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## **THE IMPACT OF SOCIAL MEDIA ADDICTION ON SLEEP QUALITY AND EMOTIONAL REGULATION**

### **Abstract**

This theoretical article examines the relationship between social media addiction, sleep quality, and emotional regulation. In recent years, social media has become a significant part of daily life. Although these platforms have advantages such as communication and building social relationships, they also have certain negative effects. This article examines the impact of social media addiction on two important aspects of mental health - sleep quality and emotional regulation. Social media addiction is associated with difficulty falling asleep at night, decreased sleep quality - frequent awakenings, difficulty falling asleep, and decreased sleep duration. Excessive use of social media platforms may cause these sleep disturbances. In addition, social media addiction has been associated with emotional dysregulation, mood swings, stress, and difficulties in regulating emotions. Based on empirical research findings, this article focuses on the relationship between social media addiction, sleep quality, and emotional dysregulation. By understanding these relationships, people can be educated about what can happen when social media use is inappropriate. This, in turn, is important for developing appropriate preventive strategies.

**Keywords:** social media addiction, sleep quality, emotional regulation, mental health.

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### **Introduction**

In the past, people used various communication tools to share and connect with each other. In recent years, the use of these tools has increased significantly, and the development of mobile devices and technologies has led to the widespread use of social media platforms. As a result, social media addiction has increased significantly. These technologies now play an important role in everyday life and help individuals sustain social connections and build meaningful interactions [1] Social media is considered the most active communication tool that enable people's daily lives today. Social media platforms come in various forms, including websites and programs. The most widely used social media tools are Facebook, Twitter, Instagram, and WhatsApp [2]. Each is important in solving many problems, but at the same time, excessive use can lead to negative

consequences. Despite the negative consequences, people still prefer social media networks. In the era of social media addiction, people face the problem of managing their time and carrying out their daily routines. These processes can negatively affect their mental health. In this regard, one of the studies in recent years is based on the originality of social media. Social media addiction can affect many psychological aspects. As expected, excessive use of social media in general during the day and at night, and excessive attachment to social media platforms are each associated with poor sleep quality, anxiety, and depression [3]. One of these important results is related to the impact on the quality of sleep. Spending too much time in front of a screen, especially at night, can affect sleep duration. The light emitted from electronic devices cannot pass through physiological processes.

In addition to sleep disturbances, social media use may affect emotional regulation. Emotional regulation is the ability of an individual to effectively manage and express emotions. Individuals who use social media excessively may experience mood swings, stress, and feelings of loneliness. In contrast, individuals who regulate their emotions more effectively may use social media less [4].

Previous studies have examined the relationships between social media addiction, sleep quality, and emotional regulation. However, limited research has examined how social media addiction affects both sleep quality and emotional regulation. Understanding these relationships is important for identifying potential psychological risks. Therefore, the current study examines the impact of social media addiction on sleep quality and emotional regulation.

### **Main body**

Social media addiction is a behavioral addiction characterized by frequent checking for getting information, excessive screen exposure, and disruption of social relationships. According to study [5], social media addiction is also considered a form of behavioral addiction with a highly complex nature. Furthermore, the increasing use of smartphones and social media platforms leads to the development of this addiction. Prolonged use of social media platforms can promote to the development of social media addiction, especially among adolescents and university students. This condition is characterized by excessive screen time and difficulties in maintaining reciprocal relationships [6]. The development of social media addiction can trigger some psychological and behavioral conditions, such as depression, low self-confidence, and sleep disturbances.

Several factors play a significant role in the development of social media addiction. One of the key mechanisms is associated with the brain's reward system. The neurotransmitter dopamine produces a temporary feeling of pleasure and reinforcement. Another contributing factor is

that individuals may use social media to escape responsibilities, stress, or other negative aspects of daily routines. In addition, some people may have difficulty maintaining meaningful interactions and therefore prefer online communication. As a result, this can lead to spending more time on social media. According to study [7], the majority of the students reported a lack of friends as a primary reason for using social media. Over time, this frequent use may become habitual and contribute to the development of addiction. These factors explain why individuals are more susceptible to social media addiction.

Social media addiction encompasses a number of behavioral characteristics. Individuals with this addiction may experience difficulty controlling their social media use and maintaining a balanced lifestyle. Key characteristics of social media addiction include compulsive checking, neglect of responsibilities, and social isolation. Individuals often spend more time on social media than they intended. Time passes quickly for them, and they may not be aware of time. This loss of control can lead to distraction from important responsibilities. These individuals may prioritize social media use over their daily activities.

Another important symptom is social isolation. These individuals may have difficulty interacting with others due to their excessive use of social media. As they use of social media a lot, they gradually become socially withdrawn. However, they spend too much time on social media and distance from society and begin to prioritize online interaction. Over time, this can cause problems in their interpersonal communication and problems with self-expression. The main symptoms of social media addiction are different from other psychological conditions. Studies have shown that the symptoms of social media addiction remain stable over time. Although these symptoms are related to psychological conditions such as depression, anxiety, and stress. However, they still represent social media addiction as a separate behavioral phenomenon [8]. Recognizing these symptoms is crucial for understanding the impact of



social media addiction on both psychological well-being and daily functioning.

**Impacts of social media addiction.**

Social media provides a wide range of opportunities. However, excessive use of social media can affect the daily energy of individuals and lead to addictive behaviors [9]. Social media platforms can be used for a long time to cause procrastination in daily activities. This means that individuals may delay their tasks, studies, and other important responsibilities. This process is not limited to these outcomes alone, at the same time, social media addiction may also affect the psychological and physiological development of individuals. Therefore, social media addiction is considered a serious condition. It should be emphasized that, if individuals are unable to control their behaviors and spend more time on social media platforms than on their daily activities, these may increase negative effects.

One of the psychological consequences of social media addiction is an increase in anxiety and depressive symptoms. Individuals can face negative effects alongside positive effects while using social media. This exposure can trigger an effective social situation, which in turn increases psychological tension and emotional stress. Excessive screen time and compulsive checking are correlated with depressive symptoms. According to research, depressive symptoms are also associated with social media addiction [10]. This in turn may lead to lower life satisfaction and increased emotional instability.

Cognitive function is also an important area affected by social media addiction. Constant searching, browsing, multitasking, and processing large amounts of information at the same time can reduce attention and concentration. Exposure to multitasking behaviors reduce attention and concentration. Over time, this can negatively affect memory, attention, and academic achievement. These cognitive difficulties may also contribute to passivity and have a negative impact on analytical thinking and overall productivity.

**Effects of social media addiction on sleep quality.** Sleep plays a major role in human development and improves overall psychological well-being. There are a number of factors that affect sleep quality, including biological and psychological factors. According to the article, sleep is a key component of the circadian rhythm and is associated with the functions of the autonomic nervous system. It is a complex physiological process and usually covers about a third of a person's life [11].

Good sleep quality generally involves waking up rested and refreshed. However, poor sleep quality encompasses difficulty falling asleep and short duration. According to the study, more than half of the adolescent students had extremely high social media addiction, the majority of them had poor sleep quality [12]. Adequate sleep is essential for mood regulation, attention, cognitive performance, and overall healthy development.

Excessive use of social media platforms, especially at night, can negatively affect sleep patterns. Spending a lot of time in front of a screen can reduce total sleep time. In addition, studies have shown that social media addiction and its effects affect academic energy in university students. Sleep quality also mediates this relationship, suggesting that excessive social media use may reduce academic involvement [13].

Social media can have several effects on sleep. One of the main reasons is the blue light emitted from screens, which affects the sleep-wake cycle. This in turn, may lead to delayed beginning of sleep. Many adolescents stay up late using social media instead of going to bed. Notifications during the night interrupt sleep continuity and cause fragmented sleep. In addition, cognitive and emotional stimulation from social media can increase psychological arousal, making it difficult to fall asleep. Over time, these physiological and behavioral factors may lead to poor sleep quality and concentration problems. Therefore, social media addiction negatively affects both the quantity and quality of sleep.

**Effects of social media addiction on emotional regulation.** Social media has both positive and negative consequences for psychological well-being, particularly in relation to emotional regulation [14]. These platforms can be highly effective for communication and facilitate daily life, but excessive using of social media platforms may also impact emotional well-being. The relationship between social media addiction and emotional regulation is complex. Emotional regulation refers to an individual's ability to manage and express their emotions in different situations. It may involve behaviors such as trying to reduce anger or anxiety in challenging situations or focusing on reasons to feel happy or calm. People frequently and unconsciously use emotion regulation strategies to cope with challenging situations in daily life [4]. Individuals with poor emotional regulation may be more vulnerable to social media addiction. Childhood trauma can impair emotion regulation abilities in adulthood, which in turn increases the risk of developing social media addiction [15]. As a result, many people use social media as a coping strategy to manage negative emotions such as sadness, loneliness, and anxiety. However, this behavior is often effective only temporarily.

For example, instead of accepting negative emotions, individuals may distract themselves by watching videos, or searching for content on the internet. Over time, this type of emotional regulation may disrupt the development of healthy problem-solving skills. As a result, mood swings and repressed emotions may increase psychological problems. Prolonged exposure to social media may decrease self-esteem, and overall psychological well-being. This pattern may lead to relationship problems and contribute to social media addiction. Several critical areas regarding the relationship between social media addiction and emotional regulation remain underexplored. For example, the long-term effects of social media addiction on emotional development across different age groups have yet to be examined. Therefore, this article focuses on these gaps.

## Discussion

The present study examined the relationship between social media addiction, emotional regulation, and sleep quality. The results indicate that higher levels of social media addiction are associated with greater difficulties in emotional regulation and poorer sleep quality. The impact of social media addiction on psychological well-being has been widely reflected in previous studies.

Difficulties in emotional regulation may lead individuals to use social media as a coping strategy in challenging situations. Rather than managing their emotions in adaptive ways, individuals may prefer online browsing, scrolling, or online communication to avoid negative thoughts and experiences. Prolonged use of social media may reinforce addictive habits and diminish the development of healthy emotional regulation skills.

The connection between social media addiction and poor sleep quality may be explained by several mechanisms. Excessive use of social media platforms at night and exposure to blue light may damage sleep quality. These findings add to the existing research that explores psychological factors related to social media addiction.

Considering the association between social media addiction, emotional regulation difficulties, and sleep quality, interventions aimed at improving emotional regulation skills may help reduce social media addiction and its negative consequences. Additionally, raising awareness about the impact of nighttime social media use on sleep quality may contribute to better psychological well-being.

## Conclusion

This study investigated the relationship between social media addiction, emotional regulation, and sleep quality. The findings indicate that higher levels of social media addiction are associated with difficulties in emotional regulation and poorer sleep quality. These results suggest that social media addiction may negatively influence both emotional functioning and sleep quality.

The study highlights that individuals who have difficulty regulating their social



media use and this process affects their daily responsibilities and they may experience lower life satisfaction, emotional instability, as well as psychological and physiological dysfunctions.

These findings also emphasize the importance of social media use. Overall, they contribute to the understanding of the psychological factors related to social media addiction and emphasize the significance of these factors in individuals' well-being.

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## **SOSIAL MEDIA ASILILIĞININ YUXU KEYFİYYƏTİNƏ VƏ EMOSİONAL TƏNZİMLƏMƏYƏ TƏSİRİ**

### **Xülasə**

Bu nəzəri məqalə sosial media asılılığı, yuxu keyfiyyəti və emosional tənzimləmə arasındakı əlaqəni araşdırır. Son illərdə sosial media gündəlik həyatın mühüm hissəsinə çevrilmişdir. Bu platformalar ünsiyyət və sosial münasibətlərin qurulması kimi üstünlüklərə malik olsa da, onların müəyyən mənfi təsirləri də vardır. Bu məqalə sosial media asılılığının psixi sağlamlığın iki mühüm aspektinə — yuxu keyfiyyətinə və emosional tənzimləməyə təsirini araşdırır. Sosial media asılılığı gecə yuxuya getməkdə çətinlik, yuxu keyfiyyətinin azalması — tez-tez oyanmalar, yuxuya getməkdə çətinlik və yuxu müddətinin azalması ilə əlaqələndirilir. Sosial media platformalarından həddindən artıq istifadə bu yuxu pozuntularına səbəb ola bilər. Bundan əlavə, sosial media asılılığı emosional pozuntu, əhval dəyişkənliyi, stress və emosiyaların tənzimlənməsində çətinliklərlə əlaqələndirilmişdir. Empirik tədqiqat nəticələrinə əsaslanaraq, bu məqalə sosial media asılılığı, yuxu keyfiyyəti və emosional pozuntu arasındakı əlaqəyə diqqət yetirir. Bu əlaqələri anlamaqla, insanlar sosial medianın düzgün istifadə olunmadığı zaman nə baş verə biləcəyi barədə maarifləndirilə bilər. Bu iş öz növbəsində uyğun profilaktik strategiyaların hazırlanması üçün vacibdir.

**Açar sözlər:** sosial media asılılığı, yuxu keyfiyyəti, emosional tənzimləmə, zehni sağlamlıq.

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## **ВЛИЯНИЕ ЗАВИСИМОСТИ ОТ СОЦИАЛЬНЫХ СЕТЕЙ НА КАЧЕСТВО СНА И ЭМОЦИОНАЛЬНУЮ РЕГУЛЯЦИЮ**

### **Резюме**

Данная теоретическая статья рассматривает взаимосвязь между зависимостью от социальных сетей, качеством сна и эмоциональной регуляцией. В последние годы социальные сети стали значимой частью повседневной жизни. Хотя эти платформы имеют такие преимущества, как общение и построение социальных отношений, они также имеют определённые негативные эффекты. Эта статья рассматривает влияние зависимости от социальных сетей на два важных аспекта психического здоровья — качество сна и эмоциональную регуляцию. Зависимость от социальных сетей связана с трудностями засыпания ночью, снижением качества сна — частыми пробуждениями, трудностями засыпания и сокращением продолжительности сна. Чрезмерное использование платформ социальных сетей может вызывать эти нарушения сна. Кроме того, зависимость от социальных сетей связана с эмоциональной дисрегуляцией, перепадами настроения, стрессом



и трудностями в регулировании эмоций. Основываясь на результатах эмпирических исследований, данная статья фокусируется на взаимосвязи между зависимостью от социальных сетей, качеством сна и эмоциональной дисрегуляцией. Понимая эти взаимосвязи, люди могут быть информированы о том, что может происходить при неправильном использовании социальных сетей. Это, в свою очередь, важно для разработки соответствующих профилактических стратегий. **Ключевые слова:** зависимость от социальных сетей, качество сна, эмоциональная регуляция, психическое здоровье.

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