

RESEARCH
ARTICLE**The impact of social media use on adolescent upbringing - Facebook as a model - A field study on a sample of students at Al-Shaheed Ben awla Miloud El-Quettar High School****Ahmed Bekheira**

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Social Media, Facebook, Socialization, adolescent, Secondary Stage.

Abstract

This study aimed at identifying the reality of secondary-level adolescents' use of social media and as a Facebook model First, by revealing the educational, social and psychological effects of these media on an individual's psyche, Second, determine the impact of social media on the upbringing of individuals in society and to highlight the role of both the family and the school in guiding teachers towards the rational and safe use of these technological media. The study relied on the analytical descriptive curriculum as an appropriate approach to research objectives. The study tools were the questionnaire to collect data, which was applied to a sample of 85 pupils selected in a deliberate manner by Facebook users at Lycee Chaheed Benawla miloud Elguettar.

The study came up with a series of findings, most notably: Facebook is the most important and widely used means for secondary adolescents to meet different educational, educational, recreational,... The study also showed differing effects on the use of Facebook among secondary pupils.

The study came up with a series of proposals: for example, the active role of family and school in accompanying children from technological media users more effectively, to reduce their negative effects.

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Introduction:

In the past few years, the world has witnessed a technological boom unprecedented in the entire history of humanity, which has greatly affected individuals as well as societies. The world has become a small village. Modern technologies have contributed to bringing distances closer and shortening time and effort.

Perhaps one of the most important technological aspects of these is social networking sites, which have brought about a qualitative revolution in communication processes and have been imposed on all of humanity, regardless of their types and classes, to convey their ideas and opinions through social interaction between individuals using various technologies and modern means of communication. Gradually, social networking sites, including Facebook, have become an essential part of individuals' lives, and have imposed themselves in all areas of daily life, whether for multiple educational, pedagogical, recreational, cultural, or social uses...

Facebook is considered the most prominent communication network that has been very popular with a large segment of society, including learners in various educational levels, as this medium has become a tool for socializing individuals, due to its daily use, so teenagers who practice their high school education in direct coexistence with it now own pages. Their own, which has resulted in several positive and negative effects in all fields: educational, social, psychological and health Through the daily experience of students as a researcher and school guidance advisor in high school, and according to the exploratory study he conducted, this proposition is confirmed.

If we look at the phenomenon of using Facebook as a modern means of socialization and its effects on individuals, especially when it comes to adolescents (an important group of society) who are distinguished by a set of specific cultural, social, psychological and physiological characteristics that differ from other social groups, especially it must be examined with some explanation and analysis.

Based on the above, this current study attempts to answer the following question:

What are the effects of using Facebook on a teenager's upbringing methods in secondary education?

To answer this main question, sub-questions emerged, which are as follows:

- 1- What is the reality of teenagers using the social networking site Facebook in Algeria?
- 2- What are the educational, social and psychological effects of a teenager's use of Facebook?

The importance of the study:

The importance of the current study is highlighted in its treatment of a phenomenon of the modern era that is constantly changing and developing day after day, which is social media - Facebook as an example - and the effects it has and the great effects it has on an important segment of society -adolescents.

The impact of social media on the building of individuals and the formation of their personality, especially with regard to the most targeted group in Algerian society, which is adolescents.

Enriching the research and scientific aspect with a study on adolescents and their impact on these applications.

Study objectives:

To identify the impact of the use of social media (Facebook) in the upbringing of schooled adolescents in secondary school.

To identify the reality of the use of Facebook by adolescents.

Knowing the motives for teenagers - the group of students among them - using social media, especially Facebook.

Revealing the educational, social and psychological effects of a teenager's use of Facebook.

Procedural concepts of the study:

Impact: In the current study, impact means the changes that Facebook brings about in behavior and attitudes, whether positive or negative, on adolescents from the psychological, social, and educational aspects.

- Facebook: One of the applications available on mobile devices or computers, which is used by teenagers studying in secondary school for various purposes.

Socialization: It is a set of values, customs, traditions and trends that are instilled in the child from childhood to the teenage years by social institutions and modern means of communication.

- Adolescents: In the current study, we mean individuals who study in the secondary education stage, and whose ages range between 15-20 years. This study was applied to them of both sexes, males/females, from Al-Shaheed Ben awla Miloud El-Quettar High School.

Previous studies:

1- Al-Khashmi et al.'s study (2023): This aimed to identify the motives for Saudi youth's use of social media networks, and the effects resulting from their use, as the study relied on a social survey, and the study tool was represented in the interview and questionnaire, on two samples, the first a simple random sample of university students (4270 students.), and the second is an intentional sample from the category of young people who do not belong to the university. The study concluded that among the positive effects of media exploitation are the diversity of sources of obtaining information, increasing awareness of areas of life, helping to solve some problems, and acquiring new skills.

2- Bin Sheikh's study, Ghawafriya (2021): entitled "The Role of Modern Media of Communication in Socialization," which aimed to identify the role of modern media in socialization. The study found that all modern social media contribute in one way or another to socialization processes, In addition to traditional upbringing institutions, the family, school, and mosques, the socialization process is an integrated, communicative process that requires concerted efforts and cooperation for the sound upbringing of individuals.

3- Al-Fariji Study (2018): Titled "Children and adolescents' use of social networking sites and its impact on their family relationships - an exploratory study. This study aimed to identify the sites most used by children and adolescents, and the negative effects of that. The researcher relied on an intentional sample of 650 children and adolescents from Saudi society use social media on a daily basis, and the study tool was the questionnaire and the observation tool. The study found that the majority of daily media users are from stable families and are inside the home, and this is done via mobile phone, and it has positives as well as negatives.

4- Sabti Study (2024): Tagged with "Facebook addiction and its psychological and social effects on adolescents - a field study on a sample of Facebook users (Algerian adolescents as an example)." This study aimed to reveal the psychological and social effects that an excessive or addicted person to social networking sites may have. Specifically, Facebook on adolescents in Algeria, where the researcher relied on the descriptive and analytical approach. The Facebook addiction scale and the mental health scale were used, prepared by the researcher. The research sample consisted of 150 teenage Facebook users who were chosen intentionally. The study concluded that addiction to Facebook has psychological effects such as anxiety and stress and social effects such as social withdrawal and isolation.

5- Al-Hashemi et al.'s study (2020): Its title is "The Impact of the Use of Social Media on Child Upbringing in Omani Society," a study submitted by the Omani Social Society to the Ministry of Social Development, in order to identify the reality of the Omani child's use of social media, and reveal its educational and social effects. Psychological and health... The descriptive analytical approach was also adopted, and the study tools were represented in a questionnaire and applied to government school students in three governorates of Omani society. Their number reached 2,246 students, and the interview evidence included a sample of social and psychological workers in schools and parents of students involved in the study. The study reached a set of important results, most notably: The educational effects of social media came strongly and first, followed by the social and psychological effects, then the health effects, with difficulties and challenges among specialists and parents in controlling children's use of these means of communication.

The researchers benefited from these local and Arab studies that contributed to studying this phenomenon at the individual and societal levels, as they helped us a lot in crystallizing the research idea, identifying the problem, and setting questions, and also in the methodological framework in choosing the appropriate method, and choosing the field study sample, while designing the study tool. And benefit greatly from its results.

Some observations can also be drawn from these previous studies, which the researcher summarized as follows:

The previous studies they relied on focused on studying the reality and how adolescents use social networking sites in general, especially during adolescence and the psychological, psychological and emotional

characteristics that characterize it...It pushes them to go to the virtual world through these sites, to prove themselves and express what is on their minds and minds.

Previous studies have shown the magnitude of the effects resulting from excessive use of Facebook in particular, and the family's responsibility as an essential party in the socialization of its children.

The current study is distinguished from previous studies in the researcher's attempt to study the impact of technological media in the form of Facebook on the upbringing of teenagers studying at the secondary level from all psychological, educational and social aspects, given that this is the important segment of society that most uses these technological means for various purposes.

The current study also agreed a lot with my current study in its aspect of educational and social effects, and differed from it in terms of psychological and health effects

Use of social media (Facebook) in Algerian society:

Social networking sites as a whole have brought about many changes in lifestyle, whether at the level of individuals or societies. Perhaps Facebook is one of these media that has made a difference, and has become an integral part in the daily life aspects of individuals. We cannot abandon it, especially with regard to the adolescent group, which constitutes The largest part in dealing with various modern techniques and technologies as a result of its peculiarities and way of life Algeria is one of the countries that most uses social media platforms, including Facebook, according to statistics from the annual digital report globally and for Arab countries for the year 2023.

Facebook has contributed to shaping new trends for teenage users in all countries of the world, especially Algeria in particular, as the international consulting agency "Data Reportal" published in its annual report on the Internet and social networks for the year 2023, where the number of Facebook users in Algeria reached about 20.80 million people, which is Equivalent to 75% of the total population of Algeria who are 18 years of age or older (Al-Shorouk website statistics 2023) Facebook is the most accepted and responsive network among segments of society, including young people on the one hand, and the largest social network on the Internet, according to several different studies (Omani Social Society, 2020, p.54).

In the same context, and according to a recent study by Talbi and Rwaq (2023), Facebook is one of the most used sites by students in the secondary stage, and it meets their personal needs and interests, due to its ease of use and its advantage with a set of features and services that allow them to interact, participate, and exchange ideas (Talbi and Rwaq, 2023, p.99).

Field study:

Study Methodology: To achieve the objectives of our study, the descriptive and analytical method was used to identify the reality of secondary school adolescents' use of social media, such as the Facebook model, by revealing the educational, social, and psychological effects that these media have on the individual's psyche

Limitations of the study: The field research for this study was conducted at Al-Shaheed Ben Aoula Miloud El-Quettar High School, Relizane Province, in the second half of the 2023-2024 academic year.

Study sample: The study sample consisted of 85 male and female students in the secondary stage, who were intentionally selected from Facebook users, including 52 female students and 33 male students distributed across the three levels.

Justifications for choosing the field study sample: The adolescent segment is considered the weakest link among members of society, and it constitutes the largest percentage in existence. This age group is the basis for the establishment of societies in the future, and is characterized by specific psychological, physiological, physical and social characteristics... Individually from the rest of the groups, and the social structure as a whole is affected by it, and due to the importance of this segment in society and the external factors and changes that are affected by it, including these technological applications that have invaded homes, and given this group's exact

dependence on Facebook in particular, this instructed us to present a study on the impact of this application. On various educational, psychological and social aspects of a teenager's life.

Study instrument: The questionnaire instrument was applied to the members of the sample selected from high school students, as it consisted of four basic axes and 26 directed/semi-directed questions.

Theme 1: Personal data of the respondents.

Theme 2: The impact of the educational dimension resulting from the use of social media.

Theme 2: The impact of the social dimension resulting from the use of social media.

The second axis: The impact of the psychological and health dimension resulting from the use of social media.

- Statistical processing: The researcher used the statistical program SPSS version 20, and in order to read the results statistically, the statistical processing method used to analyze the results included the following:

1- Summarize the collected data in simple frequency and percentage tables.

Data processing and analysis:

Table No.01. Distribution of the study sample by gender

Gender	Frequency	Percentage
Male	33	38.82%
Female	52	61.17%
Total	85	100%

Table (01) represents the characteristics of the sample by gender, as it becomes clear to us that the highest percentage recorded is due to females at 61.17%, compared to males at 38.82%, and this is completely consistent with the current data on the number of students in Al-Shaheed Ben awla Miloud El-Quettar High School, Relizane Province, which It reached about 541 students in February of the 2023-2024 academic year, including 304 female students, or 56.19% It constitutes the total number of students, and 237 students, or 43.80% (according to the list of students attending at the end of January 2024), and here we notice a sweep of females among the students, and this is due to several reasons, including the increase in female births over males in recent years, and to the positive view of parents towards educating females who They now have many chances of academic and even professional success.

Table No.02: Status of the study sample's use of Facebook by gender variable.

Gender	Total (N)	Rarely	Sometimes	Always	% Rarely	% Sometimes	% Always	% Total
Female	53	6	16	31	11.32%	30.18%	58.49%	100%
Male	33	2	6	25	6.06%	18.18%	75.75%	100%
Total	86	8	22	56	9.30%	25.58%	65.11%	100%

Through the statistical reading of Table 02, it becomes clear to us that the majority of browsers of the Facebook application of both genders are permanently male/female, at a rate of 65.11%, distributed at a rate of 58.49% for females and a rate of 75.75% for males, in contrast to us finding that a rate of 25.58% for both sexes visit the Facebook site sometimes, ranging from 30.18% for females, and 18.18% for males, and in the end we record a small percentage estimated at 9.30% of males and females who browse Facebook rarely, distributed as follows: 11.32% for females, and 6.06% for males.

Therefore, the largest percentage of teenagers studying in the educational institution under study use Facebook permanently on a daily basis, and this permanent and increasing use of the Facebook site in this way by students in the secondary stage may justify the site's availability of characteristics and a set of features that reflect the virtual life of the teenager in This age, considering that this application is the most widespread and widely used among young people, according to the study of Talbi and Riwaq (2023) Considering that Facebook is the preferred destination for its users in this category of this exact educational stage, they share it for various purposes, whether educational, cultural, entertainment, or social...According to the opinions of the respondents.

Our study was in complete agreement with Al-Farji's (2018) study, which concluded that the majority of media users are on a daily basis and have positives as well as negatives.

Table No.03: Shows the distribution of the study sample according to hours of Facebook use.

Usage Duration	Frequency	Percentage
One hour per day	7	8.24%
Less than two hours	12	14.12%
Two to three hours	41	48.24%
Four hours or more daily	25	29.41%

It is clear from Table (03) that the majority of teenagers studying in the secondary stage spend from 2 hours to 3 hours browsing Facebook sites, reaching 48.24%, followed by those browsing Facebook for a period exceeding 4 hours a day, at a rate of 29.41%, and 14.12% spend less than two hours using the network. Less than those who browse Facebook programs for a period of time less than one hour Perhaps the long period of browsing this site indicates several indicators of the existence of a virtual world that is an alternative for teenagers to their real world, given that this stage is crucial in the lives of individuals and is characterized by a set of physiological, physical, emotional and psychological variables. This application also saves them the trouble of searching and navigating the corridors of libraries, and investigating About information, especially when they are taking semester and official exams, as well as involving it in completing their school work and research This is what we will show in Tables 04-05

The number of hours of use of the Facebook network among teenagers is due to personal priorities, social circumstances, and psychological needs as well. According to a study by Barara and Awfi (2022), it is considered that teenagers find great pleasure in browsing social networking sites, because this network includes sites for entertainment, education, and games as well. And others, which make him feel fun, knowledgeable, and satisfy curiosity (p.161) According to Bouqloul's study (2018), Facebook is considered the most appropriate haven

that provides its users with a virtual life characterized by fun, seriousness, amusement, entertainment, etc. to benefit from its features and services (Bouqlouf, 2018, p.258).

Table 04: Educational Effects of Facebook Use Among the Study Sample

Items	Agree	%	Neutral	%	Disagree	%	Mean	Std. Deviation	Level
To do homework and conduct research	63	74.1%	10	11.8%	12	14.1%	2.32	0.72	High
For learning and acquiring knowledge	59	69.4%	14	16.5%	12	14.1%	1.65	0.73	High
Self-education and building knowledge base	41	48.2%	5	5.9%	39	45.9%	1.98	0.97	Medium
Discussing lessons with classmates	51	60.0%	13	15.3%	21	24.7%	1.45	0.85	High
Following the latest news	19	22.4%	20	23.5%	46	54.1%	1.40	0.82	Low

It is clear from Table No.04 that the arithmetic averages of high school students' responses to the educational effects of their use of Facebook ranged between (1.40-2.32), and therefore they came between the high, medium, and low levels. The majority of the educational dimension items were at a high level, and this reflects the positive educational role and effects of Facebook among users of the sample under study.

These results agreed with the results of Al-Khashmi et al.'s (2023) study, which concluded that among the positive effects of media exploitation are the diversity of sources of obtaining information, increasing awareness of areas of life, helping to solve some problems, and acquiring new skills. Darasi also agreed with Al-Hashemi et al.'s (2020) study. Regarding the educational effects of social media, which came strongly and ranked first among other social and psychological effects. This clearly shows that Facebook has become the basis of the educational learning process for all students, especially at the secondary level, because it adds to their learning path, in addition to removing many of the intractable obstacles that students faced while reviewing or completing research, as a gain of time and effort.

Other studies also included that among the goals of teenagers' use of social networking sites is to browse news and circulate it among friends, especially sports or artistic ones (Labrara and Awfi, 2022, p.163), contrary to what our current study stated.

The researcher explains these results, which relate to the educational effects, to the urgent necessity and strategies that the teenager studying in the secondary stage has begun to use to possess a stock of knowledge and acquire new skills that he exploits in various programmed exams and different situations... Even families have begun to encourage such new mechanisms in their perception of success and academic excellence for their children. No home is devoid of these modern technologies and technologies that facilitate the learning process if they are used properly. Several educational platforms have also been established by the Ministry of National Education and by teachers to improve the learning process, facilitate communication between the professor and the learner, and create a digital educational space that helps students access it to review and acquire educational skills and competencies.

Table 05: Social Effects Among the Study Sample Resulting from Facebook Use

Items	Agree	%	Neutral	%	Disagree	%	Mean	Std. Deviation	Level
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Making friendships and relationships with others	56	65.9%	11	12.9%	18	21.2%	1.98	0.82	High
Avoiding isolation and withdrawal	53	62.4%	13	15.3%	19	22.4%	1.92	0.83	High
Sharing with family members during religious/national events	39	45.9%	9	10.6%	37	43.5%	1.60	0.95	Medium
Changing daily routine and filling free time	43	50.6%	6	7.1%	36	42.4%	1.55	0.96	Medium
Entertainment and fun with friends	57	67.1%	5	5.9%	23	27.1%	1.86	0.88	

It is clear from Table No.05 that the arithmetic averages of high school students' responses to the social effects of their use of Facebook ranged between (1.98-1.55), and therefore they came between the high and average levels, and the paragraphs that stated "Forming friendships and relationships with others," "Avoid isolation and introversion," and "Entertainment and entertainment with friends" ranked first at a high level.

Referring to the results of this part of the study, which were very consistent with what was confirmed by Maatouq's study (2018), that Facebook contributed greatly to the emergence of virtual friendship relationships, and they extended widely at the expense of real relationships, in an effort to expand the circle of friends, and Facebook did not cause The teenager is isolated or introverted as a result of poor interaction with society (Maatouq, 2018, pp.364-367).

Among the positive things about using Facebook, according to Darbal and Haddad's study (2019), is that it has become a window into the world, expressing opinions, communicating, sharing with friends, and learning about the cultures and traditions of others (Darbal and Haddad, 2019, p.149).

Among the needs most satisfied by secondary school students is entertainment and leisure, and this is what Al-Omari's study (2018) showed, and according to a recent field study by Talbi and Rwaq (2023), the needs of entertainment and leisure are superior to other basic needs.

These technological media, including Facebook, have also contributed greatly to strengthening social relationships and achieving harmony and social cohesion between members of the same family or between friends (Nawadri and Marzqal, 2021, p.103), and this inevitably leads to the teenager satisfying his needs for communication and interaction within his social environment.

Our study differed from the findings of the Sabti study (2024) that addiction to Facebook has social effects such as social withdrawal and isolation. It agreed with other studies that this application contributed significantly to the formation of charity and social relationships, including the study of Al-Khashmi et al. (2023) and the study of Bin Sheikh, Ghawafriya (2021). and the study of Al-Farji (2018), and the study of Al-Hashemi et al. (2020).

The researcher attributes these results related to the social dimension, through the Algerian family's ownership of various modern technologies and the exploitation of these digital platforms in their daily interactions and social relationships, and achieving their own satisfactions, as well as the increasing interest of the adolescent group in forming virtual friendships and relationships and expanding them to meet their needs, especially at this age. Which requires more parental monitoring and accompaniment.

Table 06: Psychological and Health Effects Among the Study Sample Resulting from Facebook Use

Items	Agree	%	Neutral	%	Disagree	%	Mean	Std. Deviation	Level
Reducing stress and anxiety	71	83.5%	6	7.1%	8	9.4%	2.29	0.62	High
I suffer from constant pain and headaches	33	38.8%	10	11.8%	42	49.4%	1.26	0.93	Low
Facebook has caused me a decline in eyesight	38	44.7%	7	8.2%	40	47.1%	2.02	0.96	Medium
I feel lethargic and lose appetite when using Facebook	37	43.5%	11	12.9%	37	43.5%	2.00	0.93	Medium
Facebook has caused me neuropsychological disorders (e.g., autism...)	23	27.1%	14	16.5%	48	56.5%	1.10	0.87	Weak

It is clear from Table No.06 that the arithmetic averages of high school students' responses to the health and psychological effects of their use of Facebook also ranged between (2.29-1.10), and therefore they came between the high, medium, low, and weak levels as well, as the paragraph that states "reducing stress and anxiety" ranked First with an arithmetic average (2.29), and the paragraph that states "Facebook caused me neuropsychiatric disorders such as autism" ranked first. It ranked last and at a weak level with an arithmetic average of (1.10).

These results can be extrapolated to the fact that Facebook has become a means of relieving stress and all forms of stress and anxiety for all social segments, including teenagers, as they are the most important group that uses the Facebook network, and it may cause a seizure. Anxiety and stress among another group of adolescents if the rate of daily use increases, and this is what was revealed by several different university studies conducted in several countries (Burney, 2018, p.230)

The latest results were completely different from what Khudair's (2018) study showed, that social networking sites, including Facebook as well, expose teenagers to some neurological diseases such as personality diseases and vanity...As a result of continuous browsing of it (Khudair, 2014, p.411), and this was also confirmed by the study of Koussa and Bin Qasimi (2019) that excessive use of Facebook negatively affects the psychological life of the teenager and causes him insomnia, depression, and addiction (p.28), and through addiction to some Facebook sites that The teenager resorts to it directly to satisfy their desires, fulfill their needs, and satisfy their curiosity as a result of precious social and family frustrations. My study differed in its psychological dimension from what Sabti's (2024) study concluded that addiction to Facebook has psychological effects such as anxiety and stress.

As an explanation for the results drawn about the health and psychological effects that Facebook causes in the life of teenagers, they were negative, as specialists in sociology, psychology, and doctors began to criticize the consequences of excessive use of these media, including Facebook, which has become a threat to their health lives, such as blindness, lack of vision, and pain. Neck....And mental illnesses such as autism, introversion, sleep disorders, anxiety, and stress...This confirms the essential role assigned to parents for continuous and accurate follow-up of their children.

Conclusion:

Social networking sites are considered the networks that have provided individuals with the most wide spaces for learning, acculturation, and social interaction. Perhaps Facebook is one of these networks that has spread terribly among young teenagers, especially in school settings. This, due to several social, educational, and

cultural considerations, has naturally brought about a major change in their lives. Personality and their way of living and thinking. In our study, we have tried to determine the most important educational, social, psychological, and health effects of Facebook on the upbringing of the teenager studying in the secondary stage. The results obtained showed differences in terms of impact, which in their entirety were primarily in favor of the educational dimension. This is of course because this target group in the study is from Among the students in the educational institution, it has educational and learning needs and interests, as I explained previously. As for the social dimension, it is also no less important than the educational dimension, as it is one of the priorities of adolescents in forming virtual relationships and friendships and spending their free time exploiting Facebook, which has become part of their daily lives. As for the health and psychological effects of exploiting Facebook and what it has on the adolescent's health, the study indicated a number of Recommendations we mention include:

The necessity of coordination between the family and the school and the necessity of opening channels of dialogue between them regarding the lives of children, taking care of their concerns and interests, following up on them at home and abroad, and allocating specific times for the use of digital platforms.

Raising awareness and sensitizing to the danger of social networking sites as a whole and Facebook in particular to the health and psychology of adolescents concerns all actors and social partners.

Activating the role of school media to educate learners about the danger of excessive exploitation of Facebook.

Contributions of the Association of Parents and Civil Society Actors to raising awareness and reminding parents and their children of the negatives of social platforms and how to confront them.

Inclusion of a new information material in educational programmes and curricula concerned with the study of the modern interests of adolescents, particularly with regard to those technological sites and how they can be exploited.

Improving the student's academic climate, giving him space to express his interests and concerns, and employing cultural and sports clubs to his advantage to extract his stacks and eliminate free time.

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