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*Article*

# Family Harmony, Emotion Management Skills, Social Media Addiction, and Individual-social Responsibility: A Serial Mediation Model

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**Abstract:** Background: Despite the growing recognition of the importance of family harmony, individual-social responsibility, emotional management skills, and social media addiction in an individual's psychosocial functioning, a significant gap remains in the literature regarding the associations between these constructs within the context of Turkish young adults. This study aimed to investigate the mediating effects of emotional management skills and social media addiction on the relationship between family harmony and individual social responsibility among young Turkish adults. Methods: A cross-sectional study using an online survey recruited 854 participants (64.1% female) who completed the Individual-Social Responsibility Scale, the Family Harmony Scale, the Emotion Management Skills Scale, and the Bergen Social Media Addiction Scale. Results: The results showed that high family harmony, emotional management skills, and low social media addiction were related to higher levels of individual social responsibility in young adults. Emotional management skills and social media addiction had partial and serial mediating effects on the relationship between family harmony and individual social responsibility. Conclusions: Educating young adults about fostering familial harmony can contribute to their emotional regulation abilities, reduce their involvement in detrimental social media behaviors, and enhance their levels of individual and social responsibility.

**Keywords:** family harmony; emotional management skills; individual-social responsibility; social media addiction; serial mediation model

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## Introduction

Humans are inherently social beings, deeply intertwined with the societies they inhabit. Despite having an independent inner world, they cannot exist separately from their community. Thus, there is a dynamic interaction between individuals and their social structures, where society influences individuals and impacts their surroundings (Cüceloğlu, 2002).

Studies have determined that family harmony affects many factors, including emotion management, addiction, and risky behaviors (Cheng et al., 2024; Karimi et al., 2024; Ünal et al., 2024). Additionally, it was observed that individuals with high emotion management skills have lower levels of social media addiction (Giordano et al., 2023; Peker & Yıldız, 2022). Furthermore, individuals with high family harmony exhibit better emotion management skills (Danisworo & Wangid, 2022; Fabrizio et al., 2015; Tetik & Akkaya, 2018), and individuals with high emotion management skills have lower social media addiction levels (Özer et al., 2023; Quaglieri et al., 2021).

### *Family Harmony and Individual-Social Responsibility*

Hill and Hansen's (1960) structural-functional theory emphasizes that society is a system composed of interdependent subsystems, with the family being one of the most crucial. Each subsystem has specific functions and interacts with others. For a family to function well, its members

must align their roles and statuses and maintain consensus with other social institutions. This theory highlights the importance of family harmony and individual social responsibility. Research indicates that family harmony, which involves resolving individual problems within the family for the collective good, is essential for mental health and a healthy society (Kavikondala et al., 2016; Liu et al., 2020).

Systems Theory conceptualizes the family as a dynamic social system that adapts to challenges while seeking equilibrium to support the development of its members. Within this framework, family members assume various roles, such as providing support, affection, security, and a sense of belonging and preparing one another for broader social roles. By ensuring the efficient utilization of resources and energy, the family system strives to maintain homeostasis and balance, fostering the well-being of each member (Stuart & Laraia, 2004).

Strong families exhibit harmony through mutual responsibility, shared time, and the cultivation of affection and respect (Sugitanata, 2024). These qualities contribute to the development of strong relationships, enabling family members to collaborate effectively to achieve shared objectives and to resolve problems collectively. This cooperation not only strengthens the family as a unit but also fosters responsible behavior in the social lives of its members (Durgun, 2016).

According to the theory of social embeddedness, healthy and purposeful family interactions profoundly influence individual behaviors outside the family context. Positive and constructive family relationships enhance self-efficacy, a sense of responsibility, and social adaptability (Granovetter, 1985). This suggests that individuals from harmonious families are more likely to exhibit higher levels of self-assurance, responsibility, and effective social interaction within their communities.

Individual-social responsibility is defined as the behavior of individuals according to the values and norms of society. It emerges depending on the needs and expectations of society and its boundaries may change accordingly. Individual social responsibility is the face of individuals towards social life, and it refers to the understanding of the individual to take care of social benefits by considering all the situations of other members of society (Eraslan, 2011). Individual social responsibility requires a high level of consciousness. However, individual-social responsibility, a behavior displayed by individuals who want to improve society, is an awareness of volunteerism. Individual social responsibility refers to an awareness of various societal problems and their interest in solving them (Brookfield, 2013; Eraslan, 2011).

The family unit serves as a locus of harmony and emotional attachment within the personal milieu of each member, particularly concerning the formation of attitudes and daily behavioral patterns. The establishment and evolution of childhood personality within a conducive familial environment plays a crucial role in the development of an individual's fundamental personality traits and personal identity (Torro et al., 2021).

Research has shown that the relationship between family harmony and individual social responsibility is complex and multi-dimensional. The family social capital plays an important role in the integration process with society (Martinelli et al., 2024). Supportive relationships within a family can strengthen individual social responsibility behaviors. Social policies such as income security strengthen family dynamics and positively affect individual social responsibility (Nishimura et al., 2024). Social norms play a significant role in shaping the roles and perceptions of individual family responsibilities. These norms establish expectations and standards that guide family interactions, thereby influencing members to contribute to the family unit. In turn, these internalized responsibilities foster behaviors that extend beyond the family, promoting individual social responsibility in broader societal contexts (Er, 2024). Family values are fundamental to the spiritual development of individuals and enhance their awareness of social responsibility (Khvostychenko & Trusei, 2025). These studies suggest that family harmony provides a strong foundation for the development of social responsibility. Supportive dynamics within a family may increase an individual's sensitivity to social and community roles, thus leading to greater societal benefits.

### *The Mediating Effect of Emotion Management Skills and Social Media Addiction*

Emotion management skills can be defined as self-awareness skills related to the emotions individuals have, at what times, and in what ways (Gross, 1998). Emotions under cognitive control are mental states that arise spontaneously and vary in duration and intensity (Scherer, 2005). Therefore, emotions can be experienced with very low or high intensity. The disharmony between individuals and their emotions can lead to many problems. In such disharmony situations, the inability of individuals to regulate or control their emotions may cause them to engage in risky behaviors (Rahbarian et al., 2017). In other words, the inadequacy or lack of emotion management skills causes various problems, and individuals can remain in difficult situations (Berking & Lukas, 2015). Additionally, emotion management skills affect individuals' interactions and socio-emotional harmony. Enables individuals to establish empathic bonds with their social environment and to develop the skills necessary for social harmony (Eisenberg et al., 2007).

The healthy development of emotion management is related to family relationships (Gross & Thompson, 2007). Also, according to psychodynamic theory, the importance of early family experiences in the development of the individual's self (Kohut, 1982), emotional, and psychological (Stern, 1985) has been emphasized. Many studies have shown that family harmony can affect emotional management skills. It has been determined that individuals living in families with high family harmony have higher emotion management skills (Akpınar, 2021; Suwendra, 2019). In addition, it has been shown that children's emotion regulation skills are related to family structure (Karadeniz, 2022). Considering the effects of family harmony on individuals' emotion management skills, as well as the effect of emotion management skills on individual social responsibility (Moradi & Parandin, 2020), and the effect of family harmony on individual social responsibility (Sugitanata, 2024), it can be thought that emotion regulation skills mediate the relationship between family harmony and individual social responsibility.

In this context, existing research highlights the significant relationships among family harmony, individual social responsibility, and emotional management. Therefore, the studies by Akpınar (2021), Suwendra (2019), Moradi and Parandin (2020), and Sugitanata (2024) provide evidence supporting the hypothesis that emotional management skills have a mediating effect on the relationship between family harmony and Individual-social responsibility can be said to form the basis of this hypothesis.

Brand et al. (2014) proposed a theoretical model of Internet addiction. This model suggests that individuals with Internet addiction exhibit symptoms, such as loss of control over Internet use and psychological dependency. Van den Eijnden et al. (2016) further categorized Internet addiction into two types: Internet gaming and social media addiction.

Social media addiction is defined as spending a lot of time on social media, having an intense desire to spend time on social media, showing symptoms of anxiety reactivity when unable to connect to social media, and spending so much time on social media, which damages individuals' real-life activities, student/professional lives, social relationships, and mood (Griffiths et al., 2014).

Social media addiction has been linked to numerous adverse consequences, including cyberbullying, online harassment, and the inadvertent disclosure of personal information (Davies & Cranston, 2008). The unconscious and excessive use of social media exacerbates a wide range of psychological, social, and academic issues, leading to dysfunction in various areas of life (Dahl & Bergmark, 2020; Lee et al., 2012).

Research highlights a strong association between social media addiction and heightened levels of stress (Panicker & Sachdev, 2014), emotion regulation (Elkin et al., 2025), loneliness (Alsancak et al., 2022; Kılınçel & Muratdağı, 2021), and depression (Ivezaj et al., 2017). Moreover, it contributes to cognitive distortions in interpersonal relationships (Kalkan, 2012) and impairs self-control (Shirinkam et al., 2016). Social media addiction has also been linked to social phobia (Kılıç & Durat, 2017), personality traits (Isbulan et al., 2024), satisfaction family life (Taş, 2023) academic underperformance (Huang et al., 2009), and risky behaviors such as drug use (Rücker et al., 2015). Furthermore, excessive social media use disrupts sleep patterns, leading to sleep disorders (Kitazawa

et al., 2018), and adversely affects family dynamics by causing the deterioration of familial relationships (Ang et al., 2012) and increased intra-familial conflicts (Sanders et al., 2000). These issues underscore the pervasive impact of social media addiction on both individual well-being and broader social systems. In addition, social media addiction is considered an important factor in the relationship between family harmony and individual social responsibility (El Mrassni et al., 2023; Hatamleh et al., 2024; Yıldırım, 2023). Within this framework, a significant relationship can be observed among family harmony, social responsibility, and social media addiction. Therefore, social media addiction was included in the model as a mediating variable in the relationship between family harmony and individual social responsibility.

### *Present Study*

This study proposes a hypothetical model to understand the associations between emotion management, family harmony, social media addiction, and individual social responsibility. According to the psychodynamic theory, an individual's first experiences (family life) form the basis of psychological and sociological problems that may arise in later life (Kernberg, 2016). Therefore, family dynamics play an important role in influencing individuals' ability to cultivate healthy social connections. One indicator of healthy social relationships is the meaningful development of individual social responsibility structures. Therefore, based on these inferences, understanding the relationship between family harmony and individual social responsibility and the level of this relationship is considered important in the psychology literature. In order to test our hypothetical model, this study presents a holistic analysis by integrating familial and social aspects, such as family harmony and individual-social responsibility, with psychological variables, such as emotion management skills and social media addiction. The use of social media and time spent on these platforms represent prevalent contemporary concerns. Existing literature provides evidence supporting the association between social media addiction and various psychosocial challenges, including anxiety, depression, negative family experiences, and risky behaviors (Andreassen et al., 2016). However, to the best of our knowledge, no studies were found that simultaneously investigated family harmony, emotional management skills, social media addiction, and individual social responsibility. The determination of protective and risk factors against individual-social responsibility among young adults in Turkish culture is both important and valuable in terms of developing effective intervention strategies to promote the role of family harmony in individual-social responsibility. The present study aimed to fill some gaps in the literature by examining whether emotional management skills and social media addiction play serial mediating roles in the relationship between family harmony and individual-social responsibility in Turkish young adults. A serial mediation model was constructed shown in Figure 1. Based on the research aim, the following hypotheses were generated.

**H1.** *Family harmony positively predicts individual social responsibility.*

**H2.** *Emotional management skills mediate the relationship between family harmony and individual social responsibility.*

**H3.** *Social media addiction mediates the relationship between family harmony and individual social responsibility.*

**H4.** *Emotion management skills and social media addiction have a serial mediating effect on the relationship between family harmony and individual social responsibility.*

## Method

### *Participants and Procedure*

The study consisted of 854 participants (64% female; 35,9% male) aged between 18 and 30 years. Convenience sampling was used to collect data owing to constraints in time, budget, and resources. Data for this study were collected from undergraduate students in Turkey using an online survey prepared on Google Forms. A voluntary participation principle is applied during the dissemination of the measurement tools. To ensure the anonymity of the responses and maintain confidentiality participants were explicitly instructed on the first page of the online survey not to include any personal information in their responses within the scale batteries. All participants provided informed consent after a concise explanation of the study objectives and procedures. Approval for this study was obtained from the Ethics Committee of (Blinded) University.

### *Measures*

*Individual–Social Responsibility Scale* (Li et al., 2008): The scale was developed to measure individual and social responsibility of individuals. The scale consists of 13 items clustered on a single factor and each item is answered using a 6-point Likert-type scale ranging from “Strongly Disagree (1) to “Strongly Agree (6). The scale did not include any reverse items. Scores on the scale ranged between 13 and 78, with higher scores indicating a greater level of responsibility. In this study, Cronbach’s alpha reliability coefficient was calculated to be .94. The scale was translated into Turkish by Filiz and Demirhan (2015), who provided good evidence of reliability and validity for the scale. In this study, Cronbach’s alpha reliability coefficient was .89. In addition, the CFA values were NFI = .965, TLI = .965, CFI = .977, and RMSEA =0.46.

*Family Harmony Scale* (Kavikondala et al., 2016): This self-reported scale includes 5 items constructed to assess family harmony. Each item on the scale is scored on a 5-point Likert-type scale ranging from 1 (strongly disagree) to 5 (strongly agree). There were no reverse-coded items in the scale. A total score is calculated by summing all the items on the scale. Possible scores range from 5 to 25, with higher scores indicating greater levels of family harmony. Cronbach’s alpha reliability coefficient was .91 in this study. The scale was validated in Turkish by Kula et al. (2018), who provided a single-factor structure with good model fit indices NFI = .998, TLI = .999, CFI = .999, and RMSEA =0.19.

*Emotion Management Skills Scale* (Berking et al., 2014): The scale was designed to assess emotional management skills, comprising a total of 28 items divided into eight positive and 20 negative items, organized into five sub-factors: ability to express emotions verbally, showing emotions as they are, ability to control unfavourable body reactions, ability to cope, anger management. To calculate the overall score, reverse coding is applied to negatively worded items, resulting in a total score ranging from 28 to 140. Higher scores indicate that the individual has adequate emotional management abilities. Validity model fit indices were also found: NFI: .870, TLI: .841, CFI: .854, RMSEA =0.10. In the present study, Cronbach’s alpha internal consistency reliability coefficient of the EMSS was good (.84).

*Bergen Social Media Addiction Scale* (Andreassen et al., 2016): The scale was developed to measure the six main characteristics of addiction including mood modification, salience, tolerance, conflict, withdrawal, and relapse. The scale includes six items grouped on a single factor and each item is rated on a 5-point Likert-type scale ranging from 1 (very rarely) to 5 (very often). A total score is computed by adding all the items on the scale with the higher score representing greater symptoms of social media addictions. The scale was adapted into Turkish by Demirci (2019) who provided excellent psychometric properties for the scale. The internal coherence reliability coefficient is .83. In this study, Cronbach’s alpha reliability coefficient was .80. Validity model fit indices were also found: NFI: .993, TLI: .996, CFI: .998, RMSEA =0.20.

Data Analysis

Before the main analysis, assumptions were required to perform the analyses before they were tested. Therefore, the kurtosis skewness values of the dataset were checked. Additionally, the correlations between variables were not high. Tolerance, variance inflation factor (VIF), and confidence interval (CI) values were examined to ensure that there was no multicollinearity problem. While the tolerance value should be less than .10, the VIF value should be less than 10, and the CI value should be between 10-30 (Albayrak, 2005). As a result, no multicollinearity problems were identified. The Mahalanobis distance values were conducted to detect outliers, revealing that data from 18 participants exhibited outlier values. These data were not included in the analysis, which was carried out on 854 data points. The PROCESS Macro was used to test the hypothesized structural mediational model, while the other analyses were conducted using SPSS. In addition, bootstrapping was performed to test the indirect and direct effects on the variables (Pandey et al., 2017; Pandey & Shrivastava, 2017). The statistical significance of direct and indirect effects in the model tested in the study was examined on 5,000 bootstrap samples. The predictions came to a 95% confidence interval.

Results

Preliminary Analyses

Table 1 presents the descriptive statistics, correlations, and reliability of the study variables. The FHS was positively associated with both I-SRS ( $r = .42, p < .001$ ) and EMS ( $r = .25, p < .001$ ) and negatively associated with SMA ( $r = -.26, p < .001$ ). I-SRS was negatively associated with both EMS ( $r = -.26, p < .001$ ) and SMA ( $r = -.32, p < .001$ ). EMS were negatively associated with SMA ( $r = -.45, p < .001$ ).

Table 1. Descriptive Statistics and Bivariate Correlations among Variables among The Total Sample (N = 854).

Variable	1.	2.	3.	4.
1. Family harmony	-			
2. Individual-social responsibility	.42**	-		
3. Emotion management skills	.25**	.38**	-	
4. Social media addiction.	-.26**	-.32**	-.45**	-
Mean	19.62	65.74	89.96	17.06
df	3.74	6.83	12.43	4.93
Skewness	-.60	-.51	.22	.02
Kurtosis	-.85	.65	-.21	-.17
Range	17	38	71	24

$p < .001$ .

Direct Effects

As seen in Table 2 and Figure 1, the results of the analysis revealed that FHS significantly predicted emotional management skills ( $B = .83, SE = 0.11, t = 7.5393, p < 0.01$ ); SMA ( $B = -.21, SE = 0.04, t = -5.1466, p < 0.001$ ) and I-SRS ( $B = .60, SE = 0.06, t = 10.6179, p < 0.001$ ). Similarly, EMS significantly predicted SMA ( $B = -.16, SE = 0.12, t = -13.1980, p < 0.001$ ) and I-SRS  $B = .13, SE = 0.02, t = 7.0547, p < 0.001$ ). In addition, SMA significantly predicted I-SRS ( $B = -.18, SE = 0.05, t = -3.9807, p < 0.001$ ).

Table 2. Unstandardized direct estimates.

Predictor	Outcome	Coeff	SE	t	p
Family harmony	Emotion management	.83	0.11	7.5393	<0.001
Family harmony	Social media addiction	-.21	0.04	-5.1466	<0.001
Family harmony	Social media addiction	-.16	0.12	-1.3333	>0.001

Emotion management Family Individual-social responsibility Individual-	.60	0.06-	<0.001
harmony social responsibility	.13	0.0213,1980	<0.001
Emotion management Individual-social responsibility	-.18	0.0510,6179	<0.001
Social media addiction		7,0547	
		-3,9807	

Serial Multiple Mediational Effects

The results of the serial mediation analyses are presented in Table 3 and Figure 1. A direct effect of family harmony was found on individual-social responsibility (total effect,  $\beta = .77, p < .001$ ). When the mediators (emotional management skills and social media addiction) were included, the analysis results showed that this coefficient was still significant (direct effect,  $\beta = .60, p < .001$ ). Family harmony was also found to be a positive predictor of emotional management skills ( $\beta = .24, p < .001$ ), and a negative predictor of social media addiction ( $\beta = -.16, p < .05$ ). According to the results hypothesis 1 was confirmed.

**Table 3.** Completely standardized indirect effect of Family harmony on Individual-social responsibility via Emotional Management Skills and Social Media Addiction.

Path	Coefficient	95% CI		p
		LL	UL	
Family harmony → Emotion management → Individual-social responsibility	.11	.07	.15	<.001
Family harmony → Social media addiction → Individual-social responsibility	.04	.01	.02	<.001
Family harmony → Emotion management → Social media addiction → Individual-social responsibility	.03	.01	.04	<.001
Total effect	.77	.66	.88	<.001
Direct effect	.60	.49	.71	<.001
Total indirect effect	.17	.13	.22	<.001

It was found a significant indirect effect of family harmony on Individual-social responsibility via emotional management skills (indirect effect = .11, SE = .02, 95% CI = [.07, .15]). Also, the indirect effect of family harmony on individual social responsibility via social media addiction was significant (indirect effect = .04, SE = .01, 95% CI = [.02, .06]). The results indicate that emotional management skills and social media addiction each have separate mediating effects on the relationship between family harmony and individual-social responsibility, confirming Hypotheses 2 and 3.

Lastly, the indirect effects of family harmony on individual social responsibility via both emotional management skills and social media addiction were tested. The relationship was significant with a point estimate of .02 (testing serial multiple mediations; SE = .03, 95% CI = .01, .04,  $p < .001$ ). The results indicate that family harmony and individual-social responsibility are related through the serial mediating effects of emotional management skills and social media addiction, confirming Hypothesis 4.

Discussion

Family harmony the findings showed that family harmony significantly predicted individual-social responsibility. Thus, the first hypothesis of this study was confirmed. According to Flanagan et al. (1998), when parents guide their children and help them interpret and understand the world, they can impact individuals' value orientations. Thus, individuals can establish a relationship between values found in different parts of the world and their values. It can be assumed that such a situation enables individuals to act with a sense of responsibility and positively affects family harmony. Individuals with an awareness of social responsibility prioritize the welfare of their families and others (Hoffmann-Lange, 1995). Furthermore, a strong parent-child relationship

positively influences an individual's sense of social responsibility (Winnicott, 1998). Authoritarian parental attitudes improve an individual-social responsibility. Parents with a high level of social responsibility argue that this is an important factor (Schmid, 2012). High family harmony and positive family interactions improve individuals' social responsibility (Wray-Lake et al., 2016). Therefore, it can be assumed that there is a significant relationship between family harmony and individual-social responsibility. Family harmony facilitates the development of ethical and family responsibilities. In such cases, the individual acts with a sense of social responsibility towards both his/her family and other members of society. Rapprochement and positive interactions within a family further enhance this process (Lenzi et al. 2014).

According to Takala and Pallab (2000), individuals should avoid profit-oriented activities and behave responsibly toward their environment. Acting with the concern of obtaining tangible gains prevents individuals from exhibiting prosocial behaviours. In this context, it can be said that individuals with personal and social responsibility can easily adapt to the environment. Individual-social responsibility has a positive effect on an individual's life (Mohr et al. 2001). Considering that high family harmony positively affects individuals' individual-social responsibility levels (Wray-Lake et al., 2016; Winnicott, 1998), it can be said that the first hypothesis of the research provides results similar to those in the literature. This study found that emotion management skills mediate the relationship between family harmony and Individual-Social Responsibility, confirming the second hypothesis. Özmete (2010) noted that satisfaction with family life increases with the importance placed on family interactions, parental responsibilities, emotional well-being, and overall family quality of life. Children in democratic family environments better regulate their emotions and behaviors through self-control (Jabeen et al., 2013). A positive relationship exists between democratic parental attitudes and emotion management skills (Jabeen et al., 2013). Conversely, authoritarian family environments negatively impact children's emotional regulation, leading to difficulties in anger control and increased aggression (McDowell et al., 2002; Moilanen, 2007; Lee et al., 2012; Chang et al., 2003; Eisenberg et al., 1999). Overall, emotion management skills thrive in democratic families and suffer in authoritarian ones (Atalay & Özyürek, 2021; Kars et al., 2019). In this context, parenting style and family harmony significantly impact individuals' ability to regulate their emotions. While parents should guide their children's behaviour and thinking, controlling, accusatory, and oppressive attitudes hinder children's self-expression and emotional regulation, potentially leading to depressive symptoms (Pettit et al., 2001). Consistent findings from literature reviews and research provide robust evidence for a specific phenomenon or hypothesis.

Our results showed that social media addiction has a mediating effect on the relationship between family harmony and individual-social responsibility. Thus, the third hypothesis of this study was confirmed. It has been emphasized in the literature that there is a relationship between social media addiction and adolescent-parent life (Chang et al., 2015; Law et al., 2010; Liu et al., 2012). Studies have reported a positive correlation between family conflict and social media addiction. In addition, it emphasizes the relationship between communication within the family, problem-solving, sibling conflict, closeness to family hostility, freedom, injustice in the family environment, and social media addiction (Bilgin et al., 2020). According to a study conducted by Sally (2006), internet addiction contributes significantly to the deterioration of family relationships, stress, and conflicts within the family.

Social media addiction contributes to family conflict (France, 2000). Kırık (2014) notes that individuals who struggle to express themselves and feel lonely often use the Internet as an escape, leading to disconnection from the real world and increased Internet addiction. Parental control and strict monitoring can drive children to seek refuge online, potentially developing social media addiction (Ghasemzadeh & Ghasemzadeh, 2017). Demir (2016) found that social media addiction negatively impacts family relationships. Kraut et al. (1998) reported that increased Internet usage correlates with greater loneliness and weakened family bonds. Sanders et al. (2000) also observed that excessive Internet use reduces time spent with family and friends, harming these relationships.

Hazar (2011) similarly concluded that social media addiction damages both friendships and family dynamics. The findings of this study align with these results.

The study found significant serial mediation effects of emotion management and social media addiction on family harmony and individual-social responsibility, confirming the fourth hypothesis. Negative aspects of emotion management, such as difficulties in emotional regulation and attachment styles like indifference and fearfulness, correlate with neuroticism and negative personality traits (Bilge & Sezgin, 2020). Parental conflicts and low maternal sensitivity negatively impact children's emotional management skills, while supportive family environments facilitate emotional communication (Prinz et al., 2009; Morris et al., 2007).

Social media exerts various effects on individuals and society, influencing relationships, communication, and psychological well-being. Its widespread reach through visuals like photos and videos enables rapid dissemination of information across society. However, responsible sharing is crucial due to potential harms like addiction, academic decline, reduced social interaction, and neglect of familial responsibilities (Kırık et al., 2015).

Individuals with social media addiction often have difficulty maintaining regular social connections, which affects their happiness (Madesha, 2021). Despite being addicted to social media and exhibiting behaviors that are not fully supported by society, individuals can show solidarity and sensitivity during crises (Yetzer et al., 2018).

Studies have shown that young people's addiction to the internet, social media, smartphones, and computer games negatively affects their academic success, communication skills, and psychological well-being (Duygulu, 2018). Excessive social media use and communication technologies also strain family relations and contribute to intra-familial conflicts (Duygulu, 2018). Sağar and Özçelik (2022) highlighted emotional management and life satisfaction as crucial predictors of adolescent social media addiction, noting that individuals with poor emotional regulation often use the Internet to regulate their mood (Salek Ebrahimi et al., 2019).

Sağar (2021) argued that lower self-control correlates with higher social media addiction, a sentiment echoed by various studies emphasizing the link between ineffective emotion management strategies and social media addiction (Pontes et al., 2018; Zsido et al., 2021). Griffiths (1999) observed that initial Internet use to uplift mood can escalate into addiction over time, while Engelberg and Sjöberg (2004) concluded that social media addicts often experience loneliness and lack social and emotional skills.

### *Contribution*

These factors—family harmony, emotional management, social media addiction, and individual social responsibility—interact in complex ways. Social media addiction has emerged as a significant issue in modern society. By examining its effects on emotional management skills and family harmony, we can gain a deeper understanding of its social impacts. This study not only supports theoretical research but also provides empirical evidence to guide field studies and applied research. Our findings suggest that high family harmony relates to better emotional management skills, lower social media addiction, and greater individual-social responsibility.

### *Limitations*

This study has several limitations that should be considered. Firstly, its cross-sectional design prevents establishing causal relationships between the variables. Secondly, reliance on self-reported questionnaires may introduce response bias, potentially affecting the accuracy of reported levels on the measured variables. Lastly, the sample was drawn from a single city in Turkey, limiting the generalizability of the findings to broader populations. Future research should aim to replicate the hypothetical model in diverse samples across different cultures, considering that cultural contexts significantly influence psychosocial and familial dynamics. Moreover, future studies could benefit from expanding the model to include additional factors such as the impact of parental roles and social

relationships on the development of family harmony and individual-social responsibility. This would provide a more comprehensive understanding of the factors influencing these dynamics.

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