

**Social media addiction and its relationship to parenting styles
among middle school students
(a field study on a sample of middle school students in Saida
province)**

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Abstract: The study aimed to uncover the nature of the relationship between parenting styles and addiction to social media platforms among middle school students in the state of Saida. The sample consisted of 100 male and female students from middle schools in the city of Saida. The Parenting Styles Scale (Sheffer, 1958) and the Social Media Addiction Scale were administered to the participants. The results indicated a positive correlation between the parenting styles of both fathers and mothers and addiction to social media platforms. Additionally, the study revealed that the level of addiction among middle school students to social media platforms was high, with Facebook being the most frequently used site by the study sample.

Keywords: addiction ; social media platforms; parenting styles.

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Introduction:

The family is the first image of life and the smallest social unit to which a person is connected from childhood. It shapes a person's personality, attitudes and interests through a set of interactive relationships between children and parents, which are reflected in a range of parenting styles. which directly reflect on the future behaviour of children, either positively or negatively. These methods are a set of educational approaches followed by parents to instil independence, values, the ability to achieve, and behaviour control in their children, and vice versa (Bayoumi, 1993, p. 92). Studies and research confirm that parenting styles are among the most important factors that shape a child's personality, as the correct parenting styles are reflected in the child's perception of his or her parents' kind treatment. In this case, the child is occupied with his or her parents' constant and lasting love and family warmth. It also has a profound effect on the development of children's personalities and shapes their behaviour. Parents are responsible for raising and nurturing their children in cognitive, emotional and social areas. Positive interactions and relationships between parents and children, especially adolescents who are experienced and distinguished in their academic careers, are an indicator of the emergence of their energies. Hence, we can say that the process of upbringing and parental treatment methods are a true determinant of children's intellectual and cognitive orientations (Mahmoud Al-Sayed, 1995, pp. 78-79).

The excessive use of social media, also known as social media addiction, has become a threat not only to an individual's psychological and mental health, but also to the entire family and its structure. It has become a threat to family cohesion, with a decline in the sense of time and individuality, and a distancing from family and society. and the emergence of cybercrimes such as fraud, in addition to violating individuals' privacy and invading their lives. Time is spent interacting with people online instead of real and direct communication This has had a negative impact on parenting styles between parents and children, to the extent that children are rebelling against family values and principles, and conflicts and problems between parents and children are becoming excessive, which negatively affects their academic performance. In addition, a range of psychological and social disorders have emerged. and

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family disorders. There is no doubt that parenting styles are extremely important in determining children's behaviour towards this phenomenon. Therefore, through this study, we have attempted to shed light on the relationship between addiction to social media platforms and its impact on parenting styles among middle school students.

2. Study problem:

The term social media refers to platforms that enable interaction between people, where they share or exchange information and ideas in virtual communities and networks. There are currently many social media platforms, including Facebook, Twitter, Instagram, TikTok, and others, all of which offer diverse and distinctive services. Social media has helped many individuals find common ground with others online, making the world seem more connected and accessible, given the enormous amount of time individuals spend each day on social platforms and applications.

Numerous studies have shown that young people are the most attracted to and receptive of technology and, therefore, the most frequent users of it. This was demonstrated by Schein and Pollack (1992) in the field of social work, who found that 40% of internet users are in the 18-24 age group (Kios, 2022, p. 8). Some studies have linked extroversion and excessive use of social media platforms to other addictive tendencies. In addition to extroversion, some studies have linked neuroticism to an increased risk of addiction to social media platforms. Studies have shown that neurotic people tend to use their phones instead of face-to-face communication because it is easier for them. As shown in a study by Al-Khawaja (2014), there is an inverse correlation between internet addiction and psychological well-being among students, and there are statistically significant differences between males and females in the level of internet addiction in favour of males. A study by Kios (2022) found a correlation between social media addiction and feelings of psychological alienation among university students, as did a study by Al-Hamsi (2009), which found a relationship between internet addiction and social communication skills. A study by Barghouti and Boukhnoufa (2016) showed a positive correlation between maternal treatment styles (aggressive control and guilt-based control) and internet addiction. A study by Mohamed Othman

(2012) showed a relationship between parental treatment styles and the emergence of aggressive behaviour in children. Based on the findings of previous studies, the current study raises the following questions:

1. Is there a correlation between social media addiction and parenting styles among middle school students?
2. To what extent are middle school students addicted to social media?

3. Study hypotheses:

1. There is a correlation between social media addiction and parenting styles among middle school students.
2. Middle school students' addiction to social media is high.

4. Study objectives:

The current study seeks to identify the nature of the relationship between addiction to social media platforms and parenting styles among middle school students.

-To reveal the degree of addiction to social media use and parenting styles among middle school students.

-Identifying the most used social media sites among secondary school students

5. Importance of the study:

Highlighting the impact of addiction to social media as a behavioural addiction due to technological advances that have significantly affected many aspects of individuals' lives and lifestyles. With the increasing reliance on the internet, the use of social media platforms has become an essential part of daily communication and information reception for many people around the world.

- Highlighting the role of social media in the psychological and social impact on students, considering that they are on students, who are greatly affected by addiction to social media. Damha

6. Procedural definitions of study terms:

1.6. Social media addiction:

Excessive use of social media by students and the inability to control one's behaviour, emotions, and feelings hate, leading to imbalances (health, psychological, family, social, academic, and temporal) imbalances in their lives. Discontinuing their use also leads to psychological distress (tension, boredom, discomfort, distress, etc.) and is measured by the total score obtained by the

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study sample on a questionnaire use of social media sites prepared by the researcher

2.6. Parenting styles:

These are the procedures and methods followed by parents in socialising or raising their children, i.e. transforming them from mere social beings, and the attitudes they adopt that guide their behaviour in this area (Qantaoui, 2008, p. 75).

Parenting styles are defined procedurally as the score obtained by individuals in the sample on the parenting scale.

1. Theoretical framework of the study:

1.2. Definition of social media: Social media is defined as a means of communication through which users create accounts that enable them to communicate electronically with other people via the internet to share information, ideas, opinions, messages, and other written, visual, and audio content and files. Examples of such platforms include Facebook, Twitter, Snapchat, Instagram, WhatsApp, and YouTube, as well as professional platforms such as LinkedIn, and blogs such as WordPress and Blogger.

To make the most of these platforms, especially for professional purposes, it is important to understand their advantages and avoid their disadvantages.

1.3. Motives for using social media:

1.3.1. Family problems: The family is the protective shield for the individual, providing him with security, stability and support. protection, stability and security, but in the absence of this integrated environment, he will develop a kind of social disorder that will cause him search for a substitute to compensate for the trauma that appears, for example, in the absence of a parent or one of them due to life concerns or family issues .

1.3.2. Emptiness: Given the endless number of applications produced by will be used by as a means of filling. And thus it becomes a means of entertainment and a waste of time. for some of them.

1.3.3. Unemployment: This is considered one of the most important social problems that individuals suffer from and that push them to find solutions to get out of this situation that is difficult, even if these solutions are temporary. Iron and curiosity,

1.3.4.Curiosity: These realities form a positive environment full of ideas and new technologies that tempt individuals to experiment with them and whether in their academic, professional or personal lives. , it is based on the idea of duality, and if duality and curiosity are present curiosity, then the matter is settled.

1.3.5.Meeting people and making friends: Social media sites have made it easier to make friends , as they provide an opportunity to connect with , with these networks through real friendships and friendships with individuals from the same community or from other communities of different genders or with individuals of the same gender.

1.3.6.Marketing or job hunting: It is a powerful and effective marketing tool that reduces costs and easy to subscribe to and connect with. It also makes it easy to connect businesses with customers and connect employers with job seekers. employers with applicants.

2. Advantages of social media platforms:

- Providing opportunities for young people to express their ideas: With social media and blogs, the world has become highly connected, making it easy for anyone to express their ideas and gather interested parties from all over the world.

- Gaining support and participation: Some research indicates that simply sharing and expressing one's problems and gaining the support of others or hearing their experiences with the same problem and how to solve it makes it easier for a person to get through the experience better.

- Gaining job opportunities and marketing themselves: According to the latest statistics, there are 6.5 million job opportunities advertised on the website job. com, an example of a professional social networking platform that aims to connect job seekers and employers. Companies have begun to use it as a tool to attract employees from all over the world. In addition, so-called marketing skills have emerged, which use social networking sites and blogs to highlight a person's skills and document their achievements at work.

- Opening up new and significant horizons for pioneering ideas: Social media sites are one of the most important marketing tools used by large companies, young people and those with new ideas to

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market their products and services, known as social media marketing.

•**Creating job opportunities and new career paths:** There are now opportunities for full-time or part-time work that many young people can do, such as marketing content writer, social media marketing specialist, and graphic designer specialising in designing product advertisements on social media platforms.

•**Constant connection to the world:** In the past, we did not have the opportunity to stay in constant contact with friends and family if they were in another country or city, but now it is easy to communicate with anyone anywhere. This opens up many opportunities for work and for obtaining information from everywhere.

3. The downsides of social media:

• **Addiction:** According to statistics cited in Business Insider magazine, many individuals, especially teenagers, spend between 13 and 18 years old about 9 hours a day using social media. That's more than the hours spent sleeping, eating, drinking, and other activities! Some people even find that they cannot go a whole hour without browsing social media platforms. This has a significant and negative impact on other aspects of life, as time is spent on the internet at the expense of family, work and study without realising it. Addiction to these platforms also affects our overall concentration and causes distraction.

•**Social isolation and the illusion of virtual communication:** It may even reach the point where we find a family in one house communicating through social media, or families whose members spend hours on their phones without any effective personal communication, with everyone content with virtual communication. Such practices may lead to weak social and professional development due to an inability to interact positively and naturally with different aspects of life.

•**Monitoring the circumstances of others and looking at appearances of luxury:** Some people deliberately show only the positive and ideal side on social media, which causes frustration and despair for some who follow celebrities, influencers, and their news.
<https://subol.sa/Dashboard/Articles/ArticleDetails/100>

4 . Study procedures:

4.1. Methodological procedures:

4.2. Study methodology: The researcher adopted a descriptive approach to investigate the phenomenon and identify the relationship between two variables: social media addiction and parental treatment methods among middle school students.

4.3. Study population: The study population consists of all middle school students in the state of Saida for the academic year (2023/2024).

4.4. Study sample: The study sample consisted of 100 male and female students, distributed across the four years of middle school, who were selected at random as shown in Table 1.

Table 1 Distribution of study sample members according to gender and educational level

	Male	%	Female	%	Total
Year 1 Average	15	50%	15	50%	30
Year 2 Average	08	40%	12	60%	20
Year 3 Average	10	50%	10	50%	20
Year 4 Average	10	33.33%	20	66.67%	30
Total	43	43%	57	57%	100

We conclude from the table that the majority of the study sample were female, accounting for(57%), while males accounted for (43%). In terms of academic level, first- and fourth-year students constituted an average of(60%)of the total sample, while second- and third-year students constituted an average of (40%)of the sample.

5. Study tools: The researchers used the following tools in the study:

5.1. Social media addiction scale :prepared by the researcher after reviewing previous studies related to the topic. The stability coefficient was calculated using Cronbach's alpha coefficient, which was (0.79), and the reliability coefficient (0.88).

5.2. Parental Treatment Scale: Prepared by Schifer in 1958 and translated by Salah al-Din Abu Nahia and Rashad Abdul Aziz. The scale consists of 18 sub-scales, each consisting of 8 to 10 items, for a total of 192 items. The stability coefficients were calculated using the half-split method by calculating the scores of the sample individuals on the odd-numbered questions and their scores on the even-numbered questions using Pearson's correlation coefficient for

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half of the test. To calculate the correlation coefficient and the validity of the test, Salah al-Din Abu Nahia and Rashad Abdul Aziz Musa relied on the internal consistency of the sub-scales, i.e. the degree of stability (Abu Nahia, Rashad Musa, 1987, p. 11).

Table 2 shows the values for questionnaire correction.

Category	Response
0-0.49	Very Weak
0.5-1.49	Weak
1.5-2.49	Average
2.5-3.49	High
3.5-4.00	Very high

-Statistical tools: The Statistical Package for the Social Sciences (SPSS) was used, as were the following statistical methods (frequencies and percentages, arithmetic means and standard deviations, and stability calculations using Cronbach's Alpha and Spearman-Brown equations). Spearman-Brown and Pearson, and the t-test for independent groups and correlated groups to calculate the significance of differences.

6.Presentation of results:

6.1.Presentation of the results of the first hypothesis: There is a correlation between social media addiction and parenting styles among middle school students. To test the validity of the hypothesis, Pearson's correlation coefficient was calculated, which yielded the results shown in Table 5.

Table 3 shows Pearson's correlation coefficients for the relationship between social media addiction and parenting styles among middle school students.

	Correlation coefficient (Pearson)
Social media addiction	0.77**
Parenting styles	

Table 5 shows that the Pearson correlation coefficient is (.77**0), which is statistically significant at the 0.05 level. This indicates a positive correlation between social media addiction and parenting styles among middle school students. The results of this study are consistent with those of a study by Bergothi and Bukhnoufa (2016), which showed a correlation between paternal treatment styles and internet addiction. Control through guilt and internet addiction, as well as a study with the results of the study by

Abriem (2012), which found a negative correlation between children's perception of parental treatment styles (discrimination, control and domination, and inconsistency) and their sense of psychological security. This result can be explained by the fact that good treatment by the father contributes to psychological and social harmony without resorting to escape mechanisms, of which addiction is one form. Considering that the father has other responsibilities and concerns in life that prevent him from spending much time with his family, the bulk of the responsibility for upbringing falls on the mother (Bergouthi et al., 2015, p. 17).

However, the results differed from those of the study by Mufhut (2014), which indicated an increase in the percentage of parental treatment methods that encourage academic excellence among the sample, namely acceptance, attention, democracy, encouragement, reward, and equality. The mother is a source of affection and security for her children, and her use of inappropriate methods causes the relationship to become emotionally cold and lacking in warmth, which is a source of fear and anxiety, prompting them to resort to other sources of security, such as the internet.

This result can also be attributed to the fact that users of social networking sites and the internet in general prefer to sit in front of these devices rather than engaging in social activities and face-to-face interaction face-to-face with real people, which leads them to withdraw and distance themselves from them and enter a virtual world interacting with virtual friends. However, this creates a misleading sense of belonging to a community and makes them feel that they do not need their real community (Ben Amara, 2013, p. 63).

6.2.Presentation of the results of the second hypothesis: Middle school students have a high degree of addiction to social media.

To test the validity of the hypothesis, the arithmetic means and standard deviations of the sample's responses to the questionnaire items were calculated, as shown in Table 4.

Table 4 shows the level of addiction to social media among middle school students

Num	Paragraph	Arithmetic mean	Standard deviation	Grade
3	I always use Facebook and WhatsApp to chat and communicate with friends.	3.55	1.11	Very high

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7	I prefer to use Instagram and YouTube when I am online.	3.52	1.03	Very high
11	I prefer to spend my free time on social media sites.	3.50	1.04	Very high
17	I feel that the time I spend on social media is passing quickly.	3.44	1.45	high
5	I get stressed when the internet connection is poor.	3.37	1.30	high
2	I use social media to relieve the pressure I face.	3.31	1.41	high
12	My use of social media causes 18 I find myself compelled to spend a few more hours on social media sites	3.26	1.01	high
18	I find myself compelled to sit for a few more hours on social media sites.	3.21	1.06	high
1	My use of social media causes me to lose track of my time management.	3.13	0.21	high
6	I eat my meals while browsing social media	3.06	1.04	high
8	sites 8 I find myself sitting in front of social media sites for a period of time	2.26	0.01	Medium
10	Using social media helped me forget about my appearance.	2.23	1.03	Medium
19	Using social media helps me get rid of the disturbing thoughts that plague me.	2.19	1.11	Medium
15	Browsing social media delays me from my work. Eid.	2.16	1.44	Medium
4	I feel that my friends on social media understand	2.11	0.93	Medium

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	me and understand them better than my family members.			
9	I resort to using social media to alleviate feelings of loneliness that overcome me.	2.06	1.22	Medium
13	I reduced my visits to my relatives because I was busy using social media	1.44	0.01	Weak
20	I neglected my studies because of my excessive interest in social media sites.	1.34	0.98	Weak
14	Following current events on social media sites social media distract me from following the details of events of my family members.	1.21	1.91	Weak
16	I regularly check my email to see if I have any messages.	1.13	0.91	Weak
Total		2.57	1.01	high

The table shows that the overall average response of the study sample to the questionnaire items measuring social media addiction was 2.57 , which is a high value, with items (3-7-11) ranking highest in terms of the sample's responses, with the arithmetic means for these items ranging between (3.55-3.50), where Facebook and WhatsApp were used for chatting and communicating with friends by middle school students, in addition to their preference for Instagram and YouTube when connecting to the internet. They also spent their free time on social media sites. while paragraphs (17-5-2-12-18-1-6) received high ratings in terms of the responses of the sample individuals, with the arithmetic mean ranging between (3.44-3.06) where students feel that time passes quickly on social media and feel stressed when the internet connection is interrupted. Does their use of social media alleviate the pressures they suffer from? The use of these sites also causes disputes among family members, as they find themselves forced to

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spend long hours on social media, which causes them to lose track of time to the extent that they eat while browsing social media. The rest of the paragraphs received a weak response from the sample group.

6. Discussion of results:

The study attempted to answer two basic hypotheses:

-There is a positive correlation between social media addiction and parenting styles among middle school students, as internet addiction is a widespread issue in this day and age. resulting from the remarkable expansion of internet use, which has undoubtedly become one of the causes of the emergence of the term 'addiction,' which was previously based solely on drugs and alcohol. Although the internet has been a source of openness for communication and interaction between individuals and an important source of information and knowledge for its users, it has also led to psychological, social and cultural concerns, especially for young people. The absence of family dialogue, lack of respect for children's opinions and mistreatment of children by their parents cause them to escape to what they believe to be a safe space on social media to compensate for psychological and emotional deprivation, especially among adolescents. adolescents, who are characterised by conflicts of self-assertion

. The second hypothesis examined the degree of addiction among middle school students to social media, which was found to be high. The study showed that the most popular website is Facebook, which allows young people to communicate with others and form social relationships and friendships. They resort to Facebook constantly and for long hours every day, in addition to replacing real social life with the virtual world resulting from Facebook addiction. This is to satisfy their social desires and increase their sense of self-worth. Most Facebook users talk about their personal lives and private matters frequently, either by sharing posts or through group conversations. Although this has a negative impact on the individual's personality, the individual may become addicted to it and isolate themselves from their external environment, becoming withdrawn and closed off. The internet can also reinforce various types of addiction, including addiction to pornography, gaming and smartphones. Studies in this field have shown that individuals who

lack sufficient social contact and social support are at greater risk of internet addiction. They resort to virtual relationships and support to alleviate their loneliness. Teenagers sometimes use social networks to show their ideal image to others.

7.Conclusion:

The excessive use of social media, also known as social media addiction, has become a threat not only to an individual's psychological and mental health, but also to the entire family and its structure. It has become a threat to family cohesion, with a decline in the sense of time and individuality and a distancing from family and society. and the emergence of cybercrime, where time is spent interacting with people online instead of real and direct communication. This has had a negative impact on parenting styles between parents and children, to the extent that children are rebelling against family values and principles, and conflicts and problems between parents and children are becoming excessive, which negatively affects their academic performance. In addition, a range of psychological and social disorders have emerged and family disorders. There is no doubt that parenting styles are extremely important in determining children's behaviour towards this phenomenon. Therefore, through this study, we have attempted to shed light on the relationship between addiction to social media platforms and its impact on parenting styles among middle school students. The study found a positive correlation between addiction to social media platforms and parenting styles among middle school students, as users of social media and the internet in general prevent them from engaging in social activities and interacting with others. and interact face-to-face with real people , which drives them to withdraw and distance themselves from them and enter a virtual world interacting with virtual friends. However, this creates a misleading sense of belonging to a community and deprives them of their real community.

7.Recommendations:

- The need to educate families about the importance of dialogue and communication between family members instead of social media.
- The need for optimal, guided and thoughtful use of social media.
- The need to use social media to develop social responsibility.
- Raising awareness among young people about the role of social media and guiding them towards optimal use of social media.

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