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Abdelhakim CHEROUANA 1 *
University 20 August 1955, Skikda, (Algeria)
Email : Cherouanaayoub0279@gmail.com

Nadji LITIME 2
University 20 August 1955, Skikda, (Algeria)
Email : litnad@yahoo.fr

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Abstract *:*

The topic of social media has occupied many researchers and specialists due to its significant impact on the individual, the family, and society as a whole, whether on the psychological, spiritual, or social level. Therefore, this article aims to clarify some aspect of these networks' effects on family cohesion, and how they can contribute to its disintegration and incite conflict among its members. It also explores how, on the other hand, they can add some positive elements to family relationships. This necessitated posing questions and attempting to answer them by defining the concept of family and its structure, clarifying the importance of its function at both the individual and societal levels. The study then addresses the concepts of addiction and social media, outlining their main types and advantages. Finally, it examines the negative and positive impacts of these platforms on the family and how to mitigate their negative effects.

Keywords*: Social Media, Impact, Family*

الملخص :

شغل موضوع شبكات التواصل الاجتماعي كثيرا من الباحثين والمختصين نظرا لتأثيره الكبير على الفرد والأسرة و المجتمع ككل سواء على المستوى النفسي أو الروحي أو الاجتماعي، ولذلك جاء هذا المقال من أجل تبيان إحدى جوانب تأثيرات هذه الشبكات على تماسك الأسرة وتضامنها وكيف يمكن أن تكون سببا في تفككها وإثارة الصراع بين أفرادها، وكيف يمكن لها من جهة أخرى أن تضفي بعض الإيجابيات على العلاقات الأسرية، وهذا ما فرض علينا طرح أسئلة ومحاولين الإجابة عنها من خلال التطرق إلى تحديد مفهوم الأسرة وبنائها وتوضيح أهمية وظيفتها على مستوى الفرد والمجتمع، ثم تم التطرق إلى تحديد مفهوم الإدمان ومفهوم مواقع التواصل الاجتماعي وذكر أهم أنواعها ومزاياها وأخيرا بينا التأثير السلبي والإيجابي لهذه المواقع على الأسرة وكيف يمكن تفادي تأثيراتها السلبية.

الكلمات المفتاحية: شبكات التواصل الاجتماعي، التأثير: الأسرة

* Corresponding author:

1. Introduction

This article addresses a crucial topic: social media and its impact on the family, from positive and negative aspect. Social media has become one of the most influential tools in the lives of individuals, families, and society. It serves as a platform for users to exchange information, ideas, feelings, and emotions on various issues they encounter in daily life, whether political, economic, cultural, religious, educational, emotional, or psychological, in short, anything that interests people of all genders and ages. Every member of society finds something to engage them, occupy their mind, and motivate them to access these networks at any time, every day. This has led to a certain pattern of behavior that has particularly affected social and familial relationships. In some cases, these networks can even contribute to divorce and the delinquency of children if misused. This can lead to family disintegration, instability, and conflicts among its members. At such times, all forms of solidarity, mutual support, and cooperation within the family disappear, and the family gradually drifts away from its intended role, both at the individual and societal levels.

Due to the serious threat that social media poses to family stability, it is crucial to understand its various social impacts on families. The following questions will help us do so:

What is a family? What is its function at the individual and societal levels? How does family structure define each member's position according to their rights and responsibilities? What are social media platforms, and what is their purpose? What are the stages of their emergence, characteristics, and classifications? Which platforms are the most prominent worldwide? What are their specific negative and positive effects on the family? What are the most important suggestions for mitigating the negative impacts of social media on families?

Previous Studies:

First Study: Maha Mohamed Fathy's Study (2021) (Maha, 2021)

The goal of this study was to identify how exposure to TikTok videos on smartphones affects young people's perception of social values in society. The researcher began with the following question: What impact does exposure to TikTok videos have on young people's perception of social values? What is the extent of respondents' exposure to TikTok videos? What are the effects of exposure to these videos on social values?

The researcher used a descriptive approach in this study. The research sample consisted of 400 Egyptian university students. A questionnaire was used as the data collection tool. The study yielded a set of results, including:

-The most important reasons for using TikTok are, first, for leisure and entertainment, second, to learn about the negative aspects of our reality, third, to discuss bold topics, and fourth, to learn about new social patterns.

The study indicated that TikTok videos on smartphones primarily highlighted moral values, followed by religious values, cultural values, social values, and citizenship.

The second study: Ibrahim Mohammed Ali Al-Thaqafi's study (2021) (Ibrahim, 2021).

The goal of this study was to understand the social impact of young Saudi users of the TikTok application. Specifically, it sought to identify the reasons for their addiction to the app, its risks and effects, and its relationship to social capital. The study also sought to identify mediating variables in the development of social capital. The researcher employed a descriptive method and used a survey approach, distributing a questionnaire to a sample of 345 young Saudis. The study yielded the following results:

- The social capital of young Saudis on the TikTok application is moderate, with variations in the degree of social capital acquired. This suggests that young people utilize the application to a greater extent in communicating with strangers who are different from them.

- The young Saudi man did not use the TikTok application extensively to communicate with relatives, colleagues, and close friends.

- There is a strong positive correlation between Saudi youth's addiction to the TikTok application and their rates of social capital accumulation.

Third Study: Ibtisam Daraji's Study (2020) (Ibtisam, 2020)

This study investigated the impact of social media platforms on the social relationships of Algerian youth. These networks have received significant attention from various segments of society. The main research questions were:

What is the impact of social media on the social relationships of Algerian youth? What is the impact of social media on changing the patterns of social relationships among university students?

What is the impact of social media on the social relationships of Algerian youth?

What is the impact of social media on changing the patterns of social relationships among Algerian university students?

And what is its impact on social communication among Algerian university students? The researcher employed a descriptive-analytical approach in her study. The sample consisted of 100 male and female students from Constantine 3 University, randomly selected from both undergraduate and master's programs. A questionnaire was used as the primary data collection tool. The results showed that:

- The study confirmed that most social media users value their existing real-life social relationships within the context of widespread online networks, indicating that these networks do not negatively impact their interactions with students and friends.

- The results also revealed that most social media users experience a sense of detachment and isolation from their real-life social environment, as well as a feeling of emptiness, when they are absent from these platforms for a certain period.

1-1- Social Media

1-2- The Concept of Social Media:

Most definitions that have attempted to define the concept of social media focus on its emergence as a reality posed by the technological advancements of the current era. Among these definitions are the following:

-Social networks are a term used to describe a group of websites on the internet, they emerged with the second generation of the web, also known as Web 2.0, enabling communication between individuals in a virtual community environment that connects them according to groups of interest or affiliations such as country, university, school, company, etc. All of this is done through direct communication services such as: (Dr. Nassim Bourni, Dr. Walid Bakhouche)

Sending messages or viewing others' profiles and learning about their news and information that they make public. (Al-Shamaliyah, Al-Lahham, Al-Kafi, 2015, p. 13)

-The concept of social media refers to websites where users can easily participate in and contribute to creating or adding pages. (Al-Miqdadi, 2013, p. 24)

1-3- Stages of the Emergence and Development of Social Networking Sites:

We can divide the stages that led to the emergence of social networks, or what is called social networking sites, into two main stages:

-The first stage: This can be described as the foundational stage of social networks, which emerged with the first generation of the Web (Web1). One of the most prominent networks that was formed in this stage was the site sixdegrees.com, which gave individuals interacting within its framework the opportunity to share glimpses of their lives and list their friends. The idea of friend lists began in 1998, and this site later failed. (Al-Arishi, Al-Dossari, 2015, p. 24)

One of the most important sites established during this period was classmates.com, which aimed to facilitate communication between students. http://ar.wikipedia.org/wik

-The second stage: which Al-Arishi and Al-Dossari (2015) describe as "the second stage of the Web 2; meaning that it was linked to the development of network services. It is considered the stage of the completion of social networks, and this stage can be dated with the launch of MySpace, the famous American site, and then Facebook."

1-4- Characteristics of Social Media

Social media networks have a number of characteristics that distinguish them and make them highly influential in people' lives. They touch on a crucial aspect of life: social interaction, which allows people to express themselves and share their feelings and thoughts with others, thus building self-confidence and increasing self-esteem.

Based on this, social media platforms are characterized by the following:

Social media and its impact on the Family

-Comprehensiveness: Social media networks bridge distances, eliminate political boundaries, and transcend geographical barriers. The world has truly become a small village, where someone in the far west can easily and comfortably communicate with someone in the far east.

-Interactivity: Individuals are not only receivers and readers but also senders, writers, and participants. Social media eliminates the stifling passivity of traditional media like television and newspapers, providing a space for active participation from viewers and readers. (Bin Ibrahim, 2015, p. 67).

- **Interconnectivity**: Social media networks are characterized by their interconnectedness, linked through the connections provided on their pages. These connections link you to other social media platforms, such as sharing a blog post you like with your Facebook contacts, thus facilitating and accelerating the flow of information. (Ghassan, 2013, p. 27)

- **Ease of Use**: Social media networks are remarkably easy and flexible to use, communication is facilitated through simple language or symbols and images, allowing users to express their thoughts, feelings, and emotions.

- **Cost-Effectiveness**: Social media networks are cost-effective. With free registration and subscription, everyone can have a space on the network for social interaction; it's not limited to the wealthy or any particular group. (Bin Ibrahim, 2015, p. 67)

- **Spontaneity**: Communication via social media networks is characterized by spontaneity. It is informal and can be both expected and unexpected. There is no planning or coordination of communication between members, nor are there any regulations or organizational restrictions governing it. It is characterized by spontaneity between the parties involved. (Mahmoud, 2015, p. 85)

- **Versatility**: Social media networks have several uses that vary according to users' interests. Some use them for entertainment, others for education, whether between students and their professors or among students themselves, or to disseminate the ideas of scientists, philosophers, thinkers, and intellectuals. They also serve as a means of communication between authors and readers, for supporting a sports team, or as a platform for religious outreach, etc.

- **Constant**, **non-physical presence**: Social media networks no longer require users to be constantly and simultaneously present to communicate. Communication does not necessitate constant presence, as members can contact each other by leaving a text message. Or pictures or information about movies, music, or other areas of interest to the other person, who can respond in the same way without meeting at the same time. They can also communicate directly. (Mahmoud: 2015, p. 86)

- **Flexibility**: social media is no longer limited to computers; it can now be accessed via mobile phones as well, with companies now ensuring compatibility through social networking applications.

- **Social Isolation from the Real World**: Social media users now live in a virtual reality. They communicate with many people they have never actually met or seen in person, even once. The time they spend on social media has become greater than the time they spend in real-life interactions. Many members

of society have turned to social media to satisfy their need to connect with others, resulting in a presence in the virtual world and a near-total absence from the real world. If one of the goals of social media was to free people from their isolation, achieving that goal has led to a new kind of isolation from their real world. (Mahmoud: 2015, p. 88)

2- Classifications of Social Media Sites

Social media networks are classified according to their intended purposes. Halima Qadri (2016) identifies three main categories that distinguish between different types of social media sites:

- **Socialization Networks**: These are sites created for entertainment and introducing new names to friends, such as Facebook and MySpace.

- **Social Media Networks**: These are networks used to find new relationships and include a large number of unknown usernames, such as LinkedIn.

- **Social Networks for Browsing**: These are a means of helping users access specific types of information or resources. They are also used to publish contact lists or ways to access related information and resources, such as Digg, an internet linking website.

2-1- Types of Social Media Sites:

Although there are many types of social media sites, it is still important to mention the most notable ones. They are as follows:

-Facebook: Its origins date back to 2004, originating at Harvard University in the United States. Initially, it was limited to personal blogs used by university students to communicate. Mark Zuckerberg is considered the creator of this idea. By 2007, the site's developers had added new features to the network, including providing opportunities for developers. This feature increased Facebook's popularity, expanding its reach beyond the United States to the entire

world. The number of users on this network exceeded half a billion on July 1, 2010. (Bin Ibrahim: 2015, p. 63)

-**Advantages and Disadvantages of Facebook**: Ali Khalil Shaqra (2014) mentions the most important advantages of Facebook, which are as follows:

- Providing opportunities for friendship and communication among members of the site.
- Serving companies and business owners.
- Facebook also allows users to upload photo albums.
- It enables users to connect with virtual communities.
- Users can follow news about celebrities in all fields.

-Users can pin any website, news article, photo, or video.

As for the disadvantages of Facebook, Khalil (2014) adds the following:

- Weakening of relationships and social skills.
- Violation of users' privacy.
- Exploitation of this site by many potentially hostile entities.

YouTube: A video-sharing website affiliated with Google, allowing users to upload and share a vast number of videos. A large number of people have accounts on it, and it is visited by millions daily. Various media outlets utilize it to broadcast videos that their reporters were unable to obtain. YouTube was founded in 2005 in California. (Bin Ibrahim: 2015, p. 65)

- Advantages of YouTube

Among the most important advantages of YouTube are the following:

- Providing its users with the latest news and events in minute detail through audio and video. This has led many of its users to provide satellite channels with videos documenting major events, effectively turning members of society into unofficial reporters for various satellite channels in what has become known as the global village.
- Ease of use, YouTube does not require specialists, researchers, or high levels of education to use; it is accessible to everyone, regardless of their cultural or educational background.

- The ability to translate YouTube content into any language.

- The live streaming feature.

- A great promotional tool, Free YouTube videos are an excellent way to promote your ideas and explain them to interested members of the public. It costs nothing, unlike traditional promotional campaigns, and the entire world can watch them for free through the site. It is suitable for everyone, whether individuals or companies. (Al-Miqdadi: 2013, p. 45)

Blogs: Blogs are an effective means of expressing what a blogger wants, whether it be daily life, thoughts, literary works, or news, in addition to specialized topics in various scientific fields, such as medical, engineering, and geography blogs. Therefore, blogging is a publishing tool that has increased the role of the World Wide Web as a means of expression and communication, as well as a means of publishing, advertising, and promoting various projects and campaigns. (Khalil: 2013, p. 103). The first appearance of blogs was in 1995.

Types of Blogs: Blogs can be divided into four categories:

- Video Blogs: Through video blogs, one can follow films, series, and video programs. These blogs also provide an opportunity to chat with video bloggers.
- Photo Blogs: These allow the publication of photos and provide a space for subscribers or participants to comment on them and exchange ideas and opinions on various social, political, economic, and cultural issues.
- Information blogs are characterized by their scientific nature, focusing on various sciences, discoveries, and modern scientific innovations. They address medical, astronomical, technological, social, and human sciences.
- **Advantages:**
- Blogs offer a wide scope for freedom of expression. They are limitless, allowing users to express their political, social, and cultural ideas without restrictions or censorship, similar to many television channels. However, in some countries, bloggers face a high price, including arrest and interrogation. Furthermore, this freedom of expression can be harmful to followers if the blogger lacks sufficient knowledge and scientific analytical skills, potentially leading to the misleading of many.
- Bloggers can remain anonymous.
- Blogs are easy to create and manage.
- Information is constantly updated, with figures and statistics regularly published to meet the needs of researchers, especially those who may not be

able to find information in conventional sources like books, films, and traditional media due to censorship or restrictions in certain countries. (Khalil, 2013, p. 6)

LinkedIn: A professional networking site that facilitates communication among people working in different fields. It serves as a platform for professional networking between individuals working in different sectors or within the same organization or company (Al-Miqdadi, 2013, p. 45). LinkedIn was founded in 2003 by Reid Hoffman in California, USA. It is now the world's largest professional networking site, connecting business people and job seekers. Since then, its membership has grown from 4,500 to 120 million users in 200 countries around the world.

- Advantages:

Al-Miqdadi (2013) points to the advantages of LinkedIn by saying: "The LinkedIn website is considered one of the most professional social networking sites to use, because it is directed to professionals in the business sectors, and it provides multiple advantages, whether to broadcast clips of films to promote their films, songs or products to the public for free, and YouTube has even developed to be used by universities and governments to broadcast awareness programs or electronic lessons through it."

1-The Concept of Family:

Among the most important definitions that have attempted to define the concept of family are the following:

- A primary social group, some have defined the family as a group of individuals related by blood who live together. Others have defined it as a group of people with strong kinship ties who form a small social unit, a cell of society. (Al-Basir, 2010, p. 286)
- The family is a social entity, and mosques, clubs, political institutions, and all other social bodies, as well as the wider society, are responsible for the family and have close ties and relationships with it. (Al-Hassan, 1986, p. 10)
- It is a structured biological social group consisting of a man and a woman bound by a legally established marital relationship, and their children. (Ghaith, 1979, p. 176)

- The family is the basic social unit in society, based primarily on marital relationships to fulfill innate needs and perform personal and social functions. (Zaimi, 2006, p. 65)

We note that there is an overlap between three concepts related to the family: the extended family, the nuclear family, and the composite family. We will attempt to clarify this confusion through the definitions we will present.

- The extended family is a group of individuals related by blood, whose members belong to more than two generations (grandparents, children, and grandchildren) and live in the same residence, neighborhood, or district, forming a social unit. According to some scholars, the extended family includes adopted children. (Al-Basir, 2010, p. 286)
- The nuclear family is also defined by Abdelmajid Labsir (2010) as consisting of the mother, father, and children. According to some researchers, the nuclear family is a modern social unit that emerged with the rise of industrial society and the spread of cities and urban life.

The nuclear family phenomenon is one of the most important modern social phenomena prevalent in advanced industrial societies. One characteristic of the nuclear family is its absence in simple primitive societies or rural agricultural societies due to the clear contrast between the two. When the nuclear family does appear, it is considered a secondary social unit connected to or connected with the extended family. According to Ihsan Muhammad Al-Hassan and Adnan Suleiman Al-Ahmad (2005), it is a family of multiple wives that consists of two or more nuclear families linked by a common father who married several women and formed interconnected nuclear families.

1-1-1- Functional Family Relationships:

A-The Functional Relationship Between the Family and the Individual:

The social relationships that bind an individual to their family members play a significant role in developing and nurturing their spirituality, morals, and human condition. These helps them achieve self-realization and utilize their abilities and potential. The family is considered one of the most important social institutions that contribute to the realization of a person's self-worth and the building of their character. (Al-Hassan, Al-Ahmad, 2005, p. 188)

The basic functions of the family can be summarized as follows:

- Procreation and proper upbringing of children, fostering their psychological, spiritual, social, and physical development.
- Providing shelter for the family, uniting them, meeting their needs, and protecting them from natural hazards.
- Satisfying the emotional and affective needs of the spouses.
- It is the source of social relationships, where children learn how to interact with others and acquire the basic habits and rules of social interaction. The larger the family, the wider the scope for experiences and models of relationships, such as the child's relationship with their father, mother, brother, and sister. (Zaimi, 2006, p. 68)
- Dividing roles among family members according to each member's status and the rights and duties that entails, thus ensuring mutual support and cooperation among them.

B-The Functional Relationship Between Family and Society

The family is the cornerstone of an individual's upbringing and the foundation of their morals, standards, values, experiences, and even their training, academic and professional qualifications. Since society is composed of a group of individuals, we can conclude that the family determines the qualitative characteristics of the population—characteristics upon which we can rely to define and measure its degree of economic, social, and moral progress and development. (Al-Hassan Al-Ahmad: 2005, p. 191)

Furthermore, the family's culture and educational level are what control the population growth or decline of a society. If family members have great ambitions, broad hopes, and lofty goals in a democratic society where equal opportunities are allowed, this may lead to a decrease in the population. This is because these goals, ambitions, and hopes lead many young people to delay marriage so that it does not deter them from achieving those goals. And if they do marry, they are content with a small number of children. On the other hand, another society is characterized by the low educational level of its members, and there are no opportunities for self-realization or achievement because it is a dictatorial society. Then these individuals resort to marriage and having children and are content with little, and the population increases with the spread of poverty, unemployment, and the prevalence of diseases, in contrast to the scarcity of resources and the decline in health and social services. Therefore, we

say that society is a group of individuals, and these individuals are a product of the family. So, if the family collapses, the individuals collapse, which leads to the collapse of society.

1-1-2- Family Structure:

The family consists of parents and children, each with a defined role within the family. This role determines rights and responsibilities. When this role is established, each family member fulfills their designated role. However, the concept of role can be divided into two types:

A genuine role that aligns with the rights and responsibilities dictated by one's position, thus meeting expectations.

A false role that does not align with the rights and responsibilities dictated by each individual's position, thus failing to meet expectations.

Table No. (01) Roles, Positions, Rights and Duties within the Family

Individuals	Positions	Roles	Rights	Duties
Man	Father, Husband, Guardian	Provider, Educator, Responsible Guider	Obedience, Kindness	Financial Support, Protection, Guidance, Upbringing
Woman	Mother, Wife, Guardian	Responsible, Guide, Provider	Obedience, Kindness	Protection, Guidance, Upbringing
Children	Son, Daughter	Helper, Recipient of education	Support, Protection, Guidance, Upbringing	Obedience, Kindness

Source: (Zaimi, 2006, p 71)

1- 3- The negative effects of social media on the family:

Some scientific studies have proven that many divorces were directly caused by marital infidelity through social media. According to a survey conducted during the search for marriage during 2009 through a form distributed to marriage officiants in Saudi Arabia, it was revealed that websites and the social networking site Facebook are directly responsible for the increase in the divorce rate in about 20% of divorce cases, which occur due to the discovery of

the infidelity of one spouse to the other through flirtatious messages and personal photos on their personal page on the site. (Al-Miqdadi, 2013, p. 76) Although this study focused on a conservative society known for its relatively strong adherence to religious teachings, if we move to another, more open society like Egypt, for example, we would find that the matter is very serious... A statistic issued by the Central Agency for Public Mobilization and Statistics in Egypt revealed that 45,000 divorces out of 75,000 that occurred between 2006-2007 were due to the internet, where one spouse becomes preoccupied with the internet and neglects the other, in addition to the numerous cases of marital infidelity through the internet. A study conducted by Dr. Zainab Hassan confirmed that the high divorce rate is due to one spouse preferring the computer over their spouse, and that approximately 56% of those included in the study were preoccupied with watching pornographic sites instead of their wives. (Al-Miqdadi, 2013, pp 76-77), the use of social media reflects keeping pace with scientific developments in media and communication technology, as well as aligning with the modern era, on the other hand, it also reflects an emotional, psychological, and sentimental void within families. The absence of constructive dialogue between husband and wife, father and son, and mother and daughter, coupled with a lack of understanding of each other's ideas and a lack of respect for each other's feelings and emotions, leads each of them to seek an alternative. This alternative is the virtual world provided by social media platforms, with its advantages and disadvantages. This is done to escape from direct, transparent social relationships to relationships governed by secrecy and shrouded in secrecy, seemingly safe in their consequences. However, these relationships may ultimately lead to dangerous pitfalls that threaten individuals' lives and futures. The phenomenon of chat rooms, which has become almost pathologically widespread, gradually leads to emotional imbalances and misdirects feelings, pushing families into other deviant relationships. (Al-Arishi & Al-Dossari: 2015, p. 105). Studies conducted in Western society have shown that Facebook was one of the reasons for the increase in divorce rates. The results revealed that a third of the divorces that occurred in Britain in 2011 were due to communication via Facebook and inappropriate messages and obscene comments sent to the other partner, especially after the separation and before the divorce, which makes divorce inevitable. (Shakra, 2014, p. 70)

Social media has disrupted the status and role of each member of the family, leading to the loss of rights and the neglect of duties. This is due to

parents being preoccupied with the numerous programs and applications available on these platforms, resulting in shortcomings in raising their children and failing to dedicate their time to their care, education, guidance, conversation, listening to their concerns, and sharing their worries, sorrows, and joys. The father's responsibility is no less than the mother's; if both parents are involved, the impact on the children's psyche is significant if they feel neglected, marginalized, and emotionally deprived. Consequently, they may fall prey to this virtual world or find another option: going out into the streets with all the risks of delinquency. They will find no one to guide, advise, or lead them to safety because of their parents' preoccupation. Furthermore, children's addiction to social media causes them to neglect their parents, leaving them unavailable when needed. This addiction also causes them to neglect their studies, which leads to an educational decline, because these sites have the ability to make themselves constantly eager to access them due to their highly exciting and thrilling applications, games, pictures and videos.

The use of social media causes severe stress, leading to constant tension within the family and impacting relationships. The tranquility, peace, and forgiveness that characterize family life are replaced by anger, tension, anxiety, and unease. Researchers at Cambridge University noted that while it was previously believed that only the elderly felt the strain of modern communication technologies, the study confirmed that this occurs across all age groups, even among teenagers, who are often considered the most adept at and patient with modern technology (Khodair, 2014, p. 412). They also experience intense stress and anxiety whenever there is an internet connection issue, which can escalate to depression if the period of inactivity is prolonged (Ben Hassan Bint Abdul Rahman, 2015, p. 109).

All of this affects the nature of relationships within the family. Furthermore, children suffer psychological trauma due to online sexual harassment and the exploitation of their images. In Britain, police discovered a house in St. Leonards by chance that was being used for such activities. In October 1997, police arrested sixteen men for producing and distributing child pornography. Their computer contained thousands of obscene images, which were difficult to access without knowing the password required to enter private or secure networks (Al-Lubban, 2005, p. 127).

Such harassment of children increases the family's distress, both psychologically and socially. Therefore, in 1999, the first international conference on combating child prostitution via the internet was held, attended by 150 experts and officials from governmental and non-governmental organizations, as well as representatives from the United Nations and its specialized agencies (Al-Lubban, 2005, p. 128).

If a family member makes a mistake and is recorded and filmed, damaging a family's reputation on social media will lead to the news being published with evidence and images. This destabilizes the family and may even cause it to relocate, impacting it psychologically, socially, and even professionally. Such an incident could even lead parents to change jobs. Online reputation is defined as the perception and image people have of you through electronic communication, whether via email, chat rooms, the internet, mobile phones and their applications, or social media sites. (Al-Miqdadi, 2013, p. 82)

The isolation and introversion imposed by social media addiction can lead to a loss of solidarity, mutual support, and vitality within the family. Each member may choose a corner to retreat to, away from the others. Some individuals are more susceptible to this introversion and isolation than others, as an escape from a reality they reject. As Al-Arishi and Al-Dossari (2015) state, this condition may be found among introverted individuals or those who wish to escape. Due to their circumstances and life problems, they resort to computers to release their energy and worries, in addition to the stress and psychological tension resulting from prolonged computer use. (Al-Arishi and Al-Dossari,2015, p105)

The health and psychological problems suffered by families as a result of addiction to social media are significant. Using social media for extended periods leads to back and knee pain due to poor posture, eye strain, and obesity due to constant inactivity. From a psychological perspective, a study revealing the dark side of social networks, particularly Facebook, the most popular platform in this field, found that spending long hours on social media may cause or lead to narcissism (self-love). Social anxiety is the most prominent feature of narcissism in the sample of Facebook users who underwent intensive examination. Other symptoms include arrogance, a sense of superiority, and personality disorders (Khodair, 2014, p. 411). This narcissism, which afflicts Facebook users, for example, results in difficulty connecting and communicating with others, whether family members or society in general.

Images of sex and nudity increase aggressive and deviant behaviors in children and adolescents in particular. Frequent conversation with the opposite sex or viewing pornography creates an abnormal psychological state in them, resulting in difficulty for parents to deal with their children, who become disobedient and defiant. The impact of pornographic and sexual websites is more severe on children and adolescents than on the elderly. When young people do not have the ability in reality and in a healthy way to satisfy their sexual desires, which they have experienced through virtual arousal, this leads them to try to release these charges in other ways through anger, resentment, nervousness, and harming others... and poses a great threat to others through sexual crimes, rape, and sexual deviance, which negatively affects family cohesion and stability (Muhammad, 2013, p. 112).

The psychological problems that children suffer from due to the violation of their personal privacy through social media networks. With their limited experience and modest knowledge, they may publish photos or videos of family privacy, such as wedding occasions, where female relatives are in their finery and not modest, and this may cause family problems later on. As Ali Khalil (2014) says: "The information that subscribers publish through their personal profiles, photos, or videos loses its privacy status as soon as it is published, even if the subscriber takes all the necessary security measures. It is possible for this to reach a much wider circle than the originally intended circle in several ways, and it becomes impossible to delete it afterwards. Similarly, any comments or shares can reach the wrong person in one way or another, such as through friends of friends or hacking" (p. 71). It provokes and stimulates aggressive behavior in children, as the continuous viewing of violent and murderous films increases their hostile tendencies, their sense of guilt diminishes, and they become apathetic and feel no remorse for the harm they have caused to their parents or others.

1-4- The Advantages of Social Media on the Family:

Despite the previously mentioned disadvantages of social media, this does not negate the existence of advantages that benefit family relationships. Among the most important of these are:

- Raising the educational level of children, if they engage with scientific blogs and the lectures, discoveries, and innovations they publish. This increases

children's intellectual and scientific awareness, which is a goal that parents aspire to, thus strengthening family bonds and cohesion.

These blogs are a great source of information that members can utilize in their studies and research. They can also enrich them through comments and discussions of their content. This requires bloggers to add new information and update the content as needed, ensuring it remains a valuable resource for researchers and students. (Khalil, 2014, p. 106)

As Abdul Rahman bin Ibrahim (2015) states, social networks play a role in enhancing the educational process through the development of e-learning. Using social networks increases opportunities for communication and educational interaction, allowing communication outside of school hours and enabling individual or group interaction with teachers, thus fostering an environment that considers individual differences. (Bin Ibrahim, 2015, p. 68)

Furthermore, it allows families to access various household tips, whether related to cooking, sewing, or medicine, and to view some medical recipes, both natural and pharmaceutical. This contributes to solving many problems that families face, making them more cooperative, harmonious, and cohesive. In addition, some of these websites offer a wide range of products in various fields, allowing families to save time and money. Even a small amount of money earned can help resolve a financial problem that a family member might encounter, preventing conflict and disagreements.

- The concept of place and time has become obsolete with the rapid development of the information society. The absence of parents or children will no longer prevent them from constant communication and access to news through audio and video, thus alleviating all forms of fear, anxiety, and stress associated with being away from home.

- Families living in remote areas far from cities will no longer be completely isolated from current events in all fields—cultural, social, economic, political, and educational—due to the services provided by social media platforms.

1-4- Proposals to Reduce Negative Effects

Presenting the experiences of victims of social media, whose families were directly affected by its use, serves as a cautionary tale for others. While social media may appear safe for a spouse to use for dating, chatting with the opposite sex, writing flirtatious messages, or sending explicit photos, it can be a

dangerous path, potentially leading to divorce. Children then bear the psychological and social consequences of this divorce, which may ultimately lead to addiction, delinquency, or school dropout if they don't receive proper guidance. Therefore, sharing these experiences of divorces directly caused by social media will encourage people to be more cautious and less reckless in their use of it, especially since studies and field research have demonstrated the significant contribution of social media to the divorce rate, which, as previously mentioned, can reach up to 50%.

- The relevant authorities must remove pornographic images and films, given their negative effects, especially on children who have not yet reached marriageable age. If they do not find a healthy, natural, and legitimate outlet for their aroused instincts, they may resort to unhealthy methods that directly affect their physical and mental health. This can also lead to aggressive and violent behaviors towards family members or society, all stemming from sexual repression.
- Activating the principle of dialogue among family members is crucial for resolving family problems and fostering understanding and respect for each other's feelings and ideas. Parental neglect and preoccupation with other matters can drive children to seek alternatives, which they may find only in the streets or the virtual world of social media. This latter realm carries numerous risks, such as social withdrawal and isolation, as well as psychological problems like narcissism and a questioning of the beliefs and values they were raised with.
- Exchanging passwords between spouses fosters trust when using social media platforms, and they should also clarify their marital status when posting personal information.
- Couples should avoid using social media to resolve family issues, whether between themselves or with their children, as many phrases or words can be misinterpreted, escalating conflicts and worsening the situation.
- For the family to maintain stability and cohesion, it is crucial to schedule outings or vacations away from phones and computers, allowing family members to bond and create new, joyful memories that strengthen family ties.
- Raising awareness of the importance of family cohesion and the culture of rationalizing the use of social media among families, and explaining the extent of the danger it poses to the family if it is not used properly, by organizing

courses to educate children on how to use these sites at all educational levels and also guiding them on how to invest in the scientific, cultural and social benefits in their positive aspect, and trying to present all the most controversial issues circulating on various social media sites and discuss them, in a calm and objective discussion according to what sound reason and the conscience of the nation dictate to the youth and adolescents in particular, who may be more exposed to destructive ideas that make them doubt the values, standards and principles on which they were raised and learned from their parents, and this may create a real clash between generations and a threat to the cohesion and stability of the family. Therefore, organizing such awareness courses has become a necessity dictated by modern scientific and technological progress, so that we can benefit from its advantages and avoid its disadvantages.

Conclusion

Social media has become an undeniable reality. No one can deny or escape it. Those who don't use it are out of step with the times. Therefore, any attempt to abolish or eliminate social media, regardless of the authority involved, is a losing battle from the outset. The real challenge is not shutting it down, but finding ways to use it positively while minimizing its dangers to individuals, families, and society. This can only be achieved by educating parents and children on how to use it properly without affecting family cohesion and stability. The positive aspects of improving children's education through lessons, lectures, and seminars are undeniable. Similarly, parents benefit from learning about cultural, social, religious, and economic topics, which enriches their knowledge and can help resolve long-standing problems. However, if it is used for reasons of marital infidelity or if these sites cause children to become isolated from their lived reality and family due to addiction to the virtual world, then the family's well-being is at risk, calling for precautionary measures to prevent disintegration and loss. This will only come about through raising awareness and promoting a culture of dialogue among family members, showing them how dangerous it can be if misused.

6. *Bibliography List*:

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