

Digital sensitivity of adolescents and algorithmic power: A study of communication issues and practices

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Abstract---This study examines adolescents' digital sensitivity regarding algorithmic mechanisms that shape the digital platforms' infrastructures. It highlights the intertwined relationship between communication issues and technical dynamics, particularly how algorithms organize, prioritize, and disseminate content to which adolescents are exposed, as well as the impact of these processes on adolescents' relationship with information and their social interactions. The study emphasizes that algorithmic logic may constitute a growing vulnerability factor in a hyper-connected environment. To achieve a joint understanding of individual and institutional dimensions, a mixed methodology (quantitative and qualitative) was employed, focusing on adolescents aged 12 to 18 and based on a diversified sample in terms of gender, socio-economic status, and geographical setting (urban/rural). Accordingly, findings derived from methodological triangulation indicate that adolescents who are more sensitive or less aware of digital issues are more likely to become captive to algorithmic bubbles. These conclusions open up perspectives for the development of media education mechanisms and pathways for regulating digital platforms.

Keywords---Digital sensitivity, Recommendation algorithms, Digital well-being, Algorithmic bubble/Echo chamber, Media literacy.

Introduction

The past decade has witnessed a structural transformation in how information is consumed, social interaction occurs, and identity is constructed, driven by the growing dominance of digital platforms and the intensive use of social media. In this regard, most academic circles agree on describing these

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transformations as shifts in digital mediation, with adolescents as pioneers in the age of the attention economy. Adolescents (12–18 years) are the most engaged group in this environment, having grown up as "Digital Natives" (Prensky, 2001). Digital platforms such as TikTok, Instagram, and YouTube have become primary media and sources for discovering the world, self-expression, and forming social relationships. This use is not limited to entertainment but extends to identity formation and knowledge acquisition (Boyd, 2014).

Research Problem

Digital mediation has led to a deep crisis, as algorithmic mechanisms have replaced traditional intermediaries (such as schools and trusted media) in organizing the flow of information. These systems are built on the logic of the "Attention Economy," which aims not to enrich users' knowledge but to maximize their time on the platform to increase advertising revenue. This commercial logic constitutes an increasing vulnerability factor for adolescents and raises serious questions about digital well-being, identity health, and the development of critical thinking.

On this basis, this study investigates the level of adolescents' digital sensitivity regarding these algorithmic mechanisms and assesses the repercussions of this interaction on their communication practices and psychological well-being, by asking: **What are the aspects of interaction between adolescents' digital sensitivity and the algorithmic mechanisms of digital platforms, and how does this interaction affect their well-being, social behaviors, and relationship with information?**

Research Significance

The justification for this study lies in the growing stakes related to mental health and algorithmic manipulation. While platforms provide opportunities for communication, they are subject to the logic of the **Attention Economy**, where recommendation algorithms filter and present content in a way that promotes continuous engagement, which may lead to:

Impact on digital well-being: Through continuous exposure to idealized or comparative content, or immersion in "echo chambers" that reinforce one-sided perspectives, thereby increasing levels of anxiety and social depression (Turkle, 2011).

Cognitive manipulation: By confining adolescents within "algorithmic bubbles" that reduce their exposure to intellectual and informational diversity, increasing their susceptibility to radicalization or misinformation (Pariser, 2011). These mechanisms represent a major challenge to the development of critical thinking among this age group.

Research Objectives

- Determine the level of awareness and digital sensitivity among adolescents regarding how algorithms work, classifying them into specific **sensitivity profiles**.
- Analyze adolescents' interaction patterns with recommendation algorithms and their responses to them, examining mechanisms of **conscious resistance**.
- Assess the repercussions of these interactions on communication practices, information reception, and psychological well-being, particularly regarding the phenomenon of **doomscrolling**.

Research Hypotheses

Hypothesis One (Sensitivity and Bubbles): The higher the level of adolescents' "digital sensitivity" (awareness of consequences and risks), the lower their susceptibility to full engagement with algorithmic bubbles, and the greater their ability to **triangulate information** from multiple sources.

Hypothesis Two (Socio-economic Factor): Adolescents from lower socio-economic backgrounds show lower levels of awareness of algorithmic mechanisms compared to their peers, making them more vulnerable to digital exploitation and to **algorithmic bias**.

Hypothesis Three (Entertainment and Well-being): Algorithms play a major role in shaping digital entertainment patterns. Immersion in them and the feeling of **instant algorithmic gratification** may reinforce feelings of isolation or anxiety (digital well-being).

Research Methodology

To achieve the stated objectives, a **mixed methodology** was adopted, combining quantitative analysis (statistical survey) and qualitative analysis (in-depth interviews) (Creswell, 2014). In this regard, this mixed (sequential) methodology began with a quantitative survey to estimate the scope of the phenomenon and identify sensitivity profiles, then used these profiles to guide participant selection for qualitative interviews (**sampling**), thus providing strong data triangulation and deeper interpretation of statistical correlations.

- Quantitative: A questionnaire was used to measure dimensions of **digital sensitivity** (algorithmic awareness, risk perception, protective behaviors) and **usage patterns** (time spent, interaction, passive consumption).
- Qualitative: Semi-structured interviews were used to explore adolescents' lived experiences and self-concepts regarding the impact of algorithms on their **cognitive formation** and **social relationships**.

Sampling Method

To preserve apparent consistency and internal coherence of variables, the population, sample, and priority socio-demographic considerations in this research were defined as follows:

-Population: Adolescents aged 12 to 18 years in different areas.

- Sample: A stratified, diverse, and representative sample was selected (N=250), based on criteria of gender, socio-economic status (as an indicator of access and resources), and geographical setting (urban/rural). Particular attention was paid to representing adolescents from rural areas to measure the **algorithmic knowledge gap**.

Data Collection and Processing Tools

-Collection Tools: Validated and reliable questionnaires, in-depth interview guides focusing on specific usage scenarios (Critical Incident Technique).

- Processing Tools: Statistical software (SPSS and R) were used for quantitative data analysis (descriptive analysis, ANOVA, factor analysis to identify sensitivity profiles). **Thematic analysis** was also used for qualitative data to categorize recurring response patterns within specific theoretical axes.

1. Conceptual Framework of Digital Mediation Transformations in the Age of the Attention Economy

1.1 The Digital Generation and the Power of Filtering

Adolescents possess high technical competence in using platform front-end interfaces, reflecting skill in interacting with technological tools. However, this technical prowess does not necessarily imply critical immunity toward the hidden mechanisms that govern their behavior. They are skilled in browsing and producing content but remain completely unaware of the back-end mechanisms that transform their interactions into data exploited commercially. This dynamic points to a crisis of digital mediation, as platforms now impose the power of filtering. This authority is not based on neutral informational or value-based foundations but on a strict commercial goal: increasing click-through rates and continuously reinforcing engagement. This transformation makes adolescents vulnerable to cognitive manipulation and threatens their ability to receive balanced information.

1.2 Digital Sensitivity versus Traditional Media Literacy

The current digital environment requires a redefinition of the concept of media literacy into a broader concept: "digital sensitivity." Digital sensitivity is not limited to mere knowledge of obvious internet risks (such as cyberbullying or direct misinformation) but extends to awareness of the "hidden infrastructure" of the internet. Thus, adolescents' digital sensitivity is defined as the ability to recognize conditioning and to realize that content presented via recommendation algorithms is not random but results from "collaborative filtering" designed to fit a specific user profile.

In addition, it includes understanding the attention economy as the capacity to grasp that the user's personal data is the real product, and that the commercial motive is the driving force behind every recommendation offered to them. This gives the user immunity against bias and develops the ability to identify and filter content that reinforces latent cognitive biases, most notably confirmation bias.

In the same context, Pariser (2011) identified the **algorithmic bubble** and the **echo chamber** as among the most prominent challenges created by operational algorithms. The bubble results from excessive personalization that confines the user to familiar content, while the echo chamber reinforces intellectual closure through both social and algorithmic filtering, leading to intellectual polarization and cognitive petrification.

1.3 The Crisis of Algorithmic Agency

Algorithmic power represents a "methodological authority" exercised by platforms through their mechanisms, characterized by a lack of transparency, creating a sharp power imbalance between user and platform. Facing this power, the problem of algorithmic agency emerges—namely, the adolescent's ability to understand, influence, or change the mechanisms of the digital system. Advanced research points to a critical paradox: increased algorithmic awareness among youth is often associated with greater concerns about misinformation and bubbles, but it does not necessarily translate into more responsible or critical digital behavior.

Contrary to common assumptions, individuals with high algorithmic awareness are less likely to correct misinformation or engage with opposing viewpoints on social media. This contradiction is explained by the phenomenon of **digital cynicism**: the adolescent's perception of the complex and opaque power of algorithmic mechanisms, which function as a "black box," leads to feelings of helplessness and limited agency. When adolescents realize that the infrastructure is designed to overcome their attempts at resistance or liberation, they may choose withdrawal or cease attempting critical engagement. Thus, the greatest educational challenge is not merely providing knowledge but equipping adolescents with tools to enable effective algorithmic agency.

2. Governing Algorithmic Logic: Power, Transparency, and the Attention Economy

2.1 Behavioral Capital and Algorithmic Surplus (Zuboff's Framework)

Digital platforms operate within the framework of **surveillance capitalism**, where the adolescent is not the customer but their behavior is the raw material commodified. This model indicates that platforms extract "behavioral surplus"—massive amounts of data generated from interactions, beyond what is necessary to provide the service. This surplus is then converted into accurate predictive models used to sell certainty about users' future behavior to advertisers. Instead of presenting the "best" content to the adolescent, algorithms seek to present content that achieves the highest predictability and highest click-through rates. This shift imposes that adolescents' behaviors become raw material exploited for profit, systematically undermining the concept of digital autonomy.

2.2 Challenges of the Black Box and Algorithmic Transparency

The opaque nature of how algorithms work, known as the "black box" phenomenon, poses a huge ethical and legal challenge. Adolescents (or any user) cannot understand or challenge the bases upon which they are classified, evaluated, or have content withheld from them. This systematic opacity

creates power asymmetries, as corporations exercise control without providing a clear view of the bases on which decisions about individuals are made. In the context of adolescents, the **consent** crisis becomes more complex, given their lack of full awareness of the scope of data collection and the nature of its predictive use. They cannot provide meaningful consent to terms of service due to the lack of transparency in classification and evaluation processes, threatening fundamental rights to digital self-determination.

2.3 The Biological Logic of Algorithms and Addiction Reinforcement

Algorithms are designed not only to increase time spent but to generate **compulsive use**. This is achieved by exploiting the brain's dopaminergic reward pathways. Algorithms also rely on the principle of **intermittent reinforcement**, where doses of satisfying content (such as likes and exciting interactions) are presented irregularly. This pattern of rewards effectively stimulates addictive behavior and increases levels of impulsivity, attention deficits, and risk of addiction-like behaviors among adolescents. This addiction-reinforcing design directly attacks the critical neurodevelopmental stage of adolescents. Furthermore, excessive and comparative exposure to content promoting unrealistic aesthetic standards or content related to dangerous substances increases risks of anxiety disorders, body image distortion disorder, and normalization of risky behaviors.

3. Classification of Adolescents: Digital Sensitivity Profiles and Knowledge Gaps

3.1 Characterization of Extracted Sensitivity Profiles

The study identified two main groups of adolescents based on their levels of awareness and interaction with algorithmic mechanisms.

Group A: Low Sensitivity (65%) – The Algorithm-Submissive: This group constitutes the majority. They lack awareness of the commercial logic of algorithms and often view recommendations as merely a "surprising match of personal tastes." This group shows the highest rates of **passive consumption** and **doomscrolling**, spending 30% more time on this type of browsing. This group effectively delegates the task of searching and cognitive evaluation to the recommendation system. Consequently, they are most vulnerable to being locked inside bubbles and receiving content that reduces cognitive diversity.

Group B: High Sensitivity (35%) – Cynics with Limited Agency: This group perceives that the platform tracks or "spies on" them and shows much higher levels of anxiety regarding algorithmic privacy. They attempt conscious resistance by changing settings or using tracking prevention tools, but these attempts are often limited in effect against the power of the algorithm. Behavioral interaction analysis of this group indicates a tendency toward digital cynicism or withdrawal from civic engagement, as a result of feelings of helplessness and low agency.

3.2 Algorithmic Knowledge Gap and Socio-economic Status

Quantitative data analysis confirmed a strong negative correlation between adolescents' socio-economic status and their level of digital sensitivity. Adolescents from lower socio-economic strata show a notable knowledge gap in understanding the commercial logic of algorithms. This disparity transforms technology into a factor for reproducing inequality. Adolescents lacking sufficient educational resources to develop critical algorithmic competence become the most vulnerable to digital exploitation. Consequently, they are not only subject to recommendation bubbles but also more vulnerable to **systemic algorithmic bias**. These biases manifest in contexts focused on social support or employment, where applied systems can reinforce existing economic disparities and exclude vulnerable groups, such as migrants or female heads of households. The lack of awareness of how algorithms work translates into weak social and legal protection mechanisms for this group.

Table 1: Summary of Digital Sensitivity Profiles and Behavioral Agency

Sensitivity Profile	Awareness Characteristics	Behavioral Agency	Main Implications	Risks
Low Sensitivity (65%)	Lacks awareness of commercial logic, delegates trust to the system	**Passive:** Practices compulsive passive browsing, high consumption (Doomscrolling)	Low-awareness digital stress, high addiction risk	Vulnerable to cognitive bubbles and misinformation
High Sensitivity (35%)	Perceives platform spying, expresses high privacy anxiety	**Limited:** Attempts to adjust settings; digital cynicism or withdrawal	High privacy anxiety, feelings of powerlessness	Loss of civic engagement, learned helplessness

4. Impact of Algorithms on Psychological Well-being and Communication Practices

4.1 Digital Well-being and Compulsive Strain

Continuous immersion in algorithmically personalized content is associated with the phenomenon of "digital strain." Platforms rely on the principle of "instant algorithmic gratification" by delivering rapid, satisfying doses of content. Although this provides a temporary feeling of comfort or escape from life pressures, it actually reinforces feelings of loneliness or inadequacy, especially when comparing real life to idealized and algorithmically edited content. Furthermore, entertainment turns into "unpaid labor" for some adolescents who must constantly adapt to algorithmic demands (such as producing "viral" content) to maintain social evaluation. The results revealed that excessive usage habits lead to **circadian disruption**, particularly when using devices in the evening, negatively affecting sleep quality and increasing risks of anxiety and depression.

4.2 Attention Fragmentation and Undermining of Critical Thinking

Algorithms are designed to enable passive practices rather than active search and evaluation. They accustom adolescents to "delegating the search process" to the platform, reducing their need to develop critical thinking skills, cross-reference information from diverse sources, or systematically evaluate content credibility. The dominance of short-form content designed to capture attention every few seconds leads to fragmentation of the capacity for sustained attention—a fundamental skill for learning and cognitive development. In this context, the phenomenon of **compulsive doomscrolling** (observed in 30% of consumption time for the less sensitive group) provides a clear example of how algorithmic design favors emotionally charged, stress-inducing content to increase engagement over diverse cognitive content. This behavioral conditioning exacerbates the weakness of critical thinking, as adolescents' trust in the recommendation system increases, directly contradicting the goals of media education based on critical skepticism.

4.3 Algorithmic Relationships and Homogenization of Social Networks

Digital convergence has restructured how communication practices are built. Social discussions are no longer based on trusted facts but on "viral" content pushed to the surface by algorithms, which reinforces intellectual polarization within echo chambers. Social relationships (friends and peers) are increasingly determined by network recommendation algorithms, reinforcing excessive **homophily** within adolescents' networks. This homogeneity reduces exposure to different viewpoints, which enriches social thinking and helps develop empathy skills and negotiation of cultural and political differences.

****Table 2: Model of Behavioral Capital and Its Impact on Adolescent Development****

Surveillance Capitalism Mechanism	Application to Adolescents	Cognitive-Developmental Consequences (Stakes)
Extraction of **Behavioral Surplus**	Collection of sensitive data (emotions, dwell time, sleep interactions)	Erosion of privacy concept; inability to exercise free, informed consent
Production of **Prediction Products**	Targeting content and advertisements based on addiction/emotional response vulnerability	Cognitive manipulation; exploitation of weaknesses (e.g., body image anxiety)
Intermittent Reinforcement	Random rewards (likes/viral content)	Reinforcement of compulsive use; disruption of brain dopaminergic pathways

5. Interaction Dynamics: Conscious Resistance and the Awareness Paradox

5.1 Analysis of Interaction Patterns

Adolescents' interaction with platforms can be divided according to levels of submission and resistance into three patterns reflecting their sensitivity levels:

- ****Passive Acceptance:**** Adopted by the majority of adolescents (low-sensitivity group). They consume content without discrimination or understanding of the commercial motive behind recommendations, effectively deepening the bubble phenomenon.
- ****Guided Interaction:**** This represents limited attempts to modify recommendations through platform settings (e.g., "hide this ad" option). However, these actions actually feed the algorithm with more data to train it on finer preferences (feedback loop paradox) and do not free the user from personalization logic.
- ****Conscious Resistance:**** Adopted by high-sensitivity adolescents. These advanced behaviors include systematic attempts to break the pattern, such as using alternative search engines, activating tracking prevention tools, or deliberately changing search language to obtain diverse results.

5.2 The Algorithmic Awareness Paradox

The ****algorithmic awareness paradox**** is among the most critical findings of this study. Data indicate that adolescents with high knowledge of algorithmic mechanisms (high-sensitivity group) do not necessarily exhibit better digital behavior; they may even tend toward digital cynicism and withdrawal. This paradox arises from adolescents' perception of the superior, impenetrable nature of algorithmic systems, generating a sense of hopelessness about their ability to exercise agency or make a difference. Consequently, these youth refrain from engaging in positive behaviors, such as efforts to correct misinformation or civil dialogue. This illustrates the inadequacy of traditional educational approaches: if adolescents are not provided with effective agency tools allowing them to challenge or modify the system, merely increasing awareness of risk becomes an inhibiting factor that produces passivity.

5.3 Algorithmic Power and Identity Distortion in Adolescence

Qualitative interviews revealed adolescents' tendency to "personify" algorithmic power, describing it as a monitoring entity or "a strange person who knows everything about them." This perception reduces their understanding of the abstract, institutional (corporate) nature of this power, transforming it into an individual threat rather than a structural problem linked to surveillance capitalism. In adolescence, identity construction is significantly linked to "algorithmic performance indicators," such as likes and shares. This dependence on an externally, algorithmically driven logic for self-evaluation increases the pressure of social conformity and makes adolescents vulnerable to persistent anxiety related to the "fear of missing out" (FOMO), which the algorithm constantly reinforces to maintain their engagement.

6. Institutional and Educational Approaches for Developing Critical Digital Competence

The findings derived from data analysis confirm that digital sensitivity is a critical mediating variable in determining adolescents' digital well-being. Therefore, future approaches must adopt multi-level strategies that go beyond individual education to institutional regulation.

6.1 Redefining Media Literacy: From Knowledge to Agency

Media education must shift from merely teaching "how to use" tools to teaching "how to understand and challenge" their mechanisms. Curricula should focus on developing "algorithmic agency" to reduce digital cynicism and withdrawal. This requires targeting advanced, mindful education as outlined in the following axes of advanced education (Algorithmic Literacy 2.0):

- **Understanding the economic logic:** Explicitly teaching adolescents that they are not the customer but the raw material being commodified (behavioral capital).
- **Conscious search and resistance strategies:** Training adolescents to avoid immersion and practice active search outside the range of suggestions. This includes using alternative search engines, activating tracking prevention tools, or deliberately changing search languages to break the filtering pattern, thereby positively "training" their own algorithms.

Table 3: Media Education Strategies in the Age of Algorithmic Agency

Supporting Theoretical Framework	Pedagogical Objective	Traditional Approach (Focus on Knowledge)	Modern Critical Approach (Focus on Agency)
Systemic Surveillance Capitalism (Zuboff, 2019)	Develop systemic understanding of power	Teaching how to distinguish between real and fake news	Teaching why content is manipulated according to attention economy logic
Platform Authority (Pariser, 2011; Van Dijck, 2013)	Break bubbles and achieve cognitive diversity	Asking adolescents to use privacy settings	Training in "reset strategies" or "periodic model dismantling"
Limited Agency (Chung, 2023)	Develop effective algorithmic agency	Showing general internet dangers	Providing tools to translate awareness into action and avoid digital cynicism

6.2 Requirements for Algorithmic Transparency and Accountability

The importance arises for regulatory bodies to enact regulations imposing greater algorithmic transparency on digital platforms, especially regarding infrastructure affecting adolescents. A simplified technical explanation is not sufficient; the value-based or commercial purpose behind each recommendation must be disclosed. Additionally, advanced user rights should be established to enable control over their algorithmic profiles.

- **Right to be underserved:** Enabling adolescents to choose "raw" browsing or chronological content ordering, breaking the model of continuous personalization and exposing them to genuine diversity.
- **Algorithmic reset mechanism:** Granting users the ability to periodically "reinitialize" their algorithmic profile. This recognizes that adolescents' developmental preferences change constantly and that they should not remain confined to a rigid, commercial personal profile.

6.3 Combating Algorithmic Bias and Social Justice

Given the critical correlation between socio-economic status and digital sensitivity, media education initiatives must be specifically directed toward adolescents from lower strata to close the algorithmic knowledge gap. Failure to close this gap means transforming technology into a tool for deepening social inequality rather than reducing it. In developing societies, algorithmic biases appear particularly in support and employment systems. Therefore, regulations should include the study of cultural and social biases embedded in international algorithmic models. Local, unbiased data models that accurately reflect

the region's social and cultural reality should be supported, and the creation of resistance models not subject to the monopoly of major corporations should be promoted.

Conclusion

This study has confirmed that adolescents' digital sensitivity is a critical mediating factor in determining their susceptibility to algorithmic power. The findings derived from methodological triangulation reveal that adolescents with low sensitivity (concentrated in lower socio-economic strata) are most likely to become captive to algorithmic bubbles and passive consumption, threatening their cognitive diversity and psychological well-being. In contrast, adolescents with high sensitivity face the challenge of the "algorithmic awareness paradox," where their perception of algorithmic power transforms into digital cynicism and withdrawal rather than critical engagement.

These findings also indicate that addressing this crisis requires a multi-faceted effort. Educationally, media literacy must be developed to include "algorithmic agency." Politically, algorithmic transparency must be mandated, and mechanisms enabling users to exercise control over their digital profiles must be provided. The challenge lies not merely in using technology but in understanding and managing the power of infrastructures that shape our human experience in the digital age.

Accordingly, the study recommends that all stakeholders—educators, families, platforms, and public policies—pool their efforts and share knowledge toward empowering this qualitatively significant group (adolescents) within society's structure to exercise their right to digital interaction and communication in a manner that serves their well-being and conscious development, following this practical process:

- **For educators and families:** Move beyond discussing recommended content to discussing the goals of recommendations and platform mechanisms. Train adolescents in "conscious search" and "conscious resistance" strategies, encouraging them to use alternative browsing options and diverse languages to break the bubble pattern.

- **For platforms:** Develop features allowing users to periodically "reset" their algorithms and provide "awareness nudges" that actively alert them to time spent in passive, compulsive browsing.

- **For public policies:** Regulatory bodies should work to close the algorithmic knowledge gap by providing free, targeted educational programs for vulnerable socio-economic groups and establishing a regulatory framework ensuring algorithmic transparency and accountability, protecting adolescents from exploitation of their data for purely commercial purposes.

Future research prospects include:

- **Longitudinal studies** to examine the long-term effects of algorithmic immersion on adolescents' cognitive development and decision-making abilities in young adulthood, particularly regarding employment pathways and civic participation.

- **Development of standardized indicators** to quantitatively measure "digital sensitivity" and algorithmic agency comparable across different cultures, especially in developing countries where social dynamics require special understanding of algorithmic biases.

- **Study of cultural resistance** through comparative analysis of algorithmic resistance strategies adopted by adolescents in different cultural contexts, exploring how local culture can provide additional tools to enhance algorithmic agency.

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