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REVIEWER'S REPORT

Manuscript No.:IJAR-56403

Title: Social Media Addiction and WorkÂ–Life Balance among Youth: Empirical Evidence,

Recommendation:
Accept as it is .....
Accept after minor revision Yes
Accept after major revision .....
Do not accept (*Reasons below*).....

Rating	Excel.	Good	Fair	Poor
Originality		yes		
Techn. Quality		yes		
Clarity		yes		
Significance	yes			

Reviewer'sName – Dr. Himanshu Gaur

Detailed Reviewer'sReport

The abstract examines a contemporary and socially significant issue by exploring the relationship between social media addiction and work–life balance among youth, and it demonstrates a clear structure in terms of purpose, methodology, findings, and implications. The adoption of a descriptive and analytical research design, along with the use of statistical tools such as descriptive analysis, Kruskal–Wallis test, MANOVA, and regression, reflects methodological rigour and strengthens the credibility of the study. The identification of routine and time-intensive social media usage patterns among young individuals is well articulated, and the distinction between internal psychological and external behavioural dimensions of addiction represents a meaningful conceptual contribution. The finding that internal addiction factors exert a comparatively stronger negative influence on work–life balance provides valuable insight into the role of self-regulation and psychological dependence. However, the abstract would benefit from minor revisions, including clarification of the sampling technique and geographical context, a brief explanation of what constitutes internal and external addiction factors, and a clearer justification of the work–life balance construct for respondents aged 16–27, many of whom may be students. Additionally, minor language and formatting corrections (e.g., spacing in "work–life balance" and grammatical consistency) are required, and the inclusion of the direction or significance level of the relationships would further enhance its academic strength if permitted by journal guidelines. Overall, the abstract is well written, relevant, and analytically sound, and with minor improvements it would be suitable for publication.