

The Impact of the Use of Social Media Sites on Marital Disputes from a Married Couple's Point of View - Field Study in the City of Aflou –

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Received: 26/08/2025 ; Accepted: 10/04/2026

Abstract:

This study seeks to identify precisely how using social media platforms influences marital disagreements. Furthermore, it aims to uncover any significant differences in this impact based on variables such as gender, the specific type of social network being used, and the individual's occupation. The research also strives to discover the statistical relationship between the effect of social media use on marital conflicts, on the one hand, and both the couple's age and the duration of their marriage, on the other. Employing a quasi-experimental methodology, deemed most suitable for such an investigation, the study was conducted on a sample consisting of eighty (80) families (both husbands and wives).

The primary instrument used was the "Social Media Use and Marital Disputes Scale," originally developed by researcher Qachmar Ali Lotfi Ali in 2019; this scale comprises twenty-eight (28) statements thoughtfully distributed across four (04) distinct axes. To analyze the collected data and arrive at the study's findings, the Statistical Package for the Social Sciences (SPSS, version 22) was utilized. In conclusion, the research puts forward a series of recommendations deemed appropriate and relevant to this critical subject matter.

Keywords: Social Media Sites; Marital Disputes; Married Couples; Facebook; Instagram.

Introduction / Core Problem Statement:

Navigating through life, an individual inevitably encounters numerous difficulties and diverse situations, constantly finding themselves exposed to various external challenges. Consequently, many families, particularly in the current century, have faced a multitude of events and rapid-fire changes across all areas and levels of their public and private relationships. Among these pervasive phenomena, which are present all around us and which we currently coexist with, are social media sites. These platforms have gradually morphed into a significant source of anxiety, a genuine threat, and a cause for considerable concern for public relationships in general, but more specifically, for familial bonds. This threat is most acutely embodied within the family unit itself—the husband and wife—who stand at the very forefront of family life and are in direct, daily contact with these digital tools. They use these platforms to communicate with each other, with their friends, and with those around them; yet, by doing so, their lives become increasingly precarious on a daily basis. This direct and often problematic engagement with social media sites, coupled with their frequent misuse, can lead to a fundamental shift in their lifestyles, fostering a sense of isolation from relatives and the wider family. All of this, in turn, can leave deep psychological scars—residual emotional and mental distress resulting from their immersion in and improper use of these virtual spaces. Having thus found themselves in a genuine confrontation with psychological and social isolation, emotional detachment, and a marked inability to manage their time effectively, one of the most prominent outcomes of this phenomenon emerges: marital disputes. A marital dispute can be defined as a state of intense, often overwhelming, tension that exceeds a couple's capacity to cope, resulting from external factors and internal psychological pressures that generate a severe internal conflict. This conflict is frequently ignited by their constant engagement with social media platforms like Facebook, Instagram, Twitter, and others. This constant exposure renders them more vulnerable to difficult psychological situations following their excessive use. The more severe the addiction to these sites becomes, the more intense and frequent family disputes tend to be, which inevitably leads to a cascade of negative consequences affecting both spouses—individually, towards one another, and within their broader community.

Family relationships in the contemporary era are considered among the most pressing topics occupying the minds of specialists, particularly psychologists and sociologists. These experts attach immense importance to them, recognizing the fundamental role family relationships play in shaping all other relationships throughout one's life. This is especially crucial given the dizzying, accelerated pace of events and the sweeping technological and scientific developments that

have profoundly impacted the psychological, social, and physical well-being of individuals. After all, we live in a world teeming with anxiety-inducing events and psychological disorders that threaten the mental, physical, social, and material security of people. The intensity and severity of tension within relationships can vary significantly from one person to another, yet conflict in relationships arises from the complex psychological and physical interactions with external events that affect individuals of all ages, without exception.

Marital relationships, without a doubt, stand out as the most critical of all relationships for individuals suffering from family problems. This is due to the multiplicity of sources of such problems and the immense burdens and responsibilities that these marital bonds entail for the very fabric of society. The couple and the strong, resilient relationship between them represent, in essence, the present and the future of an entire nation. Consequently, when discord succeeds in breaking the bonds of a single family, it does not merely destroy one home or unleash a limited, contained evil; rather, it plunges the whole community into a raging fire and a spreading, destructive harm (Hamissah, 2009, p. 4). Building such a relationship, therefore, demands immense psychological and physical energy, especially in our current times, marked by the emergence of the COVID-19 pandemic. This pandemic has become a haunting obsession for our communities and families, creating numerous imbalances in marital relations and negatively impacting both professional and domestic life. It has generated a host of disorders due to the responsibilities placed on couples and the pressures they endure—pressures stemming from their own disagreements and the fear they hold for themselves and their families regarding the increasing frequency of disputes, all within a context of diminished family interaction among household members.

Furthermore, the impact of social media use on marital conflicts can generate clear psychological effects, leading to the emergence of various disorders if adequate psychological care, support, and follow-up are not provided to families experiencing marital strife. These disorders may include addiction to social media itself, as well as depression, psychological isolation, marital maladjustment, emotional deprivation, and so on. Therefore, the central axis of our study revolves precisely around the impact of using social media sites on marital disputes. From this vantage point, we pose the following key questions:

- To what extent does the impact of social media use on marital disputes manifest among married couples in the city of Aflou, from their own point of view?
- Is there a statistically significant, substantive correlational relationship between the impact of social media use on marital disputes (as perceived by married couples) and each of the variables: age and marriage duration?
- Are there any statistically significant differences in the impact of social media use on marital disputes (from the perspective of the married individuals in Aflou) attributable to gender, the type of social network used, or their occupation?

2. Reasons for Choosing the Subject:

Among the reasons that led us to select this particular topic is that it represents a simultaneously modern and timeless issue, one of considerable importance, especially in the current era. This is given the technological revolution the world is witnessing, the sheer multitude of diverse social media platforms, and their undeniable effects on family relationships, most notably between spouses.

Objectives of the Study: This research specifically aims to:

- Determine the extent of the perceived impact of social media use on marital disputes from the standpoint of married couples.
- Ascertain the nature of the relationship between the impact of social media use on marital disputes (as seen by couples) and both their age and the length of their marriage.
- Identify the differences in the impact of social media use on marital disputes (from the viewpoint of married couples) based on gender, the type of social network used, and their professional occupation.

Significance of the Subject: The significance of this study can be broken down into two main aspects:

A. Theoretical Importance: This can be summarized as follows:

- The importance of the study sample (married individuals), who represent the fundamental pillar and cornerstone of the entire family system.
- The significance of the study's realistic, tangible problem, given its seriousness and potential impact on individuals (both husband and wife) and their children, and how this inevitably reflects on their daily lives.
- The subject's importance also emanates from the very act of highlighting and calling attention to the consequences arising from the impact of social media use on marital disputes, as perceived by the couples themselves.

B. Applied / Practical Importance: This lies in the following points:

- The study's value lies in enriching libraries and academic repositories with research dedicated to this topic. It can serve as a key reference for students and other researchers, as well as a prior study from which future investigations can launch.
- The research is crucial as it helps determine the level and prevalence of the impact of social media use on marital disputes experienced by husbands and wives. Understanding this level can help generate findings aimed at improving the circumstances and well-being of this specific population group.

Study Variables:

Social Media Sites: The term "social media" refers to the process of communication among a number of people via electronic websites and services that ensure rapid and widespread dissemination of information. Meanwhile, the term "social" points to one of the fundamental human needs upon which the nature of human life is built—a need that people cannot dispense with when constructing their lives. Indeed, the very idea of communication forms the bedrock upon which social media sites are established, considering them as interconnected systems encompassing a set of shared values, opinions, and ideas. These are not merely sites that provide you with information; rather, they simultaneously interact with you as you disseminate that information to those within your own network. They also shape the style of information exchange, making it almost instantaneous via the internet. In essence, social networks, through communication media, have transformed specific behavioral patterns, successfully establishing a system more capable of fostering user participation and achieving a greater degree of tolerance and effectiveness in communication. This has become strikingly evident in social media. Consequently, what truly distinguishes new global media—benefiting from modern communication technologies—is precisely a degree of interactivity with the elements of the communicative process and its influence on them. We tend to measure the impact and characteristics of social networks by the amount of time a user spends browsing them, the type of information browsed, published, and exchanged, and finally the type of function for which the user employs the social media site (Ben Charqi et al., 2019, p. 301).

Marital Disputes: These are disagreements arising from a lack of psychological or social solidarity between spouses, as well as their failure to agree on shared habits and lifestyles (Qachmar, 2019, p. 4).

Operational Definition: This refers to the final score obtained by married individuals after the application of the "Scale of the Impact of Social Media Use on Marital Disputes."

Previous Studies:

- Study (1) by Qachmar (2019) aimed to identify the impact of social media use on marital disputes from the perspective of married employees at Palestinian universities, in addition to determining the effect of variables such as gender, age, place of residence, and educational qualification. The study population consisted of married social media users in Palestinian universities; a random sample of 160 such individuals was selected. The questionnaire comprised 28 items divided into four dimensions, with a reliability coefficient of 0.88, confirming the tool's suitability for the study's purposes.
- Study (2) by Al-Harithi and Al-Shahrani (2018) sought to understand the impact of social networks on marital relationships and the social roles that contribute to marital conflicts within Saudi families in the city of Taif. It was applied to a sample of 150 individuals (84 males, 66 females) using a descriptive survey method and a 41-item questionnaire. Using SPSS, the results indicated no statistically significant differences (at $\alpha = 0.05$) in the responses regarding the impact of social networks on marital conflicts based on variables like gender, social status, age, job,

education level, or income. The study recommended raising community awareness about using these networks in ways that do not harm the marital bond.

- Study (3) by Al-Kurd examined the impact of social networks on marital adjustment within the Palestinian family, using Facebook as a model and a scale developed by the researcher. The sample of 140 males and females, chosen by simple random sampling, revealed two main results: first, Facebook use has a substantial impact on marital relationships; second, this impact is significantly more pronounced on males than on females.

Studies Specifically on Marital Disputes:

- Study (1) by Al-Johari (2020) investigated the strategies employed by abused wives to manage marital conflicts and how these strategies relate to the family security of their children. Applied to 267 abused wives and 267 of their children, using a general data form, a marital conflict management strategies scale, and a family security scale, the study found varying relative weights for the axes of marital conflict management strategies among the wives.
- Study (2) by Mahmoud (2010), titled "Marital Disputes and Their Repercussions on the Family: A Field Study in Mosul City," aimed to identify the nature of marital disputes and their effects on the husband, wife, and children. Using social survey and comparative methods, along with questionnaires and interviews, the research concluded that marital disputes have significant negative effects on all parties. These effects impact psychological comfort, job performance, the home environment, and the social upbringing of children, while also eroding love and tolerance among family members and destabilizing the household, ultimately leading to broader societal instability.

Studies Specifically on Social Media Sites:

- The research paper by Abou (2020) tackles a highly significant and contemporary issue: social media and its impact on marital relationships. This ethnographic study on a sample of families in the Wilaya of Mostaganem examines the social impact of these sites, given that it has become almost mandatory for every individual to own an account and create their own virtual world. Misuse at any moment can lead to problems, especially for couples. Among the negative effects identified are addiction, loss of trust, neglect, emotional divorce, infidelity, and even final divorce. Using an ethnographic approach and tools like interviews and participant observation, this study attempted to explore the extent of the impact of social media on marital relationships within the marital society.

Study Hypotheses:

1. The impact of social media use on marital disputes, from the point of view of married couples in the city of Aflou, is prevalent to a high degree.
2. There is a statistically significant, substantive correlational relationship between the impact of social media use on marital disputes (as perceived by married couples in Aflou) and each of the variables: age and marriage duration.
3. There are statistically significant differences in the impact of social media use on marital disputes (from the viewpoint of married couples in Aflou) attributable to gender, the type of social network used, and occupation.

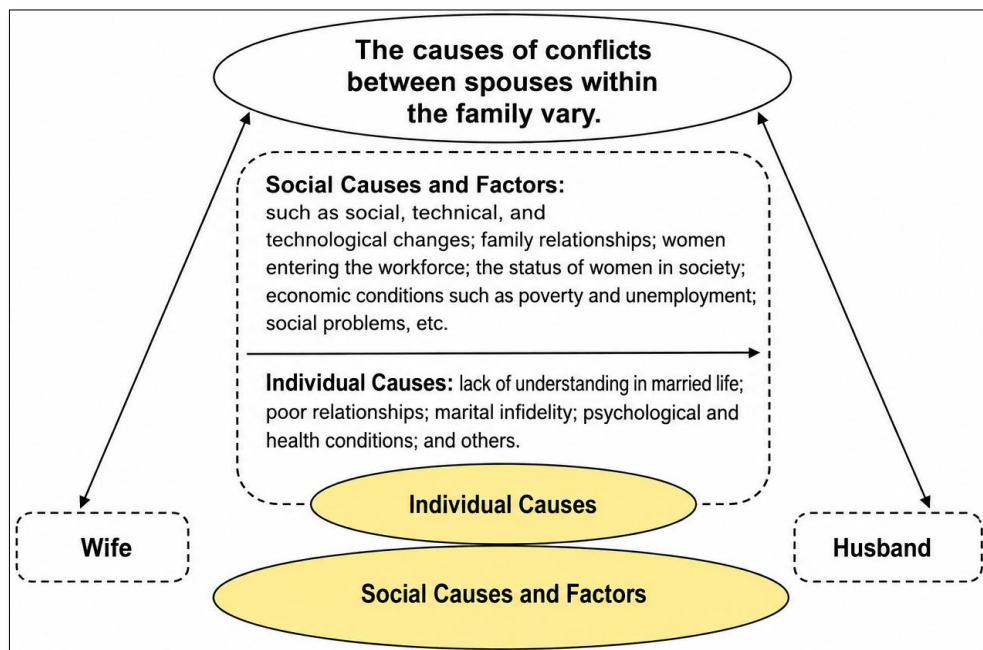
Theoretical Framework:

1. Marital Disputes:

Linguistically, family disputes are defined as conflicts between two opposing parties to achieve a right or invalidate a falsehood (Contemporary Arabic Lexicon). Marital disputes, more specifically, refer to the persistent discord between spouses concerning emotional, psychological, personal, legal, behavioral, health, sexual, social, educational, and professional aspects, including parenting styles and polygamy; such discord prevents the achievement of marital harmony (Al-Juhani, 2005). Mahmoud (2010), on the other hand, defines marital disputes as a clash of perspectives on various life matters between husband and wife, leading to arguments or quarrels. The Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV, 1994), defines family conflicts as a pattern of interaction characterized by negative, distorted, or absent communication (e.g., withdrawal), resulting in a clinically significant impairment in an individual's psychological functioning or in the relationship itself, or the development of symptoms in one or both spouses, particularly when misconceptions and negative problem-solving dominate marital life.

Causes of Marital Disputes:

Figure 1: Causes of Marital Disputes



Source : (Boukhedouni, 2013, p. 10)

Social Media Sites:

Social networks are considered electronic websites that allow people to communicate with each other anytime, anywhere; they are virtual communities that enable users to share ideas, opinions, learn about each other's experiences, and form new friendships. This technology has ushered in a new era of communication and interaction among people, characterized by an abundance of information and knowledge provided to users, facilitating communication between individuals while reducing its cost and duration compared to the past (Abdel Gawad, n.d., pp. 99-100). These sites have spread widely across the internet in recent years, multiplying and diversifying in their attempts to offer numerous services and meet various user needs, with Facebook, Twitter, YouTube, and WhatsApp at the forefront. Definitions of social media sites are numerous and vary from one researcher to another. For instance, Balas (2002) defines them as sites used to build virtual communities on the internet network, enabling individuals to connect with one another for a wide variety of reasons (Al-Mansour, 2012, p. 62).

Theories Explaining the Phenomenon of Social Media Use:

The First Theory: Symbolic Interactionism. Proponents of this theory trace its roots to the ideas of the German sociologist Max Weber, who emphasized that understanding the social world comes through grasping the orientations of the individuals with whom we interact, and that comprehending social phenomena requires analyzing social action within society. Many social psychologists, such as George Herbert Mead, subsequently developed his ideas (Hamdaoui, 2015, p. 51). Herbert Blumer clarified the concept of symbolic interaction theory as a system of symbols and the individuals' understanding of them within the group. This theory stresses that the cornerstone of the social environment is the individual's acquisition of interpretations of the symbols practiced by the group into which the child is born—the symbols, their understanding, and their interpretation (Al-Khatib, 2015, p. 260). The meaning of symbols: Symbols are signs or gestures made by an individual that carry specific meanings for others. During the social interaction process, these symbols have particular connotations in the minds of individuals. Typically, a child acquires interpretations of these symbols involuntarily through their dealings with others (Al-Khatib, 2015, p. 262).

Having addressed the theoretical aspects of the study, we will now turn to the fieldwork component, which encompasses the following:

First: Study Methodology: The method employed in this research is the descriptive approach. Through this approach, we sought to study the impact of social media use on marital disputes from the viewpoint of married couples via a field study in Afloou. The descriptive method was chosen because it relies on studying the phenomenon exactly as it exists in reality, providing an accurate description expressed both quantitatively and qualitatively. Qualitative expression describes the phenomenon and clarifies its characteristics, while quantitative expression provides a numerical description indicating the phenomenon's magnitude, volume, and degree.

Second: Study Boundaries: The study included the following delimitations:

- **Spatial Boundaries:** The field study was conducted within the city of Afloou.
- **Temporal Boundaries:** The subject was registered and the study carried out roughly between mid-March and the end of April.
- **Human Boundaries:** A primary sample of eighty (80) married individuals of both sexes was selected using an incidental/convenience sampling method. From this, a pilot study sample of thirty (30) married individuals (both sexes) was also drawn.

Third: Study Sample: The study sample consisted of:

1. **The Pilot Sample:** This sample comprised 17 males (56.70%) and 13 females (43.30%), chosen incidentally. The age range was between 21 and 54 years, with a mean age of 33.17 years (SD = 08.96). It included 11 non-working individuals (36.70%) and 19 working individuals (63.30%). Table (01) illustrates the characteristics of this pilot sample.

Table (01): Characteristics of the Pilot Sample

Variable		Males (17)		Females (13)		Total (30)	
		N	%	N	%	N	%
Age (21-54)		17	56.70	13	43.30	30	100
Occupation	Not Working	4	23.50	7	53.80	11	36.70
	Working	13	76.50	6	46.20	19	63.30
Total		17	100	13	100	30	100

2. **The Primary Sample:** The main study sample consisted of 47 males (54.00%) and 33 females (46.00%), also selected incidentally. The age range was between 21 and 55 years, with a mean age of 33.24 years (SD = 09.03). It included 25 non-working individuals (30.00%) and 55 working individuals (70.00%). Table (02) displays the characteristics of this primary sample.

Table (02): Characteristics of the Primary Sample

Variable		Males (17)		Females (13)		Total (30)	
		N	%	N	%	N	%
Age (21-55)		47	54.00	33	46.00	80	100
Occupation	-Not Working	6	22.20	19	39.10	25	30.00
	Working	34	77.80	21	60.90	55	70.00
Total		40	100	40	100	80	100

Fourth: Study Instrument:

The validity and reliability of the scale were calculated for the current study. The chosen tool was the "Scale of the Impact of Social Media Use on Marital Disputes from the Married Couple's Point of View," developed by Qachmar

Ali Lotfi Ali (2019). This scale measures the indicator of the impact of social media use on marital disputes and includes 28 statements distributed across 4 dimensions, with 7 statements per dimension. Responses are given on a five-point Likert scale (Never, Rarely, Sometimes, Often, Always), where positive statements are scored from 1 to 5.

Table (03): Questionnaire Items by Study Area/Instrument Domains

Items	Number of Items	Dimension
01 – 07	07	First: Impact of Social Media Sites on Social Life
08 – 14	07	Second: Impact of Social Media Sites on the Marital Relationship
15 – 21	07	Third: Impact of Social Media Sites on Children
22 – 28	07	Fourth: Impact of Social Media Sites on Behavior

Validity (Truthfulness): Validity was calculated in two ways:

- **Content Validity:** Internal consistency validity of the scale was calculated by correlating the score of each item with the total score of the scale. Table (04) presents the results of the statistical analysis for content validity.

Table (04): Correlation Coefficient of Each Item with the Total Score

Item No.	Correlation Coefficient	Sig. Level	Item No.	Correlation Coefficient	Sig. Level
01	*0.37	0.042	15	**0.58	0.001
02	0.27	0.138	16	**0.55	0.002
03	**0.49	0.006	17	**0.69	0.001
04	0.23	0.209	18	**0.62	0.001
05	**0.51	0.004	19	**0.82	0.001
06	**0.73	0.001	20	**0.46	0.009
07	0.31	0.086	21	**0.60	0.001
08	**0.59	0.001	22	**0.55	0.001
09	**0.45	0.012	23	**0.50	0.005
10	**0.44	0.014	24	0.17	0.358
11	0.29	0.117	25	**0.74	0.001
12	**0.69	0.001	26	**0.46	0.009
13	*0.37	0.039	27	**0.65	0.001
14	**0.83	0.001	28	**0.62	0.001

**p<0.01, *p<0.05

Table (04) shows that 5 items were non-significant, while 23 items were significant at the 0.01 or 0.05 level, with coefficients ranging between (*0.37 – **0.83). This indicates internal consistency, confirming that the items are valid for what they were designed to measure.

- **Extreme Group Validity (Discriminant Validity):** Differences between the mean scores of the high-scoring and low-scoring groups were calculated using a t-test for significance. Table (05) shows the results of this analysis.

Table (05): Differences between High and Low Score Means on the Scale

Scale	Low Scores (N=15)		High Scores (N=15)		df	T-value	Sig. Level
	Mean	SD	Mean	SD			
Impact of Social Media Use on Marital Disputes	71.53	10.04	97.07	11.99	28	-6.32	0.0001
**p<0.01							

Table (05) reveals statistically significant differences at the 0.01 level between the high-scoring and low-scoring groups on the impact scale, with a t-value of -6.32. This means the scale is valid and can be reliably used in the current study.

B- Reliability: The reliability coefficient of the scale was calculated using Cronbach's Alpha and the Guttman split-half equation. Table (06) displays the results of the reliability analysis.

Table (06): Cronbach's Alpha and Guttman Split-Half Reliability

Scale	Number of Items	Cronbach's Alpha	Guttman Coefficient
Impact of Social Media Use on Marital Disputes	28	0.91	0.84

As seen in Table (06), Cronbach's Alpha reliability coefficient for the scale was 0.91, and after correction for length using the Guttman equation, it was 0.84. Both are high values, indicating the scale's strong reliability.

Fifth: Study Procedures: This study was carried out according to the following steps:

1. Reviewing relevant theoretical frameworks and previous studies related to the research variables.
2. Selecting the appropriate scale for conducting this study, which was the "Scale of the Impact of Social Media Use on Marital Disputes from the Married Couple's Point of View."
3. Applying the study instrument to a pilot sample of thirty (30) families (husband and wife) in the city of Aflou to verify the scale's validity and reliability.
4. Applying the main study instrument to a primary sample of eighty (80) families (husband and wife) in Aflou to test the research hypotheses.
5. Correcting the scales and tabulating data, followed by extracting, interpreting, and discussing the results.
6. Formulating recommendations and proposals in light of the obtained findings.

Sixth: Statistical Methods: The Statistical Package for the Social Sciences (SPSS version 24) was used. The following statistical methods were employed:

1. Pearson's correlation coefficient.
2. T-test for significance of differences between means.
3. Cronbach's Alpha coefficient for reliability.
4. Guttman's split-half equation.
5. Arithmetic and hypothetical means, and standard deviation.
6. One-way analysis of variance (ANOVA) to calculate differences.

Presentation, Analysis, and Discussion of Results:

First: Presentation, Discussion, and Interpretation of the First Hypothesis Results: This hypothesis states: *The impact of social media use on marital disputes, from the point of view of married couples in the city of Aflou, is prevalent to a high degree.*

To verify this hypothesis, the researchers calculated the hypothetical and actual means regarding the prevalence of this impact. Table (07) presents the results of the statistical analysis.

Table (07): Extent of Perceived Impact of Social Media Use on Marital Disputes

Scale	Number of Items	Hypothetical Mean	Actual Mean	SD	Level
Impact of Social Media Use on Marital Disputes	28	70-109	82.32	17.56	Moderate

Table (07) clearly indicates that the level of perceived impact of social media use on marital disputes in Aflou was moderate; therefore, this hypothesis was **not supported**.

The researcher interprets this finding by suggesting that the moderate level of perceived impact might be due to environmental factors specific to the population on whom the instrument was applied. It's possible that these individuals possess a certain awareness of the inherent characteristics and potential pitfalls of social media sites.

Second: Presentation, Discussion, and Interpretation of the Second Hypothesis Results: This hypothesis posits: *There is a statistically significant, substantive correlational relationship between the impact of social media use on marital disputes (as perceived by married couples in Aflou) and each of the variables: age and marriage duration.*

To test this, the researcher calculated Pearson's correlation coefficient between the impact scores and both age and marriage duration. Table (08) and Table (09) show the results of the statistical analysis.

Table (08): Correlation between Impact Scores and Age

Scale	Correlation Coefficient	Sig. Level	N
Impact of Social Media Use on Marital Disputes	0.04	0.746	80

Table (09): Correlation between Impact Scores and Marriage Duration

Scale	Correlation Coefficient	Sig. Level	N
Impact of Social Media Use on Marital Disputes	0.008	0.954	80

Tables (08) and (09) show no statistically significant correlational relationship between the impact of social media use on marital disputes and either age ($r = 0.04$) or marriage duration ($r = 0.008$). Consequently, the hypothesis was **not supported**. The study concludes that there is no relationship. The researcher interprets this to mean that married couples in this context likely bear significant responsibility and awareness, characterized by a degree of maturity that mitigates the impact of social media use on their disputes. The marital relationship, ideally founded on love, affection, and respect, may render age an insignificant factor. Family closeness and cooperation between spouses help bridge differences, as does their practice of good, honorable companionship and the shared assumption of responsibilities. Regarding marriage duration, the absence of differences might be attributed to mutual understanding, good knowledge of each other, and not spending excessively long periods on social media, which makes them more eager to invest effort in solidifying their marital and family bonds for success. Thus, no difference is found between couples married for a long time versus a short time, as years of companionship alone are insufficient to influence the effect of social media use on their disputes.

Third: Presentation, Discussion, and Interpretation of the Third Hypothesis Results: This hypothesis states: *There are statistically significant differences in the impact of social media use on marital disputes (from the viewpoint of married couples in Aflou) attributable to gender, the type of social network used, and occupation.*

First Part of the Hypothesis (Gender): To test this part, a t-test for significance of differences in impact scores was calculated. Table (10) presents the results.

Table (10): T-test Results for Differences in Impact Scores by Gender

Scale	Males (N=47)		Females (N=33)		t-value	df	Sig. Level
	Mean	SD	Mean	SD			
Impact of Social Media Use on Marital Disputes	82.15	14.98	82.52	20.53	0.074	78	0.94

Table (10) shows no statistically significant differences between genders regarding the impact scores. The researcher concludes that couples have developed various adaptive strategies to confront the effect of these sites on marital disputes. The obtained result can be interpreted as indicating that the impact does not differ between men and women; both think rationally about achieving success and continuity in family life, striving not to let it be affected by problems arising from social media use, such as addiction, psychological/social isolation, or infidelity.

Second Part of the Hypothesis (Type of Social Network): Another t-test was calculated to examine differences based on the type of social network primarily used (Facebook vs. Instagram). Table (11) shows the results.

Table (11): T-test Results for Differences in Impact Scores by Network Type

Scale	Facebook (N=15)		Instagram (N=35)		t-value	df	Sig. Level
	Mean	SD	Mean	SD			
Impact of Social Media Use on Marital Disputes	92.47	15.21	77.97	16.86	2.864	78	0.006

Table (11) indicates no statistically significant differences in impact scores based on whether the couple primarily uses Facebook or Instagram. The study's results show no significant differences between users of these two platforms, possibly because both sites have a similar (or non-significant) effect on marital life, despite inherent differences in the nature of each platform. The reason for the absence of differences might be that both platforms share a common goal: serving the user (the spouses). The key is the requirement for both husband and wife to treat each other well, assume responsibility, and be patient with the backgrounds that social media might affect, alongside the work environment and the vast amount of time spent using them from morning until evening.

Third Part of the Hypothesis (Occupation): A final t-test was performed to assess differences based on employment status.

Table (12): T-test Results for Differences in Impact Scores by Occupation

Scale	Working (N=55)		Not Working (N=25)		t-value	df	Sig. Level
	Mean	SD	Mean	SD			
Impact of Social Media Use on Marital Disputes	84.61	17.46	71.89	14.70	2.029	78	0.048

Table (12) reveals no statistically significant differences in the impact scores based on occupation. The study concludes that there are no differences attributable to this variable. This might be because all individuals, whether working

or not, are exposed to similar levels of responsibility and engage in similar types of activities on social media during their daily routines. The result could be attributed to the nature of their occupations and the role that social media use plays in their lives regardless of employment status.

Fourth: General Conclusion: Based on the analysis, interpretation, and discussion of the overall findings, we conclude the following:

1. The impact of social media use on marital disputes, as perceived by married couples in Aflou, is prevalent to a *moderate* degree.
2. There is **no** statistically significant correlational relationship between the impact of social media use on marital disputes and either age or marriage duration among married couples in Aflou.
3. There are **no** statistically significant differences in the impact of social media use on marital disputes (from the viewpoint of couples in Aflou) attributable to gender, occupation, or the type of social media site used.

Fifth: Study Recommendations: In light of the findings this study has reached, we offer several recommendations, which can be summarized as follows:

- Conduct further studies addressing the topic of psychological pressures and coping strategies among employees, perhaps in specific contexts like COVID-19 response units.
- Consideration should be given to the working conditions of couples, such as reducing working hours and increasing rest periods to help alleviate psychological strain.
- Greater importance must be attached to the subject of the impact of social media use on marital disputes from the married couple's perspective, and more extensive research should be conducted on it, recognizing it as a crucial topic of our contemporary era.

Conclusion:

In conclusion, we deduce that the impact of social media use on marital disputes, from the married couple's point of view, essentially consists of the psychological and physiological reactions to ongoing daily events as a result of constant usage. The nature and intensity of these marital disagreements vary depending on the specific type of social media site in question. Sometimes, this effect is moderate, and at other times it can even be positive, paradoxically generating a stronger will and greater self-confidence within the couple. Couples are considered among the individuals most susceptible to this impact on their disputes, given the pressures imposed upon them by both society and their own selves. This is particularly evident amidst the sweeping technological development of our current age, coupled with their deep-seated fear for themselves and their families regarding potential marital and familial disintegration resulting from addiction, infidelity, or the simple misuse of these powerful digital tools.

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