

# Review of: "Youth Attitudes Towards the Effects of Social Media Addiction: A Study on College Students in the United Arab Emirates"

hassan Abuhassna<sup>1</sup>

<sup>1</sup> Universiti Teknologi Malaysia

Potential competing interests: No potential competing interests to declare.

The paper titled "Youth Attitudes Towards the Effects of Social Media Addiction: A Study on College Students in the United Arab Emirates," by Fokiya Akhtar of Zayed University, investigates the impact of social media addiction on the mental health, quality of life, and sleep quality of college students. It employs various scales such as the Social Media Addiction Scale and the Pittsburgh Sleep Quality Index Scale to conduct a survey of 327 college students. The research findings indicate a significant and positive prediction of poor sleep quality by social media addiction, with fear of missing out and nocturnal social media use having a mediating effect. The study concludes that reducing social media addiction and educating youth about its risks is crucial for improving their wellbeing. Recommendations for future research include exploring more dimensions of social media addiction and employing diverse methodological approaches.