, such as staying in touch with loved ones, killing time, and enjoying social interactions and activities. One method some individuals use to satisfy their urge for fame is to create an appealing online persona and present themselves to other users in an attractive light. Engaging in self-promotional activities might boost self-esteem, reinforce one's value, and provide reassurance to certain individuals [2-3].

Checking one's newsfeed and alerts too often is a risk factor for Facebook addiction. Assumedly, Facebook addiction, reliance, or intrusion occurs when compulsiveness becomes intense and excessive. But for others, using it too much might leave them physically unable to function [4].

Montag et al. [5] compiled a list of potential causes of social media addiction. Rewards and built-in features like "auto-play" and "news feed" entice users by distorting their sense of time, leading to endless or continuous scrolling. According to the mere exposure effect, people tend to develop a preference for social media platforms as their exposure to them increases. Another major aspect of social media is social comparison, in which users evaluate their own performance relative to others based on the number of likes and comments they receive.

The term "problematic Facebook use" (PFU) refers to users whose excessive engagement with Facebook disrupts their ability to interact with others in their day-to-day lives [6]. The definition of cyberbullying behaviour, according to Andreassen and Pallesen, is "being overly concerned about SNSs (Social Networking Sites), to be driven by a strong motivation to log on to or use SNSs, and to devote so much time and effort to SNSs that it impairs other social activities, studies/job, interpersonal relationships, and/or psychological health and well-being" (p. 4054). Griffiths posits that all behavioural addictions have six commonalities [8-9]: salience, mood modulation, tolerance, withdrawal, conflict, and relapse. This also includes addictions to social media. Griffiths [10] states that in order for a behaviour to be classified as addiction, all six of the characteristics listed above must be present. On the other hand, problematic behaviour could continue even if some of these results don't materialise. It should be noted that no recognised diagnostic manuals include PFU as a diagnosis. [11]

Researchers have found widely varying prevalence rates of PFU. For instance, previous research has shown that the prevalence rate of PFU does not [12] exceed 10% of Facebook users, with polythetic score at 6.2% [13], monothetic scoring at 2.5% [13], and 4.88% [14]. As with male users, female users seem to be at a greater risk of PFU [15]. Cudo et al. [14] observed, for instance, that PFU levels were 6.4% higher in females compared to 3.1% in men. According to previous studies, being female is positively correlated with PFU [16].

Earlier research has connected PFU to negative mental health outcomes including depression, anxiety, insomnia, and stress, as well as difficulties in interpersonal connections [17]. Peer and parent attachment types are associated with PFU, according to the research [18]. It has been shown that negative attachment is associated with poor mental health, difficulties in interpersonal interactions, issues with self-representation, and inappropriate emotion regulation [19]. Furthermore, EMSs modulate the association between attachment difficulties and psychological disorders, according to previous research [20]. Understanding the emergence of problematic behaviours like PFU requires a deep dive into an individual's emotional-cognitive systems (EMSs), which are a reflection of their knowledge about themselves and the environment. The importance of EMSs in this process is shown by the fact that they are "extremely stable and enduring themes that develop during childhood and are elaborated upon throughout an individual's lifetime" ([21], p. 9). However, there is a dearth of studies that look at how these schemas relate to destructive online behaviours [22]. Furthermore, they disregard

PFU and other problematic internet-related behaviours in favor of focusing only on problematic general internet usage. Therefore, this research set out to analyze PFU-related EMSs and determine whether personal beliefs are linked to this problematic conduct. When it comes to cognitive behavioral therapy for behavior change, understanding these linkages will be extremely helpful in preventing and treating PFU.

Unfulfilled needs and adverse childhood experiences are the foundation for EMSs, according to Young, Klosko, and Weishaar [23]. Combining the child's emotional temperament with these requirements and encounters with major people (e.g., parents, siblings, and classmates) adds more complexity. A solid and unshakeable conviction that "I am unimportant" could emerge in youngsters whose fundamental psychological needs—such as attention, approval, and unconditional love—go unfulfilled because their parents ignore them. Consequently, disordered thinking and bad emotions may result from these ideas' dominance over one's thoughts and feelings. EMSs control not just one's social interactions but also one's self-perception. There are five broad categories into which the 18 early maladaptive schemas listed by Young [24] fall. Bach, Lockwood, and Young [25] revised this taxonomy, however, and proposed a reduced set of four categories. Anxiety disorders [27], social phobia [28], sadness [26], and obsessive-compulsive disorder [29] are among the mental health issues linked to EMSs, according to earlier studies. Some personality disorders, including antisocial, borderline, and dependent personality disorders, are also linked to EMSs [30]. Substance abuse [31] and behavioral addictions such as problematic gambling [32], food addiction [33], compulsive sexual behavior [34], and problematic smartphone usage [35] are also linked to EMSs, according to previous studies.

II. LITERATURE REVIEW

A. Personality and Facebook addiction

Among the many reliable models that attempt to describe the framework of personality, the Big Five is a good one. It includes traits like agreeableness, openness to new experiences, neuroticism, and extraversion. A person's level of agreeableness, conscientiousness, openness to experience, and vulnerability to mood swings and negative emotions are all indicators of their level of neuroticism, while extroversion and sociability are indicators of their level of outgoingness and social interaction [36].

The correlation between Facebook use and the Big Five personality traits has been the subject of prior study [37]. Addiction to Facebook was inversely correlated with extraversion, conscientiousness, and emotional stability [38]. From the big five personality characteristics, only neuroticism was shown to have a significant correlation with Facebook addiction [39–42]. In contrast, extraversion is positively associated with the trait, while conscientiousness and openness to experience are negatively associated. Facebook addiction was shown to be substantially predicted by agreeableness, conscientiousness, and openness to experience, rather than by extraversion and neuroticism, according to Horzum et al. [43]. No significant link was discovered between Facebook addiction and any of the big five personality characteristics in the research by Sheldon et al. [44]. The correlation between negative perceptions of time in the past and Facebook addiction was shown to be mitigated by neuroticism, according to Miceli,

Cardaci, Scrima, and Caci [45]. According to research by Sindermann et al. [46], the Facebook use disorder was favorably correlated with extraversion and neuroticism and negatively correlated with conscientiousness. Researchers Sindermann et al. [47] found that whilst conscientiousness was inversely related to Facebook use disorder, neuroticism was positively correlated with it.

Narcissism, shyness, impulsivity, loneliness, and the Big Five Factors are some of the personality traits linked to Facebook addiction.

Reacting hastily and irrationally to both internal and external stimuli, without considering the consequences for one or others, is what's known as impulsivity [48]. Individuals who are hooked to Facebook tend to make decisions on the fly [49]. It seems that impulsivity is also a significant factor in Facebook addiction [50]. According to Sindermann et al. [46], Facebook's inherent features may account for the correlation between impulsivity and the amount of time spent on the platform. According to studies conducted by Cudo et al. [14] and Rothen et al. [51], impulsivity was shown to be a factor that might lead to Facebook addiction. People who are more prone to acting on impulse are more likely to acquire a troublesome Facebook habit than those who are less impulsive. Cudo et al. [14] examined the relationship between problematic Facebook usage and sub-aspects of impulsivity and found that high attentional impulsivity is positively linked with problematic Facebook use. Based on these data, researchers have determined that being unfocused may cause Facebook usage that is not suitable. As opposed to other forms of impulsivity, the writers Fowler et al. [50] found a strong correlation between Facebook addiction and rash impulsivity. Maladaptive coping mechanisms moderate the relationship between impulsivity and Facebook addiction, as stated by Tatal et al. [52].

Because they aren't very good at presenting themselves, lonely people may find that interacting with others online is more to their liking. A state of inadvertent social estrangement, or the conscious awareness of one's own loneliness, is known as loneliness [53]. Online social connection is a common coping mechanism for lonely people [54]. People who are already lonely are more likely to develop an addiction to Facebook [55]. According to social compensation theory, one of the main factors that contributes to Facebook addiction might be feeling lonely. This has been supported by actual data collected by other academics. Both problematic Facebook usage and loneliness were shown to be predicted by Blachnio and Przepiorka [56]. Because of the two-way nature of the relationship between loneliness and Facebook addiction, this discovery sparked a debate concerning the relationship between the two [57]. However, the lack of longitudinal studies left the question unresolved. Two studies, one by Aung and Tin [58] and the other by Iranmanesh et al. [59], discovered that loneliness is a major contributor to Facebook addiction. The connection between Facebook addiction and subjective well-being was supposedly mediated by shyness and loneliness, according to Satici [60]. Uram and Skalski [61] discovered that Facebook addiction is strongly correlated with feelings of loneliness, poor self-esteem, low life satisfaction, and fear of missing out (FOMO). According to Ho [62], the correlation between Facebook addiction and sadness was reduced by feelings of loneliness.

Researchers were more in agreement that narcissism is positively correlated with Facebook addiction. Addiction to Facebook is common among highly narcissistic people, according to a new study by Rahim et al. [63]. German researchers Brailovskaia et al. [64] discovered a favorable correlation between narcissism and the Facebook addiction problem. Researchers Brailovskaia, Margraf, and Köllner [65] observed that individuals with high degrees of narcissism, especially those who also suffer from other mental health conditions, are more likely to be addicted to Facebook. In their analysis of mediating variables, Brailovskaia et al. [66] found a positive correlation between narcissism and Facebook addiction. Facebook traffic mediated the relationship between narcissism and Facebook addiction disorder. Researchers Brailovskaia et al. [66] looked at the correlation between Facebook addiction and various forms of narcissism; they discovered that susceptible and grandiose narcissism were positively linked. Facebook addiction was linked to grandiose narcissism, not vulnerable narcissism, according to Casale and Fioravanti [67]. Only certain aspects of narcissism were associated with Facebook, according to Brailovskaia et al. [66]. Unlike the vanity and leadership dimensions, admiration desire was a strong predictor of Facebook addiction. Last but not least, narcissism was connected with Facebook addiction illness, according to Brailovskaia and Margraf's [68] longitudinal research.

Shyness is defined as "negative evaluation of the self, which creates inhibition in social situations and interferes with realizing one's personal or professional goals" [69]. People who are naturally reserved tend to gravitate toward online discussions [70], which explain why they spend so much time on Facebook [71], have positive opinions about it [72], and have many interactions with their Facebook friends. A weak correlation between Facebook addiction and subjective well-being was seen to be moderated by shyness [60]. Because Facebook makes shy and lonely people feel comfortable, they end up spending more time there [70].

III. METHOD

The instructions given by Page et al. [72] for conducting systematic reviews and meta-analyses were followed in this review.

A. Eligibility criteria

Studies were eligible for inclusion if they met the following criteria: (a) Using English as the language of writing; (b) Submitted to and published in journals that are subject to peer review; and (d) Conducting a systematic review or meta-analysis to determine the relationship between PFU and psychological factors. Research that did not follow a systematic methodology, such as narrative overviews or theoretical reviews, was not taken into account at this stage. In our quest to find more relevant papers, we also checked the citations of all the meta-analyses and systematic reviews that turned up.

B. Information sources and search strategy

To find studies that met the criteria, researchers used the following search string: *("review" OR "meta-analysis") AND ("social media" OR "social network*" OR "Generalised Problematic Internet Use" OR "facebook" OR "twitter" OR "instagram" OR "snapchat" OR "tiktok") AND ("problematic" OR "addic*" OR "depend*" OR "abuse" OR "compulsiv*" OR "excessiv*")*.



Following that, a second bibliometric analysis was carried out to ascertain whether the traits that were recovered were typical of other detrimental online actions. The following three problematic online behaviours were selected for this purpose: Internet Gaming Disorder (IGD), Problematic Pornography Use (PPU), and Compulsive Online Shopping (COS). We used the following search approach to find published systematic reviews or meta-analyses that were relevant to each PSNU risk factor: *("name risk factor") AND ("Meta-analysis" OR "Systematic Review") AND ("Name of the problematic online behaviours or synonymous")*. All of the other questionable internet actions were evaluated when doing the searches. To examine whether any preliminary data on the issue could be discovered, we eliminated the *phrases "Meta-analysis" and "Systematic Review"* if no meta-analyses or systematic reviews were identified. When systematic reviews uncover gaps in the evidence, more searches for primary research may be needed [74].

C. Data Collection Process

Two separate reviewers used a piloted, standardized form (created in Excel or Covidence) to independently extract data. Research details (e.g., author, year, country, design, sample size, participant demographics), assessment instruments (e.g., for psychosocial variables and problematic Facebook use), statistical results (e.g., Pearson/Spearman correlations, regression coefficients, effect sizes), and any mediators or moderators mentioned were excised. A third reviewer or consensus was used to settle any disagreements. When required, corresponding authors were contacted to fill in missing data.

D. Risk of Bias (Quality) Assessment

All included papers were evaluated for potential bias using the Critical Appraisal Checklist for Analytical Cross-Sectional papers (or a similar instrument for longitudinal designs) developed by the Joanna Briggs Institute (JBI). Sampling, measurement validity, confounding control, and statistical analysis were among the areas in which each study was evaluated by two separate reviewers. Findings were guided by studies assessed as high, moderate, or low risk, rather than by quality.

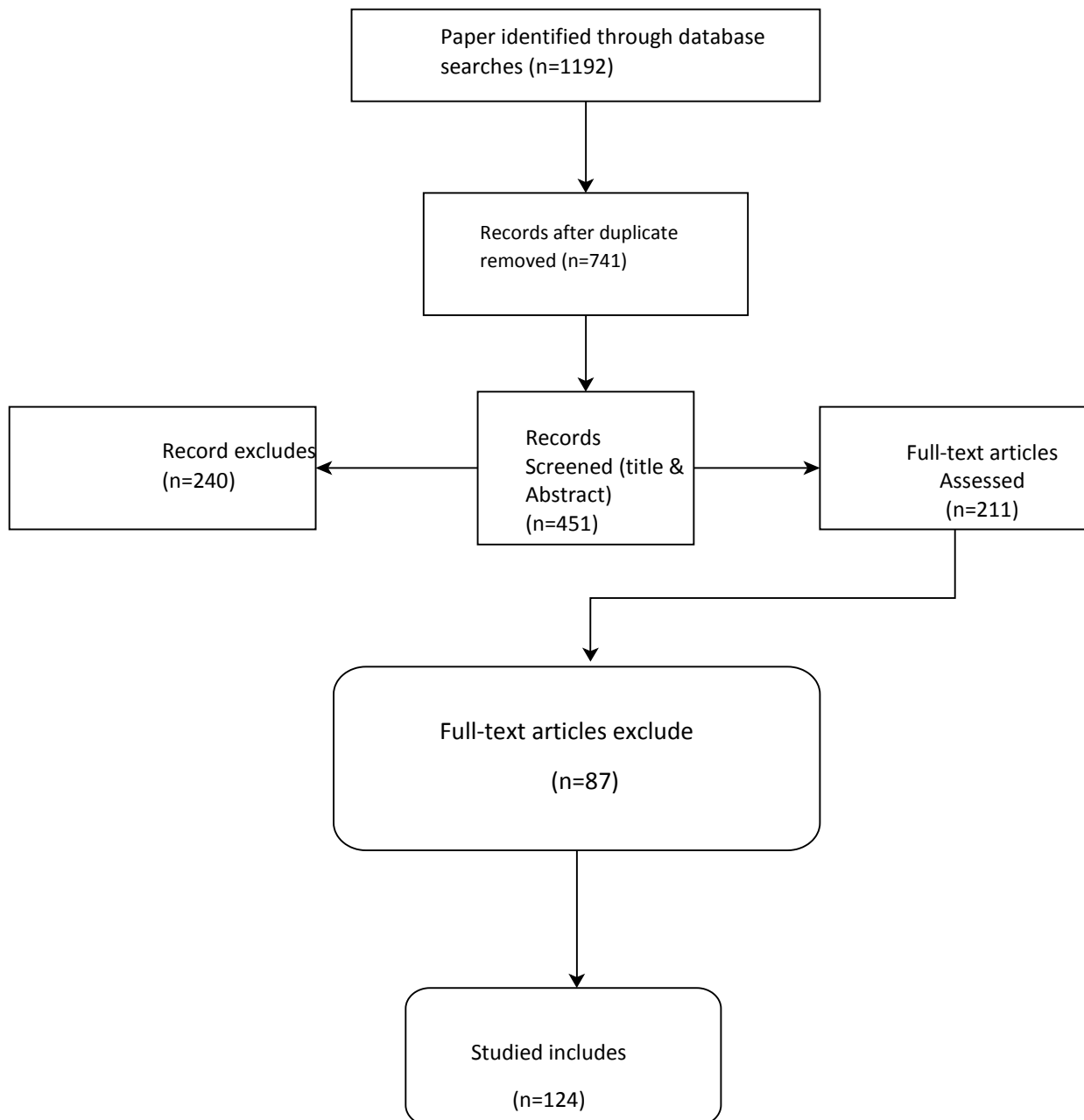


Figure 1: Prisma diagram for literature review process

IV. RESULTS

Initial database searches yielded 1,192 entries. These records were located in Medline, Scopus, Web of Science, and Science Direct. There are 741 distinct entries after deleting duplicates. Using just the titles and abstracts, 451 records were reviewed during the screening step. We removed 240 records from the analysis because they were either irrelevant, did not include sufficient empirical data, or did not deal with problematic Facebook usage or psychosocial characteristics. The result was the evaluation of 211 full-text papers for eligibility. We rejected 87 publications after reviewing their entire texts because they did not fit our inclusion criteria, did not provide enough data for our variables of interest, had poor

methodology, or were not original review studies. The final evaluation and data synthesis comprised 124 researches.

A. Self and Problematic Facebook Use

Problematic social media use (PSMU) has been studied in relation to self-related concepts such as self-esteem and self-presentation [75]. One study identified a common thread across eight Canadian adolescents: balancing one's social and personal identities (Calancie et al., [76]). On social media, several participants recounted their experiences and said they felt inadequate because they constantly compared themselves to their friends.

Moreover, studies conducted in Norway, including individuals aged 16–88, have shown a negative correlation between problematic social media use and self-esteem [75]. Results among Turkish students aged 17–24 are consistent with these hypotheses [77]. According to the researchers, PSMU was more common among study participants with lower self-esteem [77]. Among 460 Turkish young people (aged 18–26), Kircaburun et al. [78] also examined the relationship between PSMU and self-confidence and found a negative correlation. Problematic social media use was more prevalent among young people with lower self-confidence. A more recent study by Australian researchers examined young individuals' self-concept clarity and the time they spend on social media [78]. Participating in the study were 525 young people (ranging in age from 18 to 25). Spending more time on social media was associated with a less clear self-concept, according to the study's findings. These results suggest that, compared with participants who spent less time on social media, those who spent more time on these platforms do not have a clear sense of who they are as individuals.

B. Emotional and Social Factors Associated with Problematic Facebook Use

Low self-esteem and social anxiety

Excessive social media users are more likely to act impulsively, have poor self-efficacy, and expect positive results [80]. Among 8,912 college students from seven countries (South Africa, Argentina, Spain, England, Canada, and the US) surveyed, those who reported experiencing excessive ruminating thoughts were more likely to exhibit substantial symptoms of sadness and social anxiety [81]. "Anxiety, problematic social networking site use, low self-esteem, and fear of negative self-evaluation have all been linked in various studies."

Cyberbullying, emotional abuse and distress

University students who used SNSs problematically were more likely to be victims of cyberbullying and cybervictimization [85]. Higher ratings of problematic SNS usage were seen among students who reported an aggressive disposition and an uneven and imbalanced parenting style [86]. Problematic usage of social networking sites was also linked to emotional maltreatment in children, as seen by decreased reflective function and inadequate self-other distinction [87]. Problematic SNS was associated with stress, impulsivity, and impaired inhibitory control in children from lower-income homes in China [88]. Lastly, problems with social media usage and depression were associated with poorer levels of emotional intelligence, which in turn predicted stress [89].

Social comparison and “peer phubbing”

Another risk factor for problematic social media usage is engaging in social comparison, which has been tied to increased stress and worse health outcomes [90]. "Peer phubbing"—the practice of staring at one's phone during social interactions rather than engaging with the person one is interacting with face-to-face—was associated with problematic usage of social networking sites [91]. In addition, among college students whose families were struggling financially, social anxiety had a mediating role in the link between "peer phubbing" and problematic social media usage [91]. Lastly, issues with social media usage and loneliness were linked to "peer phubbing" [92].

Emotion recognition and Meta cognition deficits

Results of the Reading the Mind in the Eyes Test (RMET) showed that those with problematic SNS use had difficulty recognizing emotions [93]. Rather than emotion detection, subsequent research found that problematic SNS use among teenagers was predicted by maladaptive meta-cognitions (such as fear, superstition, punishment, ideas about responsibility, and cognitive monitoring) [94].

Body shame and body image

Adolescent girls were more likely to express low self-esteem, social concern about their bodies, and problematic usage of social networking sites [95]. Problematic usage of social networking sites was associated with body dissatisfaction, and this link was moderated by awareness and internalization [96]. Perceived stress and problematic usage of social networking sites were mediated by anxiety and depression, and psychological resilience mitigated this association, while social support had no moderating effect [97]. The more often people used SNS, the more negative their body image was, and the more exposure they had to appearance-related information online, the worse their body image became. In addition, inappropriate social media usage was indirectly linked to bad body image or shame among teenagers [98]. Finally, teenagers who engaged in high levels of self-reflection were less likely to engage in problematic usage of social networking sites. Problematic social media users among adolescents are less likely to explore their own identities and, when faced with a crisis, are more likely to adopt alternate commitments [99].

Depression

According to a meta-analysis, there was a modest correlation between the amount of time spent using social networking sites and depressed symptoms [100]. But other variables, such as gender and age, could not mitigate the modest correlation between depressed symptoms and problematic SNS usage.

External motivations of social reward

There was no correlation between the desire to use SNS and improving mood or alleviating sadness, but rather with coping with boredom [101]. Some people think that social incentives, including "likes," social comparisons, and connection with other people, are more essential than pleasure or negative power [102]. Some studies suggest that young people use SNSs more to fulfil their external expectations of having a big network than to fulfil their internal goals of feeling good about themselves [103]. Finally, daily social media users reported greater degrees

of felt social isolation compared to daily users who use less than 30 minutes [104]. There were also comparable connections among those in the middle-aged and older age groups [105]. Several studies have shown that excessive social media usage in conjunction with insufficient face-to-face interactions might cause an exaggerated feeling of self-worth.

External social pressures and internal emotional variables like despair, anxiety, aggressiveness, and a bad body image have all been linked to problematic social media usage.

Impaired cognitive and executive function

Among Chinese college-aged women, the correlation between poor executive function and problematic social media use was mitigated by stress and negative emotional states [106]. There was no discernible difference in performance between the groups whose social media usage was problematic and those whose use was not on the Wisconsin Card Sorting Test (WCST), an assessment of executive function. The amount of perseverative errors and the number of categories collected were correlated with the Social Media Addiction score. Finally, a study using inhibitory control mechanisms and event-related potentials (ERPs) [107] found no difference in performance between problematic and non-problematic users on an SNS Go-No Go task. On the other hand, excessive users showed lower NoGo-P3 amplitudes and larger N2 amplitudes after SNS photos than after control images. These results may indicate issues with inhibitory control systems, as well as inadequate resource allocation and monitoring [107]. In conclusion, altered inhibitory control mechanisms may result from problematic SNS usage, although behavioral data do not support this. However, ERP evidence suggests late inhibitory control.

Social needs and “fear of missing out”

Some have linked poor social media usage to fear of missing out (FoMO) as a means to meet and compensate for social demands [108]. Social smartphone usage and the fear of negative or favorable evaluations were mediated by FoMO [108]. Compared to individuals without smartphone access, those with 72 hours of limited access reported higher withdrawal and fear of missing out (FoMO) [109]. FoMO also anticipated that female WhatsApp users would use their smartphones excessively [110]. and it was linked to the social usage of cellphones among American college learners [111]. When it came to the intensity of problematic smartphone usage and depression or anxiety, fear of missing out (FoMO) moderated the association. This research provides further evidence that people with social anxiety who also want to be among other people often use their phones to avoid those people [111].

Higher levels of social engagement are positively associated with Snapchat addiction, according to a poll of college students [112]. There was a correlation among young people between dysfunctional cognitions, discomfort, and fear of missing out (FoMO) on Facebook [113]. There was a mediated relationship between social anxiety and problematic Facebook usage via fear of missing out and ruminating [114]. Negative emotions, such as fear, shame, and guilt, are linked to neglect and inappropriate usage of social media, both of which are exacerbated by FoMO [115]. Lastly, fear of missing out (FoMO) acted as a go-between when it came to the link between psychological well-being and IUD symptoms [116].

Attachment

Few studies have examined the link between attachment and problems related to social media use. The factors that impacted the correlation between excessive social media use and anxious attachment were online social support and fear of missing out (FoMO). Conversely, the association between problematic social media usage and avoidant attachment was moderated by online social support [117]. Problematic use of social networking sites was shown to be favourably related with anxious attachment, negatively associated with secure attachment, and unclearly associated with avoidant attachment, according to a recent research. Additional moderators of the associations between attachment and problematic social media use included individual and societal variables [118].

Personality

There has been a dearth of study on the correlation between personality types and problematic social media use. Teens' difficulty regulating their emotions, level of extroversion, and level of conscientiousness were all associated with their Facebook use problems [119]. Instagram addiction was shown to be negatively related to agreeableness, conscientiousness, and self-liking, which are three of the Big Five personality characteristics [120]. Not only that, but self-liking moderated the association between Instagram addiction and agreeableness to a smaller degree and conscientiousness to an even higher degree [121]. Traits such as extroversion, neuroticism, conscientiousness, and loneliness were shown to be predictors of Facebook addiction. Compared to extroversion, neuroticism was associated positively with problematic social media use [122]. The frequency of status updates further mediated all previously linked personality variables. Neuroticism was unaffected, although "likes" mitigated the correlation between extroversion and harmful SNS usage [123]. Lastly, improper social media use was linked to narcissism, dysregulation of emotions, and Machiavellianism [124]. Furthermore, emotional regulation had a mediating role in the association between dark triad traits and problematic social media use [124]. Concerning narcissism specifically, susceptible narcissists were more likely to engage in problematic social media use and showed a higher urge for online relationships than grandiose narcissists [124]. Finally, problems with attachment, fear of missing out (FoMO), and personality qualities including agreeableness, neuroticism, and conscientiousness have all been associated to problematic use of social networking sites. Various sources provide contradicting information about narcissism, and the evidence for a connection between the two is inconclusive.

V. CONCLUSION

Vulnerability to Problematic Facebook Use (PFU) is substantially shaped by personality traits, self-esteem, self-efficacy, and perceived social acceptability, according to this study's synthesis of current research. Consistently, high levels of neuroticism are associated with an increased risk of addiction, as are low levels of agreeableness, conscientiousness, and emotional stability. High levels of PFU are strongly associated with low levels of self-esteem, and compensating processes, including FOMO, excessive seeking of external validation, and upward social comparison, are common mediators of this relationship. Facebook becomes a major source of belonging and comfort for persons with unstable perceived social acceptability, while lower

self-efficacy compromises self-regulation and facilitates obsessive usage. Taken as a whole, these theories of mind show PFU as a maladaptive coping mechanism stemming from inherent weaknesses in the person, rather than just an overabundance of platform interaction. All of these variables interact in complex ways, as shown in the research we looked at. People who struggle with poor self-esteem and a strong need for social acceptance tend to passively consume and display an idealized version of them, which may lead to increased feelings of loneliness, despair, and addiction.

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