

## ABSTRACT

Nowadays Facebook is one of the popular social media among the young people but Facebook users are known less about the consequence of long duration of Facebook use. A cross-sectional analytical study was done among the total of 210 third year medical students in University of Medicine (2), Yangon from September to December 2015, to find out the health effects of Facebook among third year medical students. A face to face interview was conducted by using semi-structure pretested questionnaires including socio-demographic characteristics; patterns of Facebook use; physical health effects; addicted behaviors; real world interaction abilities and psycho-social effects of Facebook. For depression status, self-report questionnaire CES-D was used. In this study, 183 (87.1%) respondents used Facebook daily. Majority of respondents 159 (75.7%) used Facebook for communication and 57 (27.1%) respondents used for education. The median hours of Facebook use per day among the respondents was 1.75 hours. About three-quarter 157 (74.8%) of the students had addicted behaviors and nearly two-third 133 (63.3%) had experience on physical health effects. More than half of the respondents 129 (61.4%) used Facebook until midnight. For each type of physical health effects, eye strain 115 (54.8%), headache 61 (20.9%) and neck pain 45 (21.4%) were occurred. Regarding depression status, 43 (20.5%) of the respondents had mild depressive symptoms and 14 (6.7%) had moderate to severe depressive symptoms. Daily Facebook usage was significantly associated with addicted behaviors ( $p=0.001$ ) and physical health effects ( $p= 0.029$ ). Long hour of Facebook usage per day was statistically significant associated with addicted behaviors ( $p < 0.001$ ) and as also associated with physical health effects ( $p = 0.001$ ). No significant association was found between duration of Facebook use per day and depression. Daily Facebook usage and longtime use of Facebook could cause minor health effects among Facebook users of medical students. So students should use Facebook with time limitation to adjust the addicted behaviors and to reduce physical health effects.