

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 research is interesting, well designed, and the article is well written. From my point of view, it is important to contextualize the research in a context in which technology is not neutral, and digital social networks, as Davies points out in his work *The Nervous States* (Oxford University Press, 2019), have to reinforce polarized behaviors, reinforcing the echo chambers in which also young people develop their online sociability.

Beyond indicating the number of users of social networks, I believe that the article would gain relevance if it began by indicating the characteristics of digital social networks and the need to strengthen the digital skills of young people (López Peláez, A., Erro-Garcés, A., Gómez-Ciriano, E.J. 2020. Young people, social workers and social work education: the role of digital skills. *Social Work Education. The International Journal* 39 (6) 825-843. DOI: 10.1080/02615479.2020.1795110). For example, they could indicate social media's tendency toward polarization, echo chambers, and online leadership (Davies, 2019) and therefore point out the enormous relevance of analyzing tolerance to diversity (cfr. for example López Peláez, A., Aguilar-Tablada, M. V., Erro-Garcés, A., & Pérez-García, R. M. 2022. Superdiversity and social policies in a complex society: Social challenges in the 21st century. *Current Sociology* 70 (2), 166–192.

<https://doi.org/10.1177/0011392120983344>), as analyzed in table 7. In the introduction, I would also highlight the enormous field of digital intervention in the lives of young people, as shown, for example, by the recent *Handbook on digital social work*, with special attention to mental health and well-being problems (López Peláez, A., Kirwan, G. (eds.). 2023. *The Routledge International Handbook of Digital Social Work*. London: Routledge).

It is in this context, in which good practices in the fields of well-being and digitalization are analyzed (cfr. López Peláez, A., Suh, S.M., Zelenev, S. (eds.). 2023. *Digital Transformation and Social Well-Being. Promoting an Inclusive Society*. London: Routledge), that research on this topic (*Youth Attitudes Towards the Effects of Social Media Addiction*) makes complete sense. Much research has already been published on the well-being of young people and the use of technologies. Cfr. for example Castillo de Mesa, J., Gómez-Jacinto, L., López Peláez, A., Erro-Garcés, A. 2020. Social Networking Sites and Youth Transition: The Use of Facebook and the Personal Well-Being of Social Work Young Graduates. *Front. Psychol.*, 18 February 2020. <https://doi.org/10.3389/fpsyg.2020.00230>. Finally, I think the author/authors should make some reference to the process of accelerated digital immersion that Covid-19 has caused and that has affected young people, enhancing their online interactions (Cfr. for example López Peláez, A., Marcuello Servós, Ch., Castillo de Mesa, J., Almaguer-Calixto, P. 2020. The more you know, the less you fear. *Reflexive social work*

practices in times of COVID-19. *International Social Work* 63 (6) 746-752. DOI: 10.1177/0020872820959365; López Peláez, A., Erro-Garcés, A.; Pinilla García, F.J.; Kiriakou, D. 2022. Working in the 21st Century. The Coronavirus Crisis: A Driver of Digitalisation, Teleworking, and Innovation, with Unintended Social Consequences. *Information* 12, 377. <https://doi.org/10.3390/info12090377>).

In relation to these approaches, the author or authors could make a reference in the conclusions to the need to strengthen digital skills to confront polarization, tolerance of diversity, and strengthen digital well-being.