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Review of the PhD dissertation:

Sundus Abu Ghaneem: *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*, Adam Mickiewicz University (the Faculty of Sociology), Poznań 2020

The reviewed doctoral dissertation is rooted in social sciences. It presents connections between several subdisciplines of sociology (including the sociology of health, the sociology of family, and the sociology of culture), psychology, and pedagogy. The point of departure is general processes of the social transformations taking place, such as globalisation, modernisation, and post-modernisation. These general processes of transformations have dimensions of a social, cultural, economical, and political character.

The layout of the dissertation highlights two parts, each of which is divided into chapters with numerous points, headlines, and secondary headlines. The structure of the dissertation is completed by other required elements, such as the introduction, conclusion, bibliography, and attachments. The dissertation has a rather complex construction both in the theoretical and in the empirical part. The considerations concern the relationship between contemporary sociocultural trends and the behaviours of adolescents and, indirectly, parents with small children at this developmental stage. One of the consequences of modernisation processes is an increase in access to new information and telecommunication devices as well as changes in lifestyle connected to it. The doctoral student focuses on the impact of electronic devices on health and the quality of life with regard to physical and mental health.

Among the points contained in the first part of the dissertation, titled *Contemporary sociocultural trends and their influence on adolescent life in the Arab sector in Israel* (pp. 9–151), one has to distinguish four thematic groups of considerations: (1) sociocultural processes of transformations, which have influence on the life of adolescents; (2) the development of information and telecommunication technologies; (3) the impact of new technologies on society and on the functioning of children and adolescents; (4) the Arab family in a new reality. All the issues are elaborated on both in the aspect of general transformations and in relation to the Arab community living in Israel. The take on social transformations was connected with global processes such as globalisation, modernisation, and post-modernisation. The doctoral student pays a lot of attention to theories concerning the post-modern society (Z. Bauman, U. Beck, A. Giddens, and J. H. Habermas among other authors).

This part (Chapter 1) also demonstrates the cultural picture of the Arab population living in Israel as well as the impact of modernisation processes on the Arab family and the life of

adolescent children. As the doctoral student shows, the Arab society is basically a traditional and conservative society; nonetheless, changes are taking place there under the influence of the Western culture and the Jewish community through access to electronic media.

The thematic scope of the considerations which is connected with the particular title of the dissertation focuses on the meaning of sleep in relation to the influence of electronic technologies (Chapter 3) on the functioning of adolescents; it also focuses on the parental style of reacting or intervening in issues connected with children's health (Chapter 4). Sleep and electronic media constitute the main concepts of the dissertation, especially its empirical part. In the psychological sense, sleep is essential to life and health as well as to the quality of functioning. In the context of contemporary lifestyle and easy access to electronic devices by adolescent children, one can speak of sleep disorders and the resultant consequences. An important premise for such considerations is the current rapid progress of the development of communication devices themselves. The Internet provides greater possibilities than the previous media such as the radio, the TV, and the telephone. However, it brings various dangers, including the possibility of addictions.

Messages concerning the family are included in several places in the dissertation. The chapter which concludes the first part (Chapter 4) concerns parenting styles (according to D. Baumrind) as well as the model of parental intervention based on the systems theory as well as the social learning theory. The programme concerns the promotion of pro-health practices regarding physical and mental health.

The second, empirical part of the dissertation, titled *Exposure to electronic media among Arab adolescents in Israel, their sleep patterns and the changes in the area as a result of the parent intervention program: Analysis based on empirical research* (pp. 152–262), contains methodological assumptions, the description of the realisation of own research project, and the analysis of the results. This part consists of three chapters: (1) the methodological assumptions behind the research; (2) the first part of the research – adolescents; (3) the second part of the research – parents (mothers). The main objective of the research is to get to know the sleep patterns (the time of the duration of sleep) and the patterns of using electronic media.

The objective of the conducted research (p. 157) is getting to know the impact of the modernisation and social change – in the Arab community living in Israel – taking place through access to electronic media in relation to the time of the duration of sleep of adolescents as well as the ways in which parents react to these changes. The research is carried out in the context of the post-positivist paradigm, which allows for the holistic approach to the subject (p. 157). Research problems are outlined and hypotheses are formulated.

The doctoral student presents her project as a two-step project (she offers 'two stages of research'). However, these are definitely two separate research projects, which are connected only through the question of 'sleep and electronic devices'. **In one of these research projects**, a connection was searched for between the time of the duration of sleep and the fact of using electronic media by adolescents. This group, selected with the stratified and random sampling method, involved 229 respondents (both boys and girls) of the Arab nationality (118) and the Jewish nationality (111), who were pupils in junior high school (8th and 9th grade) as well as secondary school (10th and 11th grade). The research was of quantitative character (two questionnaires as well as a survey concerning socio-demographic variables). In the analysis of the results, variables such as gender, cultural origin, and the time of the duration of sleep on weekdays and weekends were used, which is in accordance with the assumptions made before.

What is surprising to me is that no comparisons were made regarding age (younger/older), even though the period of adolescence is not a uniform developmental phase (it can be internally divided into particular periods).

The second research project involved Arab mothers having children aged 9–11 years old (voluntary participation). It was a sort of an experiment, in which the doctoral student used an intervention programme aimed at raising the awareness and knowledge about child development as well as changing the authoritative parental style. In general, 50 Arab women-mothers participated in several workshops promoting pro-health behaviours aimed at improving sleep patterns and reducing susceptibility to media. The search for the effects of the programme was limited to the comparison of the results obtained with the use of the research tools (questionnaires) from the group participating in the project (50 Arab women) and from women-mothers who did not have this type of experiences (50 Arab women). In both of these groups, the women completed the prepared research tools (questionnaires).

In each of the research projects, objectives were defined and hypotheses were formulated. The analysis of the obtained results was based on a varied statistical analysis and the results were analysed within each of the research questions. One of the research projects involved the comparison of the patterns of behaviours connected with sleep and using electronic media by adolescents in the Jewish community and in the Arab community. These two communities differ significantly with regard to education of girls and boys. In the latter research, (only) Arab mothers participated, which does not mean that these were the same mothers of adolescents who took part in the former research. The comparison concerned the effects of the participation in the educational programme. Perhaps there is an element which merges these two projects which, as I see it, are separate. From the point of view of defining the objective (p. 157), these two aspects were signalled as a certain whole – a study of the impact of access to electronic media on the sleep patterns and the behaviours of adolescents, as well as how parents can cope with these. From the point of view of the construction and the realisation of the project as well as the analysis, such an element is missing.

The reviewed doctoral dissertation includes all the elements required in works of an empirical character. It is generally consistent, which means that the theoretical part constitutes a justified basis for the empirical part and is documented with extensive literature related to the subject. The doctoral student recognised the theoretical and practical value of the conducted research, having the existent limitations in mind.

My reservations concern a certain lengthiness in elaborating on some of the issues (e.g. Chapter 2 in part 1 and Chapter 5 in part 2). Although the dissertation really accurately presents the concept of the research and the elaboration on the obtained results, I nonetheless – which I had already signalled – cannot see any connection between these two research projects and any justification for introducing them into one work presented as a whole project. The research in itself is valuable, but each of the projects constitutes a separate subject matter. I also could not find in the dissertation any attempt at linking them internally or logically justifying that these two research items are not parallel but constitute a whole.

The presented work certainly meets the criteria and requirements for a doctoral dissertation. I postulate to allow Mrs Sundus Abu Ghaneem to enter the subsequent stage in the doctoral procedure.

Anna Kwak