

The Eudemonia Well-Being And Its Relationship To The Attitude Towards The Use Of Social Media Among Female Students Of Al-Zahra University For Women

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Abstract:

The current research aims to identify: The eudemonia well-being of the research sample .The trend towards the use of social media among the research sample .nature of the differences in the eudemonia well-being and the attitude towards the use of Social Media existence according to the variables of specialization and stage. and The correlation between the eudemonia well-being and attitude towards the use of social media among the research sample .

The current research sample included (400) female students from Al-Zahra University, for women in the Holy Karbala, for the academic year (2022-2023). and the researcher adopted the (Ryff,1989) scale to measure the eudemonia well-being after its Arabization by(Younes,2018) which included six dimensions These are: Autonomy –environmental mastery –personal growth –Social Relations –Purpose of life _Self-Acceptance .and the researcher adopted a scale (Hussein,2015) to measure the attitude towards the use of social media, which included three areas :the field of(Leisure and self-entertainment) ,(forming social relations)and (the means of acquiring knowledge). The results of the research indicated that the university students have a high level of the eudemonia well-being, and they have a positive attitude towards the use of social media, while there is no statistically significant correlation between the eudemonia well-being and the attitude towards the use of social media among the research sample. Based on the researchers results, a set of recommend-dations and proposals are detailed in the fourth chapter .

Keywords: Eudemonia Well-Being , Social Media.

1-Introduction:

problem: What distinguishes the concept of Eudemonic Well-Being is that individual in the field of self-development of his psychological

and mental energies ,and the use of methods of coping with stressful events, training in solving his problems, taking the initiative to help others, and his sacrifice for the welfare of society, and this state is characterized by a feeling of happiness and a desire to overflow with this feeling over others(Ryff,1989) While we find that the eudemonic Well-Being is of a complex nature, that is, it is not easy to enjoy it for many people, perhaps the reason is due to technological ,social, economic and cultural changes, and successive crises have a clear impact on various aspects of human life both in home, family and education .It often threatens security, health, compatibility, and happiness ,and does not help him to achieve positive compatibility in life easily if there is no follow-up to these changes ,Understanding it ,interacting with it, and being influenced by it, so that the individual can perform positively in all areas of his academic and professional life, and even in his family life and society as well (Hajim&Al-Rubaie,2017:910) A study (Kimiecik,2011) indicates that people who enjoy a high level of eudemonic well-being presence tend to form a successful identity, and try to gain new insights about self ,and benefit from their previous experiences, while we find that people who enjoy low levels of eudemonic well-being presence have difficulty in They manage their daily affairs, they are frustrated, they have few goals, they depend on judgments issued by others when making important decisions, they respond to social pressures, and they suffer from educational and professional problems (Yunus,2018:2)

While we find that there are factors influencing the individuals thoughts, emotional aspects, and preparations, so that they push him to act in a certain way regarding the environment in which he lives, and the directions refer to tangible things, and the individual can have certain directions towards abstract things, and he often carries the direction as an abstraction .The hypothetical, and this means that it is not subject to direct observation, but it draws an inference and deduces a conclusion from what the individual says or what he performs the observed behavior(Aljesmani,1960:50-51)and has an important role in facilitating the individuals ability to conduct and make decisions in various situations with some consistency(Bani Jaber,2010:269) and since university students are one of the most important groups of society and the greatest influential forces in drawing and defining the features of societies, so the success of this depends the category achieves its goals efficiently and effectively by raising the indicators of the psychological state with all that is useful in the field of self-development of psychological and mental energy (Steven,2014:2)

The researcher believes that university students are distinguished by a unique and distinct privacy from others, being the educated elite who are most aware of the social reality and the social, economic, cultural and political transformations that occur in society, and in order to understand the behavior of university students. Therefore, we must know their daily attitudes towards various topics. And through her presence in the university community, she noticed that the use of social media has become widespread among this segment of society, and it has become a large part of their daily interests, as these sites have contributed to providing the service of obtaining information and knowledge easily, as well as expanding social relationships.

Some scientific studies have indicated the consolidation of the elements of eudemonia well-being among students by organizing training and counseling programs to help them achieve the highest possible level of eudemonia well-being, as in the study of (Hajim&Al-Rubaie,2017)and in the study (Muqdadi,2015)and the study of (Al-Harbi& Muhammad Ali,2022)It suggest providing counseling programs for students that include developing and improving the eudemonia well-being of individuals who suffer from various problems. the study(Younis,2018)confirmed the employment of the eudemonia well-being and investing it properly in the personality of the university student through the establishment of workshops and activities, and urging students to form social relationships successful with others, and the development of personal and social awareness. In addition to the studies that indicate the need to take care of expanding the scope of awareness, by intensifying and deepening awareness of the methods of rational dealing with social media to be a means of construction, not demolition, as in the study (Al-Harith&Al-Sharida,2014) while the study(Hussein,2015)emphasized the encouragement and awareness of students characteristics and capabilities of social networks. Whereas, the (Mushaireh,2018) study indicated the establishment of purposeful student groups on these networks that adopt social and cultural issues to exchange knowledge. And the call to include university curricula in the network and discuss them with students. As confirmed by the study (Al-Shawabkeh & Al-Fadil,2017) indicated the importance of the role that social networking sites can play in supporting the educational and learning process. Directing students towards the use of communication sites in a useful academic direction that raises the level of academic achievement and academic performance.

Therefore, the researcher felt the need for a scientific field study that reveals the relationship between eudemonia well-being and

the tendency towards using social media among female students of Al-Zahra University. Previous studies rarely dealt with this segment of students in study and research – as far as the researcher knows- The use of social media has a major role in the awareness and culture of university students, and it often has a negative impact on their thinking, desires, and attitudes by conveying values and standards that serve the interests of parties and sites that have the ability to influence others. The research problem crystallizes from the formulation of the following question: What is the nature of the correlative relationship of: Eudemonia Well-Being and the Attitude towards using Social Media among the students of Al-Zahra University for Woman?

The Importance: The concept of Eudemonia Well-Being is one of the main concepts in positive psychology, which reflects the cognitive side of the individual based on existential issues, the individuals self-acceptance through positive self-evaluation, personal growth, building positive relationships with others, finding meaning for life, uniqueness, authenticity, and independence. In addition to another aspect in positive psychology known as Hedonistic Well-Being, which reflects the emotional side of the individual through his feeling of satisfaction with his life and happiness, which is evident from the individuals sense of pleasure and avoidance of pain (Ryan&Deci,2001) (Fava&Tomba,2009) indicate that the application of the concept of eudemonic well-being has increased and led to the emergence of positive psychology, and psychotherapeutic strategies seek to increase eudemonic Well-Being rather than reduce symptoms. The studies (Ryff,1989) of the most studies that talked about this concept (Miqdadi,2015: 271)

As positive psychological performance leads to increase the self-efficacy of the individual and achieve self-potential and exploit capabilities to the maximum extent possible, has known early studies of the eudemonic Well-Being in terms of positive feelings that may be relatively temporary or ephemeral, but include aspects of long-term or fixed performance (Hajim&Al-Rubaie,2017:912) Ryff points out that the importance of eudemonic Well-Being is the importance of behavioral indicators, which are inferred from its existence, and the independence index, which is one of the prominent indicators in the personality and is considered by many theorists as a basic need that controls many different behavioral patterns of the individual, and many psychologists agree on the importance of this behavioral indicator in human life because of its relationship in the face of life difficulties (Younes,2018:5) and (Ilona,2008) Indicates that the stat of satisfaction with life is nothing

but a match between the individuals current situation and the ideal situation, both of which are reflection of a Persons Self-Esteem of life, so we can imagine the stat of life satisfaction as an independent and subjective assessment of ones current life situation, which can be directed towards pleasure and happiness (Ilona,2008:18)Social networks are characterized by many advantages, including the possibility and speed of communication throughout the day, and the increased interest of segments of society, especially young people, to use it significantly, especially with the tremendous growth in the quantity, how and volume of information available on the various networks on the one hand, and the great freedom in what is published electronically on the other hand, where the published materials are not subject to any review. (Kendell,1998) suggests that university students are more susceptible to problems associated with the use of social media, especially excessive use of it, and there are many factors behind their increased likelihood of Internet dependence problems (Al-Harith &Al-Shraideh,2014:60)Although it is an important means and tool in the formation of new human relations with different categories of people in various parts of the world, it works to reduce geographical, cultural and class distances. These networks have been widely used by university students, and have contributed to providing access to information and knowledge, developing curiosity and expanding social relations (Mushaireh,2018:1)

A study(Miqdadi,2015) found on moral thinking and its relationship to eudemonic Well-Being and positive social behavior among university students A study (Hajim&Al-Rubaie,2018)found a study on motivational beliefs and their relationship to the eudemonic Well-Being of university students. The study sample enjoys of a good level eudemonic Well-Being(Hajim &Al-Rubaie,2018:1) as found by a study(Al-Harbi& Muhammad Ali,2022)On the eudemonic Well-Being of university students expected to graduate and its relationship to ambition, to the presence of a high level of eudemonic Well-Being (Al-Harbi &Muhammad Ali,2022:1)As for the study(Younes,2018) of eudemonic Well-Being and its relationship to body image and perceived control, the results showed that university students have a good level of eudemonic Well-Being . As for the studies that dealt with the trend towards the use of social media, a study (Mushaireh,2018) on the attitudes of university students towards the use of social networks, found a positive trend among university students towards the use of communication networks, and the ease of building social relations (Mushaireh,2018:1) and a study(Al-Harith &Al-Sharida,2014)On the attitudes of university students

towards social networks and their Psychological and social effects among students of Qassim University, to the existence of a negative correlation between the male trend towards the Internet and academic achievement, unlike the case among female students, as the results revealed that each of their attitudes towards the Internet and the rate of its use is positively related to academic achievement, which was with the aim of academic learning in the first place (Al-Harith & Al-Sharida, 2014:89) As for a study (Hussein, 2015) on students' attitudes towards the uses of social networks (Facebook, Twitter) the results of the research found the fame and spread of social networking sites effectively among students, and that the rate of use of social networks among females is more than males by 80% and that the first purpose of its use is to communicate with friends Leisure and entertainment, and the weak awareness of the search community for the characteristics and capabilities of social networks (Hussein, 2015:89)

Objectives: The current research aims to identify:

- 1_ The of the eudemonic Well-Being research sample.
- 2_ The trend towards the use of social media among the research sample.
- 3_ The correlation between the eudemonic Well-Being and the trend towards the use of social media among the research sample.

Research Limits : The current research is determined by studying the eudemonic Well-Being and the trend towards the use of social media among students of Al-Zahra University for Woman, for the academic year 2023-2022 AD for the morning study in the holy province of Karbala.

Defining terms

2- Eudemonic Well-Being defined by: (Gatchpazian, 2012): It refers to subjective experiences associated with the quality of life and the individual's hope to live a better life in pursuit of discrimination, as well as including his life experiences derived from self-realization and the expression of what is inside him, vitality and activity (Gatchpazian, 2012:1)

-(Ryan & Deci, 2001): It is a complex and multifaceted construction, and is an ideal human experience and a distinct psychological performance (Alex, 2014:1)

-(Ryff, 1984): It is the positive sense of good condition that is monitored by behavioral indicators that indicate a high level of eudemonic Well-Being from the high level of satisfaction with

oneself and his life in general, as well as his continuous pursuit of personal goals estimated and of value and meaning for the individual to achieve his independence in determining the direction and course of his life, And his establishment of mutual social relations with others, and is linked to the general sense of happiness and psychological tranquility (Younes,2018:12)

-(Ilona, 2008): It refers to the ability of the individual to achieve his potential and activities in life, which leads to the realization of the greatest achievement and a sense of happiness and the achievement of goals in life (Ilona,2008:4)

Theoretical definition: The researcher adopted the definition of Ryff,1984 being the scale used in the current research according to its six-factor model.

Procedural definition: It is the total score obtained by the student on the scale of eudemonic Well-Being used in the current research .

2.1. The Trend Towards The use of Social Media

Attitude :defined by each of(Zahran,2002): It is the formation of a hypothetical or variable latent and medium(located between the stimulus and the response)and it is a psychological readiness or is a mental nervous preparation learned to respond positively or negatively towards people, things, topics, situations or symbols in the environment that provokes this response (Zahran,2002:144)

-(Ibrahim,2010): It is a set of thoughts, feelings, perceptions and beliefs revolving around a topic, directing the behavior of the individual and determining his position on that subject (Ibrahim, 2010: 400)

Social media :Known by (Mushaireh,2018): Interactive websites that provide their users, including university students, with many services, such as easy knowledge exchange, which includes obtaining information, and completing scientific research, Add to that the ease of building social relationships with different people (Mushaireh,2018: 7)

-(Hussein, 2015): A system of electronic networks that allow the subscriber to create his own site, and then link it through an electronic social system with other members who have the same interests and hobbies (Hussein,2015: 9)

The researcher stands with the definition (Hussein, 2015) has adopted her point of view and scale in the current research .

Procedural definition: It is the total score obtained by the student on the scale of the trend towards the use of social media used in the current research.

3 - A Theoretical Framework

3 – 1. Eudemonic Well-Being : Professor of Psychology Carol Ryff is the first to call for the use of the term eudemonic well-being, which expresses a sense of comfort and satisfaction with life, as this term is one of the main topics in positive psychology, which reflects the cognitive aspect of the individual through its reliance on existential topics, from the individual's acceptance of himself (positive self-evaluation and finding meaning from life) and personal growth, Building positive relationships with others, the ability to manage life and the surrounding environment effectively, and independence. It is through the positive performance of the individual that the feeling of well-being and happiness is evident Hedonistic Well-Being that reflects the emotional aspect of the individual from his sense of happiness and satisfaction with life (Ilona, 2008:11) Irwin (1985) suggests that this approach can be traced back to the ethics of Aristotles, in which he focuses on the philosophical foundations of happiness. Aristotle asserts that acts of virtue and integrity involving making the right choices are the center and foundation of a good life, where the concept of eudemonic well-being focuses on the "doing good" side of happiness. Aristotle defines the concept as "the pursuit of virtue, the pursuit of discernment and all that is best within us." Aristotle believed that happiness comes from living a life in line with virtues. He describes how to achieve good happiness, "A eudemonic well-being is a life full of struggle and vitality, a life that pushes yourself to its limits to contribute to success. eudemonic well-being is a life full of happiness that is actually the result of achieving something really difficult, not getting it easily or coming to you ready." Aristotle argues that the important part of happiness is the pursuit of virtue and good deeds themselves; in other words, the intention to be virtuous and upright is as important as his good deeds (Gatchpazian,2012: 1-2)

Theories of Eudemonic Well-Being

Like many psychological concepts, there is no single way to define or measure the variable of eudemonic well-being that all psychologists agree on. In fact, the previous psychological work did not distinguish between the meaning of happiness and psychological existence, nor did they come up with an explanation that clarifies and distinguishes between psychological well-being and psychological existence. But through new research and the findings of some scientists, it was found that there was no

agreement on a general measure to measure well-being, so they focused on the concept of psychological well-being as an example (psychological well-being). Although there is no agreement on how to define and describe psychological existence, there are theories that explain and clarify this concept and how to achieve it in personal life, and here we mention two theories that involve under the basic meaning of the concept of eudemonic well-being : the model of psychological well-being and the theory of self-determination (Gatchpazin,2016: 4)

Carol Ryff model of the Six Factors of Eudemonic Well-Being

Ryff developed a model to explain the eudemonic well-being known as the six-factor model, as there were no widely accepted standards during which to infer eudemonic well-being, but the inference of through psychological habits such as happiness and pleasure, scientists put a set of tools from which we infer the eudemonic well-being, but it was not inclusive of all the factors that indicate the eudemonic well-being. The (Rosenberg,1965) scale, for example, was an indicator of self-esteem, the balance scale of (Brad Bourne,1969) was only an indicator of life satisfaction, and another set of tools that indicated depression (Brad Bourne, et al., 1969)This view was deficient to the eudemonic well-being, until Ryff came with the model of the six factors and there became a new standard for eudemonic well-being addressed the shortcomings in the previous tools, and developed the standards and theoretical foundations that represent each factor of this variable and the study of factors thoroughly. After that, she developed paragraphs for each worker and applied the scale to a sample consisting of (321) students with good education and a stable life financially and socially, and after extracting the psychometric characteristics, it turned out that the paragraphs of the scale are characterized by internal consistency, as the scores ranged between (0.93 - 0.86)and then re-tested to obtain reliability and obtained a correlation coefficient of (0.88)degrees (Younes,2018:16)

The following are the factors of Eudemonic Well-being from the perspective of Ryff:

1_Self-acceptance is the need to reach a positive agreement with the dark side of the self, and accept the strengths and weaknesses of the personality in a way that involves awareness, meaning full acceptance of the self with its strengths and weaknesses.

2_Positive relations with others Positive relations with others are feelings of love, empathy and strong affection with others, where the relationship between them is meaningful and meaningful. The

owners of this trait are characterized by generosity by sharing their free time with others and showing communicative behavior.

3_Autonomy: which means the individual's control of his life, the organization of his behavior, and decision-making without hesitation and without relying on others and his ability to decide his own destiny based on his self-scale.

4_Environmental Mastery: means the ability of the individual to manage and control the surrounding environment taking advantage of his previous and current experiences, as well as control the complex environment and change the environment through mental and physical activities.

5_Purpose in life means the possession of the individual beliefs that give him a sense of meaning and a clear understanding of his existence in life.

6_Personal Growth means the individual's attempt to develop his potential and all aspects of his psychological, mental and social personality, and realize his energies in his personal growth, and life means for him a continuous process of learning, change and growth (Gatchpazian,2016: 4-5)

Self-determination theory

(Ryan and Deci,2000) adopts this theory, showing three basic and universal psychological needs:

Independence: to feel like you are in control of what you do .

Connection: to have meaningful relationships and connections with others.

Efficiency: to feel that you have done your best to feel happy.

(Kasser& Ryan,2001) suggest that in most cases if you can get the three needs, it will improve eudemonic well-being .The other part of self-determination theory talks about why we do things? What motivates us or motivates us? According to the theory, individuals engage in tasks because they have internal or external motives, where internal motivation refers to doing something to achieve basic general needs that provide personal self-happiness, and in turn, external motivation refers to doing something to earn rewards and avoid sanctions .Internal motivation may include: studying to learn more about a topic you're interested in and/or going to work because you love your job. External motivation may include: studying for a good grade/going to work because you need money .

And the question here is: Which of these do you think stimulates eudemonic well-being? If you guess it's internal motivation, you're right.

(Huta & Waterman, 2014) discusses what exactly is eudemonic well-being? It can be a little confusing and confusing when there are so many different ways to define eudemonic well-being. Sometimes, researchers address this problem by systematically reviewing several papers that have focused on this topic, which can help determine what different researchers agree on. Huta & Waterman (2014) argue that a systematic review of Eudemonia found that most definitions include the following four elements: authenticity, excellence, growth, and meaning. Certainly, these four skills are excellent for developing and enhancing eudemonic well-being (Gatchpazian, 2016:5-6)

Six ways to increase full psychological presence in life: Remember Gatchpazian Six practical steps to increase the eudemonic well-being in life:

1_Express your values and stick to them: Each of us has different values in life, if there are things that are really important to you, try your best to adhere to them, this will help you feel honest with yourself.

2-Write down your biggest goals: This may seem like a daunting task, but this is certainly not your career goal, or where you want to see yourself in 20 years. They are definitely goals that reflect your core values, such as saying: My big goals are to help people who are struggling or struggling with the hardships of life, and to defend marginalized groups.

3_Develop and refine your skills and abilities: No matter who you are and who you are, you are good at something (or several things) you have traits and characteristics that may help you achieve your goals, you may be good at providing advice or guidance or have permission for music, in general, focus your efforts on developing skills that bring you joy.

4_Focus on the quality of your relationships with others, not their quantity: social bonds play a major role in happiness.

5_Do the things you want to do sincerely: You may be interested in something because it has a personal benefit (internal motive) or an external benefit (external motive) look for the things you want to do and not the things you are forced to do. Certainly, life is full of externally motivated responsibilities and activities, but even in side

hobbies that bring you happiness and joy can have a benefit in the long run .

6_ Be honest with yourself: Have you ever felt that you have acted against your nature, after saying or doing something? It certainly feels uncomfortable because it feels like you're lying to yourself. No wonder, a person who is honest with himself is his trait, which is a large part of the eudemonic well-being. If you have those moments, ask yourself why? It will become clear to you that the people around you have a great impact, they are those who affect your personality and the nature of your actions so that you cannot express your true personality. (Gatchpazian,2016: 6-7)

3 – 2.The Trend Towards the use of Social Media: With the development of social networks such as Facebook and Twitter, the use of these means and technologies is increasing by young people, especially university students, in terms of it is a tool for transferring useful and diverse information and news, and for the exchange of images, files and videos, and for the conversation of friends, family and classmates, so this necessitated that societies seek to adapt to this technology in terms of use and impact as it has become in most of the activities of human life. As well as seeking to understand the student and his needs, because it is the main goal of educational institutions.

Components of trends: Trends involve three main components:

1 - Emotional or emotional component: This component refers to the feelings of love and hatred directed by the individual towards the subject of the trend, and is related to his emotional composition, he may love a subject and rush towards him, and respond to him positively, and may be averse to another subject and respond to it negatively.

2- Cognitive or mental component: The trend in addition to the emotional component involves a cognitive component, which includes the information and objective facts available to the individual on the subject of the trend, so that he can take the appropriate direction, if the individual has a positive trend towards migrating to another place, he must believe that immigration to the new place will provide him with a better life (Bani Jaber,2011: 268)

3- Behavioral component: This component refers to the tendency of the individual to behave according to specific patterns in certain situations, and that trends act as guides for behavior, they either push him to act positively towards a subject or to act negatively (Rabie,2004: 198)

3 - 3. Research Methodology and Procedures Research

Methodology : In order to achieve the objectives of the research, the researcher will use the descriptive approach because it is appropriate for this research. Which is concerned with describing social phenomena according to what they are at the time of the study, and what is related to the nature of those phenomena and the practices of individuals and groups that affect their behavior (Gaddafi & Duwaibi, 2010:307)

Research Procedures: The procedures to achieve the goals are reviewed in terms of the nature of the community, the sample and the steps that have been followed.

4 – Research Community: The current research community consists of female students of Al-Zahra University (peace be upon her) for Woman, for the academic year 2022-2023 for the morning study, and the data was obtained from the Registration Department on 19/1/2023. Where the total number of female students reached (4027) for three colleges (College of Education, College of Health and Medical Technologies, and College of Pharmacy)

4 – 1. Research Samples Basic research sample: It is the sample in which the research tools are being applied in its final form to extract the results achieved for the objectives of the research, and the basic research sample was chosen in an equal random stratified manner, which amounted to 400 female students of Al-Zahra University, peace be upon her for Woman, as shown in Table (1) Table

(1) Characteristics and preparation of the basic analysis sample distributed according to the college and scientific departments

The college	Section	First Stage	Second Stage	Third Stage	Fourth Stage	The Total
The pharmacy	The pharmacy	25	25	24	25	99
Health and medical Technologies	X-rays and sonar	12	12	12	12	48
	Anesthesia	12	12	12	12	48
	Natural Therapy	12	12	12	12	48
Education	Arabic	18	17	12	12	59
	English	13	12	12	12	49
	Mathematics	13	12	12	12	49
Total summation		105	102	96	97	400

4 – 2. Research Tools

4 - 3. Eudemonic well-being Scale: After reviewing the researcher on previous studies that dealt with the variable of eudemonic well-being, she found that she had used the scale (Ryff, 1989) of these studies are the study (Miqdadi, 2015) and the study (Younes, 2018)

and the study (Hajim&Al-Rubaie,2018) and the study (Al-Harbi & Muhammad Ali,2022) so the researcher decided to adopt it to measure the variable to achieve the goals of the current research.

4-4. Description of the scale: The researcher adopted the scale that she prepared and built (Younes,2018) according to the six factors of Carol Ryff for the variable of eudemonic well-being, which defined it as "the positive sense of good condition that is monitored by behavioral indicators that indicate the high level of eudemonic well-being filled through the high level of satisfaction with himself and his life in general, as well as his continuous pursuit to achieve personal goals of value, value and meaning for the individual to achieve his independence in determining the direction and path of his life, And his establishment of mutual social relations with others and linked to the general sense of happiness and psychological tranquility (Younis,2018: 11) The number of paragraphs of the scale reached (24) paragraphs in its original form, Distributed on six factors, each factor is measured by (4) paragraphs.

4-5. The Validity of the Paragraphs of the Scale of Eudemonic Well-being: The paragraphs of the scale of eudemonic well-being with the definitions of each dimension of the dimensions and the instructions of the answer and alternatives to the answer to a group of arbitrators in educational and psychological sciences for the purpose of judging the appropriateness and validity in measuring the objectives of the current research has obtained a 100% agreement rate for a group of (9) arbitrators in educational and psychological sciences .

4-6. Exploratory Experiment: To verify the clarity of the paragraphs of the two research scales and the answer instructions and calculate the time spent in answering, the two scales were applied to the sample of the exploratory experiment, which numbered(30) students who were randomly selected by (10) students from each college(Education, Medical Technologies and Pharmacy) and this experiment was applied on Saturday corresponding to (28/1/2023) (the same sample to which the two research scales were applied) and the results showed that the paragraphs and instructions were clear and that the average time spent answering was from (15 - 18)Approximately.

4-7. Statistical Analysis of the paragraphs of the Scale of Eudemonic Well-being

A_ Discriminatory power of paragraphs: The calculation of the discriminatory power of the paragraphs of psychological scales is one of the most important psychometric characteristics, which

should be available in the paragraphs of scales, and discrimination and we mean the extent to which individual differences can be measured by the paragraphs of these scales. One of the most important methods used in calculating the discriminatory power of these paragraphs is the method of the two extremist groups. Kelley recommended when analyzing the paragraphs to rely on the percentage of 27% of the individuals in each of the two extreme groups, and in order for the value of the discrimination coefficient to be consistent from one sample to another, when conducting this division, the number of members of the test vocabulary analysis sample should not be less than 100 in each of the two peripheral groups (Allam,1999: 277-284)and to achieve this, the researcher applied the eudemonic well-being scale to the statistical analysis sample in the period from (7/2/2023)to(8/3/2023)and the strength was calculated Discriminatory paragraphs of the scale using the T-test for two independent samples, where the total scores of the members of the upper group of the scale of eudemonic well-being ranged between (96 - 120) While the total scores of the members of the lower group ranged between (42-82)degrees. After calculating the discriminatory power of the paragraphs of the scale, it is clear that all paragraphs reached the level of statistical significance, which indicates that all paragraphs were retained, except for paragraph (3)did not reach the level of statistical significance .

4_8. The Relationship of the Paragraph with the Total Degree of the Scale: to extract the correlation coefficient of the degree of each paragraph of the scale of eudemonic well-being filled with the total degree has been using the Pearson correlation coefficient, and after comparing the values of the correlation coefficient calculated with the tabular value of the Pearson correlation coefficient degree of freedom(398)at the level of significance (0.05) and (0.098) It is noted that all the values of the correlation coefficient reached the level of statistical significance except paragraph (3)did not reach the level of statistical significance.

4_9 .The Relationship of the Paragraph to the Total Degree of the Field to which it Belongs: To calculate the relationship of the paragraph to the total degree of the field to which it belongs, the Pearson correlation coefficient was used. The statistics showed that all the values of the correlation coefficient reached the level of statistical significance, which indicates that all paragraphs except paragraph (3) did not reach the level of statistical significance. After obtaining these indicators, the researcher has decided to delete paragraph (3) of the scale because it did not reach the level of statistical significance in more than one indicator .

4-10.Stability of the Scale using Alpha - Cronbach method: The researcher used the alpha-Cronbach equation to find the value of the stability coefficient of the scale of eudemonic well-being, It was found that its value is (0.83) degrees after deleting paragraph (3) which fell into discrimination, which is a good stability value. This is because the acceptable values of the stability coefficient vary from one measure to another, depending on its purpose and the accuracy of the resulting decision, and the stability coefficient is acceptable if its value is (0.65) (Chalabi,2005: 123) so the value of the scale stability coefficient is good .

5-The Final Version of the Scale of Eudemonic Well-being: The final version of the scale of eudemonic well-being on (23) items distributed over six dimensions, which is with a five-pointed scale, has reached the upper degree of the scale (115) which indicates a high level of eudemonic well-being, and the minimum degree of the scale (23) which indicates a low level of eudemonic well-being and an average hypothesis (69) .

5-1. The scale of the trend towards the use of social media

The researcher adopted the scale of the trend towards the use of social media, which she prepared (Hussein, 2015) has defined social networks as "a system of electronic networks that allow the subscriber to create his own site, and then link it through an electronic social system with other members who have the same interests and hobbies." The number of paragraphs reached (49) paragraphs in its initial form, distributed over three areas: (Leisure and self-entertainment – the formation of social relations - and the field of knowledge acquisition). Its paragraphs were formulated according to the Likert method, and from a triple gradation of the following alternatives: (I agree, not sure, I do not agree) in addition to the two paragraphs about the search information, the first:(Do you have an account on: Facebook, Twitter)The researcher added a paragraph that was not present in the scale in its initial form, which is (asking about other communication networks) As for the second paragraph: (How many hours do you use it per day:1-4 hours, 5-8 hours ,9-11 hours) .

_To Test the validity of the scale offered paragraphs with the definitions of each dimension of the dimensions and instructions and alternatives to answer to test on a group of arbitrators (the same that offered them paragraphs of the first scale)in educational and psychological sciences, for the purpose of judging the appropriateness and validity in measuring the objectives of the current research has obtained a percentage of agreement 100% has been decided to delete paragraph(17)in the second dimension(the

formation of social relations) a paragraph (friendships that I make through Facebook and Twitter do not last long) and became the scale (48) Paragraph after arbitration .

Statistical Analysis of the paragraphs of the Scale of the Trend Towards the use of Social Media

A- the discriminatory power of the paragraphs: The two extreme groups were identified and the discriminatory power of the paragraphs of the scale of the trend towards the use of social media was calculated and the T-test was used for two independent samples, and the total scores of the members of the upper group ranged between (114-141) while the total scores of the members of the lower group between (58-100) and it turned out that all paragraphs reached the level of statistical significance, which indicates the retention of all paragraphs .

B_ The relationship of the paragraph to the total degree of the scale: To extract the correlation coefficient of the degree of each paragraph of the scale of the trend towards the use of social media with the total degree of the scale, the Pearson correlation coefficient has been used on the scores of the statistical analysis sample has been noted that all the values of the correlation coefficient reached the level of statistical significance, which indicates the retention of all paragraphs .

The relationship of the paragraph has been calculated by the total degree of the field to which it belongs, and the relationship of each area to the other field and the total degree of the scale, the researcher used the Pearson correlation coefficient has been noted that all the values of the correlation coefficient reached the level of statistical significance.

Stability of the scale: The researcher calculated the stability by alpha-Cronbach method. It was found that the value of the stability coefficient of the scale of the trend towards the use of social media reached (0.86) degrees, which is a good value .

The Final Version of the Scale of the Trend Towards the use of Social Media: The final version of the scale of the trend towards the use of social media included (48) items distributed over three areas: the field of Leisure and entertainment (13) items, the field of relationship formation (16) items, and the field of knowledge acquisition (19) items. It has a triple scale, and the upper score of the scale was (144) which indicates a high level of trend towards the use of social media, and the lower score of the scale (48) which indicates a low level of trend towards the use of social media, with a hypothetical average of (96)

6 - 1. Presentation and Discussion of Results: This chapter includes a presentation of the results of the research according to the objectives presented in the first chapter and discussed in the light of the theoretical framework and previous studies, and then come up with a set of conclusions, recommendations and proposals. Therefore, the two scales were applied to the basic research sample of (400)female students for the period from (7/2/2023 - 8/3/2023) as follows:

6- 2.The First Objective: to identify the Eudemonic Well-being of the research sample: The results of the analysis of the data of the basic research sample showed that the arithmetic mean is (85.177)degrees, and the standard deviation (11.256) and to know the significance of the differences between the arithmetic mean and the theoretical mean, use the T-test for one sample, as shown in Table (2)

Table (2) The T-test for one sample to know the significance of the differences between the arithmetic mean and the theoretical average of the eudemonic well-being .

variable type	The Sample	Average Arithmetic	Deviation normative	Theoretical mean	The test T	Indication
Eudemonic well-being	400	85.177	11.256	69	28.744	Function

From the observation of Table (2) and after comparing the calculated T values, which amounted to (28.744) with the tabular T value of (1.96) with a degree of freedom (399) at the level of significance (0.05) it is clear that the differences are statistically significant in favor of the arithmetic mean and this indicates that the research sample have a high level of eudemonic well-being, because the arithmetic mean is higher than the theoretical mean and in terms of statistical T.

The researcher believes that this high level of eudemonic well-being enjoyed by university students is due to the integration of personality and the loving and intimate relations that prevail in the university environment, and the student's sense of independence and mastery of the environment, and her ability to self-realize, as well as the support, encouragement and assistance by teaching and administrative staff and classmates, all of which contribute to the formation of a positive concept towards oneself and increase self-efficacy. And exploiting the capabilities to the maximum extent possible and achieving the potential, which reflects positively on motivation and a high level of feeling happy and satisfied with life. The results of the current study are consistent with the study of

(Younis,2018) the study of (Hajim &Al-Rubaie,2018) and the study of (Al-Harbi &Muhammad Ali,2022)

6 - 3. The Second objective: To Identify the trend towards the use of Social Media among the research sample The results of the analysis of the basic research sample data showed that the arithmetic mean is (106.362) degrees, and the standard deviation (12.975) degrees, and to know the significance of the differences between the arithmetic mean and the theoretical average, the T-test was used for one sample and table (3) illustrates this.

Table (3) T test for one sample to know the significance of the differences between the arithmetic mean and the theoretical mean of the scale of the trend towards the use of social media

variable type	The sample	Average Arithmetic	Deviation normative	Theoretical mean	The T test	Indication
trend towards the use of social media	400	106.362	12.975	96	15.972	Function
Entertainment and self-recreation	400	30.027	4.829	26	16.680	Function
Formation of social relationships	400	29.697	6.281	32	-7.331-	Non function
Knowledge acquisition	400	46.637	6.357	38	27.173	Function

From the observation of Table(3) and after comparing the calculated T values that amounted to (15.972)degrees with the tabular value (1.96) with a degree of freedom (399)at the level of significance(0.05) it is clear that the differences are statistically significant in favor of the arithmetic mean, and this indicates that the research sample have a positive trend towards the use of social media in general.

6 – 4.Three Objective: Know the correlation between the eudemonic well-being and the trend towards the use of social media

To identify the nature of the correlation between the eudemonic well-being and the trend towards the use of social media use Pearson's correlation coefficient and Table (4) illustrates this.

Table (4) Pearson's correlation coefficient to know the correlation between eudemonic well-being and the scale of the trend towards the use of social media as a whole and according to its fields.

Orientation towards social media eudemonic well-being	Correlation coefficient value calculated	Degrees of freedom	Tabular link value	Indication
Scale as a whole	0.03	398	0.098	

Entertainment and self-recreation	0.09-			Non function
Formation of relationships	0.07			
Knowledge acquisition	0.06			

From the observation of Table (4) and after comparing the calculated values of the correlation coefficient of(0.03) with the tabular value of the Pearson correlation coefficient of (0.098) with a degree of freedom (398) at the level of significance(0.05) it is clear that the values of the correlation coefficient are statistically significant, which indicates that there is no statistically significant relationship between the scale of eudemonic well-being and the scale of the trend towards the use of social media. This result can be explained by the fact that the scores of each variable move independently of the scores of the other variable. This result may be explained by the fact that the research sample of university students is more aware of the negatives and problems caused by the frequent use of social media, as they have a high level of eudemonic well-being and have the ability to manage and control the environment, and benefit from their past and present experiences .The result may be due to the fact that students have a motivation for self-realization and the achievement of goals and do not have enough time to spend in the use of these means except in what contributes to increasing information, developing self-potential, and acquiring knowledge and culture .

Conclusions: In light of the results of the current research, the researcher can put the following conclusion: that the students of Al-Zahra University enjoy a high level of eudemonic well-being, and they have a high positive trend in the trend towards the use of social media, while the results found that there is no statistically significant relationship between the scale of eudemonic well-being and the scale of the trend towards the use of social media.

Recommendations: In light of the results of the current research the researcher recommends the following: Providing counseling programs for university students to enhance the eudemonic well-being. As well as providing training courses for university students to help them acquire the skill of using social networks, especially in the field of development and development of the educational process. And open channels through social networks by teachers in universities in front of students and use and employ them in the educational process in order to raise the level of academic achievement .

Proposals: In light of the findings of the current research, the researcher proposes to conduct future studies aimed at identifying: the eudemonic well-being and its relationship to a type of intelligence. And the relationship between eudemonic well-being and a personality trait . And the trend towards the use of social media and its relationship to academic achievement among middle or middle school students .

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