1.Furthermore, Procentese et al. (2019) emphasize that a family's 'collective efficacy' in managing these platforms is vital; without a shared commitment to digital discipline, technology can create emotional distance rather than fostering connection.Social Media and Family Dynamics In addition to the academic challenges, the pervasive nature of social networking has significantly altered the dynamics of family relationships.This shift often introduces a form of 'domestic fragmentation,' where digital engagement overshadows face-to-face intimacy and traditional parental roles.Therefore, establishing healthy boundaries is essential to ensure that family bonds remain resilient in the face of constant online noise (Procentese et al., 2019).[1].

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