

FACEBOOK COMMUNITIES ON SOCIAL SUPPORT AND PSYCHOLOGICAL WELL-BEING AMONG LGBT PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

AUTHORS

Jaina Almoquera
Christine Joy De Sagun
Bianca Erin Enriquez
Janine Plamio
Melgie Reyes

RESEARCH ADVISER

Adora Angeline E. Babia,
PhD

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Psychology

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This study explores the relationship between social support received from Facebook communities and the psychological well-being of LGBT Psychology students at Bestlink College of the Philippines. It aims to determine whether participation in such online communities fosters improved social connection, academic motivation, and overall well-being. Given that social media platforms serve as avenues for identity expression and peer support, the study investigates the extent to which these digital spaces contribute to the students' mental and emotional health. This study employs a correlational quantitative research design, utilizing purposive sampling to select 200 LGBT Psychology students from Bestlink College of the Philippines. Data were gathered through a combination of researcher-made survey questionnaires, validated by a licensed psychometrician, and standardized psychological well-being instruments. The collected data were statistically analyzed to examine the relationship between Facebook community involvement and levels of psychological well-being. The findings revealed an average Facebook community engagement score of 2.83 (SD = 0.23) and a psychological well-being mean score of 3.88 (SD = 0.25). The computed Pearson correlation coefficient was 0.08, indicating a very weak positive relationship between Facebook community involvement and psychological well-being. However, the p-value of 0.25 exceeded the 0.05 threshold, indicating that the relationship was not statistically significant. As a result, the null hypothesis was accepted. The study emphasized the need for further investigation into the influence of online communities and recommended the continuation of support for LGBT individuals, both online and offline. The results indicate no significant correlation between Facebook community involvement and the psychological well-being of LGBT Psychology students. This outcome challenges the Social Support Theory, which posits that online communities can enhance emotional health by providing avenues for self-expression and social connection. The findings suggest the importance of examining other factors that may influence psychological well-being and call for more comprehensive studies on the actual impact of online communities on LGBT individuals.

RECOMMENDED CITATION

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