

Lidia Piccerillo, Alessia Tescione, Alice Iannaccone & Simone Digennaro (2025) Alpha generation's social media use: sociocultural influences and emotional intelligence, International Journal of Adolescence and Youth, 30:1, 2454992, DOI: 10.1080/02673843.2025.2454992
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This article explores whether social media use increases the risk of addiction, leads to greater internalization of sociocultural influences, and affects emotional intelligence. The authors draw on online sources and the results from their own experiment, which among other important findings, found an inverse relationship between emotional intelligence and time spent online. Published in January 2025, it is both timely and relevant. This source is valuable to my research because it provides recent experimental evidence I can reference to show the mental impact of heavy social media use.

Piccerillo, Lidia, and Simone Digennaro. "Adolescent Social Media Use and Emotional Intelligence: A Systematic Review." Adolescent Research Review, vol. 10, no. 2, 2025, pp. 201–18, <https://doi.org/10.1007/s40894-024-00245-z>

This earlier study by Piccerillo and Digennaro reviews 25 articles on how social media affects emotional intelligence in adolescents. They found that low self-esteem and poor emotion regulation make teens more likely to use social media in unhealthy ways, while empathy often increased with use. The study focuses specifically on adolescence and helps set the stage for their later, broader work on Generation Alpha. Even though it's slightly older, it's still highly relevant to my research and gives me strong, updated evidence to support my argument.