

Facebook and its Impact on Marriage

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ABSTRACT

The present study focuses on the impact of Facebook on the marital relations which is based on secondary data to different studies done by different scholars in the context of change in interaction patterns among married couple due to the use of Facebook. Today, in the modern era Facebook has become one of the critical issues for which solution should be formed so that the society would get out from the trap of this issue. Findings of this study reveals that Facebook can influence the interaction process in both positive and negative manner depending upon how the individuals are using this site. Moreover, the researches of different authors found that Facebook is having negative effect i.e., jealousy, isolation, flirting, secrecy etc. on marital relations than positive i.e., connectivity, easy approach. Study also suggests that if partners will limit their access to this site then they can make their marital relation strong and happier.

1. Introduction

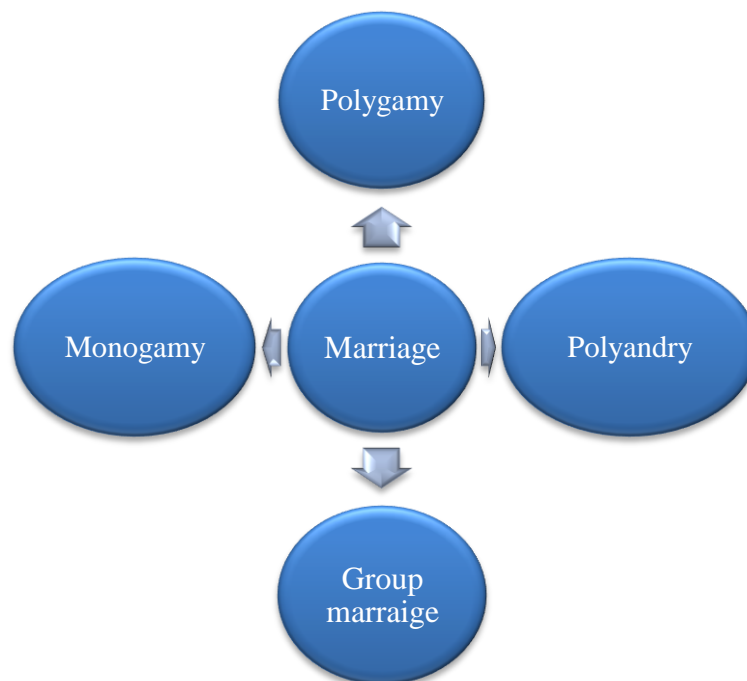
Facebook is termed as the networking site which helps the users to create profiles, remain connected with friends and relatives, send messages and upload videos and photos. Facebook is the most commonly used social networking site for people to communicate and interact with their peers on daily basis (Khan N.T. & Ahmed S., 2018). It has proved to be most suitable site in the today's society used by the people to interact with their near and dear ones. Facebook is one of the forms of social networking site which is used by billions of people today to stay attached with the people who are close to them and even to those who are far away from them. Social Networking Site is a web-based service that allows individuals to construct a public profile within a bounded system, articulate a list of others with whom they share a connection and view their list of connections and those made by others within the system (Boyd D.M. & Ellison N. B., 2007). Most of the people are living in the virtual world in present scenario and due to this, social networking sites are becoming an important part of our life. People are engaged with networking sites either through informal way (like; to remain busy within friend circle) or formal way (with professional groups, academic groups or more). Facebook can be considered as the medium which serves both as formal and the informal way to remaining connected with the people all over the world. Facebook is built on and facilitated by small exchange of information, challenges, photos etc. between friends.

It was in 2004 that the site which shook the attention of thousands of users with the coming up of Facebook done by Mark Zuckerberg. This site was launched for the students of Harvard University who himself was the student of the same university. Earlier in 2004 this site was named as "The Facebook" but later on in August 2005 the name changed to Facebook. The colour of Facebook was kept blue as the founder Mark Zuckerberg was having the problem of colour blindness and for his comfort, he kept the site in that particular

colour. The Facebook gained popularity on Harvard campus and in few weeks' students from Stanford and Yale also showed the interest to join the site. Out of the total population of the world the numbers of people who are using internet 50% are Facebook users. Facebook users registered all over the world are 1.35 billion in 2018. Users around the world, whether they are teens or college students share personal information on Facebook. Most of the people also disclose their personal information on their profiles (Abdulahi A., & et al., 2014).

Facebook addiction has been considered as the disease in today's world. People of all age group are suffering from Facebook Addiction Disorder (FAD). Tim Rollins has revealed in his study that Facebook addiction syndrome has served as the relationship breaker in the present times. This is an order which comes in an individual when he/she spends a lot of time on Facebook so that the healthy lifestyle of the person is hampered. FAD is defined by 6 typical features: salience i.e. wholly and solely thinking about the Facebook, tolerance i.e. to get enough time to spend on Facebook, relapse i.e. to move towards the earlier way of using Facebook being unable to reduce its use, conflict i.e. problems created between the individuals as the usage increases and interaction lowers down (Brailovskaia J, 2017).

Marriage is an institution or complex of social norms that sanctions the relationship of a man and woman and binds them in a system of mutual obligations and rights essential to the functioning of family life. In Indian society, marriage is regarded as the most pious relation which gives a legal sanctity to the relation of the husband and wife. Once the couple enters into the bond of marriage, the relationships considered perpetual till death does them apart (Ramachandrappa, 2012). It is only through the institution of marriage that the individual starts his/her own family which is considered important for the proper functioning of the societal life. There are different types of marriage as follows:



MONOGAMY- Marriage between one man and one woman.

POLYGAMY- Marriage between one man and more than one woman.

POLYANDRY- Marriage between one woman and more than one man.

GROUP MARRIAGE- Marriage between two or more women and two or more men.

Earlier people used to follow the traditional marriage system following the upper given forms but now the scenario has been totally changed and new means as well as methods have been adopted which is influencing our marriage system. At present context, Social Networking sites like; matrimonial.com, Shadi.com, Tinder and other relevant sites became a commercial portal for arrange and fixed marriage for people. A person who wants to marry, he/she can visit these sites and choose and finalize their partner as per their social, physical and family requirement which is clearly mentioned in the bride's or groom's personal profile on that portal.

2. Objectives of the study

- ❖ To understand the impact Facebook is having on the everyday life of the people.
- ❖ To know how Facebook affects the interaction pattern of the married couple.

3. Materials and methods

The study is based on secondary data where the matter has been collected from various journals, articles, reports and internet. The research paper of various authors has revealed the trend of Facebook uses and its impact on marital relations, virtual interaction between couple instead of face-to-face interaction.

4. Impact of Facebook on Different Aspects:

On Society:

Social Media has a massive impact on society. Some social media destination has changed the way where individuals convey and mingle on the web (Akram W. & Kumar R., 2017). Facebook helps in making new friends and to remain connected with the old friends. It helps us in remaining updated. It helps us in gaining popularity. But it is also affecting

society in the negative form. Facebook is having its impact on each and every section of the society. In some parts it proves to be an important source to maintain a relation, remain updated, gain knowledge and remain informed about the latest happenings of the world and at the same time it can also prove to be fatal for the people to save their identity or relation from falling prey to problems faced by Facebook. A study released in July 2014 analysed the relationship between social media platforms, marriage satisfaction and divorce resulting into a link between Facebook and increasing divorce rates (Snider, 2014).

On Family:

It strengthens relationship ties through sharing. It has played a major role in strengthening connectivity among the family members who do not stay together. But sometimes because of being busy on Facebook people even remaining in front of each other don't interact with each other which results in loosening of the social ties. One effect of increasing use of social networking sites in household is that people are spending less quality of time with their family and friends (Sultana S., 2017).

On Marriage:

Facebook proves to be fatal as well as important for the maintenance of the marital relations. It helps people stay connected to each other who are living in far flung areas and helps them keep their love as well as affection alive for their partner. By using the feature of chatting, video calling, posting love quotes and tagging their partner in it helps them feel good. But at the same time, it becomes a problem for the married couple if they are too addicted to their Facebook and aren't paying attention towards their partner. Sometimes out of frustration couple start giving attention to someone else which results in the start of extra marital affair. Due to excessive

usage of Facebook the romantic relations of the partners are getting disturbed (**Hand, M.M., Thomas, D. & et. al., 2013**). When the usage of Facebook increased the jealousy factor among the people also increased which lead to the problems in the relationships (**Farrugia, R.C., 2013**). Due to materialistic and hectic schedule of life, people try to find a shortcut even for their marriage and sometimes it creates a negative situation for them after marriage.

5. Results and discussion

Positive Factors Regarding Facebook Usage

Facebook served to the most essential site which has helped the people in the society to easily communicate with each other. People from anywhere can connect with anyone regardless of the religion and the location (Akram W., & Kumar R. 2017). This site is also considered as the best site for the couples who are far away from each other for work purpose or for any other purpose. People now can reach to each other's door at just one click. This site has somehow helped the people to nourish their relation in a very good way so that they can keep their relation alive. The development of Facebook and other media platforms help people in long distance to continue and maintain their relation despite geographical distance (**Nitzburg & Frber 2013**). Facebook has a feature of video calling through which partners can feel at home as they can see each other and express their love to each other. A study of Navodaya Times reveals that 17% of people said that Facebook serves as the medium through which they can remain connected with their past life even after marriage while 32% of people believe that their sex life has been influenced as their partner remains active on Facebook and checks their profiles again and again.

Negative Factor Regarding Facebook Usage: -

As each and every thing has both the positive as well as negative aspect so is the usage of Facebook also affecting the life of the individuals in the negative manner. Some of the study reveals that Facebook may be a threat to relationships that are not fully matured (Clayton R.B. & et al.). Some of the negative factors of Facebook which affects to relations of couple as follows:

Increased jealousy-

Survey conducted on Facebook resulted that the partner feels jealous if his/her partner adds any new unknown member on Facebook. That survey confirms that Facebook can lead to increased jealousy level among the partners. The imbalance in Facebook use could reinforce feelings of jealousy as the less active partner might view his or her partner as having the great social life (**Kolb L.E., 2015**). When the usage of Facebook increased the jealousy factor among the people also increased which lead to the problems in the relationships (**Hand, M.M., Thomas, D. & et. al., 2013**).

Source Of Flirting/ Cheating-

Facebook or the other networking sites allows the users to flirt online. They can comment, like, poke each other which can lead to devastation of marriage. At once when the individual starts using Facebook for flirting then he takes interest in it and doesn't a lot of attention in household chores. He loves to spend time online as he/she may consider it a good time pass

as their partners aren't with them. This would ultimately result in his/her lose of interest in the partner. High level of Facebook use may also serve as an indirect temptation for physical and/or emotional cheating. This symptom proves to be fatal for their successful married life and they can move up to taking divorce. Facebook may lead to arguments between couples where one or both the individuals in the relationship are on Facebook often, ultimately lead to cheating or break up (**Clayton R.B., Nagurney A., & Smith J.R., 2013**).

Secrecy-

These sites have helped the people to keep their actual identity hidden and they show a fake identity to the person they are chatting with and this can create havoc on personal relations. As the Facebook allows the users to create multiple profiles individuals may do that and would not disclose to the partner about the other profile. If the partner somehow gets to know about the truth then the relation between the two comes in trouble. As per the study of Whitty (2005), if a partner's computer is left accessible or a spouse's password is known, partners will often engage in investigatory behaviours that lead to the discovery of infidelity activities (**Hertlein K. M. & Ancheta K., 2014**).

Connecting With The Old Love-

Networking sites are very famous for connecting people with each other. After marriage when couples sometimes reconnect with their old flames or love through these sites, they get attracted towards them and then there is some disturbance in their marriage. Facebook creates conflicts between the couples if one user is excessively viewing pictures of ex-romantic partner or beings to communicate via Facebook chat or messages (**Clayton R.B., Nagurney A., & Smith J.R., 2013**). As study of Navodaya Times reveals in this study that 67% of people said that due to active user on social networking sites it leads to extra marital affair among married couple which becomes the basis of divorce.

Distractive Communication: -

Facebook can also be a source of distracted communication because couples if spending a lot of time on this site would find less time for their partners which would create stress, anxiety, depression among the couples. Facebook usage is correlated with reduced marital satisfaction and divorce rates (**Valenzuela S., Halpern D., et al. 2014**). Finding of one study says that 44% of people believe that their romantic life has vanished as their partner gives more time to Facebook than to them.

Distractive Comparisons: -

This site allows its users to share their life happenings via posting their pictures, videos etc and this can create a havoc as the other people would start making comparisons between their life and the life people share on Facebook. This in turn would raise issues disturbing their healthy marital life. Facebook uses increases engagement in social comparison with decreases user's happiness (**Arad A. & et al., 2018**).

Isolation: -

Facebook leads to the creation of FOMO (Fear of Missing Out) in which people, when not able to use Facebook feel as if

something is missing in their life. Along with FOMO, anxiety, depression and loneliness contribute mental health problems caused by social media use (Boyle K.D. & et al., 2018). Social media are allowed to replace real-life interaction, they may encourage the user to withdraw into a "virtual" world of his/her own making (Focus on Family). Some study reveals about the isolation among people that 26% of people feel lonely as their partner is busy in using their Facebook.

6. Conclusion

Facebook is one such site among the other social networking sites which has the highest number of users all over the world. Although Facebook is used by many people in a positive manner especially people in the long-distance relationship but still there are users which depict that the

Facebook is having more negative than the positive effect. When talked its effect in terms of marriage, Facebook has served as a medium for connecting as well as a way through which people end up in taking divorce also. It depends upon the usability of the site as if the user is spending excessive time on this site then their marriage will be devastated for sure as he/she would not be able to give ample of time to their partner for interaction. In married life, interaction process is very important and this site is hampering that interaction in a negative manner which is resulting in extreme cases as the end of marriage or having an extra marital affair. Hence, it can be concluded that if the partners would lower down their time being given to the Facebook then they can utilise that time in making their relation very strong and effective.

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