

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.

The research explores how fear of missing out (FoMO) and nocturnal social media use mediate this relationship. The study surveyed 327 college students using the Social Media Addiction Scale, FoMO Scale, Nocturnal Social Media Use Scale, and Pittsburgh Sleep Index Scale. Results indicated that social media addiction positively predicted poor sleep quality, and both FoMO and nocturnal social media use played a mediating role in this relationship. The paper suggests that reducing social media addiction and nocturnal usage, along with education to mitigate FoMO, can improve sleep quality among college students.

The paper employs a robust methodological framework, incorporating well-established scales like the Social Media Addiction Scale and Pittsburgh Sleep Quality Index Scale, enhancing the reliability of its findings. The study addresses a highly relevant and timely issue – the impact of social media addiction on sleep quality, a topic of growing concern in the digital age. The use of Pearson correlation analysis and SPSS PROCESS macro for model estimation demonstrates a high level of statistical rigor, lending credibility to the study's conclusions.

Recommendations

The reliance on self-reported measures might introduce response bias, as participants could underreport or overreport their social media usage and sleep quality. The study's cross-sectional design precludes the ability to establish causality or assess long-term effects of social media addiction on sleep quality.

Comments and Suggestions

The paper addresses the crucial issue of social media addiction's impact on mental and physical health, specifically sleep quality among college students. The paper could benefit from a more extensive review of studies outside its immediate geographic focus to enhance its scope, such as this research "Cybersecurity awareness factors among adolescents in Jordan: Mediation effect of cyber scale and personal factors" and others.