

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

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Potential competing interests: No potential competing interests to declare.

General Evaluation

The article "Youth Attitudes Towards the Effects of Social Media Addiction: A Study on College Students in the United Arab Emirates" addresses an important scientific question related to the attitudes of Arab youth towards social media addiction as a multidimensional variable. The study aims to understand youth attitudes toward the effects of social media usage and its risk factors, particularly focusing on the impact of social media addiction on well-being, quality of life, and mental health. It also investigates the relationship between social media addiction, fear of missing out, and nocturnal social media use, and their effects on sleep quality in college students. The research provides valuable insights into the potential negative consequences of excessive social media use on adolescents' health and well-being, contributing to the scientific understanding of social media addiction and its various dimensions.

The researchers conducted a survey of 327 college students using established scales such as the Social Media Addiction Scale, the Fear of Missing Out Scale, the Nocturnal Social Media Use Scale, and the Pittsburgh Sleep Index Scale. They used SPSS 25.0 for data analysis, including descriptive statistics, reliability testing, Pearson correlation analysis, and the SPSS PROCESS macro for model estimation. The study's methodology involved a survey approach, and the measures used were well-established and relevant to the research questions. The statistical significance was set at $p < .05$, ensuring the robustness of the findings.

The research findings indicate that social media addiction significantly and positively predicts poor sleep quality, and the fear of missing out and nocturnal social media use have a chain mediating effect in this relationship. The study also reveals that Arab youth have consistent attitudes towards social media addiction as a multidimensional variable, with all values of the aggregate dimensions of addiction being statistically consistent and significant at a confidence level of 95%. However, the study also highlights that no statistical significance is found between the time spent on social media and youths' perceptions of addiction, their involvement with social media, or the narcotizing effect of social media use. This suggests that increased social media use correlates with deteriorating social relationships but does not necessarily align with a self-perceived sense of addiction or its other hypothesized effects.

Methodology

The search results do not explicitly mention any potential biases in the experimental design or data analysis of the study. However, there are general aspects of research design and analysis that can be considered when evaluating potential biases.

1. **Sample Selection:** The study surveyed 327 college students from five universities in the UAE. If the sample is not representative of the broader population of college students in the UAE, there may be selection bias.
2. **Measurement Tools:** The study used established scales such as the Bergen Social Media Addiction Scale, the Fear of Missing Out Scale, the Nocturnal Social Media Use Scale, and the Pittsburgh Sleep Quality Index Scale. If these scales are not validated for the specific population being studied, there could be measurement bias.
3. **Self-Reported Data:** The study relies on self-reported data, which can introduce response bias, as participants may not always provide accurate information due to memory errors, social desirability, or misunderstanding of the questions.
4. **Statistical Analysis:** The study used SPSS 25.0 for data analysis, including Pearson correlation analysis and the SPSS PROCESS macro for model estimation, with a statistical significance set at $p < .05$. If the data were not appropriately cleaned or if incorrect statistical methods were used, this could lead to analysis bias.
5. **Cultural Context:** The study is conducted within the cultural context of the UAE, and the attitudes and behaviors observed may not be generalizable to other cultural settings, which could limit the external validity of the study.

Based on the information provided, the sample size and statistical methods used in the study appear to be generally appropriate. However, a more detailed evaluation would require additional information about the variability of the population, the effect size, and the assumptions of the data.

Results and Analysis

The results are clearly presented in the form of tables and textual descriptions, allowing for a comprehensive understanding of the findings. The interpretations are grounded in the data and contribute to the existing knowledge on the impact of social media addiction on the well-being, quality of life, and mental health of college students in the UAE.

The limitations of the study and potential sources of error are not explicitly discussed in the provided text. While the study's findings and methodology are presented, the authors do not address the potential limitations of their research or potential sources of error. It is common practice in scientific research to acknowledge the limitations of a study, such as sample size, generalizability, measurement tools, and potential biases, in order to provide a balanced interpretation of the results. Without this information, it is difficult to fully assess the robustness of the study's findings.

References

The references in the study appear to be both relevant and up to date. The study cites a range of sources that are pertinent to the topic of social media addiction, including works by Woods and Scott (2016) on the Nocturnal Social Media Use Scale, Buysse et al. (1989) on the Pittsburgh Sleep Quality Index Scale, and Przybylski et al. (2013) on the Fear of Missing Out Scale.

These references are used to support the methodology and findings of the study, indicating their relevance. Furthermore, the study includes references from as recent as 2023, suggesting that the authors have incorporated the latest research in their study.

Writing and Structure

Based on the content available, the article appears to be well-organized, with clear sections such as the abstract, introduction, methodology, results, and discussion. The study's objectives, methods, and findings are presented in a structured manner, which likely contributes to its overall readability and comprehension. Additionally, the use of subheadings and tables further aids in presenting the information in a coherent and accessible manner.

The language and terminology used are appropriate for the target audience. The text is written in a clear and accessible manner, making it suitable for both academic and general readers. The article effectively communicates the research objectives, methodology, and findings without relying on overly technical language, which enhances its accessibility. The terminology used is relevant to the field of study and is defined where necessary, ensuring that the content is understandable to the intended audience.

Anyway, there are a few sections that could benefit from further clarification or additional information.

1. **Methodology:** While the methodology section provides an overview of the survey approach, participant demographics, and the scales used, it could provide more details about the selection process of the participants. For instance, how were the universities and students chosen for the study? Were there any specific criteria for their selection? This information would help readers understand the representativeness and generalizability of the study's findings.
2. **Results and Discussion:** The results and discussion of the study's findings are not fully detailed in the provided content. It would be beneficial to have a more comprehensive presentation of the results, including statistical data, and a thorough discussion of the findings. This would allow readers to better understand the implications of the study.
3. **Limitations and Future Research:** The study does not seem to discuss its limitations. Acknowledging the limitations of the study can enhance its credibility, and suggesting future research directions can help advance the field.