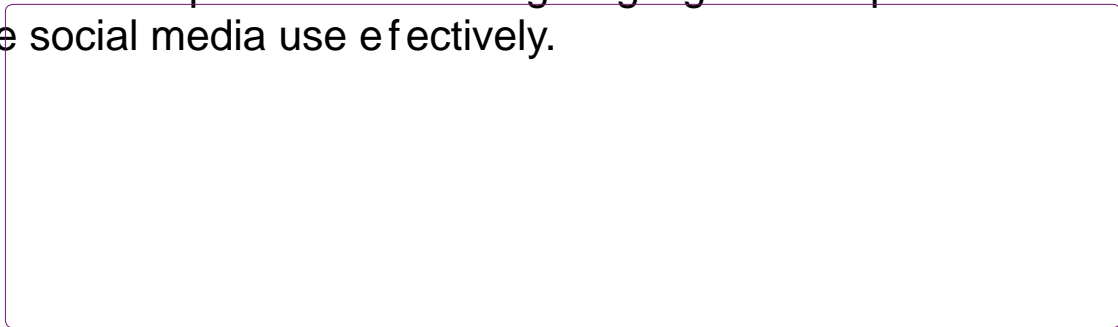




q h " u q e k c n " o g f k c " c f f k e v k q p 0 " H w t v j g t o q t g . " f k 英 g t g p neuroticism exacerbating the negative consequences while traits like agreeableness help individuals to mitigate the impact. These findings highlight the importance of tailored interventions to manage social media use effectively.



**Keywords:** Empathy; Social media Addiction; Personality traits; High school students; Extraversion; Neuroticism; Agreeableness; Conscientiousness; Adolescents

**Introduction**

Social media has become an integral part of everyday life, particularly for adolescents, who use platforms like Instagram, TikTok, and Snapchat to connect, communicate, and express themselves. However, excessive social media use can lead to addiction, characterized by compulsive behavior, mood modification, and neglect of personal, academic, or social responsibilities. Social media addiction

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may create a vicious cycle, where addiction further intensifies neurotic traits, leading to poorer emotional outcomes [11].

On the other hand, adolescents with higher levels of agreeableness and conscientiousness demonstrated greater resilience to the negative effects of social media addiction. These individuals are likely to exhibit better self-control, social skills, and a focus on maintaining positive relationships, which may reduce their susceptibility to addictive behaviors. Agreeableness, characterized by prosocial behaviors such as cooperation and kindness, likely contributes to healthier social media interactions, reducing the likelihood of addiction. Conscientious individuals, with their focus on discipline and responsibility, are better able to manage their social media use and prevent it from interfering with their daily lives. The findings of this study have several implications for developing interventions aimed at reducing social media addiction and its negative effects on adolescent personality development [12]. Given the moderating roles of empathy and personality traits, interventions should be tailored to individual differences. For instance, programs that enhance emotional intelligence and empathy could

What enhance emotional intelligence and empathy could