
Poznań, 01.03.2024r.

dr hab. Urszula Kluczyńska, prof. CDV

Collegium Da Vinci, Poznań

Doctoral dissertation review - Mundus Abu Ghaneem, MA

titled: “The Influence of a Parent Intervention Program on the Patterns of Sleep and Consumption of Media of Their Adolescent Children in the Era of Modernization in Israeli Arab Society”

**supervised by Prof. UAM dr hab. Monika Frąckowiak-Sochańska
at the Faculty of Sociology, Adam Mickiewicz University in Poznań**

Sundus Abu Ghaneem's doctoral dissertation deals with the issue of young people's use of the media. The work can be placed at the intersection of sociology of culture, sociology of health, sociology of family, and childhood studies. The author examines the Arab community in Israel, comparing this group with the Jewish society and focuses on the health consequences of media use, includes parents in the intervention process. The author states the following as the main objective of the study: “to examine sleep and media use patterns in the setting of secular Jewish society and Arab civilization, which is regarded as a conservative society that is modernizing.” (p. 1) The work consists of two stages. In the first stage, the author conducts a comparative study among Arab and Jewish teenage in Israel, using a questionnaire survey. Then workshops were conducted for Arab parents and examines how experimental intervention impacts on changes in behavior, sleep patterns, and media use among Arab teenagers. The strength of the work is therefore not only that it studies a phenomenon, but also that it tries to bring about change through the practical actions of the researcher, as well as verifying these actions.

The topic addressed is relevant because contemporary transformations have contributed to the excessive use of the media, including the Internet. These transformations have a huge impact on the development, upbringing and educational process of young people. Although it is a global phenomenon, it is worth learning more about local contexts in order to gain a more complete picture of the change. The research conducted provides a better understanding of the situation of Arab society in Israel.

The dissertation consists of seven chapters, an introduction, conclusion, bibliography, a list of tables, a list of figures, and appendices. The first section describes contemporary sociocultural trends and their influence on Arab youth in Israel. To present the background to the transition, the author presents the phenomena of globalization, modernization and postmodernization. Sundus Abu Ghaneem also describes the phenomena of the Internet and its influences on society in general, with a focus on Arab society. The topics of health, education, family relationships and risk factors on the Internet are also discussed. The next chapter focuses on sleep patterns during teenage years, while the last chapter deals with parenting styles and parental involvement in promoting adolescent health. The second part of the dissertation contains a methodology and research plan, along with research findings, a discussion and the conclusion.

In the introduction, the author informs that she completed her dissertation at the end of 2019. However, despite this, the nostrification process lasted from 2020 to 2023, meaning the doctoral dissertation defence was delayed. During this time, the COVID-19 pandemic certainly affected the way we use the media and the Internet. However, the dissertation presents a picture of the situation in 2019, which can be a starting point for comparative analyses and exploring the changes that occurred during this accelerated and forced technological change.

In the first chapter, the author describes globalization, modernization and postmodernization as a prism of the analysis. It is in this context that the Arab community in Israel is presented; however, as the author refers to research from 20 years ago, there is a concern that the data and research findings are outdated. Sundus Abu Ghaneem writes exclusively about the Arab community, and omits the social and cultural context of Jewish society in Israel. The absence of this description therefore does not give a complete picture of the communities studied and, above all, of the context of the study. The author presents the prism of the analysis and indicates how social and cultural changes in the world relate to Arab society in Israel. An interesting research perspective could be the application of centre-periphery theory. Finally on page 39, the author

describes a survey conducted on eating disorders in Israel, while the same information is found on page six of the paper.

In the second chapter titled: 'The Internet and Its Influence on Society', the impact of the Internet on changes in society is described. In subsection 2.1, 'The Internet, Online Social Networks, and the Search for Information', the author relies primarily on research and publications dating from the early 2000s. However, such data from 15 to 20 years ago may not adequately describe the current reality. What is more, the author focuses on Facebook, and draws on studies from 2010 and 2011 (p. 46) and 2012 (p. 47-48). In the age of social media growth and change, such old data may have become outdated. Contemporary research shows that Facebook is not the social media most commonly used by young people. Although the author does not focus on specific social media in the study, the dynamic changes within products and apps addressed to young people show that significant changes are taking place within this medium. Facebook may prove to be the most commonly used social media among the Arab community, yet up-to-date research would be necessary.

We can find a particular oversimplification in chapter 2.6, titled 'Influence of the Internet on the Family Relationship', and especially in the first paragraph. The author shows the world without the Internet as a simple one, which makes the upbringing process obvious, unambiguous, undistorted. This something of a simplification based on the assumption that in the pre-internet world the upbringing and socialization processes were fully controlled by parents, yet children even then were exposed to influences from groups (e.g. peers) and institutions (e.g. schools, kindergartens). The assumption that only Internet access has changed the power relations between parents and children is a simplification and needs to be nuanced. It has certainly influenced it, but it is not the only factor of change.

The author raises the issues of written text in relation to face-to-face speaking (s. 70). This is a pertinent point, but it is worth also extending it to the visual aspect, pictures or videos, which are a significant group of materials that young people encounter online in social media and the Internet in general nowadays. It is therefore also worth focusing on the thread of the 'pictorial' message.

In chapter 2.8 'Risk Factors on the Internet', the author focuses on the risks, but omits the benefits of Internet access. The author primarily identifies 'the Internet as a treatment instrument

for youths' (p. 104) as a benefit of Internet access. The chapter on risks would be worth extending considerably with the idea of social media, which play a key role nowadays.

In the research part of the paper, the author presents the research methodology and research results. She describes the two stages of the research, the research design, the research paradigm, the research methods, the hypotheses and the research results. The first stage was conducted on Arab and Jewish youth, and was designed as a survey followed by a second stage (the experimental stage).

The quantitative research comparing the media use of Arab and Jewish youth revealed some differences. As mentioned earlier, the theoretical part lacks an introduction to the cultural specificity of the Jewish community in Israel. There is also a lack of explanation why the author has focused exclusively on the Arab community in the second stage of the research. Why was the parent workshop conducted exclusively for parents of young Arabs? This decision needs to be justified in the context of previous comparative research. It would also be worthwhile to address in more detail the differences between the Arab and Jewish communities in Israel and to take into account differences in terms of demographic characteristics, place of residence or religion.

Regarding the survey among parents, which was conducted after 3 months, it would be interesting to have a survey after a year to see the constancy of the changes. This would also give information as to whether there is need to repeat the workshop or to extend the topics, or to include other family members in process of intervention.

It would be beneficial to include as an appendix the scenario of a workshop for parents, although it should be noted that the author describes the range of topics undertaken in the workshop. The attachment of the scenario of a workshop for parents could allow for a better understanding of the workshop format, improvements to the workshop programme, or for it to be repeated with other groups and comparative research to be conducted. There is also a lack of information on who runs these workshops, and the training, methodical or pedagogical background of this person. An important aspect worth noting, and which is highlighted by the author, is the lack of fathers' participation in the workshops.

To sum up, a general shortcoming of the work is the citation of studies conducted 10 years ago or longer ago, which, in the context of rapid changes in the media field, quickly become outdated. There is also a lack of description of the socio-cultural specificities of the comparison group, i.e. the Jewish community in Israel. The author focuses on media use and the Internet in

general. However, an important thread in the context of youth seems to be the use of social media, as a thread that requires special research attention, but also educational attention in the context of workshops for parents.

In the limitations, the author describes most of the comments that occurred to me after reading the paper, above all the sole participation of mothers, with the participation of fathers and siblings, extended family and peer groups in the workshops being omitted. It is difficult to make a change in how one child functions if the whole system does not participate in the process. At the same time, the indication of limitations shows that the author is critical and has recognized shortcomings and factors that may have influenced such a research result. These limitations also show the potential for further development of the research, focusing on the inclusion of whole families in the process of educating the use of the Internet and media, the inclusion of fathers, the implementation of workshops for parents, which will also involve younger children, as well as workshops for children and adolescents.

To conclude, the structure of the work is logical and clear. The theoretical part of the thesis was meticulously prepared. This doctoral student has demonstrated knowledge of theories and concepts, and the research goal set within the dissertation has been fulfilled. The research method was selected appropriately and the conclusions were correctly drawn and subjected to discussion. I deem the study presented by Sundus Abu Ghaneem MA to have fulfilled the conditions for the dissertation for the degree of doctor of social sciences in the discipline of sociological sciences, and I request that it be referred to the further stage of the doctoral procedure.

