

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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The article "Youth Attitudes Towards the Effects of Social Media Addiction: A Study on College Students in the United Arab Emirates" by Fokiya Akhtar offers a timely exploration into the pervasive issue of social media addiction among young adults. Situated in the context of the United Arab Emirates, a region known for its high smartphone penetration and social media usage, the study delves into the nuanced implications of social media habits on mental health, sleep quality, and academic performance. As digital platforms continue to intertwine with daily life, understanding their psychological ramifications becomes increasingly critical. This review aims to dissect the article's contributions to the field of cyberpsychology, scrutinizing its strengths, such as its comprehensive approach and methodological rigor, while also pointing out limitations like its sample diversity and potential cultural biases. Through this analysis, we seek to not only evaluate the study's findings and methodologies but also to propose avenues for future research that can broaden the understanding of social media's impact across diverse populations and cultures.

I'll delve deeper into the article's strengths and weaknesses and provide more detailed recommendations for future research.

Strengths:

1- Relevance and Timeliness:

- The study's focus on social media addiction is particularly pertinent in the context of increasing global digital connectivity and its psychological effects, especially among the youth. The choice of the UAE as a study location adds valuable insight into the Arab world, which is less represented in existing literature.

2- Comprehensive Literature Review:

- The article's thorough review of previous research establishes a solid foundation for the study. It not only contextualizes the research within the broader academic discourse but also identifies gaps that the current study aims to fill, such as the specific impact of social media addiction on sleep quality.

3- Methodological Rigor:

- The use of standardized and validated scales for measuring social media addiction and related constructs ensures that

the study's findings are reliable and can be compared with other studies in the field. This approach strengthens the argument that social media addiction is a significant predictor of poor sleep quality.

4- Statistical Analysis:

- The detailed statistical methods, including correlation analysis and model estimation, provide a clear, empirical basis for the study's conclusions. This rigorous analysis helps in understanding the complex relationships between different variables associated with social media addiction.

5- Ethical Considerations:

- Adherence to ethical standards, including obtaining informed consent, emphasizes the study's commitment to responsible research practices. This not only enhances the study's credibility but also ensures the protection of participants' rights and well-being.

Weaknesses

1- Sample Diversity:

- The study's focus on college students from five universities in the UAE may not fully capture the diversity of experiences with social media addiction. This limited demographic focus can affect the applicability of the findings to other groups, such as older adults or those not in higher education.

2- Causality Limitations:

- As the study employs a cross-sectional design, it can identify associations but not causation. Longitudinal studies would be necessary to determine whether social media addiction leads to poor sleep quality or if the relationship is bidirectional.

3- Cultural Context:

- The specific cultural and societal dynamics of the UAE might influence the study's outcomes. These results may not be directly transferable to other regions, given the unique social, economic, and cultural factors that affect social media usage patterns.

4- Self-Report Bias:

- The reliance on self-reported data can introduce biases such as social desirability or recall bias, where participants might overestimate or underestimate their social media usage or its perceived effects.

5- Lack of Qualitative Data:

- The quantitative focus of the study provides limited insight into the personal experiences, perceptions, and contextual factors influencing social media addiction. Qualitative data could reveal deeper underlying reasons for social media use

and addiction.

Notes:

Sample Selection and Representativeness:

- The study focuses exclusively on college students in the UAE, which may limit the generalizability of the findings to the wider youth population. The sample's representativeness is crucial for ensuring that the conclusions drawn can be applied to a broader context.
- **Suggestion:** Future research should include a more diverse demographic profile, including different educational levels, socio-economic statuses, and cultural backgrounds.

Measurement Tools:

- While the use of established scales (like the SMAS and PSQI) lends credibility to the findings, the reliance on self-report measures can introduce bias, such as social desirability or recall bias.
- **Suggestion:** Incorporating objective measures of social media use and sleep quality, such as digital usage tracking and actigraphy, could provide a more accurate and comprehensive assessment.

Critique of Data Analysis

1. Statistical Techniques:

- The application of Pearson correlation and SPSS PROCESS macro is appropriate for the data analysis. However, the study's reliance on these methods without exploring alternative analytical techniques may overlook more complex relationships.
- **Suggestion:** Utilizing a variety of analytical methods, including regression analysis, path analysis, or structural equation modeling, could offer deeper insights into the causal relationships and mediating factors between social media addiction and its effects.

Ethical Considerations

- The study appears to adhere to ethical standards by ensuring informed consent, which is commendable. However, the ethical discussion should also consider the potential psychological impact on participants recalling and reporting their social media usage and its effects.

Implications and Conclusions

Interpretation of Findings:

- The interpretation of the data should be cautious, particularly in establishing cause-effect relationships from a cross-

sectional design. The study claims to investigate the "effects" of social media addiction, which implies causality that such a design cannot robustly support.

- **Suggestion:** The language and conclusions should be carefully framed to reflect correlational findings rather than causal relationships, unless further supported by longitudinal data.

Generalization of Results:

- While the study provides valuable insights into social media addiction among UAE college students, the extent to which these findings are applicable to other contexts or regions remains uncertain.
- **Suggestion:** Researchers should be cautious in generalizing the results beyond the sample studied and consider cross-cultural research to validate the findings.

Contribution to Existing Literature:

- The study adds to the existing body of literature on social media addiction but needs to articulate more clearly its unique contribution, especially in light of existing studies that have explored similar dimensions.
- **Suggestion:** The discussion should explicitly highlight how this research extends or challenges current understanding of social media addiction.

In conclusion, while the article provides important insights into the phenomenon of social media addiction among youth in the UAE, broadening the research scope and methodologies in future studies could enhance understanding and inform more effective interventions.