Social Media Addiction as a Predictor of Academic Burnout: The Mediating Role of Sleep Quality in Adolescents

Jiaowei. Gong[1], Agus. Santoso[2*]

[1] VNU University of Education, 144 Xuan Thuy, Cau Giay, Hanoi, Vietnam
[2] Department of Educational Sciences, Universitas Gadjah Mada, Yogyakarta, Indonesia

* Corresponding author email address: agus.santoso@ugm.ac.id

Editor	Reviewers
Gholamreza Rajabi Professor of Counseling Department, Shahid Chamran University, Ahvaz, Iran rajabireza@scu.ac.ir	**Reviewer 1:** Sara Nejatifar Department of Psychology and Education of People with Special Needs, Faculty of Educational Sciences and Psychology, University of Isfahan, Isfahan, Iran. Email: s.nejatifar@edu.ui.ac.ir **Reviewer 2:** Mohammad Salehi Associate Professor, Department of Educational Management, Sari Branch, Islamic Azad University, Sari, Iran. Email: drsalehi@iausari.ac.ir

1. Round 1

1.1. Reviewer 1

Reviewer:

The opening sentence "In recent years, the rise of digital technologies and social networking platforms has profoundly transformed adolescents' lifestyles…" is engaging but overly general. Consider integrating more region-specific statistics (e.g., Indonesia's social media penetration rates) to contextualize the study.

The PSQI description includes "studies consistently report high test–retest reliability…" but does not report the reliability coefficient for the current sample. This is essential for evaluating instrument validity in this study.

The sentence "Scatterplot inspection confirmed linearity and homoscedasticity" should be expanded with a brief description of how outliers were handled, since they can distort SEM results.

The paragraph beginning "The consistency of findings across different cultural contexts…" cites Turkey, Brazil, China, and Indonesia. While valuable, the discussion could critically evaluate whether cultural moderators may alter the strength of these relationships.

Authors uploaded the revised manuscript.

1.2.   Reviewer 2

Reviewer:

The definition "Social media addiction is commonly defined as excessive and compulsive use…" should be supported by citing the standardized definition provided by Andreassen et al. (2012), since their scale (BSMAS) is later used in the study.

The sentence "Childhood experiences, for instance, play a significant role in shaping adolescents' susceptibility to social media dependency…" could be expanded with examples of specific childhood experiences (e.g., neglect, parental monitoring) for precision.

In the paragraph beginning "Several theoretical frameworks help explain the mechanisms…", stress-coping theory and self-determination theory are introduced but not fully elaborated. Strengthen this section by explaining how each specifically maps onto the mediation model tested.

The descriptive statistics show "Sleep quality mean = 9.73 (SD = 3.11)". This indicates poor sleep quality, but the interpretation in the text could be enriched by stating what percentage of participants scored above the PSQI cutoff of 5.

The sentence "These results provide robust evidence that excessive digital engagement does not merely coexist with burnout…" is strong but overstated for a cross-sectional study. Consider tempering the causal language.

The claim "sleep quality explained a significant portion of the relationship…" should be more precise. State the percentage of variance explained in burnout by the mediation pathway.

Authors uploaded the revised manuscript.

2.   Revised

Editor's decision after revisions: Accepted.
Editor in Chief's decision: Accepted.