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The Level of Ambition and its Relationship to Facebook Addiction: Field Study on a Sample of Second Year Students in Ghardaia

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***Abstract*—**The present study aims to investigate the relationship between the level of ambition and Facebook addiction among second-year secondary school students at Al-Islah and Ami Said secondary schools in Ghardaia. To achieve the objectives of the study, a descriptive correlational approach was adopted. The Adolescent Ambition Level Scale and the Facebook Addiction Scale were administered to a sample of 72 students selected through simple random sampling. After the data were collected and statistically analyzed, the findings indicated a statistically significant relationship between the level of ambition and Facebook addiction among the study sample.

***Keywords*—**level of ambition; social media; Facebook addiction; secondary education.

1. Introduction:

Ambition plays an important role in the life of both individuals and societies, as it is one of the variables that greatly influences human activity. Many of the achievements of individuals and nations, as well as the progress of peoples and countries, can be attributed to the presence of an appropriate level of ambition. "Ambition is therefore a driving force of human behavior. The more a person achieves, the more they aspire to attain higher and better goals. A high level of ambition is considered one of the most important characteristics of a well-adjusted personality" (Shubair, 2005, p. 14). The higher the level of ambition, the more distinguished the personality becomes. Likewise, the higher the level of ambition among members of a society, the stronger and more cohesive that society becomes.

People differ in their patterns of ambition according to the fields in which they are engaged, such as economic, political, academic, and professional fields. Individuals also differ in their ambitions according to their stages of life; the ambitions of older adults differ from those of adults and adolescents.

Ambition also plays an effective role during adolescence because it is a sensitive stage and one of the most important periods in human life due to the physiological and psychological changes that occur during it. It is also associated with crucial decisions that require a high level of ambition for the individual to overcome this stage successfully. This helps adolescents make a healthy transition into adulthood and avoid its problems, "especially since it is, by its nature, a stage of problems and crises" (Musa, 1987, p. 121).

The problem of "Facebook addiction" is considered one of the most significant contemporary issues affecting adolescents, according to studies and statistics. This is also supported by observations made through communication with adolescent students enrolled at Al-Islah and Ami Said Secondary Schools in Ghardaia.

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Moreover, the growing concern among many families and communities about adolescents becoming addicted to Facebook and the serious consequences it may have on their personalities and lives is clearly evident in everyday reality. This has left many parents in a state of confusion, torn between their rejection of their children becoming addicted to Facebook and their inability to prevent them from using it, as it has become a necessity of contemporary life.

This has prompted many local and international studies to address this emerging problem of Facebook addiction in search of possible solutions. However, studies that have adopted a preventive approach, particularly those that have examined the relationship between the level of ambition and Facebook addiction, remain very limited, to the best of our knowledge.

This prompted the present study to shed light on this issue, with the hope of contributing to the field of preventing school students—a significant segment of the Ghardaia community and the future generation of Algeria—from developing Facebook addiction. The continuously increasing number of Facebook users also raises an urgent need to understand the behavior of adolescent students, what drives them to escape into the virtual world, and whether there is a relationship between Facebook addiction and the level of ambition.

2. The Theoretical Framework of the Study

2.1. Research Problem

The world has witnessed significant developments in all fields, particularly in the technological field. One of the most prominent manifestations of this development is the emergence of media and communication technologies. Despite the recent introduction of these technologies into our societies, they have managed to establish a strong presence in our daily lives. Since humans are social by nature, these means of communication were expected to have social dimensions as well. This was indeed achieved through successive inventions, beginning with the radio and telegraph, followed by the telephone, and eventually the invention of computers and the Internet, which paved the way for the digital revolution we are currently experiencing.

The Internet has opened a new era of communication and interaction among people by providing users with a large amount of information and knowledge. It is one of the modern communication tools that has become widely used in the last decade. It has unique features that distinguish it from other communication means, which has made it an important part of people's lives in different societies and cultures. This was reflected in "social networking sites," which are virtual networks that contribute to building social relationships. They facilitate the creation of fast and more effective communication links that connect several people in an interactive and real-time manner (Ben Djedidi, 2016, p. 17). To provide a simplified picture of the widespread use of these sites, it is enough to know that there are more than four million views on YouTube every minute. In the same minute, more than forty (40) million messages are sent through WhatsApp and Messenger, one million dollars are spent on online shopping, and one million people access their personal Facebook accounts (Babaâ,2019,para.7).

Facebook is considered one of the most important social networking sites. Statistics showed that it had about 23 million users in Algeria in 2018, compared to fewer than five (5) million users in 2014. This represents a significant increase, indicating its great importance among users. Facebook has become a virtual space that targets all groups of society, with young people and adolescents being the most frequent users.

The high number of statistics indicates that Facebook use has become more attractive to adolescents. This is because it has many features that make it a preferred means of communication compared to other tools. Accessing the site is no longer limited to spending free time; it has become an essential part of adolescents' daily activities and an integral part of their lives. Their interest in using Facebook has become almost unavoidable, as they live in an environment surrounded by various technological tools that impress them with what they offer every day. This is in addition to the unprecedented availability of smartphones, which have provided them with windows through which they can view the world at any time they wish, whih raises many questions about their impact on adolescents and what may happen to their privacy, identities, and personalities (Teshaabat, 2017, p. 2).

Facebook has introduced a range of behavioral and cultural interactions related to its use. Its widespread adoption has led to unprecedented changes in users’ cognitive and perceptual structures, as well as their personal and psychological characteristics in general and adolescents in particular. It has also influenced their perceptions as a result of their continuous interaction with it (Musa, 1987, p. 121). These changes may lead to the emergence of several problems, including addiction, which affects the healthy mental and psychological development of adolescents and their adjustment with themselves and their society. This is especially important since adolescence, as stated by G. Stanley Hall, is "a stage that is naturally characterized by problems and crises, during which

changes and pressures occur, making adolescents more emotionally reactive, unstable, and moody" (Ibrahim, 2008, p. 22).

Several studies have indicated the high and increasing rates of addiction to social networking sites, especially Facebook. This rate reaches 2% in the United States, while university students in Peru recorded an addiction rate of 8.6%. In China, the rate reaches 12% among users of social networking sites through smartphones (Al-Barashidiya, 2019, p. 301). Therefore, addiction is considered one of the most serious psychological problems that may result from using this site. It can lead to psychological disorders that affect this vulnerable group, influencing their adjustment, academic achievement, performance, and overall productivity. This was confirmed by Shadi Nassif, who stated that "electronic addiction affects human abilities, especially concentration, which negatively influences academic and professional performance and causes tension in social relationships, particularly in the ability to understand and perceive reality." Another study involving more than 700 students found that depressive symptoms, such as low mood, feelings of low self-worth, and hopelessness, were associated with addiction to social networking sites, including Facebook (Ammar, 2014, p. 222).

Researchers have pointed out remarkable similarities between chemical addiction, such as drug addiction, and excessive non-chemical behavioral addictions, such as addiction to the Internet, smartphones, and social networking sites, including Facebook. This appears in several dimensions, including mood modification, as social networking site addicts excessively use these sites to distract themselves from thoughts, reduce feelings of guilt, anxiety, insomnia, helplessness, and depression, or to forget personal problems. The withdrawal dimension is manifested through the emergence of withdrawal symptoms, such as distress or irritability, when Facebook addicts are prevented from accessing the site or are unable to use it for any reason. The relapse dimension is reflected in Facebook addicts’ usual inability to follow others’ advice to reduce the time spent on the site, as they repeatedly attempt to control their use but fail to do so.

Ambition is one of the most important concepts emphasized by positive psychology. It is considered an essential part of human psychological development, as it shapes and strengthens individuals’ optimistic beliefs about their ability to cope with different forms of psychological stress. A person who believes in their ability to achieve certain goals is more capable of managing their life independently and with greater activity.

Al-Gharib (1990) explains that "psychological studies of ambition have classified it into levels. It may simply be a desire to achieve a goal, or it may be strong enough to define the goal and mobilize the individual's abilities to attain it. In the latter case, the individual's level of ambition is considered high" (Al-Gharib, 1990, p. 328).

Tawfiq Shubair (2005) considers that "ambition is a driving force behind human behavior. Whenever a person achieves something, they aspire to reach something higher and better. Thus, ambition is one of the most important factors of progress and development, as well as one of the main characteristics of a well-balanced personality. The higher the level of ambition, the more distinguished the personality becomes. Similarly, the more individuals in a society possess high levels of ambition, the stronger and more cohesive the society becomes" (Shubair, 2005, p. 14).

Based on the above, it can be concluded that the level of ambition among adolescent students is related to either experiencing or avoiding problems in general, and addiction in particular. Although Facebook addiction is considered one of the most significant contemporary problems threatening adolescent students, statistics indicate that there is a group of adolescents who use Facebook without becoming addicted to it. Based on this, the present study aims to examine the relationship between the level of ambition and Facebook addiction among adolescent students. Accordingly, the following questions are raised:

- Is there a statistically significant relationship between the level of ambition and Facebook addiction among second-year secondary school students at Al-Islah and Ami Said Secondary Schools in Ghardaia?
- What is the level of ambition among second-year secondary school students at Al-Islah and Ami Said Secondary Schools in Ghardaia?
- What is the level of Facebook addiction among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia?
- Are there statistically significant differences in the level of ambition according to gender among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia?
- Are there statistically significant differences in the level of Facebook addiction according to gender among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia?.

2.2. Hypotheses

- There is a statistically significant relationship between the level of ambition and Facebook addiction among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- Second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia have a high level of ambition.
- Second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia have a low level of Facebook addiction.
- There are statistically significant differences in the level of ambition according to gender among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- There are statistically significant differences in the level of Facebook addiction according to gender among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- There are gender differences in the relationship between Facebook addiction and the level of ambition among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.

2.3. Study Significance:

- The significance of this study lies in highlighting the risks of Facebook addiction for both individuals and society by identifying its symptoms and physiological effects. The findings of the study are expected to contribute, through the recommendations provided to the administrations of the two secondary schools, to the development of counseling programs aimed at reducing the negative use of Facebook and lowering the level of Facebook addiction among students.
- The study also contributes to enriching efforts aimed at protecting students at Al-Islah and Ami Said Secondary Schools from the risks of Facebook addiction. The number of adolescent users has increased significantly in recent years, and its direct effects on individual and societal culture have become more widespread, which calls for greater attention to this phenomenon.

2.4. Study Objectives:

- To determine the level of ambition among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- To determine the level of Facebook addiction among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- To examine the relationship between the level of ambition and Facebook addiction among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- To identify statistically significant differences in the level of ambition according to gender among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- To identify statistically significant differences in the level of Facebook addiction according to gender among second-year secondary students at Al-Islah and Ami Said Secondary Schools in Ghardaia.

2.5. Operational Definitions:

2.5.1. Level of Ambition:

Dembo was the first to use the term *level of ambition* in her study of success, failure, compensation, and conflict. Rajeh (1968) considered the level of ambition to be an individual social motive and defined it as the level that a person wishes to attain or feels capable of attaining, while striving to achieve life goals and accomplish daily tasks.

Abdel Fattah (1984) considered the level of ambition to be "a psychological disposition, as each individual has a unique biological makeup and, at the same time, does not live isolated from the social interactions within their environment. Therefore, the level of ambition of each individual is influenced by innate factors on the one hand and by training, education, and different forms of socialization on the other" (Abdel Fattah, 1984, p. 7).

Al-Noubi (2010) defines the level of ambition as "the positive level of expected performance directed toward achieving a relatively long-term goal, which can motivate an individual to reach a higher position than their current one according to their abilities, capabilities, and future aspirations" (Al-Noubi, 2010, p. 198).

Moawad Abdel Azim (1971) defines it as "a relatively stable trait indicating that an ambitious person is characterized by optimism, the ability to set goals, openness to new experiences, and the ability to tolerate failure and frustration" (Moawad, 1971, p. 325).

In this study, the level of ambition is operationally defined as the score obtained by students of Al-Islah and Ami Said Secondary Schools on the Level of Ambition Scale. It is measured through the following dimensions: future outlook, desire for excellence and success, goal setting and achievement, perseverance and determination, sense of responsibility, and self-confidence. This scale was developed by Wafaa Abdel Latif (2012), and its psychometric properties were confirmed by the researchers.

2.5.2. **Facebook Addiction**

Beard and Wolf (2001, p. 377) were among the first to define Facebook addiction as "the use of the site in a way that creates psychological, social, academic, and professional difficulties in personal life" (Ahmed Al-Sayed, 2009, p. 174).

Azab (2011) defined it as "a psychological dependence syndrome characterized by continuous engagement with Facebook for long or increasing periods without professional or academic necessity, making it difficult to quit without therapeutic assistance to overcome it."

Abdelkarim Saoudi defines Facebook addiction as "dependence on using the Facebook social networking site for many hours, exceeding three hours per day, to the extent that the addict is unable to stop using it due to a strong urge to continue" (Saoudi, 2014, p. 522).

In this study, Facebook addiction is operationally defined as the excessive use of Facebook by a sample of students from Al-Islah and Ami Said Secondary Schools, to the extent that they become unable to do without the site due to their dependence on it to satisfy urgent psychological needs. This dependence makes it difficult for them to control the urge to avoid the site, leading to feelings of tension and anxiety when they are unable to log in. Consequently, this addiction affects their psychological, social, and academic lives. Facebook addiction is measured by the high total score obtained by adolescents on the Bergen Facebook Addiction Scale. This scale, which is used in the present study, consists of six dimensions: salience, tolerance, mood modification, relapse, withdrawal, and conflict. Its psychometric properties were verified by the researchers.

3. Methodological Procedures of the Study:

3.1. The Research Method Adopted:

The study adopted the descriptive correlational method, as it is the most appropriate method for identifying the nature of the phenomenon and highlighting its characteristics. This method was used because the researchers aimed to examine the relationship between the level of ambition and Facebook addiction. The descriptive method involves studying current facts related to the nature of a phenomenon, a situation, a group of people, or a set of conditions. This type of study is not limited to identifying the characteristics of the phenomenon; it also extends to determining the variables and factors that contribute to its occurrence. In other words, its purpose is both diagnostic and descriptive (Al-Ourfawi, 2009, p. 103).

3.2. Scope of the Study:

The study was conducted at Al-Islah and Ami Said Secondary Schools in Ghardaia during the academic year 2019/2020, from February to June 2020.

3.3. Study Population:

The population of the present study consists of all secondary school students (first, second, and third-year levels) enrolled at Al-Islah and Ami Said Secondary Schools in Ghardaia during the academic year 2019/2020. The total number of students is 1,102 (male and female students), distributed across 40 educational groups. This makes it difficult to include all members of the study population due to several factors, such as time, effort, and cost constraints. When it is impossible for researchers to study the entire population, they resort to using what is known as a "sample." In this study, the researchers adopted the simple random sampling method.

Table 01: The Size of the Study Population.

Institution	Number of Students	Class Groups
Al-Islah Secondary School for Girls	724	26
Ami Said Secondary School for Boys	378	14
Total	1102	40

Source: Administration of the two secondary schools, 2020.

Table (01) presents the size of the study population according to the institution, number of students, and class groups. The total study population consisted of 1,102 students, distributed across 40 class groups in the two secondary schools.

3.4. Study Sample:

The sample of the present study consists of a group of second-year secondary school students enrolled at Al-Islah and Ami Said Secondary Schools in Ghardaia during the 2019–2020 academic year. The sample was selected using a simple random sampling method. The **Level of Ambition** and **Facebook Addiction** scales were administered in the form of an online questionnaire through the two schools' distance-learning platform. The final sample consisted of 72 male and female students, representing the study population. A random sample is defined as "a sample selected without any deliberate order or systematic procedure, in which all members of the population have equal chances of being selected and no particular bias is involved" (Samir, 2010, p. 49).

3.4.1. Characteristics of the Study Sample:

- The sample consists of second-year secondary school students enrolled during the 2019–2020 academic year.
- The sample includes both male and female students.
- The participants are between 17 and 18 years old, an age range that contributes to accurately identifying and better understanding the phenomenon under study.

3.4.2. Description of the Study Sample:

Table 02: Distribution of the Study Sample by Gender

Gender	Number	Percentage
Male	37	51.38%
Female	35	48.61%
Total	72	100%

Source: Administration of the two secondary schools, 2020.

As shown in the table, the distribution of the main study sample according to gender indicates that there were 37 male students, representing 51.38% of the study sample, and 35 female students, representing 48.61% of the sample. It should be noted that the distribution of the study sample by educational institution corresponds exactly to the gender variable, as Al-Islah Secondary School is exclusively for female students, whereas Ami Said Secondary School is exclusively for male students.

3.5. Study Instruments:

The researchers used two instruments to measure the study variables: the Level of Ambition Scale and the Facebook Addiction Scale. Both instruments were administered in the form of an electronic questionnaire, a recently developed method defined as "one of the methods used to administer scales, which are usually posted on a website. Electronic questionnaires are characterized by their ability to present information to respondents quickly and efficiently and to obtain their responses within a short period of time. "

3.5.1. Wafaa Abdel Latif's (2012) Level of Ambition Scale:

Researcher Wafaa Abdel Latif Mera developed a scale to measure adolescents' level of ambition after reviewing several previous scales. The instrument comprises six dimensions:

- Perspective on life and the future.
- Orientation toward excellence and success.
- Goal setting, planning, and implementation.
- Tendency toward struggle and perseverance.
- Assumption of responsibility and self-reliance.
- Self-confidence.

The researcher initially formulated 52 items for the scale. After presenting them to a number of experts in the Psychology Department at Umm Al-Qura University in Makkah, three additional items were added, bringing the total number of scale items to 55.

The scale is scored according to a five-point Likert scale, ranging from a score of 5 for the response "Strongly applies" to a score of 1 for "Does not apply at all" for positive items. Negative items are scored in reverse. The scale was applied to a pilot sample to verify its psychometric properties. It showed high levels of reliability and internal consistency, as well as high levels of discriminant validity (extreme groups validity) and self-validity. Therefore, the scale demonstrates good validity for psychological measurement and can be used as a research instrument in the field of adolescent studies (Ben Djedidi, 2016, p. 322).

3.5.2.**The Bergen Facebook Addiction Scale:**

The Bergen Facebook Addiction Scale (BFAS), developed by Andreassen and her colleagues at the University of Bergen in Norway, aims to identify Facebook addiction. The scale consists of six dimensions:

- Salience.
- Tolerance.
- Mood modification.
- Relapse.
- Withdrawal.
- Conflict.

Each of the six dimensions includes three items, making a total of 18 items. The scale is scored using five response options: (Very rarely, Rarely, Sometimes, Often, Always)**,** assigned scores from 1 to 5 according to the respondent’s answers. Researcher Ben Jedidi Souad (2015) translated the scale into Arabic and applied it to a pilot sample to verify its psychometric properties. The scale showed high levels of validity and reliability in the Algerian context.

4. **Summary of Results:**

After obtaining and statistically analyzing the results, the following findings were reached:

- There is a statistically significant relationship between the level of ambition and Facebook addiction among second-year secondary school students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- There is a high level of ambition among second-year secondary school students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- There is a low level of Facebook addiction among second-year secondary school students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- There are no statistically significant differences in the level of ambition according to gender among second-year secondary school students at Al-Islah and Ami Said Secondary Schools in Ghardaia.
- There are statistically significant differences in the level of Facebook addiction according to gender among second-year secondary school students at Al-Islah and Ami Said Secondary Schools in Ghardaia, in favor of male students.

At the end of this study, it was concluded that the level of ambition among school-aged adolescents is a highly important topic in the field of psychology. A high level of ambition is considered an essential part of students' psychological development, as it strengthens their optimistic beliefs and enhances their ability to cope with various forms of psychological stress. A student who believes in their abilities, sets specific goals, and plans to achieve them through perseverance and effort can manage their present and future life more independently and actively. This also contributes to developing their personality, enabling them to take responsibility, rely on themselves, and deal wisely and rationally with various life situations they encounter. Therefore, promoting students’ level of ambition benefits them first, as well as their families and society in the second place, as indicated by previous studies.

In real-life contexts, many parents and educators are concerned about their adolescent children developing Facebook addiction, its serious consequences on their personalities, and its negative impact on their lives. This has left families, schools, and society facing a dilemma: on the one hand, they reject the possibility of adolescents becoming addicted to Facebook, while on the other hand, they are unable to prevent them from using it. The present study revealed a positive relationship between the level of ambition and Facebook addiction, highlighting the importance of enhancing students’ level of ambition as a preventive measure against Facebook addiction. The study also revealed that the study sample showed a high level of ambition, reflecting the importance of the efforts made by students’ families, as well as the educational and administrative staff of the two secondary schools, in

achieving this outcome. Accordingly, the importance of involving the family, school, and society in protecting individuals from Facebook addiction is emphasized.

5. Conclusion:

Finally, it can be said that this study represents a modest attempt to pave the way for further research that may provide a clearer and more comprehensive understanding of the topic. It is hoped that this study will contribute to greater attention being given to the personality of adolescent learners. The following recommendations are proposed:

- Examining the relationship between the level of ambition and Facebook addiction in relation to other variables, such as age group, field of study, social status, and socioeconomic level.
- Recommending that research efforts focus more on the prevention of Facebook addiction than on its treatment.
- Examining personality traits and their relationship with the level of ambition.
- Examining parenting styles and their relationship with the level of ambition.
- Examining the impact of the educational environment on learners' level of ambition.
- Emphasizing the need to appoint school psychologists in educational institutions and to provide students and educators with guidance programs on the appropriate use of Facebook.
- Promoting a positive and optimistic outlook on life among students and training them in positive thinking strategies.
- Training students on how to set future plans that are consistent with their abilities.
- Emphasizing the need for responsible authorities to identify and recognize ambitious students, present them as positive role models, and develop programs to support and prepare them for future leadership roles in society.

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