

# THE IMPACT OF SOCIAL NETWORKING SITES ON THE EMERGENCE OF SOME BEHAVIORAL DISORDERS AMONG UNIVERSITY STUDENTS (A FIELD STUDY ON THE SAMPLE OF YAHIA FARES MEDEA UNIVERSITY STUDENTS)

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## ABSTRACT:

The study aims to reveal the effect of social networking sites on the emergence of some behavioral disorders among undergraduate students at Yahya Fares University in Medea.

Where it was found through the results that addiction on social media sites is high in females higher than males, and it was also found that students addicted to the sites suffer from the behavioral disorders that were mentioned, and we also relied on a sample of (50) students we have applied a questionnaire that includes addiction Communication sites, sleep disorder and anxiety.

**Keywords:** social media sites; Behavioral disorders; University students.

## Introduction:

Social media platforms have permeated all corners of the world, becoming almost the most commonly used means of communication instead of traditional methods. Just as every method or means has its advantages, it undoubtedly has its drawbacks that we, as researchers, must study in order to confront the consequences that can potentially harm or injure others. As specialists in psychology, and since human behavior is influenced by the stimuli surrounding them, we hypothesized that students at Yahia Fares University who are addicted to social media may exhibit more behavioral disorders than students who are not addicted to social media. To prove or disprove this, we followed the methodology appropriate for analyzing this study, in order to uncover the most important disorders that this group may be exposed to, and how we can avoid them and know the causes that lead to them.

## Previous Studies:

- Hussain Jaafar Rimi's study in 2014: "Facebook Addiction among Malaysian Students": The study aimed to verify Facebook addiction among a sample of (411) male and female students at the Technological University in Malaysia. They were assessed using the Facebook Addiction Scale (BFAS) developed by the Department of Psychology at the University of Bergen in Norway. The results showed that 47% of the students who use Facebook are addicted to it, and this percentage was measured among graduate students, regular students, Malaysian students, and foreigners.

- Asmaa Bint Farah's study (Farah, 2017): The study aimed to investigate the relationship between social media platforms and some psychological disorders (depression, anxiety, introversion) among students at Shagra University in Saudi Arabia, as well as predicting their psychological disorders in light of the use of these platforms. The study found that there is misuse of social media platforms

and a positive predictive relationship between this misuse and depression, anxiety, and introversion among university students.

- Study by Azabla et al. in 2013 (University of Peru): "The Relationship between Facebook Addiction and Poor Sleep Quality": The study aimed to understand the relationship between Facebook addiction and poor sleep quality among a sample of university students at the School of Medicine in Lilna, Peru. A sample of 418 male and female students was surveyed using the adapted Internet Addiction Scale for Facebook and the Pittsburgh Sleep Quality Index. The results showed that 60.8% of the sample suffered from Facebook addiction, and 55% suffered from poor sleep quality.

- Study by Abdelkarim Saoudi in 2014 (Algeria): The study titled "Facebook Addiction and Sleep Disorders among University Students" aimed to understand how Facebook addiction affects sleep disorders among university students, and to understand the difference between male and female students regarding the effect of Facebook on their sleep disorders. The sample consisted of 180 male and female students, including 98 male students and 72 female students. The results showed a statistically significant relationship between Facebook addiction and sleep disorders, where Facebook addiction negatively affects the sleep of university students. Additionally, Facebook addiction does not differ based on the gender of the student, as there are no differences in its effect on sleep between them (Abdelkarim Saoudi, 2014:41).

#### **Statement of Purpose:**

Based on the presented information, individuals in general, and university students in particular, are susceptible to psychological disorders due to the environment that carries many pressures and variables resulting from modern technological revolutions, including the internet and its social media platforms. These platforms can potentially lead to addiction when used constantly, negatively affecting their users, especially university students who find themselves in a challenging stage of life, experiencing changes due to transitions from one stage to another and from one environment to another. This, in our view, can lead students to resort to social media platforms to fulfill their desires and satisfy their needs, potentially leading to addiction, making them vulnerable to certain disorders. This leads us to pose the following question:

What is the impact of social media platforms on the emergence of certain behavioral disorders among university students?

#### **Subsequently, the following sub-questions arise:**

##### **Study Hypotheses:**

General Hypothesis:

- University students addicted to social media platforms exhibit more behavioral disorders than non-addicted students.

##### **Specific Hypotheses:**

- University students demonstrate a high level of addiction to social media platforms.

- There are differences in the average scores of individuals in the study sample of university students on the scale of addiction to social media platforms attributed to the gender factor (males/females).

- There are differences in the average scores of individuals in the study sample of university students on the scale of sleep disorders attributed to addiction to social media platforms (addicted/non-addicted).

- There are differences in the average scores of individuals in the study sample of university students on the scale of anxiety disorders attributed to addiction to social media platforms (addicted/non-addicted).

### **First: Theoretical Framework of the Study:**

#### **1. Concept of Social Networking Sites:**

The world has witnessed a tremendous proliferation of what is known as social networking sites on the internet in an attempt by their operators to attract the largest number of subscribers, aiming to achieve financial gains as well as to fulfill various satisfactions for their users. At the forefront of these sites are Facebook, Twitter, TikTok, YouTube, WhatsApp, and others. Many definitions have been launched for social networking sites. "BALAS" in 2006 defines them as "sites used to build virtual communities on the Internet that allow individuals to connect with each other for various reasons."

##### **1.1 Social Networking Sites:**

Social networking sites are defined as social cafes where individuals gather to exchange information with a difference between the real cafe and the technological cafe being that you can carry this technological cafe wherever you are (Ali Mohamed Rahouma, 2007, p.75).<sup>i</sup>

The concept of "social networking sites" is controversial, due to the overlap of opinions and trends in its study. This concept reflects the technological evolution that has occurred in the use of technology, and it encompasses everything that can be used by individuals and groups on the World Wide Web.

##### **1.2 Social Media:**

Social media is defined as media content characterized by its personal nature, transmitted between two parties: a sender and a receiver, through a social medium/network, with the freedom for the sender to deliver the message and the freedom for the receiver to respond to it. It also refers to new ways of communication in the digital environment that allow smaller groups of people to meet and gather online, exchange benefits and information, providing an environment for individuals and groups to voice their opinions and the voices of their communities to the world at large.

"Preece" and Maloney Krichmar (2005) define social networking sites as places where people meet for specific purposes, directed by policies that include a set of rules and standards proposed by the sites. They are identified as internet sites where users can participate and contribute to the creation or addition of pages easily and conveniently.<sup>ii</sup>

#### **2. Social and Psychological Origins of Communication Media Use:**

The credit for discovering the relationship between the social and psychological origins and motives for exposure to communication media goes to the researcher Matilda Riley. She addressed these origins in terms of:

**a. Social Origins of Communication Media Use:** The public does not deal with communication media as isolated individuals from their social reality but rather as members of organized groups. Hence, demographic and social factors such as gender, age, educational level, social and economic status have their influence on the public's use of communication media.

**b. Psychological Origins of Communication Media Use:** Sometimes, uses lead to the existence of specific incentives or motives that need to be satisfied, thus determining many uses of media. The entry of uses and satisfactions assumes that different individuals choose different media content according to their psychological circumstances, where the psychological circumstances of the

public represent problems that they face. Exposure to communication media achieves the optimal treatment for such problems (Al-Shuhri, Hanan Bint Shashoua, 2012, p.24).<sup>iii</sup>

### **3. Types of Social Networking Sites:**

Experts divide social networking sites into two types as outlined by Mahmoud (2011, p.90):

- Basic: Consists of user profiles and general services such as personal messaging, sharing photos, audio files, links, texts, and information based on specific classifications related to study, work, or geographical area. Examples include Facebook, Twitter, Kik, WhatsApp, Blackberry, and others.

### **4. Features of Social Networking Sites:**

Kuss & Griffiths (2011) see the features of social networking sites as:

- Providing a general or semi-general profile of users within system-defined constraints.
- Expressing ideas to a list of other users.
- Displaying their list and contacting them, interacting with comments made by others within the system.

Al-Mansour (2012) summarized the features of social networks as follows:

- Freedom of choice for those they want to engage with in their interests.
- Providing individuals with access to social sites to introduce themselves, and then interact with others who share common interests.
- Allowing attachment of files and writing about specific topics.
- Commenting on the topics raised therein.

### **5. Psychological Explanations for Internet Addiction:**

Jennifer Warees (1999) presented some psychological explanations for Internet addiction:

#### **5.1. Psychodynamic Explanation:**

This explanation is based on the experiences that individuals go through in childhood, or what is known as early childhood trauma, and its connection to some personality traits, disorders, and tendencies inherited by the individual. The individual may theoretically be predisposed to Internet addiction, but they only fall into addiction if there are compressive conditions and events in their life that help or push them towards Internet addiction. The individual becomes addicted to the Internet. In light of early childhood traumas, their connection to personality traits, and compressive life events, it may lead the individual to become addicted to alcohol, heroin, gambling, sex, shopping, computers, and the Internet, and what they offer in terms of services, with some predisposing factors such as medical conditions.

#### **5.2. Behavioral Explanation:**

The behavioral explanation relies on Skinner's perspective in behavioral theory, based on the assumption that individuals engage in a set of behaviors and activities in order to obtain reward or reinforcement. This applies to addiction to drugs, alcohol, Internet addiction, and what the network offers the individual in terms of psychological comfort and pleasure, in addition to being an easy and simple way to escape from reality to obtain behavior reinforcements (Mohammed Noubi Mohammed Ali, 2010).

Davis (2001) presented a cognitive-behavioral theory as an attempt to build a model that combines behavioral outcomes associated with excessive use of the Internet. Davis's model assumes that individuals who suffer from psychological pressures or problems (such as loneliness and depression) have negative perceptions about their social competence. These individuals prefer online social interaction because it is less threatening and less risky, resulting in compulsive

computer and Internet use, which in turn produces many personal, social, and professional problems.

### **5.3. Medical Explanation:**

The medical explanation for Internet addiction is based on the behaviors of individuals governed by a set of genetic factors and changes such as individuals imagining mood moderation to engage in a certain activity, such as taking chemical drugs in the brain and nerve neurotransmitters. Research in this area has shown that there are drugs that may disrupt neural communication, resulting in the brain sending incorrect information or risking, gambling, and feeling, and by applying such an explanation to the case of reliance on the Internet, where the Internet allows the individual to feel pleasure and excitement (Mohammed Noubi Mohammed Ali, 2010).<sup>iv</sup>

### **6. Symptoms of Social Networking Addiction:**

Das & Sahoo (2011) mentioned that if the world faces any new type of addiction, after drug and alcohol addiction, it will face addiction to social networking sites, and people will go crazy behind it, which will constitute a virtual life, and people will forget the material world around them.

Hanyum (2011) presented four symptoms indicating addiction to social networking sites:

- Control of social networking sites over the individual and excessive preoccupation with them.
- Negative consequences of the individual's excessive use of social networking sites.
- Escalation of negative feelings when using social networking sites.
- Loss of interest in social activities where the individual prefers to use social networking sites over real-life activities with friends and family (Ali bin Hamad Baa Ahmed Dagher, 2018, p.95).<sup>v</sup>

## **2. Behavioral Disorders:**

### **2.1. Psychological and Behavioral Disorders:**

#### **2.1.1. Definition of Psychological, Mental, and Behavioral Disorders:**

Disorder, generally speaking, means corruption, weakness, or malfunction. It's a term used in the field of clinical psychology specifically, as well as in psychiatry. It refers to disorders affecting various aspects of personality. Thus, this disorder refers to a range of illnesses reflecting the individual's poor adjustment. There are many concepts reflecting multiple disorders such as perceptual disorder, personality disorders, emotional disorders, or sensory disorder, among others.

In the Diagnostic and Statistical Manual of Mental Disorders (DSM), the basic criterion for a behavioral disorder is defined as a recurring or continuous pattern of behavior in which the basic rights of others and the appropriate social standards for the person's age are violated. These behavioral patterns fall into categories such as:

- Aggressive acts that pose a threat of bodily harm to others or animals.
- Non-aggressive acts that cause damage to others' property.
- Fraud, theft, and violations of laws and principles. (Ghanem Mohamed Hassan, 2006, pp. 17-18)

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### **2.2. Major Psychological Disorders Resulting from Addiction to Social Networking Sites:**

Several psychological disorders related to addiction to internet services have been identified. A study conducted by Black (1999) on a sample of addicts found that 24% suffer from mood disorders, 19% suffer from anxiety disorders, 14% suffer from substance abuse disorders, and 52% suffer from personality disorders.

**2.2.1. Mood Disorders (Depression):** A study by Bakken (2009) found that 41.4% of the sample suffers from depression syndrome.

**2.2.2. Bipolar Disorder:** Despite the diversity of internet addiction according to its various services, pathological use is often associated with bipolar disorder. In 2000, Shapira conducted a study involving 20 internet addicts and found that 60% of the sample suffers from bipolar disorder.

**2.2.3. Anxiety Disorders:** A positive relationship has been observed between anxiety disorders and addiction to virtual communication, especially social anxiety or social phobia, which translates into severe and persistent fear towards a situation or several social situations or performance situations in which the individual is in contact with unfamiliar individuals or under the attention of others. These situations can lead to anxiety symptoms that can develop into panic attacks. Addiction to a social networking site may be used as a strategy to cope with difficulties related to sociological anxiety, where it is used as a means of communication and building less threatening social relationships than confrontational relationships (face to face).

**2.2.4. Obsessive-Compulsive Disorder (OCD):** A relationship has been observed between OCD and internet addiction and social networking sites, although its rate is lower than the rate of social anxiety.

**2.2.5. Personality Disorders:** Black (1999) found that 52% of personality disorders among a sample of internet addicts were characterized by borderline personalities, antisocial personalities, and narcissistic personalities. Bernardi also observed a relationship between borderline personality disorders and avoidant personalities. (Marhabawi Sara, 2018, p. 62)<sup>vii</sup>

#### **2.2.6. Sleep Disorders:**

These are disorders in the quantity, quality, and timing of sleep. This condition is characterized by clear disturbances in the number of hours of sleep, its quality, as well as in sleep times. (Al-Khaldi, 2009, p. 398)

**Sleep disorders are classified into four main categories according to their causes:**

**A- Primary Sleep Disorders:** This category does not arise from a specific mental, medical, or chemical disorder. It is often the result of multiple factors and is divided into:

- 1. Dyssomnias:** Where the amount, quality, or timing of sleep is abnormally affected.
- 2. Parasomnias:** Involving the occurrence of abnormal behavioral or physiological events during sleep or in a specific stage of sleep.

**B- Sleep Disorders Related to Another Mental Disorder:** This category results from mood or anxiety disorders.

**C- Sleep Disorders Resulting from Medical Conditions.**

**D- Sleep Disorders Resulting from Substances,** such as the effects of certain medications on sleep patterns or changes in sleep due to discontinuation of medications.

**E- Non-Organic Sleep Disorders:** This category includes a variety of disorders such as:

- 1. Dyssomnias:** Psychological in origin, affecting the amount, quality, or timing of sleep due to emotional factors.
- 2. Parasomnias:** Abnormal events occurring during sleep, with causes ranging from childhood factors to psychological reasons.

Although studies vary in the number of these disorders, they indicate the existence of several common disorders more than others.

[www.go.microsoft.com./Fwlink/?LinkId\(2009\)](http://www.go.microsoft.com./Fwlink/?LinkId(2009))

## Secondly : Field Procedures of the Study

**1. Study Methodology:** To analyze and study the posed problem and respond to the nature of the subject, a descriptive-analytical methodology was adopted, using the comparative method, which is considered the most suitable for the objectives of the current study. This requires us to collect, classify, and analyze information to understand relationships and interpret results.

### 2. Study Population and Sample:

**2.1 Study Population:** The study population consists of a group of civil protection officers working in the main civil protection units in the Medea province.

### 3. Presentation and Analysis of Results:

#### 3.1 Testing the Normality of Data Distribution:

After measuring the study sample using measurement tools for variables, the data were sorted and compiled into statistical tables for analysis using appropriate statistical methods with the SPSS23 statistical package. This involved confirming the nature of the data distribution to determine the most suitable statistical methods for analyzing the results: (parametric/non-parametric) by applying Shapiro-Wilk and Kolmogorov-Smirnov tests. The results are as follows:

**Table 01: Testing the Normality of Study Data Distribution**

Variables	Kolmogorov-Smirnov <sup>a</sup>	Kolmogorov-Smirnov <sup>a</sup>	Significance
Social Media Addiction	0.119	0.119	0.073
Insomnia Disorder	0.077	0.077	0.200
Anxiety Disorder	0.132	0.132	0.069

From both the Kolmogorov-Smirnov and Shapiro-Wilk tests for testing the normality of data distribution, it is evident that the data for the study variables (Social Media Addiction, Insomnia Disorder, Anxiety Disorder) have statistically insignificant values at the significance level ( $\alpha = 0.05$ ), indicating a normal distribution of sample data. This allows the application of parametric statistical methods to verify the study hypotheses.

#### 3.2 Presentation of Results for the First Hypothesis:

Which states: University students show a high level of addiction to social media. This hypothesis was statistically addressed by conducting a One-Sample T-test to estimate the difference between the mean scores of social media addiction and their theoretical mean. The results are presented in the following table:

**Table 02: Results of T-test for One Sample to Determine the Significance of the Difference between the Mean and Theoretical Mean of Social Media Addiction Scores for the Study Sample**

Variable	Sample Size	Theoretical Mean	Mean Score	Mean Difference	Test Value t	Significance
Social Media Addiction	50	45	62.90	17.90	9.785	0.000

From the table above, it is apparent that the difference between the mean score of university students on the social media addiction scale (62.90) and its theoretical mean (45), estimated at (17.90), is significant. The T-test value is (9.785), statistically significant at the significance level ( $\alpha = 0.01$ ), favoring the mean score. This indicates that university students show a high level of addiction to social media, hence accepting the first hypothesis of the study.

**3.3 Presentation of Results for the Second Hypothesis:**

Which states: There are differences in the average scores of the study sample members, university students, on the social media addiction scale attributed to gender (male/female). This hypothesis was verified by conducting an Independent Samples T-test to determine the differences between the mean scores of the two groups (males/females) on the social media addiction scale. The following table illustrates the findings.

**Table 03: Results of the t-test for Independent Samples to Indicate the Difference in the Mean Scores of Study Groups (Males/Females) on the Social Media Addiction Scale.**

Variable	Group	Sample Size	Mean Difference	F-Test Value for Homogeneity	T-Test Value	Significance Level
Addiction	Males	17	61.03	-5.74	0.698	4.450
	Females	33	66.77			

The statistical analysis of this variable shows that the t-test value was estimated at (4.450), which is statistically significant at the significance level ( $\alpha = 0.01$ ). This suggests that the noticeable difference between the mean results of the male group (61.03) and the female group (66.77), estimated at (5.74+), is significant in favor of females, and not due to chance. Thus, females show a higher level of addiction to social media than males, hence accepting the second hypothesis of the study.

**Table 04: Results of the t-test for Independent Samples to Indicate the Difference in the Mean Scores of Study Groups (Addicted/Non-Addicted) on the Insomnia Disorder Scale.**

Variable	Group	Sample Size	Size Mean	Mean Difference	F-Test Value for Homogeneity	T-Test Value	Statistical Significance
Sleep Disorder	Addicted	32	89.54	20.33	0.015	8.412	0.000
	Non-Addicted	18	69.21				

The statistical analysis of this variable shows that the t-test value was estimated at (8.412), which is statistically significant at the significance level ( $\alpha = 0.01$ ). This indicates that the noticeable difference between the mean results of the addicted group (89.54) and the non-addicted group (69.21), estimated at (20.33+), is significant in favor of the addicted category, and not due to chance. This reflects the effect of university students' addiction to social media on their insomnia disorder (insomnia), hence accepting the third hypothesis of the study.

**Table 05: Results of the t-test for Independent Samples to Indicate the Difference in the Mean Scores of Study Groups (Addicted/Non-Addicted) on the Anxiety Disorder Scale.**

Variable	Group	Sample Size	Size Mean	Mean Difference	F-Test Value for Homogeneity	T-Test Value	Statistical Significance
Anxiety Disorder	Addicted	32	136.63	30.70	3.152	6.162	0.000
	Non-Addicted	18	105.92				

The statistical analysis of this variable shows that the t-test value was estimated at (6.162), which is statistically significant at the significance level ( $\alpha = 0.01$ ). This indicates that the noticeable difference between the mean results of the addicted group (136.63) and the non-addicted group (105.92), estimated at (30.70+), is significant in favor of the addicted category, and not due to chance. This reflects the effect of university students' addiction to social media on their anxiety disorder, hence accepting the fourth hypothesis of the study.

#### 4- Analysis and Discussion of Results:

##### 4-1 Discussion of Hypothesis One:

The hypothesis suggests that university students exhibit a high level of addiction to social media sites. The obtained results indeed demonstrate that students suffer from addiction to social media sites. This can be attributed to the strong proliferation of smartphones among students.

Changes in location, time, and even age dynamics prompt students to seek fulfillment of their psychological and social needs. A significant portion of them distances themselves from family and familiar surroundings, often experiencing this for the first time in their lives. Consequently, they turn to these sites, exposing themselves to addiction. This is evidenced by the study conducted by

Hussain Javafka Rimi in 2014: "Facebook Addiction among Malaysian Students," which aimed to verify Facebook addiction among a sample of 411 individuals.

#### **4-2 Discussion of Hypothesis Two:**

This hypothesis posits that there are differences in the average scores of university students on the scale of addiction to social media sites attributed to gender (males/females). The results indicate a significant difference in favor of females, not attributable to chance. Thus, females are more prone to addiction to social media sites than males. Therefore, Hypothesis Two of the study is accepted. Our analysis is confirmed by what we referred to in the analysis of the first hypothesis, where we attributed the reasons for addiction to changes in the environment, especially distancing from family. The results of the analysis of the second hypothesis show a significant difference in favor of females. They are more susceptible to the effects of distancing from family and the loss of familial communication, leading them to use social media more frequently than males, thus succumbing to addiction.

#### **4-3 Discussion of Hypothesis Three:**

This hypothesis suggests differences in the average scores of individuals in the study sample of university students on the scale of sleep disorder attributed to addiction to social media sites (addicts/non-addicts). The results indicate a significant difference in favor of the addict group, not due to chance. This reflects the impact of social media addiction on sleep disorders (insomnia) among university students. This is natural, as it has been shown that addicted students suffer from sleep disorders and insomnia due to prolonged use of smartphones and social media for extended periods. This exposes them to blue light emitted by devices for long hours, continuing late into the night. The addiction makes them attached to their devices, unable to easily relinquish them, exhibiting symptoms of addiction.

#### **4-4 Discussion of Hypothesis Four:**

This hypothesis posits differences in the average scores of individuals in the study sample of university students on the scale of anxiety disorder attributed to addiction to social media sites (addicts/non-addicts). The results indicate a significant difference in favor of the addict group, not due to chance. This reflects the impact of social media addiction on anxiety disorders among university students. This is confirmed by the previous hypothesis results, which showed that addicted students are prone to sleep disorders and insomnia, leading to inadequate sleep during the designated period, especially deep sleep stages, which they often fail to reach. This compels them to continue sleeping until late hours of the day, exposing them to constant anxiety due to insufficient sleep and their inability to focus, exacerbating their fears and increasing their anxiety levels. This progression of disturbances resulting from addiction to social media is evident through sequential hypotheses, revealing the successive stages of disorders students experience due to their addiction to social media platforms.

#### **Conclusion:**

Based on the results of the study, it has become evident that the research samples is prone to addiction to social media sites. This phenomenon has had a more negative impact on females than males. We attributed this to the distancing from family, which engenders a sense of loneliness and isolation, especially with the proliferation of modern communication technologies. These technologies amplify their influence by programming them in a way that targets the needs of their users and future consumers, for commercial and ideological purposes. This contributes to the

dismantling of Arab societies and subjects them to psychological and social instability. We observe that students are falling into addiction and experiencing various disorders, as mentioned earlier, along with other disorders addressed by different studies, whether in Western or Arab societies. It is imperative to pay attention to this segment of society and make them less susceptible to these harms through awareness and addressing these phenomena seriously to protect our communities and prevent them from dispersing, collapsing, and losing the ability to focus, especially in these crucial stages. Students are considered the wealth that can make a difference in the process of local and social development.

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#### **Appendices:**

#### **Appendix of Statistical Procedures for Hypothesis Testing**

Tests for Data Distribution Normality

<b>Tests of Normality</b>						
	<b>Kolmogorov-Smirnov<sup>a</sup></b>			<b>Shapiro-Wilk</b>		
	<b>Statistics</b>	<b>ddl</b>	<b>Signification</b>	<b>Statistics</b>	<b>ddl</b>	<b>Signification</b>
<b>Insomnia</b>	<b>,077</b>	<b>50</b>	<b>,200*</b>	<b>,988</b>	<b>50</b>	<b>,881</b>
<b>Anxiety</b>	<b>,132</b>	<b>50</b>	<b>,069</b>	<b>,964</b>	<b>50</b>	<b>,133</b>
<b>Addiction</b>	<b>,119</b>	<b>50</b>	<b>,073</b>	<b>,962</b>	<b>50</b>	<b>,110</b>
<b>. *This is a lower bound of actual significance.</b>						
<b>a. Lilliefors significance correction.</b>						

Hypothesis Testing for the Second Hypothesis

<b>Statistics on single sample</b>				
	<b>N</b>	<b>Mean</b>	<b>Standard deviation</b>	<b>Mean standard error</b>
<b>Social media addiction</b>	<b>50</b>	<b>62,9020</b>	<b>8,39346</b>	<b>1,17532</b>

<b>Single-sample test</b>				
	<b>Test value = 45</b>			
	<b>t</b>	<b>ddl</b>	<b>Sig. (two-tailed)</b>	<b>Mean difference</b>
<b>Social media addiction</b>	<b>9,785</b>	<b>49</b>	<b>,000</b>	<b>17,90804</b>

Hypothesis Testing for the Second Hypothesis:

<b>Statistics of group</b>					
	<b>Sex</b>	<b>N</b>	<b>Mean</b>	<b>Standard deviation</b>	<b>Mean standard error</b>
<b>Social media addiction</b>	<b>Female</b>	<b>33</b>	<b>66,7778</b>	<b>8,62660</b>	<b>2,03331</b>
	<b>Male</b>	<b>17</b>	<b>61,0313</b>	<b>8,57110</b>	<b>1,33839</b>

**Hypothesis Testing for the Third and Fourth Hypothesis:**

Statistics of group							
The Problem	Type	N	Mean	Standard deviation	Mean standard error	t-test	
Insomnia	Addicted	32	89,5455	8,51177	1,81472	Sig. (two-tailed)	Mean Difference
	Non-Addicted	18	69,2143	8,46062	1,57891		
Anxiety	Equal variance Addicted hypothesis	32	136,6364	4,45056	4,19941	Sig. (two-tailed)	5,74653
	Non-Addicted hypothesis	18	105,9286	15,68894	2,96493		
	unequal variance hypothesis			4,361	31,663	,000	5,74653

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