

Saudi Youth Watching Documentaries on Specialized Arab Satellite Channels and Their Relationship to Their Quality of Cultural Life Field Study

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Abstract:

The study aimed to identify the relationship between Saudi university youth watching documentary films and specialized Arab satellite channels with the quality of their cultural life, and to monitor the level of cultural quality of life among Saudi university youth according to its multiple dimensions, the study falls under descriptive studies and the media survey method was used in the field section, and it was applied to an available sample of 400 Saudi university youth, and the study reached a set of results, the most important of which are: National Geographic Abu Dhabi Channel came in first place among the documentary channels watched by Saudi university youth, with a percentage of (64.4%), the study proved the validity of the hypothesis that there is a statistically significant direct correlation between the intensity of watching documentaries and the quality of cultural life

Keywords: Specialized Arab Satellite Channels , Documentaries , Quality of Life, Saudi University Youth

INTRODUCTION:

Satellite channels are one of the important means that convey information and experiences to the public, and they also provide a reference and informational framework for events that contribute to supporting and documenting information for the public, and with the spread of satellite news channels, there has become a reliance on documentary film in many of these channels, in addition to the presence of cultural channels specialized in this cultural art(1), and one of the most prominent Arab television channels specialized in documentary films is mentioned, for example: National Geographic Channel Abu Dhabi, which began broadcasting on the Nilesat satellite in 2009 and is interested in providing documentary content in Arabic and in the fields of science, geography and history, Al Jazeera Documentary Channel, which began broadcasting in Arabic on January 1, 2007 and follows the channels of the Qatari Al Jazeera network, taking the slogan (Behind every picture is a story), as it owns one of the largest documentary libraries in the world(2). Al-Majd Documentary Channel, which is one of the channels of Al-Majd Satellite Network, which began broadcasting in Arabic in 2003 to be the first Arab documentary channel at that time, and the channel is interested in presenting documentary content in history, civilization, science and the universe (3), in a term that is defined as a documentary film: A type of non-fiction film that does not rely on fiction but takes its material from the reality of life, whether this is by directly conveying events as they happened in reality or by reformulating and modifying this reality in a way that is close to the actual reality(4), and it is also defined as: all non-representative films that dedicate themselves to recording external reality(5), and the documentary film is characterized by a set of features Some of them are: 1- It depends on reality in its execution and in its material without the need for actors but rather people from the same reality in which the events take place, 2- It is characterized by a short presentation time, which is often no more than 20-30-45 minutes, as it requires a high degree of concentration while watching it, 3- Depth of study and seriousness,.

4- Addressing a target group or group of audiences, and on the basis of their characteristics, it is a method of processing, quantity, quality of information and linguistic level. 5- The documentary film reflects the point of view of its director in terms of rearranging the real events in an artistic and creative way to attract the attention of the audience, 6- It does not aim at the material profit from the profits of the film's screening(6), the creative role of the documentary film lies in its ability to express what is going on around us and its interest in the various sciences, social, industrial, health, and cultural aspects(7), and other aspects of the quality of life, and in this context, the quality of life is defined as The individual's sense of satisfaction and happiness and his ability to satisfy his needs through the richness of the environment and the advancement of the services provided to him in the health, social, psychological, and educational fields, with his good management of time and the benefit of it(8), and is also defined according to the definition of the World Health Organization as: the individual's awareness of his living situation in the context of the cultural systems and values in the society in which he lives, and the relationship of this perception to his goals, expectations, and level of interest(9). In light of the above, the research problem stems from the need to know how Saudi youth watch documentary films on Arab satellite channels specialized in documentary films, and to identify specialized satellite channels that satisfy knowledge needs

and monitoring the extent of university youth's dependence on satellite channels specialized in documentary films, and their relationship with the components of cultural quality of life (different cultures, identity and cultural affiliation, cultural participation, cultural satisfaction), so the study problem can be formulated in the following question: What is the relationship between Saudi university youth watching documentary films and their quality of cultural life? In the context of media dependence theory, which focuses on the effects of media dependence on the public where media power is portrayed as a system derived from others' dependence on the scarce sources of information dominated by the media.¹⁰ Deviller-Paul observe three types of effects that result from individuals' dependence on the media through three main categories: A- Cognitive Effects: It includes (uncovering ambiguity, shaping direction, prioritization, breadth of beliefs, values), B- Emotional effects: It includes (emotional apathy, fear and anxiety, moral support and alienation), C- Behavioral effects: It includes (activation, inactivity) (11), and the theory of media dependence is based on several main assumptions: - The degree of social stability affects the degree of the public's dependence on the media to obtain information in various fields (12).

- The public differs in the degree of its dependence on the media as a result of their differences in goals, needs and interests (13).

Importance of the study:

The importance of documentaries presented on specialized Arab satellite channels as an educational tool that plays a positive role in the life of the individual, because of the information, facts and many values they contain, relying on advanced production and directorial techniques and methods of attraction and suspense in the show.

The study focuses on the quality of cultural life and clarifying information about it, and the level of the individual's perception of the quality of his cultural life through his knowledge of different cultures, his sense of connection to his cultural identity, his participation in cultural activities, and the extent to which these activities satisfy his cultural and value needs.

The study also derives its importance from the importance of the group studied by the researcher, which is the youth category as one of the most important groups of Saudi society, as the study is interested in knowing the intensity of their exposure to documentary films and their quality of cultural life.

LITERATURE REVIEW:

Previous studies have shown an increasing interest in documentaries, but studies that directly dealt with the relationship between watching documentaries and the quality of cultural life among university youth, especially in the Saudi environment and through specialized Arab satellite channels, are still limited. "The Anthology of Documentary Films on Digital Platforms and its Relationship with the Public's Perception of Reality: An Analytical and Field Study", The Nature of Representation of Reality in Documentary Films and its Relationship with the Public's Perception of Media Messages, Relying on the Descriptive Approach in its Analytical and Field Parts, and (60) Documentary Films, in addition to a questionnaire applied to (200) individuals from the Egyptian audience, and the results showed the precedence of subjective, environmental and historical reality, and the relationship between the perception of the realism of the content with long shots and natural sounds. While Murad El-Sayed's (2026)(15) study dealt with "The Value Dimensions of On-Demand Platform Documentaries and the Audience's Interaction with Them", where the study aimed to identify the rates of exposure of the Egyptian public to digital documentaries, their perception of their value

contents and their interaction patterns with them, and adopted the descriptive approach in the media survey method, and applied On an available sample of (150) documentary viewers through on-demand viewing platforms, the results showed: historical, political, and realistic documentaries top the audience's preferences, and the interaction with relatives and friends and the search for topics, and this interest extended from exposure and interaction to the social and cultural role of documentaries, where the study of Nora Othman (2024) (16), "Documentary Films and Their Social Effectiveness in Supporting Cultural and Creative Industries: A Field and Analytical Study", and adopted the ethnographic method, case study, and content analysis of (8) documentary films, in addition to observation, in-depth interviews, focus discussions with a deliberate sample of (21) followers, and a survey questionnaire on (100) individuals, and the results showed the effectiveness of documentaries in supporting the cultural and creative industries, and the importance of modern platforms in spreading cultural and heritage awareness, while The study of Shingisova et al. (2024)(17), "The Impact of Documentaries as a Form of Investigative Journalism: An Analysis of Methods, Ethics and Influence on the Audience" focused on the social and cognitive impact of documentaries, by analyzing their role in shaping public opinion and raising awareness of social issues, while addressing the ethical considerations associated with their production. The importance of realistic stories and the emotional dimension in enhancing the audience's interaction with the content, and this trend in the university environment is confirmed directly through the study of Ayo (2024)(18), "The Impact of Documentaries on Learning Cultural Awareness among University Students in Oyo, Nigeria", which investigated the impact of watching documentaries on learning cultural awareness among university students, and adopted the qualitative approach through (6) focused discussion groups with university students in Oyo City. The results showed that documentary films help students to acquire new knowledge and experiences and understand a social and cultural reality that they may not have access to realise directly, as well as contribute to emotional arousal and the development of empathy and cultural awareness, and this study acquires special importance for the current research because of its proximity to the university youth category and the cognitive and cultural variables associated with watching documentaries, and the association of cultural experiences with the quality of life is not limited to watching films or documentary content specifically. In this context, the study of Thornton et al. (2024)(19) dealt with "The Role of Patterns of Adolescent Participation in Arts, Culture, and Entertainment Activities in Predicting Subsequent Well-Being: An Analysis of Underlying Groups", and was applied to a sample of (18,224) adolescents in the Greater Manchester area of England. Four main modes of participation and their relationship to certain socio-demographic characteristics and subsequent levels of psychological well-being, this study supports the importance of looking at cultural life as a set of experiences and practices that can be related to well-being and the quality of cultural life , and this relationship is confirmed at the university stage specifically through the study of Xu and Choi (2023)(20), "The Role of Emotional Intelligence in Promoting Positive Psychological Capital and Life Satisfaction among Chinese University Students", which examined the relationship between participation in cultural and artistic activities and life satisfaction among university students, while testing the mediating role of positive psychological capital and the modifying role of emotional intelligence, and adopted the survey method , and applied it to a sample of (708) Chinese university students, and the results showed These results are useful in supporting the link between engagement in cultural experiences and quality of life indicators among university youth, although the current study moves from general cultural participation to research on cultural quality of life in relation to exposure to documentary films, and one of the most relevant studies is the current research in terms of the type of content and category The target study was Iman Dawaba (2022)(21), "Documentaries and their Relationship with Cognitive Competencies and Reflective Thinking among Undergraduate Students", which dealt with the relationship between the rate of exposure of university students to documentary films and both cognitive competencies and reflective thinking, in addition to identifying the reasons for viewing and the types of preferred films, and adopted the descriptive survey method, using the survey sheet, and applied to a sample of (400) students with The results showed that there is a strong direct relationship between the rate of exposure and cognitive competencies, in addition to the existence of significant differences in exposure, cognitive competencies and reflective thinking according to gender, place of residence and the nature of the study, and these results support the importance of studying exposure to documentary films among university youth This path takes on a cross-border cultural dimension in the study of Bupa et al. (2021)(22), "Linking Positive Psychology and Intercultural Competence through Films: Evidence from Brunei and Romania", which explored the role of films in the development of intercultural competence and psychological well-being among university youth. It adopted an experimental curriculum that included (236) university students from Brunei and Romania, who were exposed to selected films, followed by a discussion and analysis of cultural and social contents, while measuring the dimensions of positive well-being and competence between cultures, and the results

showed the contribution of the film experience in promoting openness to different cultures, understanding others, and dealing with cultural differences, and on the other hand, a study by Ajal and Karima (2021) was concerned with (23). The results showed that digital development and the overlap of boundaries between artistic genres contributed to increasing challenges related to the credibility of content, editing footage, protecting participants, and the filmmaker's responsibility towards the audience.

The present study contributes to linking two research areas that were often dealt with separately in previous studies, namely studies of exposure to documentary films and their effects on the one hand, and studies of participation and cultural experiences and their relationship to quality of life on the other hand.

OBJECTIVES OF THE STUDY:

The main objective of the study is to identify the relationship between Saudi university youth watching documentary films and Arab satellite channels specialized in the quality of their cultural life.

Determining the intensity of Saudi university youth watching documentary films on specialized Arab satellite channels.

Identify the satellite channels that university youth rely on to watch documentaries.

Recognize the cognitive, emotional, and behavioral effects of watching documentaries.

Determining the level of cultural quality of life among Saudi university youth according to its dimensions represented in knowledge of different cultures, identity and cultural affiliation, cultural participation, and cultural satisfaction.

Uncovering the nature of the relationship between the intensity of watching documentary films and the quality of cultural life among Saudi university youth.

Uncover the relationship between the perceived effects of watching documentaries and the level of cultural quality of life.

Study Questions:

What is the intensity of Saudi university youth watching documentaries on specialized Arab satellite channels?

What specialized Arab satellite channels does the study sample rely on to watch documentary films?

What cognitive, emotional, and behavioral effects do university youth perceive as a result of watching documentaries?

What is the level of quality of cultural life among Saudi university youth in its four dimensions: knowledge of different cultures, identity and cultural affiliation, cultural participation, and cultural and value saturation?

Hypotheses of the study:

Hypothesis One: There is a statistically significant correlation between the intensity of Saudi university youth watching documentary films on specialized Arab satellite channels and their quality of cultural life.

Hypothesis Two: There is a statistically significant correlation between the perceived effects of watching documentary films and the quality of cultural life among Saudi university youth.

Methodology:

This study falls within the framework of descriptive research, which aims to describe phenomena and events, with the aim of obtaining accurate information without entering into their causes or controlling them (24) and the study mainly relied on the survey method in the field with the aim of collecting and interpreting information.

Study Population and Sample: The study population represented the Saudi university youth of King Abdulaziz University, um Al-Qura University, and the University of Jeddah in the Kingdom of Saudi Arabia

Table (1): Distribution of Sample Members by Gender, University Track and University (N 309)

Total Number (%)	Females (%)	Male Count (%)	Category	Variable
234 (75.7%)	225 (86.9%)	9 (18%)	Literary	University Track
71 (23%)	32 (12.4%)	39 (78%)	Scientific	
4 (1.3%)	2 (0.8%)	2 (4%)	Healthy	
245 (79.3%)	204 (78.8%)	41(82%)	King Abdulaziz	University
24 (7.8%)	16 (6.2%)	8 (16%)	um Al-Qura	
40 (12.9%%)	39 (15.1%)	1(2%)	Jeddah	
309 (100%)	259 (100%)	50 (100%)	Total	

The study was applied during 2026, using an available sample of (309) Saudi university youth, including (259) females (83.8%), (50) males (16.2%), and the sample members were distributed according to the university track to (234) in the literary track (75.7%), (71) in the scientific track (23%), and (4) in the health track (1.3%). According to the university, the number of participants from King Abdulaziz University reached (245) individuals (79.3%), the University of Jeddah (40) individuals (12.9%), and um Al-Qura University (24) individuals (7.8%), and the university youth chose the university level because of the association of the undergraduate level with the development of cultural and social knowledge and interests, in line with the objectives of the study in examining the relationship between watching documentary films and the quality of cultural life, and the most important reasons Their selection: University students are one of the most interactive and responsive groups to the questionnaire, by virtue of the nature of the university and the courses that need evaluation by students, and other matters in the university academic life that require the students' answer to the questionnaire and the evaluation of the students, so the results of the questionnaire that we get from the university students are characterized by credibility, accuracy, and speed in response and interaction, in addition to the knowledge of the youth about the value and cultural system.

Data Collection Tool: The data of the study were collected using a standardized questionnaire form as a tool to collect data from the sample in order to be used to collect information on a specific topic from a large number of individuals meeting in one place ⁽²⁵⁾, taking into account the achievement of the objectives of the study, its questions and assumptions, and we distributed it electronically and sent it to university youth.

The test of honesty and consistency:

To verify the validity of the questionnaire, it was presented to a group of arbitrators specialized in the field of media, and the necessary adjustments were made according to their observations, and to measure the consistency, Cronbach's alpha coefficient was used to measure the internal consistency of the questionnaire statements, and the results showed that the number of cases valid for analysis reached (308) cases by (99.7%) out of the total (309) cases, with the exclusion of one case by (0.3%) and the Cronbach's alpha coefficient reached (0.874) for the (106) phrases of the questionnaire, which indicates that the questionnaire has a good degree of stability, which supports its suitability for use in the study.

STUDY RESULTS:

Viewing intensity of the study sample for documentary films:

Table (2) Viewing Patterns of the Study Sample of Documentary Films by Type

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(Support Level)	Standard deviation	Arithmetic Average	Always	Sometimes	rarely	Type	Ferry
Medium Strong support	1.341 1.200	3.20 3.50	14(28%) 97(37.5%)	17(34%) 98(37.8%)	19(38%) 64(24.7%)	Male Female	I watch full documentaries.
Medium Medium	1.286 1.150	2.94 3.34	12 (24%) 78(30.1%)	13 (26%) 113(43.6%)	25 (50%) 68(26.3%)	Male Female	I'm looking for new documentaries.
Medium Medium	1.100 0.985	2.76 3.20	5 (10%) 56(21.6%)	23 (46%) 144(55.6%)	22 (44%) 59(22.8%)	Male Female	I'm following new documentaries.
Medium Medium	1.154 1.085	2.76 3.10	5 (10%) 60(23.2%)	19 (38%) 110(42.5%)	26 (52%) 89(34.4%)	Male Female	I keep following documentaries.
Medium Medium	0.927 0.875	2.72 2.88	6 (12.0%) 28 10.8%)	24 (48.0%) 139(53.7%)	20 (40%) 92(35.5%)	Male Female	I watch documentaries regularly.
Exhibitions Medium	1.147 1.030	2.50 2.90	8 (16%) 43(16.6%)	9 (18%) 99 (38.2%)	33 (66%) 117(45.2%)	Male Female	Make time to watch documentaries.
Exhibitions Medium	1.074 1.069	2.48 2.88	5 (10%) 47(18.1%)	14 (28%) 83 (32%)	31 (62%) 129(49.8%)	Male Female	I repeat watching documentaries.
Exhibitions Medium	0.950 0.918	2.56 2.73	5 (10.0%) 28(10.8%)	18 (36.0%) 99 (38.2%)	27 (54.0%) 132 (51%)	Male Female	I watch documentaries several times a week.

Table Interpretation: In light of the theory of media dependence, the results indicate that the university audience relies on documentaries to satisfy their knowledge, cultural and entertainment needs, as the phrase "I watch full documentaries" topped with an arithmetic average of (3.50) for females and (3.20) for males, followed by the search for new films, reflecting an interest beyond passing viewing to the pursuit of integrated content that enriches knowledge and expands perceptions, and the rest of the exposure patterns, such as following new films and continuing to watch regularly, came at medium levels, with averages ranging between (2.72 and 3.34), indicating the presence of documentary content within the cultural practices of youth.

Weekly viewing rates of the study sample for documentary films:

Table (3)K2 Test for Weekly Study Sample Viewing Rates for Documentary Films by Type

Chi-square test results	Total n (%)	Females N (%)	Male N (%)	Axis and Response Categories
$\chi^2=7.418$; df=3, p =0.060 C=0.153 . Statistically insignificant	First: Number of views per week			
	223 (72.2)	185 (71.4)	38 (76)	Once
	64 (20.7)	59 (22.8)	5 (10)	2–3 times

Chi-square test results	Total n (%)	Females N (%)	Male N (%)	Axis and Response Categories
	13 (4.2)	9 (3.5)	4 (8)	4–6 times
	9 (2.9)	6 (2.3)	3 (6)	daily
	309 (100)	259 (100)	50 (100)	Total
Second: Number of Movies Watched Weekly				
$\chi^2=10.678$ $df=4$; $p=0.030$ $C=0.183$ D statistically	211 (68.3)	174 (67.2)	37 (74)	one movie
	67 (21.7)	59 (22.8)	8(16)	Films
	22 (7.1)	21 (8.1)	1 (2)	3–4 Films
	5 (1.6)	2 (0.8)	3 (6)	5–6 films
	4 (1.3)	3 (1.2)	1 (2)	More than 6 movies
	309 (100)	259 (100)	50 (100)	Total

Table Interpretation:

The results indicate that watching documentaries among university youth is characterized by a relative decrease in the weekly frequency rate, as watching once a week came in first place (72.2%) of the total sample, followed by watching two to three times (20.7%), while the percentage of daily viewing reached (2.9%), and this pattern is close among males and females, as females recorded a slightly higher percentage of watching once a week (76%) compared to males (71.4%), and there were no statistically significant differences between the sexes in the number of weekly views ($\chi^2=7.418$), ($p=0.060$), indicating a convergence of the sexes in the frequency of exposure to documentary films.

As for the number of movies watched per week, it topped the viewing of one film by (68.3%), followed by the viewing of two films by (21.7%), while the percentage of watching more than six films decreased to (1.3%), and despite the convergence of males and females in the general trend towards watching one film per week, the results revealed statistically significant differences between them in the number of movies watched ($\chi^2=10.678$, ($p=0.030$), with a relatively weak correlation size ($C=0.183$), which indicates the difference in the distribution of viewing patterns between the two genders, without necessarily implying a significant difference in their actual behavior, and these results are partially consistent with the study of Al-Sayed (2026), which dealt with the rates of exposure to documentary films and the patterns of interaction with them, and indicated the public's interest in historical, political, and realistic documentaries and the search for film subjects, as is related to the study of Dawaba (2022) It examined the relationship between the rate of exposure to documentary films, cognitive competencies and reflective thinking among university

students.

In light of the theory of media dependence, these findings can be explained by the fact that university youth's reliance on documentaries is not determined by the frequency of viewing or the increase in the number of films, but is related to the extent to which the content contributes to satisfying their needs for knowledge, understanding, and recognition of cultural and social issues .

Table (4) The results of the (K2) test for selecting the study sample for satellite documentary channels according to the type.

K2 Test Result	Total n(%)	Females N (%)	Male N (%)	Documentary Channel
$\chi^2(1)=0.337$; $p=0.562$; C=0.033 Non-D	199 (64.4%)	165(63.7%)	34 (68%)	National Geographic Abu Dhabi
$\chi^2(1)=11.407$; $p=0.001$; C=0.189 D for Females	135(43.7%)	124(47.9%)	11 (22%)	Nile Cultural Channel
$\chi^2(1)=0.249$; $p=0.618$; C=0.028 non-Dal	83 (26.9%)	71(27.4%)	12 (24%)	Al Jazeera Documentary
$\chi^2(1)=0.459$; $p=0.498$; C=0.039 non-dal	40 (12.9%)	35 (13.5%)	5 (10%)	Glory Documentary

Table Interpretation:

National Geographic Channel Abu Dhabi topped the list with a total viewership of (64.4%) (199 individuals), (34 males (68%) and (165 females (63.7%)), while the percentage of non-follow-up reached (35.6%), and the Ka-squared test reached (0.337) with a significance level of (0.562), which is not statistically significant, which indicates the convergence and uniformity of the interest of both sexes to follow it thanks to its attractive and diverse nature.

In the second place (Nile Cultural Channel): it came in second place with a total follow-up of (43.7%) (135 individuals), distributed between (11 males (22%) and (124 females (47.9%)), while the percentage of non-follow-up reached (56.3%), and the Ka-squared test showed a value of (11.407) at the significance level of ($P=0.001$), which is a statistically significant result in favor of females, which reflects a clear disparity and greater interest by female students in the cultural and programmatic content provided by the channel.

In third place (Al Jazeera Documentary Channel): it ranked third with a total follow-up of (26.9%) (83 individuals), (12 males (24.0%) and (71 females (27.4%)), while the percentage of non-follow-up reached (73.1%), and the value of k-squared (0.249) with a level of non-statistically significant significance (0.618).

In the fourth and last place (Al-Majd Documentary Channel): it came in the last place with a total follow-up of (12.9%) (40 individuals), with (5 males by 10%) and (35 females by 13.5%), while the percentage of non-follow-up was recorded (87.1%), and the value of Ka-squared was (0.459) with a significance level of (0.498), which is not statistically significant.

These findings highlight the university audience's preference for channels that offer a unique combination of visual knowledge, scientific investigation, suspense, and exploration (such as National Geographic Abu Dhabi), where individuals rely on the media system to meet their knowledge and entertainment needs. The existence of statistically significant differences in favor of females in following the "Nile Cultural Channel" ($P = 0.001$) reflects the divergence in the dimensions of dependence and the need of females for cultural and intellectual content to build cognitive and emotional patterns related to the quality of cultural life.

Cognitive, Emotional and Behavioral Effects of Watching Documentaries in the Study Sample:

Table (5) Cognitive Effects of Sample Members' Viewing of Documentary Films by Type

Direction	SD	M	Low Score(%)	Medium Grade (%)	Large score (%)	Ferry
endorsement	.672	2.48	31 (10)	99 (32)	179(57.9)	I get to know events I didn't know before
endorsement	.732	2.38	46(14.9)	99 (32)	164 (53.1)	Discover new places by viewing
endorsement	.712	2.37	42 (13.6)	110(35.6)	157 (50.8)	Understand the diversity of global cultures
endorsement	.671	2.36	34 (11)	131 (42.4)	144 (46.6)	Gain new historical information
endorsement	.728	2.36	46 (14.9)	106 (34.3)	157 (50.8)	Meet new historical figures
endorsement	.698	2.35	40 (12.9)	121 (39.2)	148 (47.9)	Learn about the customs of different peoples
endorsement	.733	2.32	49 (15.9)	111 (35.9)	149 (48.2)	Discover new information about the environment and nature
endorsement	.677	2.32	37 (12)	136 (44)	136 (44.0)	Correct my misconceptions
endorsement	.722	2.31	47 (15.2)	118(38.2)	144 (46.6)	Understand the causes of societal issues
endorsement	.727	2.28	50 (16.2)	121 (39.2)	138 (44.7)	Distinguishing between correct information and inaccurate information
endorsement	.753	2.27	57 (18.4)	112 (36.2)	140 (45.3)	Learn about the stages of development of societies
endorsement	.746	2.23	58(18.8)	121 (39.2)	130 (42.1)	Learn about the causes of scientific phenomena
Neutrality	.709	2.20	53 (17.2)	142 (46)	114 (36.9)	I can remember the information that the movie shows.

Table Interpretation: The results show the high level of cognitive effects of documentary films among the sample members, as most of the statements came in the direction of support, and the phrase "I get to know events I did not know before" was topped by an average of (2.48), and supported by a large degree (57.9%) of the sample members, followed by the phrase "I get to know new places by watching" with an average of (2.38), then "I understand the diversity of global cultures" with an average of (2.37), and the

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cognitive effects included acquiring new historical information, identifying historical figures and customs of different peoples, discovering information about the environment and nature, and correcting scientific misconceptions.

The cognitive effects extended to the perception of the causes of societal issues, distinguishing between correct and inaccurate information, and identifying the stages of the development of societies and the causes of scientific phenomena, with averages ranging from (2.23) to (2.31), reflecting the multiplicity of aspects of cognitive benefit from watching, and the phrase "I can remember the information presented by the film" came in the neutral direction, with an average of (2.20), and (46%) indicated that it was achieved to a moderate degree, which reveals a difference between the acquisition of knowledge and the recognition of new information on the one hand, and the ability to remember the information presented on the other hand.

These results are consistent with Hanaa Mohamed Arabi's (2026) study on the relationship between the nature of documentary treatment and the public's perception of reality, and the findings of Al-Sayed's (2026) study on the value and cultural content of documentaries and the audience's interaction with them.

In light of the theory of media dependence, the results reflect the reliance of university youth on documentaries to satisfy their needs for knowledge, understanding, and broadening perceptions.

Table (6) Emotional Effects of Sample Members' Viewing of Documentary Films by Type

Direction	D	S	1	Low score (%)	Intermediate Grade (%)	Large score (%)	Ferry
Endorsement	.689	.40	2	36(11.7)	113(36.6)	160(51.8)	Watching documentaries is a fun experience
Endorsement	.744	.35	2	50(16.2)	100(32.4)	159(51.5)	I am happy to watch documentaries about our heritage
Endorsement	.738	.35	2	49(15.9)	104(33.7)	156(50.5)	I feel responsible for my country's issues
Endorsement	.709	.33	2	43(13.9)	120(38.8)	146(47.2)	I feel appreciated for the efforts that documentaries show
Endorsement	.729	.29	2	50(16.2)	119(38.5)	140(45.3)	I'm curious to know more about the topics the documentaries offer
Endorsement	.747	.25	2	57(18.4)	118(38.2)	134(43.4)	I feel a sense of community when watching documentaries
Neutrality	.690	.21	2	48(15.5)	149(48.2)	112(36.2)	I empathize with the characters that are dealt with in documentaries
Endorsement	.758	.20	2	64(20.7)	120(38.8)	125(40.5)	I am emotionally moved by the stories of documentary characters

Table Interpretation: The results of the table show that the emotional effects of watching documentaries generally tend towards endorsement, with the pleasure resulting from watching with an average of (2.40), followed by the happiness of watching films that deal with heritage and a sense of responsibility towards national issues with an average of (2.35) each, indicating that the emotional experience

associated with watching combines the enjoyment of the content with the enhancement of the connection to heritage and national issues. Empathy for documentary characters came in last place with an average of (2.20), with the predominance of average responses (38.8%), suggesting that emotional interaction with public issues and heritage may be more pronounced than direct emotional impact on the characters, and these results can be explained in light of the theory of media reliance that documentaries work to form positive feelings towards the content, and the more the content is related to the viewer's goals and needs, the more important it is likely to be in shaping their emotional experience.

Table (7) Behavioral Effects of Sample Members' Viewing of Documentary Films by Gender.

Direction	D	S	N	Low Score(%)	Intermediate Grade(%)	Significant Score(%)	Ferry
Neutrality	700	.26	2	46(14.9)	138(44.7)	125(40.5)	I can discuss the themes of the film better
Neutrality	718	.24	2	51(16.5)	132(42.7)	126(40.8)	Documentaries drive me to be interested in community issues
Neutrality	758	.13	2	71(23)	127(41.1)	111(35.9)	I discuss its documentary content with my colleagues
Neutrality	756	.08	2	77(24.9)	131(42.4)	101(32.7)	I recommend my friends to watch several documentaries
Neutrality	736	.02	2	80(25.9)	142(46)	87(28.2)	I apply a lot of documentary information in my daily life

Table Interpretation:

The results of the table reveal the predominance of the neutral trend towards the behavioral effects associated with the discussion of documentary films, the circulation of their contents, and the application of their information, as the ability to discuss the film's topics topped with an average of (2.26), followed by an increase in interest in community issues with an average of (2.24), with the average responses concentrated in the two phrases by (44.7%) and (42.7%) respectively, and the average application of documentary information in daily life decreased to (2.02)., and the percentage of support for this statement did not exceed (28.2%), and these results indicate that the perception of the cognitive usefulness of documentaries is not necessarily accompanied by a similar transition to daily practice or actual social interaction.

In light of the theory of media dependence, it can be explained that the transition from knowledge to practice may be influenced by factors beyond viewing, such as the nature of the social environment, and the extent to which the topics relate to the interests and realities of young people

Measuring the quality of cultural life consisting of watching documentaries:

Calculation Method: Trend Rating: Negative: ($M < 1.67$) Neutral: ($1.67 - 2.33$) Positive: ($M > 2.33$)

Table (8) First Theme: Knowledge of Different Cultures:

Saudi Youth Watching Documentaries on Specialized Arab Satellite Channels and Their Relationship to
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on	Directi	SD	M	Disag ree (%)	Neutr al (%)	Agree (%)	Ferr y	
lity	Neutra	99	0.6	2.	42 (13.6)	120(3 8.8)	147(4 7.6)	I am keen to develop my cultural knowledge.
lity	Neutra	14	0.7	2.	75 (24.3)	150(4 8.5)	84 (27.2)	I follow cultural developme nts.
lity	Neutra	08	0.7	2.	56 (18.1)	142 (46)	111(3 5.9)	I know the history of different civilizations and peoples.
lity	Neutra	20	0.7	2.	56 (18.1)	132(4 2.7)	121(3 9.2)	I get to know the cultural heritage of different peoples.
lity	Neutra	16	0.7	2.	49 (15.9)	122(3 9.5)	138(4 4.7)	I am interested in learning about the cultures of other peoples.
lity	Neutra	97	0.6	2.	46 (14.9)	140(4 5.3)	123(3 9.8)	I learn about the similarities and differences between cultures.

Table Interpretation:

The results of the first axis reveal the varying level of interest of the sample members in learning about different cultures, as the phrase "I am keen to develop my cultural knowledge" came in the first place with an average of (2.34), followed by the phrase "I am interested in learning about the cultures of other peoples" with an average of (2.29), then identifying the similarities and differences between cultures with an average of (2.25).), followed up on cultural developments with an average of (2.03), indicating that the general desire to develop knowledge and openness to cultures seems to be more present than continuous cultural follow-up. The comparison by gender reveals that the percentage of support among females is high in most of the phrases, as it reached (49.4%) in the development of cultural knowledge, compared to (38%) among males, and reached (47.9%) in interest in the cultures of other peoples, compared to (28%) among males, and these

results can be explained in light of the theory of reliance on the media that cultural content may represent a source of knowledge acquisition and understanding of other cultures, but its use remains uneven

Table (9) Second Theme: Identity and Cultural Affiliation:

on	Directi	SD	M	Disagr ee (%)	Neutr al (%)	Agree (%)	Fer ry
e	Positiv	0.6 88	2. 51	36(11.7)	80(25.9)	193(62. 5)	I am proud of Arab culture.
e	Positiv	0.6 98	2. 38	39(12.6)	115(37. 2)	155(50. 2)	I preserve the cultural heritage.
e	Positiv	0.6 65	2. 45	31 (10)	109(35. 3)	169(54. 7)	My cultural identity is an important part of who I am.
e	Positiv	0.6 85	2. 44	37 (12)	99 (32)	173 (56)	I feel like I belong to my cultural communit y.
e	Positiv	0.6 94	2. 40	37 (12)	110(35. 6)	162(52. 4)	I introduce others to the culture of my country.

Table Interpretation:

The second axis reveals the strongest dimensions of the quality of cultural life among the sample members, as the general average of the phrases reached about (2.44), and "I am proud of Arab culture" topped with an average of (2.51), followed by "my cultural identity expresses an important part of my personality" (2.45), and "I feel a sense of belonging to my cultural community" (2.44), and the percentage of support increased clearly, reaching (62.5%) for pride in Arab culture, (56%) for feeling of belonging to the cultural community, and (54.7%) for the connection between cultural identity and personality, and females also show levels of support These results are consistent with Othman's (2024) study, which highlighted the cultural role of documentaries in spreading awareness of heritage and cultural industries, and from the perspective of the theory of media dependence, the power of this axis can be understood in light of the ability of cultural and documentary content to provide content that helps the individual to interpret his cultural environment and enhance his awareness of himself and his society

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Table (10) Third Theme: Cultural Participation:

Direction	SD	M	Disagree (%)	Neutral (%)	Agree (%)	Frequency
Neutral ity	0.7 57	2.16	69 (22.3)	123(39.8)	117(37.9)	I visit museums and cultural exhibitions.
Neutral ity	0.7 86	1.98	102 (33)	111(35.9)	96(31.1)	I participate in cultural events and seminars.
Neutral ity	0.7 48	2.03	86(27.8)	128(41.4)	95 (30.7)	I read books and cultural materials.
Neutral ity	0.7 38	2.09	74 (23.9)	132(42.7)	103(33.3)	I am constantly following the programs and cultural content.
Neutral ity	0.7 75	2.00	93 (30.1)	122(39.5)	94 (30.4)	I participate in cultural events and events.
Neutral ity	0.7 71	1.95	101 (32.7)	121(39.2)	87 (28.2)	Make time for cultural activities.

Table Interpretation:

The axis of cultural participation came at the lowest level among the four axes, with an overall average of approximately (2.04), which reflects the limited transition from cultural attention to practice and actual participation, as "visiting museums and cultural exhibitions" came in the relatively foremost with an average of (2.16), while the average in "allocating time to practice cultural activities" decreased to (1.95) and reached (1.98) in participation in cultural events and seminars, and relatively high rates of opposition appeared among males, especially in participation in events and seminars (56%), cultural events and events (56%), and allocating time to cultural activities (56%), while support rates among females in these practices increased.

In the light of the theory of media dependence, this can be explained by the fact that the media, including documentaries, may indirectly provide an individual with a part of his or her cultural needs, without requiring them to move to actual cultural places or activities;

Table (11) Fourth Theme: Cultural Satisfaction:

on	Directi	SD	M	Disag ree (%)	Neutral (%)	Agree (%)	Ferry
lity	Neutra	41 0.7	2. 09	73(23.6)	136(44)	100(32.4)	I feel satisfied with the level of cultural activities I do.
lity	Neutra	27 0.7	2. 15	62 (20.1)	139 (45)	108 (35)	Cultu ral activities meet my knowledge needs.
lity	Neutra	19 0.7	2. 21	54 (17.5)	136 (44)	119(38.5)	I feel that my cultural participatio n adds value to my life.
lity	Neutra	06 0.7	2. 30	44 (14.2)	129(41.7)	136 (44)	Cultu re helps me understand the society around me.
lity	Neutra	15 0.7	2. 21	52(16.8)	141(45.6)	116(37.5)	I feel like my life has become richer through culture.
lity	Neutra	23 0.7	2. 25	52 (16.8)	127(41.1)	130(42.1)	Cultu ral activities help me develop my interests.

Table Interpretation:

The results of the fourth axis show an average level of cultural satisfaction, with an overall average of approximately (2.20), "Culture helps me understand the society around me" came in first place with an average of (2.30), followed by "Cultural activities help me develop my interests" (2.25), while the feeling of satisfaction with the level of cultural practice came with an average of (2.09), and the results reveal that the most obvious value of culture is understood, knowledge, and the development of interests rather than a feeling of satisfaction with the level of actual practice, which is consistent with the decrease in cultural participation in the previous axis.

This finding intersects with the study of Xu and Choi (2023) which confirmed the positive relationship between participation in cultural and artistic activities and life satisfaction among college students.

B. Results of the verification of the study hypotheses:

Hypothesis One: There is a statistically significant correlation between the intensity of Saudi university youth watching documentary films on specialized Arab satellite channels and their quality of

cultural life.

Table (12): The Correlation between the Intensity of Watching Documentary Films and the Quality of Cultural Life among Saudi University Youth

Significance level (p)	Pearson correlation coefficient (r)	Sample size (n)	The two variables
0.000*	0.304**	309	Viewing intensity and quality of cultural life

Statistically significant at the level of (0.01).

Table Interpretation: The results of the table indicate that there is a statistically significant direct correlation between the intensity of watching documentary films and the quality of cultural life among Saudi university youth, where the Pearson correlation coefficient ($r=0.304$) reached ($p<0.001$), with a sample size of 309 items, and this result indicates that the higher the intensity of viewing, the higher the quality of cultural life among the researchers, noting that the strength of the relationship is limited to moderate, and does not prove the existence of the The result is consistent with the general trend of previous studies, including the study of Io (2024), which pointed to the role of documentaries in the development of knowledge and cultural awareness among university students.

Hypothesis Two: There is a statistically significant correlation between the perceived effects of watching documentary films and the quality of cultural life among Saudi university youth.

Table (13): Results of the Pearson Correlation Coefficient Test for the Relationship between the Perceived Effects of Watching Documentary Films and the Quality of Cultural Life among Saudi University Youth.

Significance level (p)	Pearson correlation coefficient (r)	Sample size	The two variables
< 0.001	0.767**	309	Perceived Impacts and Cultural Quality of Life

Statistically significant at the level of 0.01.

Table Interpretation: The results of the table indicate that there is a strong direct correlation with statistical significance between the perceived effects of watching documentaries and the quality of cultural life among Saudi university youth, as the Pearson correlation coefficient reached ($r=0.767$), at the significance level of ($p<0.001$), and with a sample of (309) items, and the increase in the perceived effects of watching is related to the higher level of cultural quality of life among the researchers, without necessarily implying a causal relationship between the two variables This result is consistent with the study of Dawaba (2022), which revealed a direct relationship between exposure to documentary films and cognitive competencies among university students.

DISCUSSION OF THE RESULTS:

This study dealt with the relationship between Saudi university youth's viewing of documentary films on specialized Arab satellite channels and their quality of cultural life, and the study reached a number of results, most notably:

The results showed the diversity of young people's interests in documentaries, and the relationship between the choice of content and their cognitive, cultural and entertainment interests

* The results showed that National Geographic Abu Dhabi Channel ranks first among the documentary channels watched by Saudi university youth, with a percentage of (64.4%), as the channel offers

a unique combination of knowledge, scientific investigation, suspense, and the production quality of documentary content

* The high level of cognitive effects of documentary films among the sample members, as most of the statements came in the direction of support, compared to the perceived emotional and behavioral effects of watching Arab documentaries.

The results showed that the component of cultural identity topped the first rank among the components of the quality of cultural life, because of the role of the component of cultural identity in promoting belonging, values and customs among Saudi university youth.

The study proved the validity of the hypothesis that there is a statistically significant direct correlation between the intensity of watching documentary films and the quality of cultural life.

Study Recommendations:

- Paying attention to increasing the number of Saudi cultural channels because of their role in enhancing the quality of cultural life among Saudi university youth.

- Seeking to enhance interaction with documentary content after viewing by providing digital spaces for dialogue.

Attention to developing the documentary content according to the needs of university youth and diversifying historical, political, scientific, environmental and social topics

Enhancing the reliability and professional quality of the content: The study recommends the implementation of clear procedures for verifying information and reviewing sources.

- Building partnerships between universities, documentary channels and cultural institutions to exchange experiences, increase interactivity and measure the quality of cultural life.

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