

## The Relationship between Psychological Stress Resulting from Misleading News on Social Media Sites and Mental Health among Members of Youth Institutions in El Oued Province: A Field Study on a Sample of Members of Some Youth Institutions in El Oued Province

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### Abstract:

The current study aimed to identify the relationship between psychological stress resulting from misleading news on social media sites and mental health among members of youth institutions in El Oued Province.

To achieve this study, it was conducted on a sample of (100) members of youth institutions in El Oued Province. The study relied on the descriptive correlational method, which is based on collecting, describing, and interpreting data. The Psychological Stress Resulting from Misleading News on Social Media Sites Scale, prepared by the researchers, and the Mental Health Scale by Ibtisam Ahmed Abu Al-Amrein (2018) were applied. The study reached the following results:

- There is a statistically significant correlation between psychological stress resulting from misleading news on social media sites and mental health in its personal dimension among members of youth institutions in El Oued.
- There is a statistically significant correlation between psychological stress resulting from misleading news on social media sites and mental health in its social dimension among members of youth institutions in El Oued.
- There are no statistically significant differences in psychological stress resulting from misleading news on social media sites among members of youth institutions in El Oued according to the age variable.
- There are no statistically significant differences in mental health among members of youth institutions in El Oued according to the age variable.

**Keywords:** psychological stress, mental health, youth institutions.

### 1- Defining the Problem:

Youth institutions in Algeria are considered among the most important institutions of socialization, due to the educational and training role they play as a complement to educational institutions, through the cultural, social, sports, and recreational activities they provide, which contribute to investing leisure time, developing young people's abilities, and enhancing their psychological and social

adjustment. They also represent supportive spaces for the balanced development of personality, which reflects positively on mental health and limits the emergence of some behavioral and social problems. However, these institutions are no longer isolated from the rapid digital transformations witnessed by the contemporary world, as social media sites have become the main source for receiving news and information, after transforming from mere communication tools into spaces that influence the formation of awareness and perceptions. This transformation has provided broad opportunities for rapid access to knowledge, but at the same time it has revealed negative aspects represented in the widespread dissemination of misleading news and unreliable content. (Laila, 2018, p. 136)

This intensive flow of information has led to the emergence of increasing psychological pressures among individuals, especially the youth category, as a result of continuous exposure to misleading information and the ambiguity and cognitive and emotional confusion it causes. Psychological stress resulting from this digital environment is considered one of the factors that may affect the individual's ability to adapt to his surroundings, and its effects may be reflected in his mental health if appropriate coping and adjustment mechanisms are not available. (Abdel Aziz, 2024, p. 662)

Mental health is of great importance as a fundamental pillar for achieving personal and social balance and quality of life. It also represents a necessary condition for the individual's well-being and his ability to interact positively with the various fields of life.

From this standpoint, the importance of studying the relationship between psychological stress resulting from misleading news and mental health among members of youth institutions emerges, in order to reveal the nature of this relationship and clarify the preventive role that these institutions can play in strengthening the psychological immunity of young people and helping them adapt positively to the challenges of the contemporary digital environment.

Hence, the problem of the study can be formulated in the following main question:

- Is there a correlational relationship between psychological stress resulting from misleading news on social media sites and mental health among members of youth institutions in El Oued Province?

The following sub-questions fall under it:

- Is there a correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its personal dimension among members of youth institutions in El Oued?

- Is there a correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its social dimension among members of youth institutions in El Oued?

- Are there differences in psychological stress resulting from misleading news on social networks among members of youth institutions in El Oued according to the age variable?

- Are there differences in mental health among members of youth institutions in El Oued according to the age variable?

**2- Study Hypotheses:** Through the study questions, the hypotheses came as follows:

**2-1- General Hypothesis:**

- There is a statistically significant correlational relationship between psychological stress resulting from misleading news on social media sites and mental health among members of youth institutions in El Oued Province.

**2-2- Sub-Hypotheses:**

- There is a statistically significant correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its personal dimension among members of youth institutions in El Oued.
- There is a statistically significant correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its social dimension among members of youth institutions in El Oued.
- There are statistically significant differences in psychological stress resulting from misleading news on social networks among members of youth institutions in El Oued according to the age variable.
- There are statistically significant differences in mental health among members of youth institutions in El Oued according to the age variable.

### **3- Importance of the Study:**

The importance of this study lies in its treatment of a contemporary topic represented in the relationship between psychological stress resulting from misleading news on social media sites and mental health among members of youth institutions in El Oued Province, in light of the increasing expansion in the use of digital media and its impact on the youth category. Its scientific importance is also derived from its contribution to enriching studies related to the effects of misleading news on mental health within the Algerian environment.

Its applied importance is reflected in the possibility of benefiting from its results in developing awareness and counseling programs within youth institutions aimed at developing media awareness and critical thinking, and enhancing mental health among young people, in a way that helps them adapt positively to the challenges of the contemporary digital environment.

### **4- Objectives of the Study:**

This study aspires to achieve a set of main and subsidiary objectives, namely:

- Identifying the relationship between psychological stress resulting from misleading news on social media sites and mental health among members of youth institutions in El Oued Province.
- Identifying the relationship between psychological stress resulting from misleading news on social media sites and mental health in its personal and social dimensions among members of youth institutions in El Oued Province.
- Identifying the differences in psychological stress resulting from misleading news on social networks and mental health among members of youth institutions in El Oued according to the age variable.

### **5- Operational Definition of the Study Concepts:**

#### **5-1- Operational Definition of Psychological Stress Resulting from Misleading News on Social Media Sites:**

Psychological stress is a state of psychological, emotional, mental, and physical exhaustion and depletion resulting from exposure to pressures that appear in the form of negative manifestations such as anxiety, distraction, and headache, as a result of misleading news circulated on social media sites.

#### **5-2- Mental Health:**

The researcher Ibtisam Ahmed Abu Al-Amrein defines it as the individual's feeling of happiness and satisfaction, and harmony with oneself and others, so that he is compatible with the requirements of his life, his society, his family, and himself.

**6- Study Method:**

The scientific method is a fundamental element in any scientific study, as the researcher relies on it to organize his study according to precise scientific foundations, which contributes to reaching objective and organized knowledge about the phenomenon under study. The method refers to the set of organized steps and procedures followed by the researcher to reveal and analyze facts in order to arrive at reliable scientific results. Given the diversity of the nature of research problems and topics, scientific methods have varied and multiplied in accordance with the objectives and specificity of each study.

Since the current study aims to reveal the nature of the relationship between its two variables, namely psychological stress resulting from misleading news on social media sites and mental health, the descriptive correlational method is the most appropriate for achieving its objectives, as it allows the description and analysis of the studied phenomenon and the revelation of the nature of the correlational relationship between its variables in a precise scientific manner.

**7- Basic Study Sample:**

The basic study included a sample of (100) members of youth institutions, selected using the cluster random method, which is compatible with the distribution of the study population according to the municipality and the youth institution to which they belong. The following table shows the distribution of the study sample according to age:

**Table No. (01): Shows the Distribution of the Study Sample Members According to Age.**

Age	Frequency	Percentage
Less than 20 years	55	55%
From 20 to 30 years	27	27%
More than 30 years	18	18%
<b>Total</b>	<b>100</b>	<b>100%</b>

Through Table No. (01), the number of sample members consists of (100) members. We find that the category of members whose ages are less than 20 years numbered (55) members, with a percentage of (55%); the number of members whose ages range from 20 to 30 years was (27) members, with a percentage of (27%); and the number of members whose ages are over 30 years was (18) members, with a percentage of (18%).

**8- Study Tools and Their Psychometric Properties:**

**8-1- Psychological Stress Resulting from Misleading News on Social Media Sites Scale:**

Through the theoretical presentation of the definitions related to psychological stress and misleading news on social media sites, and the researcher's review of psychological stress scales, the researchers

benefited from the statements included in those scales by formulating them in situations suitable for members of youth institutions, so that they express the reality, environment, and life of the members. The scale consists of (30) items, and responses fall under five alternatives: never, rarely, sometimes, often, always. The scores range from 01 to 05 respectively, and all items are corrected in one direction.

**8-1-1- Validity of the Scale:**

In calculating the validity of the scale for this study, the internal consistency method was relied upon, that is, the correlation of the item score with the total score of the scale. The following table illustrates this:

**Table No. (02): Shows the Correlation Coefficient between the Item Score and the Total Score of the Scale.**

No.	Correlation Coefficient	Significance Level	No.	Correlation Coefficient	Significance Level
1	0.64	0.01	16	0.47	0.01
2	0.58	0.01	17	0.43	0.01
3	0.57	0.01	18	0.37	0.05
4	0.57	0.01	19	0.52	0.01
5	0.75	0.01	20	0.55	0.01
6	0.75	0.01	21	0.54	0.01
7	0.57	0.01	22	0.44	0.01
8	0.54	0.01	23	0.44	0.01
9	0.66	0.01	24	0.46	0.01
10	0.64	0.01	25	0.39	0.05
11	0.47	0.01	26	0.41	0.01
12	0.44	0.01	27	0.68	0.01
13	0.68	0.01	28	0.55	0.01
14	0.37	0.05	29	0.34	0.05
15	0.55	0.01	30	0.49	0.01

It is clear from Table No. (02) that the correlation coefficients between the item score and the total score of the scale ranged between (0.37–0.75), most of which are significant at the significance levels of 0.01 and 0.05.

This means that the scale has an acceptable degree of validity, as these coefficients are sufficiently high to allow us to accept them and consider the scale valid.

**8-1-2- Reliability of the Scale:**

The reliability coefficient of the scale was calculated using Cronbach’s alpha and the split-half method, as they were calculated for the scale as a whole. The following Table No. (03) shows the reliability coefficients of the list used:

**Table No. (03): Shows the Reliability Coefficients Using Cronbach’s Alpha Method.**

Variable	Number of Items	Cronbach's Alpha Value	Split-Half	
			Spearman-Brown	Guttman
Psychological Stress	30	0.89	0.84	0.84

It is clear from Table No. (03), which concerns the reliability coefficients of the psychological stress scale used in this study, that these coefficients ranged between (0.84 and 0.89) after relying on Cronbach’s alpha and the split-half method. This means that the scale has a high degree of reliability. This means that the scale has a high degree of reliability, as these coefficients are sufficiently high to allow us to accept them and consider the scale reliable.

**8-2- Mental Health Scale:**

The scale was prepared by the researcher Abu Al-Amrein, Ibtisam Ahmed (2018), Gaza City, Palestine. It consists of four dimensions: the personal dimension, which includes 33 items; the social dimension, which includes 13 items; the professional dimension, which includes 14 items; and the spiritual dimension, which includes 27 items.

We modified the scale in accordance with the sample to be studied, so we took the personal dimension and the social dimension. The responses fall under five alternatives: never, rarely, sometimes, often, always. The scores range from 01 to 05 respectively, and all items are corrected in one direction.

**8-2-1- Validity of the Scale:**

In calculating the validity of the scale for this study, the internal consistency method was relied upon, that is, the correlation of the item score with the score of the dimension to which it belongs, and the correlation of the dimension score with the total score of the scale. The following tables illustrate this:

**Table No. (04): Shows the Correlation Coefficient between the Item Score and the Score of the Dimension to Which It Belongs (Personal).**

Number	Correlation Coefficient	Significance Level	Number	Correlation Coefficient	Significance Level
1	0.48	0.01	18	0.39	0.05
2	0.53	0.01	19	0.47	0.01
3	0.49	0.01	20	0.40	0.01

Number	Correlation Coefficient	Significance Level	Number	Correlation Coefficient	Significance Level
4	0.32	0.05	21	0.47	0.01
5	0.37	0.05	22	0.52	0.01
6	0.41	0.01	23	0.49	0.01
7	0.52	0.01	24	0.40	0.01
8	0.73	0.01	25	0.32	0.05
9	0.41	0.01	26	0.39	0.05
10	0.60	0.01	27	0.52	0.01
11	0.62	0.01	28	0.47	0.01
12	0.42	0.01	29	0.61	0.01
13	0.43	0.01	30	0.63	0.01
14	0.47	0.01	31	0.54	0.01
15	0.74	0.01	32	0.51	0.01
16	0.57	0.01	33	0.82	0.01
17	0.48	0.05	/	/	/

It is clear from Table No. (04) that the correlation coefficients between the item score and the score of the dimension to which it belongs (personal) ranged between (0.32–0.82), most of which are significant at the significance levels of 0.01 and 0.05.

**Table No. (05): Shows the Correlation Coefficient between the Item Score and the Score of the Dimension to Which It Belongs (Social).**

Number	Correlation Coefficient	Significance Level	Number	Correlation Coefficient	Significance Level
34	0.54	0.01	41	0.54	0.01
35	0.44	0.01	42	0.56	0.01
36	0.44	0.01	43	0.62	0.01
37	0.46	0.01	44	0.54	0.01
38	0.39	0.05	45	0.44	0.01
39	0.41	0.01	46	0.44	0.01
40	0.68	0.01	/	/	/

It is clear from Table No. (05) that the correlation coefficients between the item score and the score of the dimension to which it belongs (social) ranged between (0.39–0.68), all of which are significant at the significance levels of 0.01 and 0.05.

**Table No. (06): Shows the Correlation between the Dimension Score and the Total Score of the Scale.**

Dimension	Correlation Coefficient	Significance Level
Personal	0.66	0.01
Social	0.78	0.01

We note from Table No. (06) that the dimensions constituting the scale are significantly correlated with the total score, ranging between (0.66 and 0.78). The highest correlation coefficient was recorded between the social dimension and the total score, reaching (0.78), while the other social dimension's correlation with the total score was estimated at (0.68). These values are significant at the level of (0.01), indicating that the dimensions are consistent with the total score of the scale; that is, there is a positive correlation between the dimensions and the scale as a whole, which indicates the validity of the scale in terms of its internal consistency.

This means that the scale has an acceptable degree of validity, as these coefficients are sufficiently high to allow us to accept them and consider the scale valid.

**8-2-2- Reliability of the Scale:**

The reliability coefficient of the scale was calculated using Cronbach's alpha and the split-half method, as they were calculated for each dimension and for the scale as a whole. The following Table No. (07) shows the reliability coefficients of the list used:

**Table No. (07): Shows the Reliability Coefficients Using Cronbach's Alpha Method.**

Variable	Number of Items	Cronbach's Alpha Value	Split-Half Reliability	
			Spearman - Brown	Guttman
Mental Health	46	0.93	0.90	0.90

It is clear from Table No. (07), which concerns the reliability coefficients of the mental health scale used in this study, that these coefficients ranged between (0.90 and 0.93) after relying on Cronbach's alpha and the split-half method. This means that the scale has a high degree of reliability. This means that the scale has a high degree of reliability, as these coefficients are sufficiently high to allow us to accept them and consider the scale reliable.

**9- Limits of the Basic Study:**

9-1- Spatial Limits: The study was applied in the following institutions: the March 19 Sports Complex in El Oued, Guemar Youth House, El-Tarifawi Youth House, El Oglia Youth House, and El Nakhla Youth House.

9-2- Temporal Limits: The study tools were applied from March 01 to March 30, 2026.

**9-3- Human Limits:** The sample of the exploratory study included (100) members of youth institutions in El Oued Province.

**10- Statistical Techniques Used in the Study:**

Statistics is considered an essential tool that enables the researcher to reach accurate and objective scientific results, away from subjective methods such as personal observation. Accordingly, the data of the study sample were entered into the computer and processed using the Statistical Package for the Social Sciences (SPSS), in preparation for conducting the necessary statistical analyses to verify the study hypotheses and identify the characteristics of the statistical distribution of the scores of the sample members.

- Spearman-Brown formula
- Guttman formula
- Cronbach’s  $\alpha$  coefficient
- Pearson correlation coefficient
- ANOVA test

**11- Study Results:**

**11-1- Presentation, Analysis, and Discussion of the First Partial Hypothesis:**

In order to address the first partial hypothesis, which states that: There is a statistically significant correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its personal dimension among members of youth institutions in El Oued. To verify this, we applied Pearson’s correlation coefficient, and the following table illustrates this:

**Table No. (08): Shows the Value and Significance of the Correlation Coefficient between Psychological Stress and the Personal Dimension.**

Variable	Sample	Mean	Standard Deviation	Correlation Coefficient	Significance Level
Psychological Stress	100	75.19	17.42	0.519	0.000
Personal Dimension		81.12	16.97		

Through Table No. (08), it is clear that the value of the correlation coefficient between psychological stress resulting from misleading news on social media sites and mental health in its personal dimension is estimated at (0.519), which is a statistically significant value, as the significance level is estimated at (0.000), which is less than the significance level (0.01). Accordingly, we accept the alternative hypothesis, and thus we can say that there is a statistically significant positive correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its personal dimension among members of youth institutions in El Oued.

This is because stress in this context functions as a functional response that raises the degree of alertness among young people. Instead of this stress leading to a deterioration in mental health, it

motivates the individual to strengthen his personal balance and rely on himself in filtering information. This is due to the involvement of the sample in youth institutions that provide social support (peers) and recreational spaces that contribute to transforming psychological pressures into positive energy that enhances the efficiency of the personal construction of mental health. Renaud indicated that compensatory activities involving behavioral or cognitive change, such as recreational and sports activities and entertainment, are among the strategies for resisting pressures and psychological stress focused on emotion and directed toward reducing emotional tension, and thus lead to an improvement in the level of mental health.

**11-2- Presentation, Analysis, and Discussion of the Second Partial Hypothesis:**

In order to address the second partial hypothesis, which states that: There is a statistically significant correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its social dimension among members of youth institutions in El Oued. To verify this, we applied Pearson’s correlation coefficient, and the following table illustrates this:

**Table No. (09): Shows the Value and Significance of the Correlation Coefficient between Psychological Stress and the Social Dimension.**

Variables	Sample	Arithmetic Mean	Standard Deviation	Correlation Coefficient	Significance Level
Psychological Stress	100	75.19	17.42	0.415	0.000
Social Dimension		38.35	7.92		

Through Table No. (09), it is clear that the value of the correlation coefficient between psychological stress resulting from misleading news on social media sites and mental health in its social dimension is estimated at (0.415), which is a statistically significant value, as the significance level is estimated at (0.000), which is less than the significance level (0.01). Accordingly, we accept the alternative hypothesis, and thus we can say that there is a statistically significant positive correlational relationship between psychological stress resulting from misleading news on social media sites and mental health in its social dimension among members of youth institutions in El Oued.

This can be explained by the fact that the increase in the level of stress did not lead to isolation; rather, it was a driver for raising the efficiency of social communication. The sample responded to this pressure by resorting to the support network available in the institution, which provides a real space that allows young people to discuss misleading news and release emotional charges through shared activities. This transforms psychological stress into an opportunity to strengthen social bonds and deepen the sense of support and integration, which leads to an improvement in the level of mental health among members of youth institutions. This is found in Cooper’s model, which holds that stress and psychological pressures are caused by the environment, and in order for the individual to achieve adjustment and psychological comfort, he must achieve balance with the surrounding environment. Therefore, the member finds an alternative environment in youth institutions to resort to when he feels psychological stress resulting from news, in order to discuss it with his peers. This social interaction releases tension and transforms stress into social adjustment, thereby enhancing mental health.

**11-3- Presentation, Analysis, and Discussion of the Third Partial Hypothesis:**

In order to address the third partial hypothesis of the study, which states that: There are statistically significant differences in psychological stress resulting from misleading news on social networks among members of youth institutions in El Oued according to the age variable, we calculated the arithmetic mean and standard deviation for each category, then applied the ANOVA test to them. The following table illustrates this:

**Table No. (10): Shows the Value and Significance of the Differences in Psychological Stress According to the Age Variable.**

Variable	Indicators	Sum of Squares	dF	Mean Square	F Value	Significance Level
Psychological Stress	Between Groups	1133.035	2	566.518	2.148	0.122
	Within Groups	25582.355	97	263.736		
	Total	26715.390	99	/		

From the results shown in Table No. (10), we find that the value of F is estimated at (2.148), which is a statistically significant value, as the significance level is (0.122), which is greater than (0.05). This allows us to say that there are no statistically significant differences in psychological stress resulting from misleading news on social networks among members of youth institutions in El Oued according to the age variable.

This can be explained by the fact that reliance on consuming misleading news on social media sites leads to the arousal of negative emotions such as anxiety and fear, which are innate human responses that do not differ according to age. Since members of youth institutions in El Oued, across their different age groups, face the same misleading news flow and share the same mental mechanisms for processing it, this leads to their equality in the level of psychological stress resulting from it.

**11-4- Presentation, Analysis, and Discussion of the Fourth Partial Hypothesis:**

In order to address the fourth partial hypothesis of the study, which states that: There are statistically significant differences in mental health among members of youth institutions in El Oued according to the age variable, we calculated the arithmetic mean and standard deviation for each category, then applied the ANOVA test to them. The following table illustrates this:

**Table No. (11): Shows the Value and Significance of the Differences in Mental Health According to the Age Variable.**

Variable	Indicators	Sum of Squares	dF	Mean Square	F Value	Significance Level
Mental Health	Between Groups	1832.558	2	916.279	1.937	0.150
	Within Groups	45886.192	97	473.054		
	Total	47718.750	99			

From the results shown in Table No. (11), we find that the value of F is estimated at (1.937), which is a statistically significant value, as the significance level is (0.150), which is greater than (0.05).

This allows us to say that there are no statistically significant differences in mental health among members of youth institutions in El Oued according to the age variable.

Shared activities unify the level of mental health among members. Through observing peers within the institution, members, regardless of their ages, adopt similar coping strategies and patterns of thinking. Young people in these institutions serve as models for one another, which leads to convergence in the development of self-efficacy and psychological resilience. This climate affects all those present in it in a way that makes their feelings and behaviors similar, regardless of their personal differences or ages. This is due to the fact that youth institutions provide a protective and alternative environment through sports activities and peer groups for members of youth institutions in El Oued across their various age groups, making stress-coping strategies work with equal efficiency among them, which makes their levels of psychological balance close despite the difference in their age stages.

## **12- Summary of the Study and Its Suggestions:**

The current study, entitled Psychological Stress Resulting from Misleading News on Social Media and Mental Health among Members of Youth Institutions in El Oued Province, concluded by confirming the existence of a statistically significant positive correlational relationship between psychological stress resulting from misleading news and mental health in its personal dimension among the sample members. The results showed that exposure to misleading news through social media does not necessarily lead to the deterioration of mental health; rather, in the presence of psychological and social protective factors, it may turn into a form of positive psychological stress that contributes to raising the level of alertness and attention, and enhancing the ability to verify information and deal with it consciously and critically. The study also showed that members of youth institutions enjoy a degree of personal balance and the ability to adapt, thanks to the supportive educational and social environment provided by these institutions.

The study also revealed that group, recreational, sports, and scientific activities, along with interaction within peer groups, constitute effective psychological and social support that contributes to alleviating digital media pressures and transforming negative emotional energy into positive energy that supports personal development. The results confirmed that investing leisure time in practicing hobbies and purposeful activities is one of the most prominent strategies for coping with psychological pressures, due to its role in reducing levels of tension and enhancing the feeling of self-efficacy and emotional balance. Accordingly, the importance of youth institutions emerges as protective and developmental spaces that contribute to enhancing mental health among young people, and developing critical thinking, media awareness, and the psychological and social skills necessary for positive adaptation to the challenges of the contemporary digital environment.

In light of the results reached by the study regarding the relationship between psychological stress resulting from misleading news on social media and mental health among members of youth institutions in El Oued Province, a set of the following scientific and practical recommendations can be presented:

- The necessity of strengthening digital media awareness programs within youth institutions by organizing training courses and workshops concerned with developing skills for verifying news, information, and their sources, in addition to developing critical thinking among young people in a way that enables them to deal consciously with digital content.

- The importance of activating media and digital education within training programs directed at youth and children, in addition to organizing periodic awareness campaigns on the dangers of misleading news and its psychological and social repercussions. In the same context, the study recommends strengthening the partnership between youth, educational, and media institutions in order to prepare joint programs that contribute to preventing the negative effects of misleading digital content.
- The necessity of supporting recreational, sports, scientific, and cultural activities as effective mechanisms for alleviating psychological pressures resulting from intensive exposure to digital content, while activating psychological support and youth counseling programs to help young people adapt positively to these pressures.
- Encouraging teamwork within youth spaces under the supervision of specialists because of its role in providing psychological and social support and enhancing the feeling of belonging and psychological balance, in addition to directing young people toward the positive investment of leisure time through practicing hobbies and behavioral and cognitive activities that contribute to reducing tension and enhancing mental health.

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