The Role of Maladaptive Daydreaming and Emotional Cutoff in Social Network Addiction of Young Generation

Abstract
This research was conducted with the aim of investigating the role of maladaptive daydreaming and emotional cutoff in the social network addiction of the young generation. The research design was of a descriptive and correlational type. The population of the study consisted of young people (aged 18-35) who completed the research questionnaires in 2022. Based on the available sampling method, 215 people were eventually selected. The participants volunteered to complete the questionnaires with full consent both online and in person. The questionnaires included Addiction to Mobile-Based Social Networks Questionnaire (KhajeAhmadi, Pooladi, and Bahreini, 2016), The Maladaptive Daydreaming Scale-16” (Somer et al., 2017), The subscale of Emotional Cutoff of the Differentiation of Self Inventory (Skowron and Schmitt, 2003). The data was analyzed using correlational matrix and simultaneous multiple regression with the help of SPSS-22 software. The results showed that there is a positive and significant correlation \( r=0.27, \ p<0.01 \) between maladaptive daydreaming and youth social network addiction. A positive and significant correlation was also found between emotional cutoff and social network addiction of young people \( r=0.32, \ p<0.01 \). The findings indicated that about 15% of the variance in the pattern of social network addiction can be predicted based on the linear combination of maladaptive daydreaming and emotional cutoff. According to the findings of the research, it can be concluded that maladaptive daydreaming and emotional cutoff play an important role in youth social network addiction.

Keywords: social network addiction, maladaptive daydreaming, emotional cutoff, young generation.