

# DID YOU KNOW?

Bahan dikumpul oleh @ Pn Nurul Fatiha Roslan

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School of Psychology  
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## THERE IS A 'FACEBOOK ADDICTION DISORDER (FAD)'

### BEWARE! FACEBOOK ADDICTION DISORDER (FAD): THE SYMPTOMS

1. **Tolerance:** This term is used to describe the desperate behaviour of a Facebook addict. They spend an increasing amount of time on the site, coming to a stage where they need it in order to obtain satisfaction.
2. **Withdrawal symptoms:** These become obvious when one is restricted from using Facebook because they have to participate in normal everyday activities. Common signs are anxiety, distress and the need to talk about Facebook and what might have been posted on their wall in their absence.
3. **Reduction of normal social/recreational activities:** Someone suffering from FAD will reduce the time spent catching up with friends, playing sport or whatever it is they used to enjoy doing, to simply spend time on Facebook. Instead of catching up with a friend, they will send a Facebook message. In extreme cases, the person will even stop answering their parent's phone calls, instead insisting that they use Facebook to contact them.
4. **Virtual dates:** It is obvious that things are extreme when real dates are replaced with virtual dates. Instead of going to the movies or out to dinner, they tell their partner to be online at a certain time.
5. **Complete addiction:** When they meet new people, they say their name, followed by "I'll talk to you on Facebook", or for those who are extremely bad, "I'll see you in Facebook". Their pets have Facebook pages, and any notifications, wall posts, inboxes or friend requests that they receive give them a high.

