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The role of coping strategies and social networking sites addiction: The mediating role of perceived social support among a sample of Yazidis

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Abstract

The Islamic State of Iraq and the Levant (ISIL) attacked the Yazidis who are a minority in Iraq. This act resulted in the crime of genocide in August 2014. The purpose of this study was to assess the role of coping strategies on social networking site (SNS) addiction with perceived social support (PSS) as a potential mediator. A cross-sectional study was conducted among 611 Yazidi internally displaced persons (IDP) adults (males = 304, females = 307). The participants' age ranged from 18-60 years old with a mean age of 27.07 and SD = 9.13. A convenient sampling technique for gathering the desired data, and descriptive and inferential statistical analyses for analyzing the variables, were conducted. The results indicated that most Yazidis use emotion-focused coping to deal with their stressors, and emotion-focused coping predicted SNS addiction with avoidance coping strategies. The support received from family and friends mediates the role of coping strategies for SNS addiction. The major findings of this inquiry suggest that Yazidi IDP adults' coping strategies are important in predicting SNS addiction. Therefore, necessary actions to raise awareness and interventions need to be taken. This investigation shares new insights into the Yazidi IDP adults' coping strategies and addiction to SNSs in the camps in the Kurdistan Region - Iraq (KRI) for both policymakers and stakeholders. Limitations and future research directions are discussed in the article.

Keywords: Coping strategies, mediation, perceived social support, social networking sites addiction, Yazidis

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Introduction

Yazidis are a Kurdish minority community living in Northern Iraq, Syria, Turkey, and the former Soviet Union (Allison, 2017). Yazidi followers regard themselves as one of the oldest religions in the world (Kreyenbroek & Jindi, 2005). They believe in God "Xweda" (Ezda) (Allison, 2017) and they believe God created seven angels to guard the world He created. The first angel was "Melek Taus", the Peacock Angel, from his light, and the other six angels were created later. Regarding religious conversion, Yazidism is a closed religion, and their children are blessed at birth. In their history, Yazidis faced many genocides and rejection by believers of other religions, because Yazidis respect and worship the Peacock Angel who refused to bow to Adam, so other religions misunderstood "Melek Taus" to be Satan, as Satan refused to bow to Adam. Thus, Yazidis are mistakenly called "devil worshippers" (Kreyenbroek, 2008).

In August 2014, the terrorist organization so-called ISIL took over the center of Nineveh Governorate in Northern Iraq and brutally attacked the Yazidis religious and ethnic minority in Sinjar, located in KRI. They kidnapped approximately 2.5% of the Yazidi population in just a few days, resulting in a brutal genocide (Cetorelli et al., 2017), and displaced more than 400,000 Yazidis to the IDP and refugee camps in KRI and elsewhere (Rasheed et al., 2022). Furthermore, the violence Yazidis faced during the devastation of ISIL was extreme torture, forced conversion, enslavement, and execution (Denkinger et al., 2018). Residing in internal displacement camps can be a challenging situation and IDPs can face extreme stress and may use different coping strategies to cope with their situations. Erdener (2017) conducted a qualitative study on the coping strategies of Yazidi women in the Diyarbakir Refugee Camp in Turkey, and he found Yazidis find meaning in massacres, politicization, being self-enclosed (sense of distrust, and being enclosed to other cultures), mourning rituals and worship (crying and doing Yazidis religious rituals and being thankful for surviving). Along with that, Qahar (2023) carried out a study on Yazidi women survivors' coping strategies and their problems in the camps in Duhok. Because of the small sample size utilized in his study, it was difficult to draw reliable conclusions.

Furthermore, those people who struggle in coping with stressful life incidents are expected to develop internet addiction including social networking sites addiction compared to individuals who have better coping strategies with these stresses (Chou et al., 2015; Tang et al., 2014). In the last decade, SNSs have grown in popularity. Most people around the globe use SNSs, such as Instagram, Facebook, and Snapchat, to name a few (Zendle & Bowde, 2019). Previous literature described two forms of social networking sites: passive and active use (Brailovskaia & Margraf, 2022; Verduyn et al., 2017). Active use of social networking refers to active engagement in SNS, such as posting content, setting "Likes", written status updates, pictures, and public comments (Marengo et al., 2021; Valkenburg et al., 2022). On the other hand, passive use of social networking sites involves scrolling through others' posts or browsing information (for example, browsing the news feed, viewing pictures and status updates posted by others and without presentation of one's information

(Keles et al., 2020; Tobin et al., 2020). However, when people spend excessive amounts of time on the Internet and social networking platforms, it may lead to negative consequences, including problematic and addictive behaviors (Miranda et al., 2023; Pellegrino et al., 2022). In addition, among the various lines of research examining online addictive behaviors, a more recent concern has focused on addiction to SNSs as highlighted by Monacis et al. (2017). The Yazidis have widely been among the communities that were affected severely (Human Rights Watch, 2017). However, this time in 2014, they were displaced during the time of modern technology. As most Yazidi individuals reported, they didn't have access to the Internet, so they were not active users of SNSs because they lived in a rather closed and restricted community. Moreover, when Internet-related activities are used excessively to cope with negative emotional states such as depression or anxiety, and other means of coping responses are decreasing such as health-promoting behavior, and social activities, possibly leading to Internet addiction including SNS addiction (Müller et al., 2014).

Accordingly, Lazarus and Folkman's classical Transactional Model of Stress and Coping (1984) is utilized in this study as the theoretical framework for the variables of this research. Therefore, the transactional model of stress and coping (TMSC) appears to be an excellent fit for the research context of this study. According to TMSC, people implement coping strategies as cognitive and behavioral resources individuals draw upon to meet specific external and internal demands, which help them to re-balance (Lazarus & Folkman, 1984). Past studies have used TMSC to understand how people use social media to cope with stressors (Bae, 2022; Xie et al., 2022). Therefore, those individuals experiencing anxiety and constant distress may spend an excessive amount of time online and use avoidance coping strategies to escape from their stressors and mitigate their negative emotions (Sun et al., 2023). The stress and coping perspective propose that having reliable social support can significantly shape individuals' perceptions of stressful life events and protects people from the negative effects of stress and helps them cope better (Acoba, 2024; Li et al., 2021). While, recent findings suggests that individuals' coping strategies can significantly shape individuals' perception of social support they received. Such as, problem-focused coping is associated with increased perceived social support and leads individuals to find themselves with more social resources (Dong et al., 2024; Jurek et al., 2024; Zamanian et al., 2021). Conversely, avoidance coping has an effect on individual perception of inadequate social support (Dong et al., 2024). These finding supports that coping strategies are not only an outcome of social support but also a determinant of how individuals seek, perceive, and maintain support from their social environment. Based on this perspective, the rationale of the current study is that coping strategies indirectly influence perceived support from family, friends, and significant others, particularly in the context of social media use and potential addiction. On the other hand, it was found that individuals receiving inadequate social support have an increased tendency toward social media addiction (Caba Machado et al., 2023; Çevik & Yildiz, 2017).

Previous literature has documented that social support is helpful in hard circumstances such as cases of trauma, and war

situations (Bilgin & Tas, 2018; Lee, 2019), including IDPs in using social support as a resiliency strategy to maintain a balance despite their insecurity and ongoing distress (Shishehgar et al., 2017). During times of need, perceived social support refers to how individuals perceive family members, friends, and others as a source available to provide psychological, material, and overall support (Hailey et al., 2023). Perceived social support seems to be associated with coping strategies and SNSs addiction (Çevik & Yildiz, 2017; Meshi & Ellithorpe, 2021). While previous literature does not measure the mediating role of PSS between coping and SNSs addiction. Moreover, previous studies concluded that an insufficient amount of social support increases the chance of addiction to SNSs (Cui & Chi, 2021; Çevik & Yildiz, 2017), while other studies demonstrate that an increase in perceived social support lowers addiction to social networking sites (Caba Machado et al., 2023; Lin et al., 2020). With this being said, the relationships between SNS use and PSS require more research courtesy (Lin et al., 2021) because social support may be one of the main encouragements for using SNSs (Kim & Lee, 2011).

Although coping strategies, SNS addiction, and PSS are crucially important, this topic has not been given attention in the body of the scientific literature. The present study contributes to addressing these gaps and aims to conduct a quantitative study to determine the role of coping strategies on SNS addiction with the mediation of PSS. This study is significant for addressing the notable contextual, empirical, and methodological issues and gaps in the area of coping strategies, SNS addiction, and PSS. Also, the findings of this study will be significant to the professional stakeholders, psychologists, and non-governmental organizations (NGOs) such as UNICEF, UNHCR, and UNFPA to work on assimilating good coping strategies for IDPs to protect them from the risks of addiction to SNSs. Therefore, the objectives of this quantitative inquiry are to: a) investigate the mediation role of perceived social support between coping strategies and social networking sites; b) assess the role of coping strategies on SNSs addiction; c) understand the coping strategies they use the most. Furthermore, this study attempts to address the following research questions:

- 1) Which coping strategies do the Yazidis use most in the camps they reside?
- 2) Do coping strategies play a role in SNS addiction?
- 3) Does PSS mediate coping strategies in relation to SNS addiction?

Methodology

Participants

A total number of 611 participants were drawn from the Yazidi IDP adults from a general population. In this study, participants were eligible only when they were Yazidi men and women IDP adults residing in the camps in KRI aged (18-60) years old. The mean age was 27.07 years (SD = 9.13) with 49.8% male and 50.2% female participants. Among the participants, 51.9% were single, 45.7% were married, 0.8% were divorced, 1.5% were widowed, and 0.2% were widower.

62.4% of them were jobless, 21.8% were self-employed, 9.8% were from the government sector, and 6.1% worked for the private sector. 22.4% of them were illiterate, 12.4% were primary school graduates, 22.1% were secondary school leavers, 21.8% were high school graduates, and 21.3% were university or institute graduates. The participants were selected from four IDP camps located in Duhok and Sulaymaniyah in KRI where selected Yazidi IDPs currently reside. Since the majority of the Yazidis stayed in the camps in the Governorate of Duhok, three of the camps namely; Sharya, Kabartu 2, and Khanke were targeted as the main location of our data collection. Likewise, to determine variety in the sample, Ashti IDP Camp in the Governorate of Sulaymaniyah was also selected as part of the data collection. As a nonprobability sampling procedure, participants of the study were recruited using a convenience sampling technique. These participants were selected because they were available and willing to be studied, and therefore easily recruited.

Research design and procedure

The present investigation is a cross-sectional survey study that belongs to larger quantitative research that aims to investigate the role of coping strategies on SNS addiction and the mediating role of PSS between coping strategies and SNS addiction. Data collection was performed upon receiving the necessary administrative approval and interested participants' verbal consent. Official Approval to conduct this study was gained from the security departments of both governorates and the administration of all four camps to ensure this inquiry is ethical and respectful, thereby causing no harm to the interested participants. A copy of this research project proposal, which included the introduction, research methodology, and the research instruments was attached to get permission from the relevant departments.

Ethics: During data collection, some participants expressed a strong distrust and skepticism of any official authority figures and were not willing to sign any document. Due to this, we relied on obtaining verbal rather than written informed consent and ensured that their information and the gathered data were confidential. Although they were guaranteed anonymity and confidentiality of collected information, they were informed that they could discontinue filling out the questionnaire at any point.

Data Collection Helpers: Because there were many illiterate participants in this study, we recruited several Yazidi data collectors for the duration of the data collection process. All the individuals who helped in the data collection had prior experience in terms of questionnaire data collection in similar projects. The data collectors include one master's degree holder in the field of trauma and psychotherapy, three bachelor's degree holders in the field of psychology, and one social worker. To ensure the success of the data collection, short training regarding data collection was provided to all the research assistants by the principal researcher. Literate participants completed the questionnaires themselves and returned them to the data collectors immediately after they filled them out. However, we interviewed those participants

who were illiterate. Data collection began at the beginning of May 2022 and continued till the end of June 2022 daily.

Instruments

Coping Strategies: Measured coping strategies by using the Brief COPE, designed by Carver (1997). Brief COPE consists of 28 items that measure 14 different coping strategies, and it was grouped into three coping categories by summing items accordingly (Carver, 1997, Schnider et al., 2007), with higher scores indicating a higher intensity of using the specific coping strategy. The three coping strategies are emotion-focused strategy (i.e., use of emotional support, positive reframing, acceptance, religion, humor, and venting), problem-focused strategy (i.e., use of instrumental support, active coping, and planning), and avoidant coping strategy (i.e., denial, self-blame, substance use, self-distraction, and behavioral disengagement). The main question was: What do you usually do when you are stressed by a problem? Furthermore, the coping strategies were described in statements, such as "I work or do other things in order not to think about the problem." Each statement was graded on a four-point Likert scale, and response choices ranged from 1 (I have not been doing this at all) to 4 (I have been doing this a lot), corresponding to different coping methods. As it is clear from the scale, participants choose their options based on the most likely used coping strategies to manage their stressful events. In the current sample, the Cronbach's α coefficient of the scale as a whole was .724.

Social Networking Sites Addiction: We measured SNS addiction by using the Social Networking Addiction Scale (SNAS) which was developed by Shah Nawaz and Rehman (2020). The scale consists of 21 items designed to reflect six domains of excessive use. Sample items in the modified scale include: "While I work/study, my mind remains on social networking sites." (salience); "I go to social networking sites whenever I am upset (mood modification); "These days I spend more and more time on social networking sites." (tolerance); "I feel sad when I am unable to log in to social networking sites" (withdrawal); "I try to hide the time I spend on social networking." (conflict); "I have failed to cut down the time I spend on social networking sites." (relapse) to name a few. Each item was scored on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Total scores ranged from 21 to 147; any score above a total score of 84 signifies addiction. Using the current sample, the Cronbach's α coefficient of the instrument as a whole was .94.

Perceived Social Support: Utilizing the Multidimensional Scale of Perceived Social Support (MSPSS), the participants' social support was assessed (Zimet et al., 1988). The scale which consists of a total number of 12 items, captures the multidimensionality of social support with 4 items for each of the three subscales

measuring participants' social support across three different dimensions: family, friends, and a special person (significant other). The MSPSS evaluated perceived social support (PSS) from family, friends, and significant others as well as quantified the degree to which respondents perceived support from each of these three sources with higher scores reflecting higher PSS. Items of the instrument include "I get the emotional help and support I need from my family" (family support subscale), "My friends try to help me" (friends' support subscale), and "I have a special person who is a real source of comfort to me" (support from a special person/significant other subscale). All items were rated on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Utilizing the current sample, the Cronbach's α coefficient of the instrument was .84.

Translation: Because the Yazidis do not speak English, we translated our measures into Arabic and Kurdish (Sorani Dialect). All Yazidis speak Arabic, and a few of them speak Sorani Kurdish due to their stay in KRI areas where they have been living and working for eight years now. Based on this understanding, we decided to have both Arabic and Sorani Kurdish versions of our scales to suit the needs of the study using the back-translation method.

Validity of translated measures: As such, the scale was ready to be pre-tested on a small sample of Yazidis residing in the camps before starting the main study to ensure the translated versions are clear and understandable in terms of clarity of the concepts, items of the measures, etc. After the pilot study, content validity was done by an expert in psychology research. In essence, for clarity and understanding of the translated version by participants and after all the necessary amendments, the final version was produced to be administered in the main data collection process.

Data analyses

A total number of 662 questionnaires were distributed among the population of the study. Among these, 51 cases responded to the items incompletely. The main reason for the incompleteness of the questionnaires was that the participants left unmarked items. Taking into consideration that missing values might result in biased statistical results (Hair et al., 1998), all the 51 cases were excluded before further analysis, thereby the remained data (611 cases) were then subjected to further analysis. Furthermore, as part of data screening and procedures of data analysis, normal distribution of the data was also conducted to inspect whether the participants' responses to the 61 items were normally distributed. The statistical analysis of skewness and kurtosis (Table 1) were applied. Skewness measures the symmetry of the distribution. Negative values of (e.g., -.139; -.205; -.894) suggest a slight left skew. Kurtosis indicate the peakedness of the distribution.

Tab. 1. Skewness and Kurtosis Values of the Dependent and Independent Variables

	N	Mean	SD	Skewness	Kurtosis
CS	611	2.62	.316	-.139	.155
SNS	611	3.95	1.209	-.205	.065
PSS	611	5.25	1.161	-.894	.365

Notes: CS= Coping Strategies, SNS= Social Networking Sites, PSS= Perceived Social Support, SD= Standard Deviation, N= Number.

Tab. 2. Frequency Categories of Distribution of Coping Strategies among Yazidi IDPs (N = 611)

	Problem-focused coping		Emotion-focused coping		Avoidance coping	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
I have not been doing this at all	0	0	0	0	12	1.97
I have been doing this a little bit	75	12.27	162	26.51	389	63.67
I have been doing this a medium amount	394	64.49	439	71.85	209	34.20
I have been doing this a lot	142	23.24	10	1.64	1	0.16

Tab. 3. Multiple Regression Analysis of Problem-focused Coping, Emotion-focused Coping, and Avoidance Coping on SNSs Addiction

	B	SE	95% CI		B	t	P
			LL	UL			
Constant	3.100	.409	2.297	3.902	-	7.583	.000
Problem-Focused Coping Strategy	-.193	.121	-.430	.044	-.081	-1.602	.110
Emotion-Focused Coping Strategy	.313	.150	.018	.608	.107	2.085	.038
Avoidance Coping Strategy	.262	.119	.029	.496	.090	2.206	.028

Note. $R^2 = .013$, $F(3,607) = 3.582$, $p < 0.05$, $SE =$ Standard Error, $CI =$ Confidence Interval for B, $LL =$ Lower limit, $UL =$ Upper Limit.

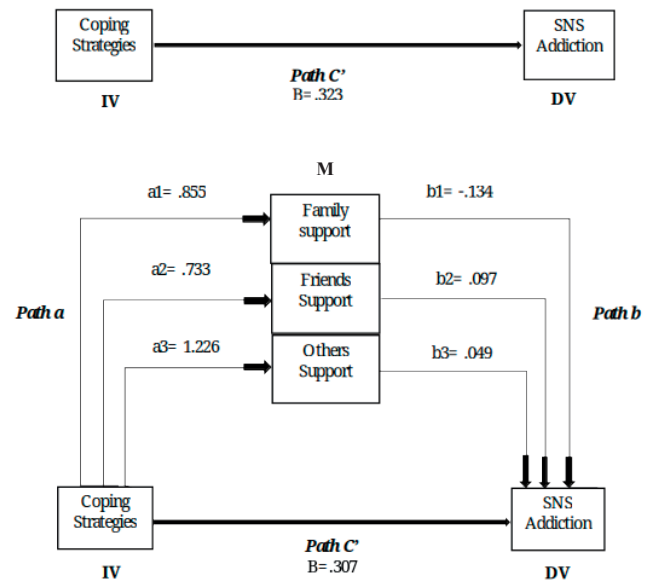
In overall, the values were within +1 and -1, showing that the data in the present study are normally distributed (Demir, 2022). Utilizing the Statistical Package for Social Sciences Program (IBM SPSS) version 26, descriptive and inferential data analyses were performed to answer the research questions. Specifically, Multiple Regression and the PROCESS macro model 4 for answering the questions of this study.

Results

Table 2 presents the frequencies and percentages of the sample's distribution on each subscale of the coping strategies variable, which answer the question "Which coping strategies do the Yazidis use most in the camps they reside?". The results indicate that the majority of the Yazidis utilized emotion-focused coping strategy to a medium amount which is (71.85%) when they are in difficult situations, and a lower proportion of them used it a little bit. The results also show that a high proportion of the Yazidis utilized problem-focused coping strategy to a medium amount which is (64.49%), and a lower proportion of them used it a lot. However, the descriptive analysis shows that about two-thirds of the Yazidis used a little bit of avoidance coping strategy which is (63.67%) when they faced difficult situations.

Multiple regression was performed (Table 3), to answer "Do coping strategies play a role in SNS addiction?". The results showed that the overall fit of the model was statistically significant $F(3,607) = 3.582$, $p = .014$, with adjusted $R^2 = .013$ suggesting that the 1.3% of the variance of SNS addiction can be explained by coping strategies subscales. The result also demonstrates that only emotion-focused coping ($b = .313$, $SE = .313$, $t(607) = 2.028$, $p = .03$) and avoidance coping ($b = .262$, $SE = .119$, $t(607) = 2.206$, $p = .02$) predict SNS addiction. However, problem-focused coping did not predict the participants' SNS addiction ($b = -.193$, $SE = .121$, $t(607) = 1.602$, $p = .11$).

To answer "Does PSS mediate coping strategies in relation to SNS addiction?", specifically by testing its dimensions (i.e., family, friends, and significant other), the mediation analysis was carried out based on a bootstrapping procedure using PROCESS macro version 4.1 (Figure 1).

Fig. 1. Mediating effect of family support, friends support, and significant other affecting coping strategies and social networking sites addiction among Yazidi IDPs (N = 611).

The results of this hypothesized mediation model reveal that coping strategies is positively related to family support ($b = .855$, $SE = .158$, $t = 5.40$, $p < .05$), friends' support ($b = .733$, $SE = .193$, $t = 3.81$, $p < .05$) and significant others' support ($b = 1.226$, $SE = .176$, $t = 6.91$, $p < .05$). The analysis also reveals that family support and friends' support have a significant effect on SNSs addiction ($b = -.134$, $SE = .049$, $t = -2.767$, $p < .05$) and ($b = .097$, $SE = .039$, $t = 2.517$, $p < .05$) respectively. However, significant others' support does not have a significant effect on SNS addiction ($b = .049$, $SE = .048$, $t = 1.06$, $p > .05$). The result also shows that coping strategies are not associated with SNS addiction ($b = .307$, $SE = .159$, $t = 1.923$, $p > .05$), indicating no statistical significance. The direct effect was $b = .307$ in the presence of the mediators, and the total effect was $b = .323$.

Furthermore, the indirect effect of coping strategies on SNS addiction through family support ($b = -.115$, $SE = .0051$, *bootstrap 95% CI*: -.2259; -.0185) and friends support ($b = .071$,

Tab. 4. Mediation Effect Analysis based on PROCESS macro (Model 4)

Path	b	SE	Bootstrap 95% C.I.		Mediation conclusion
			Lower Limit	Upper Limit	
CS → FAMS → SNS	-.115	.051	-.2259	-.0185	Mediation
CS → FRDS → SNS	.071	.039	.0029	.1602	Mediation
CS → SIGS → SNS	.059	.069	-.0729	.2001	No Mediation

Note: CS= Coping Strategies, SNS= Social Networking Sites, FAMS= family Support, FRDS= Friend Support, SIGS= Significant other Support, SE= standard Error, CI= Confidence Interval for B

SE = .039, bootstrap 95% CI: .0029; .1602) was significant. While the indirect effect of coping strategies on SNS addiction through significant others' support is not significant (b = .059, SE = .069) because zero is included in the bootstrap 95% CI: -.0729; .2001, see (Table 4).

Discussion

The role of coping strategies on SNS addiction with the mediating role of perceived social support by using a cross-sectional survey design in a population of Yazidi adults in KRI was investigated in this study. To the best of the researcher's knowledge, the current research is one of the first studies to date to clarify the mediating role of PSS between coping strategies and SNSs among Yazidi IDPs in KRI. The current study discovered that the majority of Yazidi IDPs used emotion-focused coping in a medium amount. It means that Yazidi IDPs tend to deal with their emotional responses to stressors by using emotion-focused coping such as acceptance, seeking emotional social support, positive reinterpretation, and turning to religion. Also, a high number of the participants used problem-focused coping in a medium amount. Furthermore, regarding avoidance coping strategy, the majority of the participants use it in a small amount. Even though there are general agreements among psychologists that problem-focused coping is the most effective coping strategy because of its consistent link with lower stress levels and better mental health (Penley et al., 2002). Qahar (2023) conducted a study among Yazidi females in the camps in Duhok City in KRI, and he found that 50% of his study participants have passive withdrawal behavior. Also, Denkinger et al. (2021) carried out a study among Yazidi refugee women in Germany finding that the most helpful coping strategies were self-efficacy, the importance of religion and community, their coping strategies included prayer, belief in personal strength, and belief in collective strength. Along the same line, Tippens et al. (2021) conducted a study on cultural bereavement and resilience among Yazidi women refugees in the Midwest United States, and they found that women use Naan (bread) as a metaphor for coping strategies.

The results of this study with regards to the role of coping on SNS addiction revealed that coping strategies have significant effects in predicting SNS addiction, meaning that the ways of coping the Yazidi IDP community use in the camps have significant effects on their addiction to SNSs. The scientific body of literature showed that no studies have directly measured the role of coping strategies on addiction

to SNSs among IDPs. However, the systematic review undertaken by Wolfers and Utz (2022) demonstrates that social media can be used as a coping tool and also can be used as a resource. For example, people may use social media as emotion-focused coping to improve stress-induced negative emotions. Also, the current study found that emotion-focused coping and avoidance coping predict SNS addiction, indicating that Yazidis in the camps spend most of their time on social networking sites to help them forget about struggling situations in the camps and escape their daily life stressors. This finding is in line with the study conducted by McNicol and Thorsteinsson (2017) in which they found that addictive internet users scored higher on emotion and avoidance coping responses in adults. Similarly, emotional venting and avoidance coping strategies significantly affected escape, social interaction, and entertainment seeking by preventing individuals from getting into social media activities and forgetting unpleasant thoughts related to the pandemic (Bae, 2022). Sriwilai and Charoensukmongkol (2016) and Hurley (2018) concluded that addicted participants to social media to cope with their stresses chose an emotion-focused coping strategy.

Moreover, this study concluded that there is a lack of significant effect between problem-focused coping strategies and addiction to social networking sites, showing that those participants who engage in using problem-focused strategies are not likely to be addicted to SNSs. This finding is aligned with that of Wong et al. (2020) and Sriwilai and Charoensukmongkol (2016) who found no significant effects of problem-focused coping on social media addiction. Finally, the mediation analysis indicates that only support from families and friends support was found to be a mediator between coping strategies and SNS addiction, but support from significant others did not mediate between coping strategies and addiction to SNSs. This result indicates that as the support from family and friends increases, the level of addiction to SNSs decreases, but the support from a significant other does not have any relation in this matter. Bilgin and Taş (2018) found negative relationships between social media addiction and PSS from family, and significant others, meaning that individuals with high levels of PSS from family and significant others have lower levels of social media addiction. Moreover, Caba Machado (2023) addressed that SNS usage is related to PSS from significant others while it is not related to PSS from family. However, this result is in line with that of Çevik and Yildiz (2017) who concluded that support by significant others predicts Internet addiction including SNSs and that family support and friend support among sub-dimensions of PSS did not predict Internet addiction including SNSs.

Conclusion

The current contribution of the Yazidi IDP is just the beginning of what promises to be the role of coping strategies for SNS addiction with the mediation of PSS. It was found that most Yazidi IDPs in the camps in KRI use emotion-focused coping followed by problem-focused coping and then avoidance coping strategy. It seems that emotion-focused and avoidance coping strategies predict addiction to SNSs, which means the way coping with Yazidi has an important role in shaping Yazidi's addiction to SNSs. The subscales of family and friends from PSS mediated the relationships between coping strategy and addiction to SNSs. The present study has the potential for researchers, practitioners, and educators to take necessary actions to assist Yazidi IDPs based on the results of the present contribution. Last, this humble contribution also provides useful and accurate data and knowledge for future researchers undertaking similar studies on Yazidi IDPs.

Limitation and future direction

Although the findings of this study provide important insights, certain limitations may have influenced the results. One of the limitations of the present study included the use of convenience sampling which limited the generalizability of the study. Furthermore, the chosen cross-sectional survey design can be another limitation. It is not possible to make causal and effective results. The Brief Coping Inventory may not capture all coping strategies due to the diversity of coping behaviors amongst different population groups, particularly given the challenge of achieving local social and cultural relevance and appropriateness. Last, translating instruments into the Arabic language in this study is considered another limitation. This is mainly because not all Yazidis are capable of speaking the Arabic language.

Therefore, future studies in KRI, especially among conflict-affected and post-conflict populations, may focus on researching effective interventions to support and strengthen coping strategies among conflict-affected populations. Experts can also carry out studies on the reasons behind SNS addiction among IDPs in KRI. Also, it is important to mention that future researchers in this research area can employ a mixed methods approach in their studies to offer a deeper understanding and insights about Yazidi IDPs in these research areas.

Ethical Approval

This research study was approved by the Koya University Ethics Committee.

Data Availability Statement

The data that support the findings of this study are available from the corresponding author, upon reasonable request.

Funding

There was no explicit finance for this study.

Conflict of Interests

The authors declare that they have no conflict of interest.

Author Contributions

The first author contributed to the study concept and design. She wrote the manuscript, conducted all the statistical analyses, and interpreted the data. The second author supervised the study design and directed the research. All authors have read and approved the final submitted manuscript.

Supplementary material

Not applicable

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Reference

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