

## INVESTIGATION OF THE PREDICTION LEVEL OF PSYCHOLOGICAL SYMPTOMS RELATED TO SOCIAL MEDIA ADDICTION

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### **Abstract**

*The aim of this study is to reveal the predictive levels of psychological symptoms of social media addiction in adults. The research was done with grown-ups who live in a place called the Turkish Republic of Northern Cyprus. The sample of the study consisted of 514 adult individuals, 63% (n=324) female and 37% (n=190) male, selected according to the convenience sampling method. In this study, Brief Symptom Inventory (BSI), Bergen Social Media Addiction Scale (BSMAS) and socio-demographic information form were used to collect data. Frequency distribution, percentage calculation, ANOVA, correlation test and regression analysis were performed using SPSS software. The duration of daily social media use was found to have a significant difference on the level of social media addiction. Similarly, the time spent using social media was also found to have a significant difference on the level of addiction. A moderate statistically significant positive correlation was found between social media addiction and psychological symptom subscales. Depression and anger/aggression among psychological symptoms were found to be significant predictors of social media addiction. The findings of the study were analyzed in relation to existing literature, followed by recommendations for potential future research endeavors.*



**Keywords:** Psychological symptoms, social media, social media addiction.

## PSİKOLOJİK BELİRTİLERİN SOSYAL MEDYA BAĞIMLILIĞINI YORDAMA DÜZEYİNİN İNCELENMESİ

### Öz

*Bu çalışmanın amacı yetişkinlerde psikolojik belirtilerin sosyal medya bağımlılığını yordama düzeylerini ortaya koymaktır. Araştırma Kuzey Kıbrıs Türk Cumhuriyeti'nde (KKTC) yaşayan yetişkinler arasında gerçekleştirilmiştir. Araştırmanın örneklemini kolayda örnekleme yöntemine göre seçilen %63 (n=324) kadın ve %37 (n=190) erkek olmak üzere 514 yetişkin birey oluşturmuştur. Bu çalışmada veri toplamak amacıyla Kısa Semptom Envanteri (KSE), Bergen Sosyal Medya Bağımlılığı Ölçeği (BSMAS) ve sosyo-demografik bilgi formu kullanılmıştır. Analizler SPSS yazılımı kullanılarak, frekans dağılımı, yüzde hesaplaması, ANOVA, korelasyon testi ve regresyon analizleriyle yapıldı. Sonuç olarak sosyal medyayı günlük kullanım süresine göre sosyal medya bağımlılık düzeyinde istatistiksel olarak anlamlı farklılık bulunmuştur. Sosyal medyayı kullanma zamanına göre sosyal medya bağımlılık düzeyinde istatistiksel olarak anlamlı farklılık bulunmuştur. Sosyal medya bağımlılığı ile psikolojik belirti alt ölçekleri arasında pozitif yönde orta düzeyde anlamlı ilişki saptanmıştır. Psikolojik belirtilerden depresyon ve öfke-saldırganlığın sosyal medya bağımlılığının anlamlı yordayıcıları olduğu belirlenmiştir. Araştırmanın sonuçları ilgili literatür bağlamında tartışılmış ve daha sonra gelecek çalışmalar için önerilerde bulunulmuştur.*

**Anahtar Kelimeler:** Psikolojik belirtiler, sosyal medya, sosyal medya bağımlılığı.

### 1. INTRODUCTION

The notion of being addicted to social media is also characterized by various other terms or concepts, such as problematic use of social media and compulsive use of social media. Social media addiction refers to the phenomenon of inappropriate use of social media, characterized by reduced

self-control and similar symptoms (Marino et al., 2020). Since it causes individuals to use the internet excessively and compulsively, social media addiction is also explained as a form of internet addiction (Starcevic, 2013). Social network addicts often feel excessive anxiety about social networks and have uncontrollable urges to log in and use social networks (Schou Andreassen & Pallesen, 2014).

According to the report on "Household Information Technologies (IT) Usage Survey, 2023" conducted by Turkish Statistical Institute, it was reported that the most used applications on social media are WhatsApp application 84.9%, YouTube platform 69% and Instagram application 61.4%. When analyzed by gender, it was explained that 88.7% of men use WhatsApp application, 72.6% YouTube platform and 63.5% Instagram application, while 81.1% of women use WhatsApp application, 65.4% YouTube platform and 59.3% Instagram application. Furthermore, the latest study revealed that there was a notable rise in the percentage of households having Internet accessibility from the comfort of their own homes in 2023. Specifically, there was a 1.4% year-on-year increase, resulting in an impressive 95.5% of households now being equipped with this convenience. This statistic showcases the growing trend of Internet adoption and highlights the significant strides made in bridging the digital divide in recent times. (TÜİK, 2023).

Behavioral addictions, including but not limited to addictions to the Internet, computer games, and social media, are becoming more prevalent and are raising significant concerns regarding the mental well-being of individuals, particularly among younger age groups. Young people have started to spend more often and for longer periods of time on electronic devices, which distract them from the real world and at the same time transport them into the virtual space that is both stimulating and enjoyable. The accessibility and popularity of

social media, which constitute the addiction pattern, have positive and negative effects on mental state. Excessive and uncontrolled use of social media continues to be associated with different mental disorders. People who are exposed to social media addiction have a higher incidence of disorders such as depressive disorders, anxiety disorders or sleep disorders (Szczygieł & Podwalski, 2020).

It is known that addictive social media use is positively correlated with depression and anxiety symptoms (Marino et al., 2018; Atroszko et al., 2018). Research has indicated that there is a significant correlation between depression symptoms and the propensity for individuals to engage in addictive social media use as a coping mechanism for daily stress. Furthermore, it has been observed that as depression symptoms worsen, the connection between daily stress and addictive online behaviors becomes stronger (Brailovskaia et al., 2019). Individuals who suffer from inadequate mental well-being, which encompasses a diminished sense of self-value, may resort to utilizing social media platforms as a means to make up for deficiencies in their real-life social interactions. Consequently, this reliance on virtual connections can lead to the development of a significant dependency on social media platforms. (Zywica & Danowski, 2008). Tural et al.'s (2021). study aimed to investigate the connection between the problematic use of social media and psychological symptoms as well as impulsivity in adults. The results revealed a noteworthy and statistically significant relationship between problematic social media use and both impulsivity and psychological symptoms. Additionally, the study found that an increase in the addiction level to social media significantly predicted various adverse outcomes such as unplanned impulsivity, depression, anxiety, and somatization symptoms. These findings emphasize the alarming impact of excessive social media consumption, which has now become an integral part of our daily lives. Unfortunately, many individuals are not fully aware of the

Investigation of the Prediction Level of Psychological Symptoms Related to Social Media Addiction  
problems associated with excessive social media use, despite the potential negative consequences it can have on their overall well-being and functionality. In the results of the other studies investigating the relationship between social media addiction and aggression, it was revealed that there is a correlation between social media addiction and aggression (Güler, 2022; Wong et al., 2022).

With the given information taken into account, the primary objective was to assess the extent to which psychological symptoms, such as depression, anxiety, negative self-perception, somatization, and anger/aggression, can be used as predictors for the occurrence of social media addiction among adult individuals. In line with this purpose, the main problem of the research was stated as follows: Do psychological symptoms predict social media addiction? Based on this main problem, answers to various questions were sought in the study. These questions;

1. Is there a statistically meaningful difference in the level of social media addiction depending on the time spent daily on social media?
2. Is there a statistically meaningful difference in the level of social media addiction according to the time of day when social media is used?
3. Is there a statistically meaningful correlation between social media addiction level and psychological symptoms?
4. Are psychological symptoms significant predictors of social media addiction?

## **2. METHOD**

In this section, information about the study method, population, sample, scales, data analysis and data collection process are presented.

### **2.1 Research Model**

In this study, a descriptive, quantitative correlational survey model was used. It is a method of determining whether a correlation exists between two or more variables according to this model. If there is a correlation between the variables, it determines what type of relationship it is (Karasar, 2009).

## **2.2 Population and Sample**

The study population consisted of adult individuals living in the TRNC. The sample consists of 514 adult individuals, 63% (n=324) female and 37% (n=190) male, selected according to the convenience sampling model. The average age of the sample was  $\bar{x}=28.46\pm 9.61$ . In terms of social media use, 1% (n=5) of the sample had no experience, 4.3% (n=22) had little experience, 22.6% (n=116) had some experience, 46.7% (n=240) had 6-8 very much experience and 25.5% (n=131) had a lot of experience. Regarding the frequency of daily social media use, 37.7% (n=194) of the sample stated 1-3 hours, 32.9% (n=169) 4-5 hours, 14.4% (n=74) 6-8 hours, 10.5% (n=54) 8 hours or more and 4.5% (n=23) stated that they do not use social media every day. According to the time of the day, 3.5% (n=18) of the sample use social media in the morning, 6.6% (n=34) in the afternoon, 36.2% (n=186) in the evening, 8.6% (n=44) late at night and 45.1% (n=232) use social media at every opportunity.

## **2.3 Data Collection Tools**

"Brief Symptom Inventory", "Bergen Social Media Addiction Scale" and socio-demographic form were used to collect data in the study.

### **2.3.1 Brief Symptom Inventory (BSI)**

This scale was translated into Turkish by Şahin and Durak (1994) and developed by Derogatis in 1993 to measure the frequency of psychological symptoms. The Turkish form internal consistency coefficients were 0.96 and 0.95, and the

subscales were 0.75 and 0.88, while the internal consistency coefficients of the original form were 0.71 and 0.85 in the subscales. There are 5 subscales in the scale consisting of 53 items. These subscales are "anxiety", "depression", "negative self", "somatization" and "anger/aggression". Each item is scored between 0-4. The higher scores obtained from the subscales indicate the frequency of psychological symptoms related to that subscale.

### **2.3.2 Bergen Social Media Addiction Scale (BSMAS)**

The scale developed by Ellison et al. (2007) to measure the extent to which social media is integrated into one's daily activities was adapted into Turkish by Demirci (2019). The internal consistency coefficient of the original form is 0.83 and the internal consistency coefficient of the Turkish adaptation is 0.80. The responses of the scale consisting of six items are given using a five-point Likert type scale as "strongly disagree" and "strongly agree". The higher the score obtained from the scale, which is evaluated by taking the total score, indicates an increased risk of addiction.

### **2.3.3 Socio-demographic Form**

It was prepared by the researcher to obtain the socio-demographic information of the sample for the purpose of the study and consists of five questions.

## **2.4 Data Analysis**

Data were analyzed using the Statistical Package for the Social Sciences (SPSS). Before the data analysis, the normal distribution status of the variables was evaluated by normality test. Skewness and kurtosis coefficients in the range of -2 to +2 indicate normality of the distribution (George & Mallery, 2010). As a result of the normality test performed for the subscales of BSMAS and BSI in the

data set, parametric techniques were used in the analyses, assuming that the variables had a normal distribution since the kurtosis and skewness coefficients were in the range of -2 and +2. In the study, frequency distribution and percentage calculation were used for descriptive data, Pearson product-moment correlation analysis, ANOVA-one-way analysis of variance and multiple linear regression analyses were used for predictivity calculation. Statistical significance was accepted at 0.05 level.

### **2.5 Data Collection Process**

Prior to collecting the data, the researcher sought permission from the individuals who translated the data collection tools into Turkish. Following this, the researcher submitted an application to the Ethics Committee of ..... University and obtained ethical permission with the reference number 2022/10/01. The data collection process spanned around one year and the tools were distributed to the participants online. Data was gathered with the participants' informed consent and participation was voluntary. It took an estimated 20 minutes to complete the scales.

### **3. FINDINGS**

In this section, statistical analyses related to the research questions are presented.

ANOVA analysis was applied to answer the first sub-problem question of the research and the results of the data analysis are displayed in Table 1.



**Table 1. Comparison Table of Social Media Addiction according to Duration of Social Media Use**

	Duration of Use (Daily)	n	$\bar{x}$	sd	df	F	p
BSMAS	1-3 hours (a)	194	2,20	,78	4	26,616	,000**
	4-5 hours (b)	169	2,64	,88			
	6-8 hours (c)	74	2,79	,95			
	8 hours and more (d)	54	3,32	,98			
	Those who does not use it every day (e)	23	1,64	,75			

\*\* $p < 0,001$  statistically significant difference

As a result of the analysis, a statistical difference was found at the level of social media addiction ( $F=26,616$ ,  $p>0,001$ ) according to the duration of daily use of social media. As a result of the Post-Hoc test conducted to find the source of the difference, it was found that the difference was caused by a-b, a-c, a-d, b-d, b-e, c-d, c-e and d-e groups. Based on the mean calculation, it was determined that individuals who used social media each day for 8 hours or more exhibited the highest level of social media addiction ( $\bar{x} = 3,32 \pm ,98$ ).

ANOVA analysis was applied to answer the second sub-problem question of the research and the results of the data analysis are displayed in Table 2. As a result of the analysis, a statistically significant difference was found at the level of social media addiction ( $F=22,715$ ,  $p>0,001$ ) according to the time of social media use. As a result of the Post-Hoc test conducted to find the source of the difference, it was found that the difference originated from a-e, b-e, c-e, c-e and d-e groups. Based on the mean calculation, it was determined that individuals who used social media at every opportunity exhibited the highest level of social media addiction ( $\bar{x} = 2,93 \pm ,96$ ).

**Table 2. Comparison Table of Social Media Addiction Level according to Time Social Media Use**

	Time of Use	n	$\bar{x}$	sd	df	F	p
SMBÖ	Morning (a)	18	1,99	,93	4	22,715	,000**
	Noon (b)	34	2,16	,83			
	Evening (c)	186	2,20	,76			
	Late at night (d)	44	2,28	,84			
	At every opportunity (e)	232	2,93	,96	513		

\*\* $p < 0,001$  statistically significant difference

The third sub-problem question findings obtained by Pearson product-moment correlation analysis are displayed in Table 3.

**Table 3. Correlation Table of Social Media Addiction and Psychological Symptoms**

Scales	BSMAS	BSI-Anx.	BSI-Dep.	BSI-NS.	BSI-Som.	BSI-A./A.
Social Media Addiction S.	1					
BSI-Anxiety	,384**	1				
BSI-Depression	,402**	,890**	1			
BSI-Negative self	,370**	,909**	,910**	1		
BSI-Somatization	,337**	,868**	,812**	,817**	1	
BSI-Anger/Aggression	,397**	,850**	,846**	,843**	,778**	1

n=514, \*\* $p < 0,001$  statistically significant difference

Correlation analysis revealed a moderate positive correlation between social media addiction and the psychological symptom subscales of "anxiety" ( $r=.384$ ,  $p < 0.001$ ), "depression" ( $r=.402$ ,  $p < 0.001$ ), "negative self" ( $r=.370$ ,  $p < 0.001$ ), "somatization" ( $r=.337$ ,  $p < 0.001$ ) and "anger/aggression" ( $r=.397$ ,  $p < 0.001$ ).

Accordingly, as the level of social media addiction increases, the frequency of psychological symptoms increases, and when the level of social media addiction decreases, the frequency of psychological symptoms decreases. Likewise, it was found that as the frequency of psychological symptoms increased, the level of social media addiction increased, and as the frequency of psychological symptoms decreased, the level of social media addiction decreased. A high level of positive correlation was found between psychological symptom subscales.

The main and final sub-problem of the study was analyzed by multiple linear regression analysis and the results of the data analysis are displayed in Table 4.

**Table 4. Regression Table of Psychological Symptoms and Social Media Addiction**

Variable	B	Standard Error <sub>B</sub>	$\beta$	t	p	Paired r	Partial r
Fixed	2,091	,059	-	35,335	,000	-	-
Anxiety	,111	,121	,110	,919	,358	,384	,041
Depression	,233	,095	,264	2,442	,015	,402	,108
Negative self	-,095	,106	-,103	-,896	,371	,370	-,040
Somatization	-,053	,092	-,048	-,578	,564	,337	-,026
Anger/Aggression	,208	,085	,204	2,439	,015	,397	,108
R=,419		R <sup>2</sup> =,175					
F <sub>(5, 513)</sub> =21,615		p=.000					

As a result of the regression analysis, the psychological symptoms "anxiety", "depression", "negative self", "somatization", "anger/aggression" variables together showed a statistically significant positive relationship with social media addiction level, R=,419, R<sup>2</sup>=,175, p<0,001. Together, these variables explained approximately 17% of the total variance in social media addiction levels.

The order of importance of the predictor variables on social media addiction is depression, anger/aggression, anxiety, negative self, somatization when the standardized regression coefficient ( $\beta$ ) is considered. As a result of the regression analysis, depression symptoms and anger/aggression symptoms were found to be significant predictors of social media addiction level.

#### **4. DISCUSSION**

In this descriptive study, which was conducted with the relational screening model, one of the quantitative research methods, it was aimed to examine the level of psychological symptoms predicting social media addiction in adults. As a result of the regression analysis conducted for this purpose, it was found that depression and anger/aggression symptoms were significant predictors of the level of social media addiction. In the study conducted by Dailey (2020) and involving 290 university students, it was concluded that depression level was a significant predictor of social media addiction. Longitudinal studies suggest that there is a reciprocal correlation between the duration of social media use and depressive symptoms. Frison and Eggermont (2017) found that the frequency of Instagram browsing at baseline predicted depressed mood six months later, and depressed mood at baseline predicted the frequency of sharing photos on social media later. In a study, it was concluded that intensive use of the internet (more than 4 hours a day) to communicate (including social networks) and play games (playing games) is a precursor of depressive symptoms after one year (Romer et al., 2013). Bekirođlu and Şahin (2019) found that using social media a lot is not related to being physically aggressive, getting angry or using bad words, but it is related to feeling hostile or bad towards others. Based on the limited number of prediction studies in the literature, it is seen that the results of the research in the literature and the results of the current study support

each other. Accordingly, it is understood that depression and anger/aggression symptoms are effective psychological symptoms on social media.

According to the results obtained in the study, psychological symptoms were found to be related to social media addiction. Karaca (2022) found a positive correlation between psychological symptoms and social media addiction with similar results in his study. Other studies have shown that addictive social media use is positively correlated with depression and anxiety symptoms (Atroszko et al., 2018; Marino et al., 2018). Karadağ and Akçınar (2019) emphasized the undeniable relationship between the physical manifestation of psychological symptoms experienced by individuals, increased social media use and increased somatization levels. In this context, the current study and the studies in the literature support each other. It is understood that psychological symptoms are important for social media addiction and this type of addiction, which has not yet been included in the diagnostic classification, should be evaluated together with other mental health disorders.

In this study, it was concluded that there is a differentiation in the level of social media addiction according to the daily usage time of social media, and those who use social media for 8 hours and more have the highest level of social media addiction. In the study conducted by Özdemir (2019), the increasing tendency to spend a long time on social media platforms, coupled with the allocation of a significant amount of time to interact with them, has shown that individuals have a significant impact on developing social media addiction. In the light of empirical evidence, it has been stated that the degree of social media addiction has the potential to increase with the duration of use. In the study conducted by Türkdoğan (2019), it was observed that those who spent 7 hours or more on social media had the highest scores in terms of social media addiction, followed by those who spent 4-6 hours, followed by those who spent

1-3 hours and finally those who spent less than one hour. In particular, among these groups, 60% of those who use social media for more than 7 hours exhibit a high level of addiction, and similarly, those who spend 4-6 hours show a medium level of addiction, while those who spend 1-3 hours and less than one hour show a lower level of addiction. Tutgun-Ünal (2015) reached similar results in his study and concluded that there is a direct relationship between the increase in the level of social media addiction in those who use social media for 7 hours and more. When these studies in the literature are examined, it is seen that similar results are reached with the current study. In this context, it is understood that the risk of developing addiction will increase as the duration of social media use increases in terms of social media addiction level. This situation suggests that people spend more and more time on social media in order to ensure the continuity of the satisfaction they receive from social media.

According to the time of social media use, it was found that there was a differentiation in the level of social media addiction. It was revealed that those who use social media at every opportunity rather than at different times of the day have the highest average social media addiction level. In the study conducted by Çağlayan and Arslantaş (2023), a significant difference was found according to the time interval in which social media was accessed. This difference was due to the difference between those who use social media at all hours of the day and those who use it in the evening. In this study, it was revealed that those who use social media at all hours of the day have the highest average social media addiction level. Based on the findings obtained from the research conducted by Gülcan and Abdüsselam (2021), it was concluded that the internet is mainly accessed from where the person resides. In particular, it is understood that this accessibility continues uninterruptedly and allows individuals to connect to the digital world around the clock or more

specifically for the last six hours of the day. It has been clearly demonstrated that the main purpose of internet use is to surf social media platforms. When these studies in the literature are examined, it is determined that they are similar to the results of the current study. In the light of this information, it is predicted that the fact that social media is used at all hours of the day will lead to an increase in the level of social media addiction.

## 5. CONCLUSION AND RECOMMENDATION

In this study, it was aimed to examine the level of psychological symptoms predicting social media addiction. As a result, differentiation was found in the level of social media addiction according to the duration of daily use of social media. It was found that social media addiction was at the highest level in those who used social media for 8 hours or more daily. As another result, it was concluded that there was a statistically significant difference in the level of social media addiction according to the time of social media use. Social media addiction was found to be at the highest level in those who use social media at every opportunity. In the study, it was concluded that there was a positive correlation between social media addiction and "anxiety", "depression", "negative self", "somatization" and "anger/aggression" in adults. The study also concluded that depression and anger/aggression have a significant effect on social media addiction in terms of psychological symptoms.

As in all types of addiction, it is important to prevent problematic use of social media before addiction develops. Users should be aware that excessive use of social media can negatively affect interpersonal relationships and psychological health, even if they are not clinically addicted. In this way, people will be able to make an informed choice about their social media use and be aware of measures to protect themselves. It is recommended to seek psychological

support to eliminate or cope with the harmful effects of problematic use of social media.

In this study, the relationship between psychological symptoms related to "anxiety", "depression", "negative self", "somatization" and "anger/aggression" and social media addiction was examined. It is recommended to study on different psychological symptoms for future studies. This research is limited to data collected between 2022-2023 and adults living in TRNC. Another limitation of the research is that the number of women in the participating sample group is higher than the number of men. This study was conducted in a quantitative manner in order to obtain more in-depth information, it is recommended to use qualitative studies and experimental designs to obtain data to compare problematic users and non-users of social media.

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## GENİŞLETİLMİŞ ÖZET

### Giriş

Sosyal medya bağımlılığı kavramı aynı zamanda problemlili sosyal medya kullanımı, kompulsif sosyal medya kullanımı gibi diğer terim veya kavramlarla da tanımlanmaktadır. Sosyal medya bağımlılığı, öz kontrolün azalması ve benzer semptomlarla karakterize edilen, sosyal medyanın uygunsuz kullanımı olgusunu ifade eder (Marino ve diğerleri, 2020). Sosyal medya bağımlılığı bireylerin interneti aşırı ve kompulsif olarak kullanmasına neden olduğundan internet bağımlılığının bir türü olarak da açıklanmaktadır (Starcevic, 2013). Sosyal ağ bağımlıları sıklıkla sosyal ağlarla ilgili aşırı kaygı hissederler ve sosyal ağlara giriş yapma ve sosyal ağları kullanma konusunda kontrol edilemeyen dürtülere sahiptirler (Schou Andreassen ve Pallesen, 2014). Bağımlılık yapıcı sosyal medya kullanımının depresyon ve anksiyete belirtileriyle pozitif yönde ilişkili olduğu bilinmektedir (Marino vd., 2018; Atroszko vd., 2018). Araştırmalar, depresyon belirtilerinin günlük stres ile bağımlılık yaratan sosyal medya kullanımı arasında orta düzeyde bir ilişki olduğunu; depresyon semptomlarının düzeyi ne kadar yüksekse, günlük stres ile bağımlılık yaratan çevrimiçi davranışlar arasındaki bağlantı o kadar yakın olduğunu göstermektedir (Brailovskaia vd., 2019). Öz saygısı düşük olanlar da dahil olmak üzere psikolojik sağlığı kötü olan insanlar, sosyal medyayı gerçek hayattaki kişilerarası eksiklikleri telafi etmek için kullanabilmekte ve sosyal medyaya yüksek düzeyde bağımlılık geliştirebilmektedirler (Zywica ve Danowski, 2008). Yetişkinlerde problemlili sosyal medya kullanımı ile psikolojik belirtiler ve dürtüsellik arasındaki ilişki incelenmiş ve problemlili sosyal medya kullanımı ile dürtüsellik ve psikolojik belirtiler arasında istatistiksel olarak anlamlı bir ilişki bulunmuştur. Sosyal medya bağımlılık düzeyindeki artışın dürtüsellik, depresyon, anksiyete ve somatizasyon semptomlarını anlamlı düzeyde yordadığı tespit edilmiştir. Günlük yaşamın vazgeçilmez bir unsuru haline gelen sosyal medyanın aşırı kullanımının, insanların farkında olmadığı ancak bir takım işlevsel sorunlara yol açabilen önemli bir sorun haline geldiği görülmektedir (Tutal vd., 2021). Sosyal medya bağımlılığı ile saldırganlık arasındaki ilişkiyi araştıran çalışmaların sonuçlarında, sosyal medya bağımlılığı ile saldırganlık arasında bir ilişki olduğu ortaya konulmuştur (Güler, 2022; Wong vd., 2022).

Bu bilgiler ışığında bu çalışmada yetişkinlerde sosyal medya bağımlılığını yordayan psikolojik belirtilerin (depresyon, kaygı, olumsuz benlik, somatizasyon, öfke/saldırganlık) düzeyinin belirlenmesi amaçlanmıştır. Bu amaç doğrultusunda araştırmanın temel problemi şu şekilde ifade edilmiştir: Psikolojik belirtiler

sosyal medya bağımlılığını yordamakta mıdır? Bu ana problemden hareketle aşağıdaki alt problemler araştırılmıştır:

1. Sosyal medyayı günlük kullanım süresine göre sosyal medya bağımlılık düzeyinde istatistiksel olarak anlamlı bir farklılık var mıdır?
2. Sosyal medyanın kullanıldığı saatlere göre sosyal medya bağımlılık düzeyinde istatistiksel olarak anlamlı bir farklılık var mıdır?
3. Sosyal medya bağımlılık düzeyi ile psikolojik belirtiler arasında bir ilişki var mı?
4. Psikolojik belirtiler sosyal medya bağımlılığının anlamlı yordayıcıları mıdır?

## Yöntem

Bu çalışma betimsel türde olup nicel araştırma metotlarından ilişkisel tarama modeli ile yapılmıştır. Araştırmanın evrenini KKTC'de yaşayan yetişkin bireyler oluşturmaktadır. Örneklem kolayda örnekleme modeline göre seçilen %63'ü (n=324) kadın ve %37'si (n=190) erkek olmak üzere 514 yetişkin bireyden oluşmaktadır. Araştırmada veri toplamak amacıyla "Kısa Semptom Envanteri", "Bergen Sosyal Medya Bağımlılığı Ölçeği" ve sosyo-demografik form kullanılmıştır.

## Bulgular

Analiz sonucunda sosyal medyayı günlük kullanım süresine göre sosyal medya bağımlılığı düzeyinde ( $F=26,616$ ,  $p>0,001$ ) istatistiksel olarak farklılık bulunmuştur. Ortalama hesaplama doğrultusunda sosyal medya bağımlılık düzeyinin günlük olarak 8 saat ve daha fazla sosyal medya kullananlarda en yüksek ortalamaya sahip olduğu belirlendi ( $\bar{x}=3,32\pm,98$ ).

Analiz sonucunda sosyal medya kullanım zamanına göre sosyal medya bağımlılık düzeyinde ( $F=22,715$ ,  $p>0,001$ ) istatistiksel olarak anlamlı farklılık bulunmuştur. Ortalama hesaplama doğrultusunda sosyal medyayı her fırsatta kullananlarda sosyal medya bağımlılık düzeyinin en yüksek olduğu belirlendi ( $\bar{x}=2,93\pm,96$ ).

Korelasyon analizi sonucunda sosyal medya bağımlılık düzeyi ile psikolojik belirtiler alt boyutları olan "kaygı" ( $r=.384$ ,  $p<0,001$ ), "depresyon" ( $r=.402$ ,  $p<0,001$ ), "olumsuz benlik" ( $r=0,370$ ,  $p<0,001$ ), "somatizasyon" ( $r=0,337$ ,  $p<0,001$ ) ve "öfke/saldırganlık" ( $r=0,397$ ,  $p<0,001$ ). Buna göre sosyal medya bağımlılık düzeyi arttıkça psikolojik belirtilerin sıklığı artmakta, sosyal medya bağımlılık düzeyi azaldıkça psikolojik belirtilerin görülme sıklığı da azalmaktadır. Aynı şekilde psikolojik belirtilerin sıklığı arttıkça sosyal medya bağımlılık düzeyinin arttığı, psikolojik belirtilerin sıklığı azaldıkça sosyal medya bağımlılık düzeyinin azaldığı tespit edilmiştir. Psikolojik belirti alt ölçekleri arasında yüksek düzeyde pozitif korelasyon bulunmuştur.

Regresyon analizi sonucunda psikolojik belirtiler "kaygı", "depresyon", "olumsuz benlik", "somatizasyon", "öfke/saldırganlık" değişkenleri birlikte sosyal medya bağımlılık düzeyi ile istatistiksel olarak anlamlı pozitif ilişki göstermiştir,  $R=,419$ ,

$R^2=,175$ ,  $p<0,001$ . Bu deęişkenler birlikte sosyal medya baęımlılık düzeylerindeki toplam varyansın yaklaşık %17'sini açıkladı.

Yordayıcı deęişkenlerin sosyal medya baęımlılığı üzerindeki önem sırası, standardize regresyon katsayısı ( $\beta$ ) dikkate alındığında depresyon, öfke/saldırıcılık, kaygı, olumsuz benlik, somatizasyon şeklindedir. Regresyon analizi sonucunda depresyon belirtileri ve öfke/saldırıcılık belirtilerinin sosyal medya baęımlılık düzeyinin anlamlı yordayıcıları olduęu bulunmuştur.

### **Sonuç ve Tartışma**

Araştırmada elde edilen sonuçlara göre psikolojik belirtilerin sosyal medya baęımlılığıyla ilişkili olduęu tespit edildi. Karaca (2022) yaptıęı çalışmada psikolojik belirtiler ile sosyal medya baęımlılığı arasında pozitif bir ilişki bulunmuştur ve benzer sonuçlar elde edilmiştir. Dięer çalışmalar baęımlılık yaratan sosyal medya kullanımının depresyon ve anksiyete belirtileriyle pozitif yönde ilişkili olduęunu göstermiştir (Atroszko ve dięerleri, 2018; Marino ve dięerleri, 2018). Karadaę ve Akçınar (2019), bireylerin yaşadığı psikolojik belirtilerin fiziksel olarak ortaya çıkması, sosyal medya kullanımının artması ve somatizasyon düzeylerinin artması arasındaki yadsınamaz ilişkiye vurgu yapmıştır. Bu bağlamda mevcut çalışma ile literatürdeki çalışmalar birbirini desteklemektedir. Sosyal medya baęımlılıęında psikolojik belirtilerin önemli olduęu ve henüz tanısıl sınıflandırmaya girmeyen bu baęımlılık türünün dięer ruh saęlığı bozukluklarıyla birlikte deęerlendirilmesi gerektięi anlaşılmaktadır. Bu çalışmada sosyal medya baęımlılıęını yordayan psikolojik belirtilerin düzeyinin incelenmesi amaçlanmıştır.

Sonuç olarak sosyal medyayı günlük kullanım süresine göre sosyal medya baęımlılık düzeyinde farklılaşma tespit edilmiştir. Günde 8 saat ve daha fazla sosyal medya kullananlarda sosyal medya baęımlılıęının en yüksek düzeyde olduęu belirlendi. Dięer bir sonuç olarak sosyal medya kullanım zamanına göre sosyal medya baęımlılık düzeyinde istatistiksel olarak anlamlı farklılık olduęu sonucuna varılmıştır. Sosyal medyayı her fırsatta kullananlarda sosyal medya baęımlılıęının en yüksek düzeyde olduęu belirlenmiştir. Araştırmada sosyal medya baęımlılıęı ile yetişkinlerde "kaygı", "depresyon", "olumsuz benlik", "somatizasyon" ve "öfke/saldırıcılık" arasında pozitif bir ilişki olduęu sonucuna varılmıştır. Araştırmada ayrıca depresyon ve öfke/saldırıcılıęın psikolojik belirtiler açısından sosyal medya baęımlılıęı üzerinde anlamlı etkisi olduęu sonucuna varılmıştır.

Gelecekteki çalışmalar için farklı psikolojik belirtiler üzerinde çalışılması önerilmektedir. Daha derinlemesine bilgi elde etmek amacıyla, sosyal medyayı sorunlu kullanıcılarla kullanmayanları karşılaştıracak verilerin elde edilmesi için nitel çalışmalardan ve deneysel tasarımlardan yararlanılması önerilmektedir.