Social Media Addiction and its relation to Alexithymia and Feeling of Loneliness among Students of Faculty of Nursing

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Abstract

Background: The proliferation of social media platforms such as Facebook, Twitter, and Instagram have revolutionized the way students communicate, consume, and share information. Nursing students also use social media in their daily routine. The use of social media leads to impairment in both mental and emotional status of nursing students. **Aim of this study:** Was to explore the relationship between social media addiction and alexithymia and feeling of loneliness among students of Faculty of Nursing. **Design:** Descriptive correlational design was utilized to fulfill the aim of this study. **Setting:** This study was conducted at the Faculty of Nursing at Benha University, Qalyubia governorate. **Study subject:** Purposive sample of 352 students was chosen from the four- grades students of Faculty of Nursing, Benha University. **Tools of data collection:** four tools were used**. 1st tool:** Structured Interview Questionnaire sheet. **2nd tool:** Social Media Addiction Scale Student Form. **3rd tool:** Toronto Alexithymia Scale**. 4th tool:** UCLA Loneliness Scale**. Results:** Nearly half of the studied students have moderate level of social media addiction and more than half of the studied students have possible alexithymia level and less than one fifth of them have mild level of loneliness. **Conclusion:** There was a highly statistically positive correlation between total level of social media addiction and total level of alexithymia. Also, there was a highly statistically positive correlation between total level of loneliness and total level of alexithymia. **Recommendations:** The hazards and determinants of social media addiction should be added to the educational curricula and the methods that must be followed to avoid its adverse effects on physical, psychological, and social well.

Keywords: Alexithymia, Loneliness, Nursing Students, Social Media Addiction.

Introduction

Nowadays, social media has become an essential part of life especially as a student. In line with that, Previous studies have reported more than half of the of students were ranked at a moderate level of internet addiction. It also shows that students mostly like to stay online 24 hours a day, which defines students addictiveness towards social media. The result of social media usage has both constructive and adverse impact especially on their academic performance, many universities around the world have transformed their courses. Distance education has become much more popular. Students and instructors could easily interact with each other through social networks. The social media sites like Facebook, Twitter, what's up , and Instagram the attention of students to study and affecting their academic Grade points positively. They also have negative impact on students studying and habits **(Kaptangil & Calisir ,2023).**

Social media has changed the way of interaction all with each other online. It gives us the ability to discover what's happening in the world in real-time, to connect with each other and stay in touch with long-distance

friends, and to have access to endless amounts of information at our fingertips. In many senses, social media has helped many individuals find common ground with others online, making the world seem more approachable It is often difficult for students to accurately differentiate the amount of time spent online for an educational and non-educational purpose. Therefore, students must identify and distinguish between the excessive use that leads to internet addiction, and therefore appropriate interventions and methods must be used to identify and reduce social media addiction **(Shehata & Abdeldaim, 2021).**

Social media addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas. Excessive Internet use can negatively affect a student´s life in which students facing family problems and lose social communication. Since nursing is based on providing comprehensive health care using modern technology, including internet technology, nurses must teach students how to not be addicted to the Internet, and thus we can build a healthy professional life **(Shaban,2022).**

Alexithymia is defined as difficulty identifying and de-scribing emotions, difficulty differentiating between emotional and physical cues, a restricted capacity for imagination, and an externally oriented thinking style. Previous research shows that alexithymia is associated with the development of addictive behaviors (**Hao & Jin , 2020**).People with alexithymia have difficulty in expressing their emotions and thus they have fewer close relationships, poor social support networks and often feel disconnected from others (**Frye.cox &**

Hess,2020). All these factors amplify the feeling of loneliness. Also the direct effect of alexithymia on loneliness and found out that this strong association was a result of lack of trust in others.

Alexithymia is associated with the development of addictive behaviors. Relevant research in the field, associates internet addiction (social media addiction) with Alexithymia in students and late adolescents. Alexithymics tent to have increased internet addiction proneness, compared to non alexithymics. The severity of addiction in university students is positively correlated with alexithymia, but still remains unclear the direction and the factors that may mediate this relationship **(Soranidou &Papastylianou, 2019).**

Significance of study

In 2022, about 4.65 billion people worldwide used social media platforms, commonly referred to as social media, representing around 58.7% of the world's population. Many uses social media as their main source of information and form opinions and decisions based on it. With the rapid growth of Internet users worldwide, the Internet has become a common feature for most sectors. There are about 4.54 billion Internet users and 3.80 billion people are active on social media and online video social applications **(Kurniawan,2020 &Zmavc et al .,2022)**

Furthermore, studies have reported college students mostly showing excessive interest in social media. There are 330 million people suffering from social media addiction in the world. Social media addiction has become a global phenomenon and its excessive use among college students has raised concerns around the world **(Gao et al.,2022).**

Nursing role in management of social media addiction: The role of psychiatric nurse in management of social media addiction divided in three phases (Assessment, treatment, relapse phase). **In assessment phase**, the role of the nurses: encourage the client to assess their online activities through auto-observation the activities (their daily internet log) as well as the time spent in activities and help them to identify triggers and particularly emotions associated with the initiation of internet use and make link between emotional trigger and use of internet to escape. **In treatment phase**, the nurse encourages the student to apply time management techniques, helps him to identify the problems solving s such as explore causes leading to loneliness, move to social life real situations. **In Relapse** phase, the nurse helps him to identify the benefits of the recovery process, consequences of relapse, identify potential relapse triggers and develop alternative behaviors **(Shen, 2019).**

Aim of the study:

This study aimed to explore the relationship between social media addiction and alexithymia and feeling of loneliness among students of Faculty of Nursing.

Research questions:

Q1-What is the level of social media addiction among students of Faculty of Nursing?

Q2-What is the level of alexithymia among students of Faculty of Nursing?

Q3-What is the level of feeling of loneliness among students of Faculty of Nursing?

Q4- Is there a relationship between social media addiction and alexithymia and feeling of loneliness among students in Faculty of Nursing ?

Subject and methods:-
Research Design:
A descriptive correlational design was utilized to fulfill the aim of this study.
Research Setting:
This study was conducted at the Faculty of Nursing at Benha University, Qalyubia governorate.
Research Subject:
Sample type & technique:
Purposive sample method was chosen from the four- grades students of Faculty of Nursing, Benha University.
 Sample size:
Purposive sample of 352 students was chosen from the four- grades students of Faculty of Nursing, Benha University
 This sample should meet the following inclusion criteria:
-Both sex of students.
-All grade students.
-Free from psychiatric disorders.
-Willing to participate in this study.
Tools of data collection:
In order to fulfill the aim of this study, the data was collected by using the following four tools:
Tool (I): A Structured Interview Questionnaire sheet:
The questionnaire was developed by the researchers based on scientific review of literature and it designed on Arabic format in suitable language to suit students' level of understanding to assess these parts:
Part I: Socio–demographic data of students:
It included (student's age (years), sex, marital status, educational grade, residence, family income, parent's job, family stability).
Part II: Data related to social media use:
It included (what are the most social media used, How many days do you use social media, what is duration of social media

use,and What is the most time you use social media?).

Tool (II): Social Media Addiction Scale Student Form (SMAS-SF):

This scale was designed by **Sahin,(2018)** to determine the social media addiction of students .It consisted of 29 items and 4 sub-dimensions. 1-5 items are within virtual tolerance sub dimension;6-14 items are within virtual communication sub dimension; 15-23 items are under virtual problem sub dimension and 24-29 items are under virtual information sub dimension.

Scoring system:

A3point likert type is used in this scale: "(3) strongly agree, (2) somewhat agree, (1) disagree"

All of the items in the scale are positive, the highest point that can be scored from the scale is 87, and the least one is 29. The higher scores indicate that agent perceives himself as a "social media addict".

- Score of 52 or less (<60%) mean no social media addiction.
- Score from 53 to 56 (60-<65%) mean mild social media addiction.
- Score from 57 to 78 (65-<90%) mean moderate social media addiction.
- Score of 79 to 87 (≥90%) indicate high social media addiction.

Tool (III): Toronto Alexithymia Scale (TAS):

It was developed by **Bagby et al., (1994).** It self-administered questionnaire designed to measures difficulty in identifying and describing emotions, which is a big part of alexithymia used to evaluate emotion of students. It consisted of 20-item, and 3 subscales: " Difficulty describing feeling: 5item (2,4,11,12.17,), " Difficulty identity feeling: 7item (1,3,6,7,9,13, 14)" ,and "Externally oriented thinking,8 items (5,8, 10,15,16,18,19,20)".

Scoring system:

Total scores can range from 30-50 with higher scores indicating greater impairment/challenges. Each item is scored on a 3-point Likert-type scale "(3) strongly agree, (2) somewhat agree, (1) disagree". Five of the items are revers –scored:4, 5, 10, 18 and 19.

- Scores equal to or less than 30 (≤60%) mean no alexithymia.
- Scores of 31–40 (>60- 80%) mean possible alexithymia.
- Scores equal to or more than 41-50 (>80%) mean alexithymia.

Tool (IV): UCLA Loneliness Scale (UCLA-LS):

It was designed by **Russell et al, (1980).** It is a self-administered questionnaire designed to measure one's subjective feelings of loneliness as well as feelings of social isolation. It consisted of A 20-item. Participants rate each item as O ("I often feel this way"), S ("I sometimes feel this way"), R ("I rarely feel this way"), N ("I never feel this way"). Each item is from 3-0 where O=3, S=2, R=1 and N=0. Two of the items are revers –scored: 3and 17.

Total score ranged from 0 to 60.
- The score of 36 and low (≤ 60%) mean no loneliness.
- The score from 37 to 45 (>60-75%) mean mild loneliness.
- The score from 46 to 54 (>75-90%) mean moderate loneliness.
- The score 55 to 60 and more (>90%) mean high loneliness.

Content Validity of the tools:

To achieve the criteria of trust worthiness of the data collection tools in the study, tools were tested by 5 expertise in psychiatric mental health nursing specialties at Benha University to ascertain relevance, clarity

and completeness of the tools. Some modifications were done in tool (1) Social Media Addiction Scale was modified were in the scoring system from 5point likert type is used in this scale: "(1) strongly disagree,(2)disagree ,(3)neither agree nor disagree ,(4)agree ,(5)strongly agree" to 3 point likert type is used in this scale: "(3) strongly agree, (2) somewhat agree, (1) disagree" and also tool(2) Toronto Alexithymia Scale was modified were in the scoring system from 5-point Likert-type scale (1 = strongly disagree; 2=Disagree ;3=neither agree nor disagree ;4=Agree;5 = strongly agree) to be as the following: 3-point Likert-type scale "(3) strongly agree, (2) somewhat agree, (1) disagree".

Reliability of the Tools:

Testing the reliability of the tools through Alpha Cronbach reliability analysis which revealed that each of the tools consisted of relatively homogenous items as indicated by the moderate to high reliability of each tool .

Tools	No. of items	Alpha Cronbach
Social Media Addiction Scale	29	0.897
Toronto Alexithymia Scale	20	0.955
UCLA Loneliness Scale	20	0.918

Pilot Study:

Before starting data collection pilot study was conducted to test the applicability of the instruments, the feasibility of study and estimate the time for collecting the date needed for collecting the data. It was conducted on 10% of the total sample (35students) according to of the selecting criteria. All students participated in the pilot study excluded from the acutal study sample.

Result of pilot study

After conducting the pilot study, it was found that:

1. The tools were clear and applicable; however, few modifications were made in rephrasing of some sentences in Social Media Addiction Scale and UCLA Loneliness Scale to be easier and more understandable.
2. Tools were relevant and valid.
3. No problem that interferes with the process of data collection was detected.
4. Following this pilot study the tools were made ready for use.

Field Work:

1. The researchers was introduced herself to the students who agreed to be included in this study and met the inclusion criteria
2. The researchers explained the purpose of study before collecting the date for every student.
3. Distributed questionnaire and gave the tool to students to filled in ,while The researchers was presented to clarify the tool and assure that questions were completed
4. Data collection started from the beginning of March 2022 to the end of May 2022 after accepting permission from the Dean of the Faculty of Nursing at Benha University, It took two weeks for the pilot study.
5. The researchers visited the selected setting three times /week ,those days were (Saturday, Sunday, Monday) .
6. The days were divided according to the study schedules for each of the four grades to collect data from the studied students :-
- First grade on Saturday from 12 pm to 2 pm and Sunday from 2 pm to 3 pm for 4 weeks.
- Second grade on Sunday from 9 am to

11 am and Monday from 2 pm to 3 pm for 6weeks.

- Third grade on Saturday from 9 am to 11am and Monday from 12 pm to 1 pm for 3 weeks

- Fourth grade on Sunday from 12 pm to 1 pm to and Monday from 9 am to 11 am for7weeks.

7. The studied students fill in the study tools independently and each student needed about 10-15min to complete the study tools and revised to check their completeness to avoid any missing data. the average number of interviewed of the students was between 9-10 students /day.

8. The researchers followed the specific precautions (wear mask, personal distance and using alcohol) due to corona virus circumstances after provided explanation and reassurance of studied nursing student.

Ethical consideration:

The researchers clarified objectives and the aim of the study to students. and all subjects were informed that participation in the study is voluntary and will assure anonymity and confidentiality of the subject data. Selected subjects were informed that the content of tools was used for research purpose only and they are allowed to choose to participate or not in the study and that they have the right to withdraw from the study at any time.

Statistical analysis:

The collected data were organized, coded, computerized, tabulated, and analyzed by using Statistical Package for Social Science (SPSS) program (version 25). Data were presented using descriptive statistics in the form of frequencies and percentage for categorical data: the arithmetic mean (X) and standard deviation (SD) for quantitative data. While the qualitative variables were compared using Chi

Square test (X^2) which used for relation tests and person correlation coefficient (r) was used for correlation analysis. The degree of significance was identified at:

- Significant result when P-value < 0.05.
- Highly significant result when .P-value < 0.001.
- Non-significant result when P-value > 0.05.

Results

Table (1) Shows that, less than three quarters (71.1%) of the studied students aged from18-<23 years old with **Mean ± SD** of the age is 20.71 ± 1.21, more than half (54.5%) of them were female, the majority (95.7%) of them were single; while, more than one third (36.4 %) of them were studied at fourth grade, furthermore, most (91.5%) of them had enough family income; also, more than half (56.5%) of them were residing at rural area, more than three quarters (80.4%) of their fathers were work and the majority (94.6%) of them consider their family are stable.

Table (2) illustrates that, most (80.4%, 82.7%) of the studied students use Facebook mostly and use social media daily, respectively. Also, less than half (46.3%) of them use social media from 4<7 hours per/ day. While ,less than two thirds (60.8%) of them use social media in the afternoon and evening.

Figure (1) illustrates that nearly half (48.6%) of the studied students had moderate level of social media addiction. While less than half (46%) of them don't had social media addiction, also, minority (3.4%&2%) of them have mild and high levels of social media addiction, respectively.

Figure (2) shows that, more than half (51.1%) of the studied students had possible alexithymia level, while more than two fifths (41.2%) of the studied students have alexithymia level and the minority (7.7%) of them has no alexithymia level.

Figure (3) illustrates that nearly three quarters (73%) of the studied students don't had feeling of loneliness, while less than one fifth (12.5%) of them have mild level of loneliness. Also, a minority (10.2% & 4.3%) of them had moderate and high levels of loneliness, respectively.

Table (3) shows that, there was a highly statistically positive correlation between total level of social media addiction and total level of alexithymia at (p=<0.01). Also, there was a highly statistically positive correlation between total level of loneliness and total level of alexithymia at (p=<0.05). While there was no statistically correlation between total level of social media addiction and total level of loneliness at (p=> 0.05).

Table (1): Frequency distribution of the studied students according to their socio-demographic characteristics (n=352).

Socio-demographic characteristics		No.	%
Age (years)	18-<23 years old	250	71.1
	23-26 years old	102	28.9
	Mean ± SD	20.71 ± 1.21	
Sex	Male	160	45.5
	Female	192	54.5
Marital status	Single	337	95.7
	Married	15	4.3
Educational grade	First grade	64	18.2
	Second grade	104	29.5
	Third grade	56	15.9
	Fourth grade	128	36.4
Family income	Enough	322	91.5
	Not Enough	30	8.5
Residence	Rural	199	56.5
	Urban	153	43.5
Parents' job	**Mother**		
	Work	106	30.1
	Not work	246	69.9
	Father		
	Work	283	80.4
	Not work	69	19.6
Do you consider your family is stable?	Yes	333	94.6
	No	19	5.4

Table (2): Frequency distribution of the studied students according to their data related to social media use (n=352).

| Data related to social media use		No	%
What are the most social media used?	Facebook*	283	80.4
	What's Up*	138	39.2
	Instagram *	23	6.5
	Twitter*	19	5.4
How many days do you use social media ?	Daily	291	82.7
	1<4 days per week	61	17.3
What is the duration of social media use?	1< 4hours /d	163	46.3
	4<7hours/d	138	39.2
	7< 10hours /d	8	2.3
	10<12 hours/d	43	12.2
What is the most time you use social media?	Morning	45	12.8
	Afternoon and evening	214	60.8
	Mid night and then	93	26.4

(*) Multiple responses
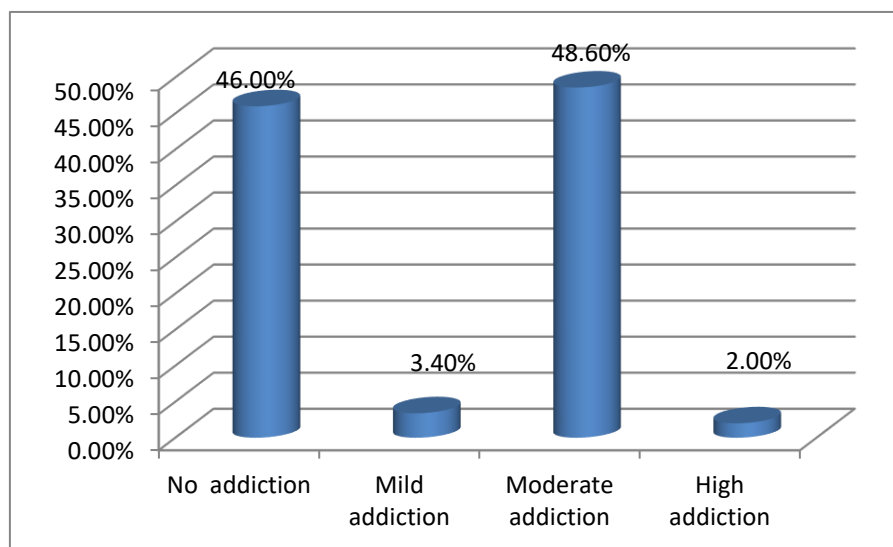
Figure (1) Percentage distribution of the studied students according to total level of social media addiction (n=352).
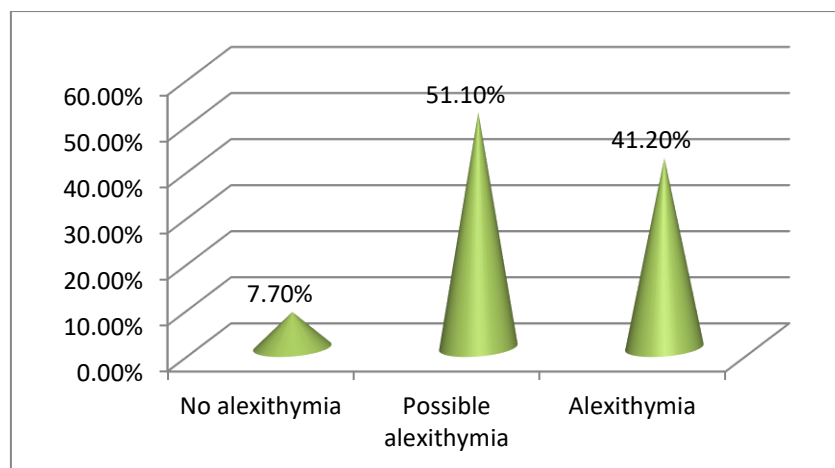
Figure (2) Percentage distribution of the studied students according to total level of alexithymia (n=352).
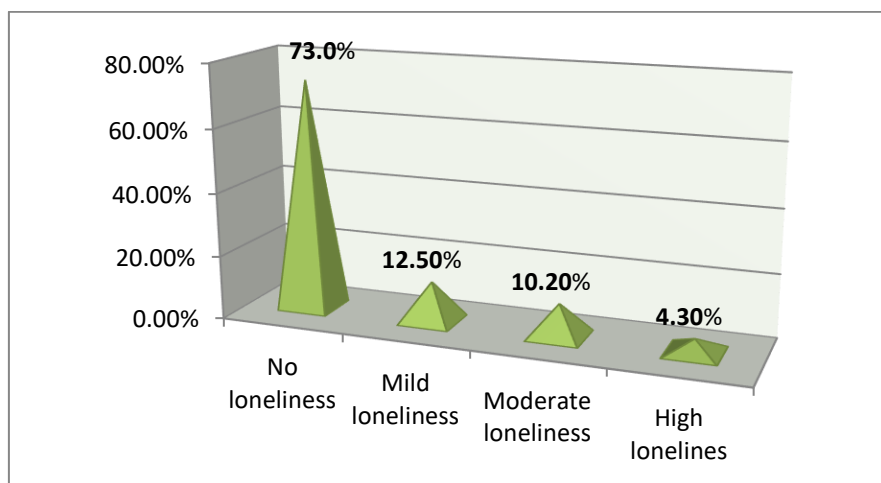

Figure (3) Percentage distribution of the studied students according to total level of loneliness (n=352).

Table (3): Correlations matrix between total level of social media addiction, alexithymia and loneliness among the studied students (n=352).

Variables	Total social media addiction		Total alexithymia		Total feeling of Loneliness	
	r	**P-value**	r	**P-value**	r	**P-value**
Total social media addiction	-	-	.342	.000**	.016	.766
Total alexithymia	.342	.000**	--	-	.517	.000**
Total loneliness	.016	.766	.517	.000**	--	-

(*) Statistically significant at p<0.05.   (**) highly statistically significant at p<0.01

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Discussion

Nursing is a profession which is in direct contact with people and requires face-to-face communication. However, in recent years, social media addiction (SMA) has become widespread among nursing students. It is obvious that the inactive time spent on social media will negatively affect the quality of the nursing service provided. Excessive use of social media causes behavioural addiction, with high levels of alexithymia detachment from real life, decline in academic achievement. Individuals who have fear of being away from social media report feeling loneliness when they spent time not using social media **(Boluktas,2022 and Xuan & Amat,2021).**

Therefore, the current study aimed to explore the relation between social media addiction and alexithymia and feeling of loneliness among students of Faculty of Nursing.

The present study was conducted on 325 students of faculty of nursing. Regarding to socio-demographic characteristics of the studied students, the result of the present study revealed that, less than three quarters of the studied students aged from18-<23 years old with **Mean ± SD** of the studied students age is 20.71 ± 1.21, more than half of them were female, the majority of them were single; while, more than one third of them were studied at fourth grade. furthermore, most of them had enough family income; also, more than half of them were residing at rural area, more than three quarters of their fathers were work and the majority of them consider their family were stable.

Concerning to data related to social media use , the result of this study revealed that, most of the studied students use facebook. From the researcher's point of view may be due to this social networking sites were originally designed to serve university students to build close communication between students, university and friends, and Facebook is one of the most prominent examples of this being a communication and interaction environment that is not confined by time or space - simple, free and easy to use. It is widespread and no student's phone is free of it. Makes students actively and positively involved.

This result was congruent with **Chandrasena & Ilankoon, (2022)** who conducted a study entitled "The impact of social media on academic performance and interpersonal relations among health sciences undergraduates, also, this result was congruent with **Tan et al.,(2022)** who conducted a study entitled " The Use of Social Media Improved Academic Performance among University Students" and revealed that, facebook is the most popular site that is used to communicate among students followed by What's up then Instagram and then other social media site.

Concerning to number of days of social media use ,most studied students use social media daily. From the researcher's point of view this may be due to the advancement of technology, new social media sites are evolving day by day and creating user-friendly and engaging applications. This will cause students throughout the day to browse through social media and make sure they stay connected to keep up to date.

This result was in disagreement with **Siddhartha et al., (2020)** who conducted a study entitled "Usage of social media among undergraduate university students" and revealed that, more than half of the students used social media daily for between frequency of 1–10 days.

According to duration of social media use , related to social media use and the result of this study revealed that, less than half of them use social media from 1 <4 hours per/

day. From a researcher's point of view, spending more time on social media may be due to the distracting nature of social media. It is essential to use social media to help with the academic success of undergraduates and to make connections with peers and faculty.

This result was in disagreement with **Alqahtani et al., (2020)** who conducted a study entitled "Relationship between Level of Internet Addiction, Loneliness and Life Satisfaction among College of Health and Rehabilitation Sciences Students' at Princess NourahBint Abdulrahman University" and reported that, the majority of the students use the social media for five to eight hours and more.

Regarding to the total level of social media addiction, this study revealed that, nearly half of the studied students had moderate level of social media addiction and less than half of them had not social media addiction while, minority of them had mild and high levels of social media addiction. From the researcher's point of view this may be due to the social media is described as a tool selected by student of faculty of nursing for diverse formal teaching and learning purposes. Using of blogging Ing, Facebook or YouTube is facilitate reflections as a teaching strategy for topics such as cultural competence, empathy, the therapeutic relationship, transition to practice and self-care. Also, help the nursing students consider issues of delegating and super vising, adapting to change, risk and quality management, and legal and ethical issues as they prepare to transition to practice. For these reasons, nursing students spend more time using social media where this increased risk of addiction.

These results were congruent with Zaw **& Azenal, (2021)** who conducted a study entitled "Association between Social Media Addiction and Mental Health Among International Islamic University Malaysia

(IIUM) Undergraduate Nursing Students. Also, "**Fauzi et al.,(2021)** who conducted a study entitled " Effect of social media addiction on academic performance among nursing students and **Ahmed,(2021)** entitled "Social media addiction and its relation to loneliness among adolescent" and mentioned that, the total levels social media addiction by the majority of nursing students were moderate. It could be said that social media plays a considerable role in their life as it brings addiction to them.

Concerning to the total level of alexithymia, the results of this study revealed that, more than half of the studied students had possible alexithymia level, while more than two fifths of the studied students had alexithymia level and the minority of them had no alexithymia level. From the researcher's point of view this may be due to half the studied student in the current study had moderate level of social media addiction. As the higher the level of social media addiction, the higher the alexithymia measurement score will be. Individuals who experience alexithymia often show difficulty in developing healthy and intimate, social relationships due to their inability to identify emotional states which can make these individuals feel more comfortable communicating through social media.

These results were in agreement with **Dalokay &Aydin,(2023)**who conducted a study entitled "The relationship between alexithymia, communication skills and mental well-being of nurses' in Turkey: A cross-sectional study and **Sancar & Aktas ,(2019)** who conducted a study entitled "The relationship between levels of Alexithymia and communication skills of nursing students" and revealed that, there could be some alexithymia in further nearly half of the students studied.

On the other hand, these results were in disagreement with a study carried out by **Yosep & Mardhiyah,(2022)** who conducted a

study entitled "The Description of Alexithymia in Nursing Students at Padjadjaran University with Social Media Addiction" and reported that, the majority of the students had a higher degree of alexithymia.

According to total level of loneliness, the result of this study reported that ,the nearly three quarters of the studied students hadn't feeling of loneliness, while less than one fifth of them had mild level of loneliness. From the point of view of the researcher, this may be because the percentage of loneliness among students of the Faculty of Nursing is very small due to the presence of student activities that are held within the college and also the presence of a scientific leadership group and therefore students do not feel lonely. Also, the frequent use of social media by the students reduces the feeling of loneliness.

Also, a minority of them had moderate and high levels of loneliness. From the point of view of the researcher, this may be due to the university students moving in a new environment and need to understand the Faculty requirements (nature of the subjects, lectures and preparation. etc) and moving from a place where they had close relationships to a more open society that is different demographically thus increases the feeling of loneliness.

These results were in the same line with **Gazo et al., (2020)** who conducted a study entitled "Social Self-Efficacy and its Relationship to loneliness and Internet Addiction among Hashemite University Students" and revealed that, a moderate to high level of loneliness affects the minority of them students.

On the other hand, these results were in disagreement with **Singh et al.,(2020)** who conducted a study entitled "Loneliness, social anxiety, social support, and internet addiction among postgraduate college students" and

reported that, the level of loneliness was high among students.

Part VI: Correlation between the studied variables

Regarding to correlation between total level of social media addiction and total level of alexithymia among the studied students, the result of this study revealed that, there was a highly statistically significant positive correlation between total level of social media addiction and total level of alexithymia among the studied students. From the researcher point of view this could be due to that alexithymia individuals tend to have reduced social skills, more difficulties in establishing and maintaining interpersonal relationships, lower perception of social support, and higher level of anxiety in relational interactions and can therefore perceive themselves as undesirable. From the perspective social media can be seen as a safer and less risky context for developing relationships.

This result was supported by **Ilter& Ovayolu,(2022)** who conducted a study entitled " The relations between the alexithymia levels and social media addictions of nursing students" and mentioned that there was a highly statistically significant positive correlation between total level of social media addiction and total level of alexithymia among nursing students.

Concerning to the correlation between total level of loneliness among the studied students and total level of alexithymia, the result of this study showed that, there was a highly statistically significant positive correlation between total level of loneliness and total level of alexithymia. From the researcher point of view this could be due to that students with alexithymia have difficulty in expressing their emotions and thus they have fewer close relationships, poor social support networks and often feel disconnected from others and feeling of loneliness. Also,

there is a relationship between alexithymia and loneliness when the time spent on social media is added to this, the alexithymia level may increase, and loneliness may deepen which cause difficulty in identifying the feeling of individual with alexithymia.

The result of this study was in agreement with a study carried out by Zhao **et al., (2022)** who conducted a study entitled "Serial Mediation Roles of Alexithymia and Loneliness in the Association between Family Function and Internet Addiction Among Chinese College Students" and found that, there was a highly statistically significant positive correlation between total level of loneliness and total level of alexithymia among the studied students.

Concerning to the correlation between total level of social media addiction among the studied students and total level of loneliness, the result of this study showed that, there was no statistically significant correlation between total level of social media addiction and total level of loneliness among the studied students. From the researcher's point of view, may be due to that the level of social med addiction in this study does not predict loneliness significantly among the studied students which can be explained that the individuals who spend more time on social media, form a relationship with other .furthermore that college students spend most of the time on social media to express themselves and communicate on Facebook and WhatsApp with friends and family and therefore do not feel lonely.

This result was in accordance with **Tus & Jhoselle ,(2021)** who conducted a study entitled " The Correlation between the Social Media Addiction, Social Anxiety, Loneliness, and Happiness Among Filipino Tertiary Students" and also ,a study done by **Turan et al., (2020)** entitled "Relationship between nursing students levels of internet addiction,

loneliness, and life satisfaction" and mentioned that, there was no statistically significant correlation between total level of social media addiction and total level of loneliness.

On the other hand, this result was in disagreement with **Ozsat et al., (2022)** who conducted a study entitled "Investigation of the effect of social media addiction levels of university students on virtual environment loneliness levels" and mentioned that, there was a moderate statistically significant positive correlation between total level of social media addiction and total level of loneliness. Probably attributable to the fact that university students feels stress as a result of their loneliness which leads them to over use of social media.

Conclusion:

Nearly half of the studied students had moderate level of social media addiction, and more than half of the studied students had possible alexithymia level and less than one fifth of them had mild level of loneliness. Also, it is observed that there was a highly statistically positive correlation between the total level of social media addiction and total level of alexithymia. Also, there was a highly statistically positive correlation between total level of loneliness and total level of alexithymia. While there was no statistical correlation between the total level of social media addiction and total level of loneliness.

Recommendations

For students:

1- Early screening for students to detect social media addiction using internet addiction for providing treatment early and preventing hazards to health.

2- Providing an educational program for students on the healthy practice of social media use.

3- Holding Seminars and workshops to arise an awareness among university

students about social media addiction and its negative effect.

For university:

1-The hazards and determinants of Internet technology should be added to the educational curricula and the methods that must be followed to avoid effects on physical, psychological, and social well-being.

2-creating a counseling center in universities to detect students with Psychological Problems early on.

3-Making brochures to raise awareness of the dangers of social media addiction and distributing it to university students.

For Society:

1- Activating the media by allocating daily or weekly targeted programs for young people to present the risks of social media addiction on university students particularly.

For further researcher:

1-Further studies about social media addiction are necessary to be understood well to reduce behavioral symptoms addiction and problematic uses of university students.

2. More research on the impact of loneliness symptoms on academic

success should be conducted.

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إدمان وسائل التواصل الاجتماعي وعلاقته بالألكسثيميا والشعور بالوحدة بين طلاب كلية التمريض

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منذ تشكيل مواقع الشبكات الاجتماعية ، اكتسب استخدام وسائل التواصل الاجتماعي شعبية بين طلاب الجامعة. وسائل التواصل الاجتماعي لها تطبيقات متنوعة لتعليم التمريض. تركز الأدبيات الحالية على كيفية استخدام أعضاء هيئة التدريس في التمريض لوسائل التواصل الاجتماعي في دوراتهم وتدريسهم. لا يعرف الكثير عن كيف ولماذا يستخدم طلاب التمريض وسائل التواصل الاجتماعي لدعم تعلمهم . لذا هدفت هذه الدراسة إلى استكشاف العلاقة بين إدمان وسائل التواصل الاجتماعي والألكسيثيميا والشعوربالوحدة لدى طلاب كلية التمريض .أجريت هذه الدراسة في كلية التمريض بجامعة بنها بمحافظة القليوبية .تم اختيارعينة هادفة مكونة من 352 طالبا من طلاب الصفوف الدراسية بكلية التمريض جامعة بنها .أظهرت النتيجة الرئيسية بأن أقل من ثلاثة أرباع (71.1٪) من الطلاب الذين تتراوح أعمارهم بين 18->23 سنة وأكثر من نصفهم (54.5٪) كانوا من الإناث، بمتوسط عمر الطالب 20.71 ± 1.21 ، وكانت الغالبية (95.7٪) منهم عازبين؛ في حين أن أكثر من الثلث (36.4 ٪) منهم يدرسون في الصف الرابع.أكثرمن نصف (54.3٪) الطلاب الذين شملتهم الدراسة لديهم مقياس فرعي معتدل للمعلومات الافتراضية يستخدم (80.4٪ ، 82.7٪) من الطلاب الذين شملتهم الدراسة فيس بوك في الغالب ويستخدمون وسائل التواصل الاجتماعي يوميا ، على التوالي. كما اوصت الدراسة بأنه يجب إضافة مخاطر ومحددات إدمان وسائل التواصل الاجتماعي إلى المناهج التعليمية والأساليب التي يجب اتباعها لتلافي آثارها السلبية على الصحة الجسدية والنفسية والاجتماعية.