

Title: Addiction to social networking sites and its negative effects on young people

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Abstract

In the light of the rapid changes and transformations that societies have undergone at an international level, especially after the period of modernity until the early 2000s, with the astonishing development of media and modern technologies, the discovery of the Internet and social networking sites, and the increase in the number of users that has exceeded all expectations, this type of technology has become part of our daily lives, with everyone using it to satisfy their needs and desires, and has become an important tool that has contributed to the production of a new society within the globalisation system, known as the electronic society.

Keywords : social networking, networking sites, negative effects on young people.

Introduction

In light of these current transformations and with the entry of the Internet into the Arab world, this medium has become a tool used in our daily lives, especially with the widespread spread of the smartphone and its connection to the Internet, it is used in all areas of life because of its many applications, variety, easy access, and access is allowed at all times, especially with the dominance of a new application known as artificial intelligence, which provides the consumer with all his cognitive, social and psychological demands.

However, despite the many positives that this internet-connected device provides in terms of information and humanitarian services, as it is a space for electronic communication, it has many disadvantages for misuse and addiction in various areas of life, which prompted us to ask the question: What are the negative effects of young people's misuse of the Internet and social networking sites?

We ask the following questions:

- What do we mean by social media?
- What are the characteristics of social networks?

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-What are the implications of young people's addiction to social networking sites?

To answer these questions, we propose the following hypothesis:

The incorrect use of social media can have a detrimental effect on one's psychological well-being and social life.

The first study: Al-Jami' Journal of Psychological Studies and Educational Sciences, Volume: (5) Issue: (2) 2020, pp.605-632

Addiction to social networking sites and its relationship to personal and family compatibility among university students, prepared by researchers: Halima Mazgharani, Sarah Hamri.

This study aimed to test the relationship of social media addiction to personal and family compatibility among university students, and to determine whether there are statistically significant differences in social media addiction and in personal and family compatibility according to the variables of gender and specialization, as the total number of members of the study sample reached (174) male and female students who use Social networking sites at Mohammed bin Ahmed Oran University². To achieve the research objectives, the researchers relied on the appropriate descriptive approach for such studies. They also designed three scales to collect data: the social media addiction scale, the personal compatibility scale, and the family compatibility scale. After statistical processing of the data using the Statistical Program for the Social Sciences (SPSS) version 20, the results resulted in a statistically significant negative correlation between social media addiction and both personal compatibility and the family of the university student. It was also found that there are statistically significant differences between males and females in personal compatibility in favor of females, and that there are no statistically significant differences in addiction to social networking sites and in family compatibility due to the gender variable. The results also indicated that there were no statistically significant differences in addiction to social networking sites and in personal and family compatibility due to the specialization variable. The researchers interpreted these results in light of the study data.

The second study: The phenomenon of youth addiction to social networking sites," prepared by the researcher:

Bashir Saeed Hassan Al-Qahtani, Arab Journal for Scientific Publishing, Issue Forty-One, Issue Date: 2- March-2022

The study aimed to identify the level of addiction of high school students in the city of Jazan to social networking sites, their motivations for using them, and also the extent to which students' addiction to using the Internet affects academic achievement. The study used the descriptive analytical method. The sample size reached 150 students, while the researcher used the questionnaire as a tool. For the study, one of the most important findings is that there is an addiction of high school students in the city of Jazan to social networking sites. One of the most important motivations for using it is openness and forming relationships with people who have the same interests. High school students' addiction to using the Internet affects academic achievement, and one of the most important effects is excessive use of social networking sites, which leads to mental and mental stress. This addiction also has negative psychological and social repercussions.

We will address this topic according to the following themes:

The first axis: What are social media networks?

Second axis: The effects and repercussions of youth addiction to social networking sites.

The 1st axis: What are social media networks?

I. The concept of social networks:

The concept of social media is considered one of the controversial terms, due to the different opinions and orientations in its study, after this term reflected the changes that occurred in the use of means of communication as well as the technological developments in the media.

There are many definitions of social media sites, as researchers have different meanings of this term, which we take into consideration when presenting the definition.

They are the social circles as in daily life, but the difference is that they are online and include private and public topics such as writings, photos, films, chats and dating.

These are websites built on the idea of traditional social networks where you connect with new people you don't know through people you do know (e.g. Face Book, MySpace).

Social network sites are categorised as Web 2.0 sites because they primarily rely on their users to run them and feed their content. The forms and objectives of these social networks vary, some of them are general, aiming at general communication and making friends around the world, and others are centred on the formation of social networks in a specific area, such as professional networks, networks of professionals, photographers and graphic designers, and the main idea of social networks is to collect the data of members participating in the network, and this data is published publicly on the network so that members with common interests who are looking for files or pictures gather. etc. In other words, it is an effective social network that facilitates social life among a group of acquaintances and friends, and enables old friends to contact each other after years, and also enables them to communicate visually and vocally and exchange photos.

And other possibilities to socialise with each other, each other and share friendships and apps such as: face book. (Amina Adel Suleiman Al-Sayed, Heba Muhammad Khalifa Abdel-Al, 2009, p 7-12)

As of February, social media stats show Facebook as the most popular social media site, with more than three billion monthly active users, followed closely by YouTube, a video sharing platform, with around 2.5 billion monthly active users. Meanwhile, Instagram, a video platform that focuses on photo and video sharing, attracts around two billion users per month. TikTok, known for its short videos, has gained popularity especially among younger demographic groups, amassing more than 1.5 billion monthly active users.

II. Types of social networks:

There are thousands of social networking sites operating worldwide and there are small social networks introduced to suit the marginalised sectors of society, while others serve a geographical unit of society. Some networks use a simple interface, while others are more daring in the use of new technology and creative capabilities.

A basic type:

This type consists of user profiles and public services, such as:

2.1. Personal correspondence:

Sharing photos, audio and video files, links, texts and information based on specific categories related to study, work or geography, such as FaceBook, MySpace and High Five.

2.2. Work-related:

It connects work friends and it is one of the most important types of social networks professionally, business owners and companies, and includes user profiles that include users' CVs, what they have done in their years of study and work, and who they have worked with. . (Amina Adel Suleiman Al-Sayed, Heba Muhammad Khalifa Abdel-Al, 2009, p 7-12)

2.3. Additional Features: Some social networks offer other features such as micro- blogging such as Twitter and Blark, and geo-networks such as Brightkite.

2.4. Arabic networks:

The most popular Arabic network currently is the Arab Social Network (Arabiz), as it was created in February 2009 and was intended for Arabs in Germany only, but it spread quickly among the Arab countries.

It is worth noting that there are other Arabic social networking site, but they have lost control and there is no control over the quality of what is displayed, such as pictures and files that violate public morals... Whereas Arabiz is considered to preserve Arabic principles.

There are some Arabic social networks that have appeared recently, but they are not up to the competition of the services provided by the big social networks, an example of which is one of the largest and most famous sites that has developed in its system a social network that gathers the users of the site and provides them many services Maktoob, and other Arabic networks include Faye and Ekbus, and from recent sites is as mentioned above the Arabiz Arabic social networking site Arabiz.

The number of users of social networking sites in the Arab world in 2024 is estimated at 274 million users, which constitutes about 66 per cent of the total population of the Arab world, as statistics indicate that:

- Facebook is the most popular platform in the region, with 188 million users.
- This is followed by Instagram with 44 million users.
- Then Twitter with 42 million users.

These figures are distributed among the Arab countries as follows:

- Egypt: 42 million users
- Algeria: 28 million users.
- Iraq: 25 million users.
- Saudi Arabia: 19 million users.
- Morocco: 17 million users.

2-5-Social Networks and Business :

Social networks do not only stop at connecting between friends and people, but also networks that bring business makers, company owners and workers together, the most famous example of which is LinkedIn, which has gathered more than 20 million users and more than 150 different professions, so these networks can write a CV in the field of education and work and can invite friends to recommend other people to start new fields of work among them.

Through these networks, the user can write his CV in the field of his education and work and can invite his friends to recommend him to other people to start new fields of work among them, so these networks are considered one of the areas that have a great future away from the struggle of the major social networks.

Another classification of social networks is personal or local networks for specific people, networks for complex thematic groups, and professional networks. (Amani Jamal Mujahid, 2011, p10-11)

Characteristics of social networks :

Social networks share basic characteristics, while some are differentiated from others by features imposed by the network The most prominent of these characteristics:

3-1 Friends/Relationships: These are people that a person recognises for a specific purpose. Social networks call this person added to your friends list a 'friend', while some professional social networking sites call this person added to your list a 'connection or relationship'.

3-2-Sending Messages: This feature allows you to send a direct message to a person, whether or not they are in your friends list.

3-3 Photo Albums: Social networks allow users to create an unlimited number of albums, upload hundreds of photos, and share these photos with friends to view and comment on them.

3-4- Groups: Many of the social networking sites provide the feature of creating an interest group, where you can create a group with a specific name and specific goals, and the social network site provides the owner of the group and those who join it with a space similar to a miniature dialogue forum and a miniature photo album, as well as the ability to coordinate meetings through what is known as events or events and invite the members of that group to it and know the number of attendees from the number of non-attendees.

3-5- Pages: This idea was invented by Facebook, and used commercially in an effective way, as it is currently working on creating a targeted advertising campaign that allows owners of commercial products or events to direct their pages and show them to a group of users, and Facebook deducts an amount for each click reached by any user who clicked on the ad, the idea of pages is based on creating a page on which information about the product, personality or event is placed and users then browse those pages through specific sections and then if they find interest in that page, they add it to their profile.

3-6- Ability to create personalised profiles: This feature allows the subscriber to create his own file containing all the data that he entered when he logged on to the Site, his name, job, date of birth and social status, and he can use this file to publish his own memories, photos, comments and everything that goes through his mind continuously without limits, and this file can be easily viewed by any people connected to them from each other as it is published through social network sites and this after a personal card of the subscriber with the addition of videos of his life and his own photos and it is like a simple blog and its capacity varies according to the capabilities of each network and its server and the technology of its dialogue programmes. (Amani Jamal Mujahid, 2011, p12-14)

3-7- Photo feature: This feature allows the user to create his own photo album. It also allows you to view photos of your added friends, family photos, and photos of your private or public events.

3-8 Video feature: This function provides the subscriber with the ability to upload their own videos and share them on this site in addition to the ability to record the video directly and send it as a visual message (audio-visual).

3.9 Groups feature: This feature is the basis of collective action on social networks, as all social networks have the possibility of setting up an interest group that has a common goal and a purpose that provides and offers services at the level of the network, and this feature may be limited by its owners to some individuals or it may be public for all. For example, a family can create a group on a social networking site and close it and not allow any stranger to enter or subscribe to this group, and it can also make this group public.

This feature allows sharing ideas and holding continuous interactive dialogue platforms between the members at any time and informing the rest of the group members who are not connected when they are connected to what has happened to develop and interact with others, and this feature can also use the video and image feature previously discussed.

It can also set up separate groups for each of the information services it provides, including an explanation of that service, ways to obtain it and suggestions for its development. It can also set up a separate group for each category of beneficiaries, such as creating a group for children through which it displays the services and means it provides for them, or setting up a group for the elderly and people with special needs ... etc.

3.10 Important Events: This feature allows participants to announce an upcoming event and inform friends and members about it.

3-11 Advertising feature: This feature enables you to advertise any product you want to advertise or search for any product you want to buy (Amani Jamal Mujahid, 2011, p15-16).

3-12 Blogging Service: This service has been available on many social networking sites and is the possibility of blogging through the site and this service provides the subscriber with a complete file about him and his life and interests and can provide useful links to those who are in the same field and have the same interests

3-13 Mobile Services: All network sites now offer communication services to users on his mobile phone, as they ask the individual when registering on the site to mention his mobile phone number and tell him what information he will receive on his phone through its various services.

3-14 Services: Social Networks have become characterised by the provision of distinctive services on their sites. It is clear to us that any library can exploit the social networking community, which includes users with different hobbies, interests and ideas, and broadcast its various services after a conscious study of the profile and pages of the subscribers on this network and exploit its potential to upload photos, videos, current events and applications in publishing different activities and conducting seminars and training courses through the network sites.

The second axis: The effects and repercussions of social media addiction on young people.

Social media statistics show that social media penetration rates across regions are growing globally, for example, as of January 2025, Northern and Western Europe had the highest social media penetration rates globally, at 78.71 terabytes and 77.11 terabytes respectively.

First- Security risks:

Security risks are not exclusive to the social networks, but can face anyone who uses the internet in general, and it is useful to identify

1-1- Cyber-hunting: Obtaining the information of Internet users, whether personal or financial information, through emails or websites that appear to be sent from trusted companies or financial and governmental institutions.

This can be done in our examples on social networks by receiving a message from the attacker on an email showing you that it is from the technical support team of the face book network, for example, and asking you to update your data and password, and in fact it is a method of phishing, so be careful not to respond to such messages and confirm them by contacting the network administration through their location.

2.2 Impersonation: The attacker impersonates the identity of the user and pretends to be a person or a user. The attacker puts the username in your name and puts your profile picture, speaks on your tongue, publishes inappropriate things or speaks obscene words, and the site administration can be notified when exposed to this impersonation.

2.3 Dumping: It is an unsolicited email that many social network users are exposed to the issue of dumping. Whenever someone comments on one of your photos and other activities, you get a message on your email, which leads to your inbox filling up very quickly, which sometimes leads to your email not responding when you try to access it and deleting important messages while you are deleting these messages.

2-4 Theft and modification of information: It is mostly done by the people who developed the applications on the social network, and the use of the applications allows the developers to access and modify the personal information of the users.

Second: Social Implications: (Nawal Barakat,2016,p239-242)

The social repercussions of using social networking sites include

2.1 - Failure to develop Social Skills: Some research has shown that the preoccupation of social media users with multiple tasks while using modern digital devices may hinder the development of social skills among young people, especially as it is not a substitute for real interaction with human beings, and the

frantic mobility and irrational overuse of communication sites and text messages may lead to problems in integrating with the real social community.

2.2 Wasting time:

Connecting to social networking sites is a new world of wasting time, as the American researcher "Timochi Fickle" put it in the words of the American researcher "Fickle. T": 'A new technological stage of wasting time, and therefore less productive and less productive.

The time spent on virtual social networking sites can be spent in real social life, and many of those who use social networking sites do not make proper use of them, but consider them as sites for chatting and entertainment only, and some find them a suitable and appropriate place to spread corruption and vice, transgressing religious, moral and customary values. In addition, many if not the majority of social media users have transferred their private lives, personal secrets, and private and public photos to these sites, oblivious or unaware of the great risks that may result from the lack of privacy.

2.3 Entering a virtual community:

With the increase in the demand for the use of social networking sites has become a prevalent phenomenon in most countries of the world, and every day new users want to enter a virtual community that has become an interactive hour in which each user searches for his old friends, so virtual communities have formed today that have shortened geographical distances and eliminated social pressure, and one of the most important features of social networking sites is that the content is created by visitors, browsers and users, and the new developments witnessed by the World Wide Web have led to a great qualitative leap in the world of communication and interaction, freedom of publication and opinion is guaranteed and this provides the atmosphere of Chapter Three: The use of social networking sites and its psychological, intellectual and social implications Discussion and disagreement and ultimately decides the free market of ideas, and here we record effective communication between users of social networking sites.

Due to the wide range of services offered by social networking sites and their strong embodiment of the concept of virtual society, users have come to adopt various roles through them, which has led to their significant integration into this virtual society, resulting in a withdrawal from the real society. Social networking sites have played a significant role in the formation of virtual communities and the emergence of virtual social relations. These relations differ from their real-life counterparts in a number of ways, including the nature and type of communication, the environment in which these relations are established, and the society within which they interact.

Social media is a versatile tool that people use for a variety of purposes, from maintaining relationships with friends and family to expressing themselves creatively and professionally. A survey conducted in Q4 2023 revealed that 49% of social media users utilise these platforms for connecting with family and friends. Additionally, a significant proportion of users prefer these platforms as a means of entertainment.

2-4 _ Increase in divorces:

The data indicates a rise in the number of divorces, with an increase ranging from 2 to 4.

Research conducted in the United States has indicated that social networking sites are a contributing factor in one out of every five divorces. Alan Mantle, a lawyer specialising in divorce, has also confirmed that platforms such as Facebook, Twitter and Myspace have made it easier to substantiate infidelity. This phenomenon is not limited to the United States. The use of social networking sites and its psychological, intellectual and social implications in the United States of America are the focus of this text. However, there are cases of divorce in the Arab world that have been attributed to overuse and addiction to social networking sites. Research indicates that social networking sites have had a significant impact on the marital landscape in American society. According to a survey conducted by a leading social research organisation, one out of every eight marriages in 2010 was facilitated by these online platforms. (Nawal Barakat, 2016, p239-242)

2.5-Public opinion shaping

Social media sites are characterised by the role of the user in formulating, shaping and spreading content. They emerged as one of the main sources of information in the new world, allowing users to choose the content, edit the text and size, ignore the source, shift from personal protest, broadcast and mobilise public opinion through various social media groups or pages. These sites also transcend the borders between private and public and between the internal level of the state and the global level. Please find below the details of the meeting..

2.6-Utilise it as a tool for job search and online marketing:

In the current business climate, social networking sites have emerged as a prominent platform for seeking employment opportunities and pursuing career development. Social networking sites have evolved beyond mere platforms for personal connections, becoming a valuable marketing tool that facilitates engagement with professional networks and promotes companies. This shift has led to their increased popularity among employers. The cost-effectiveness and ease of communication that social networking sites offer both within and outside the workplace makes them a valuable asset for businesses. Furthermore, leveraging social media for marketing purposes can significantly boost communication between consumers and brands, enhance brand identity, ensure the quality of labour services, and facilitate communication with skilled professionals, leading to the identification of suitable candidates. (Nawal Barakat,2016,p239-242)

2-7 - A space for forming friendships and social relationships :

Social networking sites have facilitated the formation of friendships, as these sites combine real friendships and virtual friendships by sharing interests. They have helped users to be more confident in themselves and those around them, to form better friendships and close relationships, and to have a greater number of close friends and their degree of involvement in Various social and political issues are higher. Mostly, this happens automatically now. The goal of every person is to communicate and get to know others, and this requires that he disclose his personal information frankly and without deception or lying so as not to contradict the purpose for which he subscribed to these sites. In addition, social networking sites have been able to break the barriers and red lines that prevented communication between people

This allowed room for freedom of expression on various different issues. Without neglecting the role that social networking sites played in socially isolating users and dismantling social relationships between members of society, as users began to spend a long time dealing with various social networking sites in a way that distanced them from reality, which brought about a clear change in the way of communication and participation between individuals and communities. It greatly affected the process of individual and group interaction within the family environment and within the social environment of the larger society, on several psychological and social aspects...

Social networking sites have two limits: they provide services and applications that their users can benefit from and enjoy, but on the other hand, "the time an individual spends in front of the computer has no relationship with the time he lives.". This is what resulted in the existence of a kind of social disintegration and a state of social isolation, which scientists and researchers in this regard have called the term philiac computer

This condition exists when he continues to use social networking sites for long hours every day in a manner similar to addiction, and the use of these sites often interferes with communication and interaction within the home, and this is what created a situation known as "post-family" when family members begin to interact with sites. Social networking instead of their interaction with each other

This was confirmed by some studies that found that the time individuals spend with social networking sites steals a lot of time that is supposed to be allocated to direct communication, and therefore no one has the ability to see or hear each other about what social networking sites have provided to communities and beyond, where this opportunity was. Difficult and impossible without it, it linked communities regardless of different cultures, languages, places and times in order to exchange ideas,

information and interests But all at the expense of real interaction through virtual interaction and great immersion in virtual relationships and virtual society at the expense of real social relationships and real society. (Muhammad Agam,2010,p12)

The lack of use of social networking sites other than entertainment by our Arab societies.

Loss of the Arab cultural identity and its replacement by the global identity of social networking sites:

Cultural globalization is one of the negative effects of social networking sites in the eyes of many.

-lack of privacy:

The majority of social sites face the problem of lack of privacy, which causes a lot of moral and psychological damage to young people and may sometimes reach material damage. The user's file on this network contains all his personal information in addition to the concerns he transmits, and problems that may easily reach the hands of people. They may exploit it for the purpose of abuse and defamation. (Adel Abdel Sadiq, [http://digitalahram.org.ef/articles.aspx?serial=85883&eid\\$501.2013/1/15h 22 :08](http://digitalahram.org.ef/articles.aspx?serial=85883&eid$501.2013/1/15h 22 :08))

Friendships may be exaggerated or overwhelming at times:

We add all the people you know through social networking sites as friends, which is an inaccurate title, because friendship is formed with time and not immediately, so it contains a kind of hypocrisy.

-impersonate:

The true source remains unknown behind users of social media networks, sometimes prompting their users to blackmail, impersonate, spread misleading information, and distort their reputation, or in crime such as prostitution, theft, or kidnapping.

The decline in the use of classical Arabic in favour of colloquial: the

The use of a mixture of Latin letters and numbers instead of classical Arabic letters has become, especially on dating and conversation networks, so the letters of the Arabic language have turned into symbols and numbers, becoming the ha "7" and the ain "3." This was confirmed by Ali Salah Mahmoud's study entitled "The Culture of Arab Youth."

The emergence of a new type of addiction, namely digital drugs: digital drugs are of a type that has recently become widespread as a result of the development of modern technologies, as they are audio files containing single or double audio tones that the user listens to, which cause the brain to reach a state of numbness that at least resembles the effect of real drugs. These audio files are designed to simulate hallucinations and highs associated with substance abuse using non-auditory sound waves to the ear called "The white noise" is overlaid with a few simple beats to cover the annoyance of those waves. (Daoudi Nabila,2022,p236)

Digital drugs are also defined as "audio files that are downloaded via well-known international Internet sites or through an interstitial message. These audio files contain tones that a person hears in each ear at a different frequency." The impact that the file leaves is equivalent to the same impact of smoking a cigarette of hashish or taking a dose of cocaine, and it has the effect of drugs, sex and horror... Which leads to a special mood desired by young age groups in particular who adhere to it, and warns against resorting to traditional drugs for social or religious reasons in the belief that this practice has not been formed or objected to by anyone or prohibited by religion. As they are not yet common or because they do not reveal their physical criminal evidence, what is important is that they achieve orgasm or in a state of intoxication close to the known state of intoxication.

Some of them defined digital drugs as: "Different audio files that are engineered to deceive the brain by broadcasting sound waves of different frequencies in a simple way to each ear. Because these sound waves are unfamiliar, the brain works to unify the different frequencies between the ears to reach one level, which is the sound difference." Thus, it becomes electrically unstable, and depending on the type of difference in the brain's electricity, a specific sensation is reached that mimics one of the types of natural drugs. (Daoudi Nabila,2022,p236)

From it, we conclude and feel the extent of the danger of misuse of the Internet because it is one of the reasons that lead, whether intentionally or unintentionally, to deviation from social and religious

standards, especially among young people and children. It causes isolation, autism, deviance and crime, premeditated murder, and illegal immigration, most of whom are accused of possessing drugs and drug trafficking, building friendly relations at the global level. Addiction to using digital drugs that are downloaded via international websites and are engineered to trick the brain by broadcasting sound waves of different frequencies in a simple way to each ear. (Faysal Boukhalfa, 2023, p1053)

Among its effects on the individual and society, we mention the following:

Losses at the level of individual effort that is supposed to be invested in economic, social and political development.

Loss at the social level through the loss of an episode of family communication and the resulting disintegration and emergence of social ills such as the spread of domestic violence, divorce, family disintegration, the spread of vice, loss of social status, loss of social standards, values and ties, school dropout, the spread of crime and deviance...

Forming criminal gangs, smuggling and drug trafficking, and exploiting children, minors and the vulnerable classes... Consequently, the individual becomes a monk of that substance and the owner and pusher of drugs, which will reflect negatively on social and economic security.

The availability of digital drugs and the ease of downloading them via the Internet will cause addiction, youth delinquency, loss of their future, and negative effects on the psychological, social and scientific health of the individual.

Conclusion:

Through what was discussed in the article, and given the increasing number of social media users around the world until January 2024, about 5.04 billion users, equivalent to 62.3% of the total world population... The number of (adult) social media users around the world (i.e. those aged 18 and over) now equates to more than 84% of all adults in that age group.

From it we conclude that youth are the basis for building nations and societies, as they bear the responsibility for development, development and societal prosperity, and because Arab societies abound with enormous youth energies, including Algerian society, the latter has constituted a great responsibility and burden on the state and on researchers and specialists in sociology and Social, psychological and human studies. Because any imbalance and deviation among young people can lead to very serious psychological and social problems whose effects can be reflected in the overall system of society.

Especially with the emergence and spread of this phenomenon that is alien to our societies, brought about by rapid technological developments, represented by the demand of all segments of society, including the youth, despite its many positives, which are in line with the policies of countries that seek to move towards digitization, but in return, its misuse by our youth will reflect negatively on job performance. Distracting effort and wasting time, and suffering from psychological diseases such as autism, cancer, nerves, and visual impairment... Addiction to social media has negative effects on young people, social connections and many areas of life.

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