The Effects of Individual Social Media Use on Psychological Symptoms

Bireysel Sosyal Medya Kullanımının Psikolojik Semptomlar Üzerine Etkileri

Mustafa SARSU

İskenderun Teknik Üniversitesi
Iskenderun Technical University
mustafasarsu650@hotmail.com
Orcid ID: 0000-0002-2422-2578

Okan SARIGÖZ

Doç. Dr., H.M.K. Üniversitesi Eğitim Fakültesi
Assoc.Prof., Hatay Mustafa Kemal University, Faculty of Education, Department of Educational Sciences
okan.sarigoz@gmail.com
Orcid ID: 0000-0002-1616-9789

Makale Bilgisi / Article Information

The Effects of Individual Social Media Use on Psychological Symptoms

Abstract

Social media is generally defined as platforms through which the users are able to systematically establish communication or interaction, self-presentation can be realized through their sharing, and the need for socialization can be virtually realized. Particularly in recent years, the use of social media has emerged as an outstanding problem with the increasing use of the internet, mobile phones, tablets, computers and other mass media in the field of communication around the world as well as in our country. This rapidly erupted situation is also considered to cause mass physical and psychological health problems all over the world. The main reasons behind the increase use of social media are mainly depend on the attitudes of individuals towards social media and the related psychological symptoms. These symptoms can be summarized as somatization; transformation of stress into somatic symptoms, OCD; obsessive thought disorder, interpersonal sensitivity; feelings that cause difficulties in relationships, depression; sadness and depressed mood, anxiety; excessive and constant anxiety, paranoid thinking; emotional states such as suspecting and not trusting anyone, psychotism; lack of empathy with an aggressive instinct, additional scale; and measuring the amount of conditions such as anorexia and insomnia. The current study mainly focuses on the investigations of social media levels of individuals, the factors affecting social media use and the relationship between social media use and psychological symptoms. The relational scanning model was used in the research. The study sample was constructed by 373 participants (239 females and 134 male) who voluntarily joined the online survey application. The demographics and other data was collected via SCL-90-R symptom screening test was statistically analyzed.

Keywords: Social Media, Social Media Attitude, Socialization, Psychology, Psychological Symptom

Bireysel Sosyal Medya Kullanımının Psikolojik Semptomlar Üzerine Etkileri

Öz

Sosyal medya, sistemsel olarak kullanıcıları arasında iletişim veya etkileşim kurulabilen, paylaşımları vasıtası ile benlik sunumu gerçekleştirilebilen ve sosyalleşme ihtiyacının sanal olarak gerçekleştirilebilmesine imkan sağlayan platformlardır. Özellikle son yıllarda dünyada ve ülkemizde internet, cep telefonları, tabletler, bilgisayar ve diğer kitle iletişim araçlarının iletişim alanında kullanılmaya başlamasıyla beraber sosyal medya kullanımı da bir sorun olarak ortaya çıkmıştır. Çok kısa bir zamanda, çok hızlı bir şekilde ve beklenenden çok fazla bir artış gösteren bu sorunlar insanların sağlığını

fiziksel ve psikolojik olarak ciddi anlamda bozmaya başlamıştır. Aslında sosyal medya kullanmadaki artışın sebebi ağırlıklı olarak bireylerin sosyal medyaya karşı olan tutumları ve bireyde bulunan psikolojik semptomlardır. Bu semptomlar, Somatizasyon; stresin bedensel belirtilere dönüşmesi, OKB; saplantılı düşünce bozukluğu, Kişilerarası duyarlılık; ilişkilerde zorlukların yaşanmasına neden olan hisler, Depresyon; üzüntü ve çökkün duygu hali, Anksiyete; aşırı ve sürekli kaygı duyma hali, Paranoid düşünce; sürekli şüphelenerek kimseye güvenmeme gibi duygu durumları, Psikotisizm; saldırgan bir iç güdüyle empati yetisinden yoksun olma, Ek skala; iştahsızlık ve uykusuzluk gibi durumların miktarını ölçme olarak özetlenebilir. Bu araştırmada, bireylerin sosyal medya düzeyleri, sosyal medya kullanımını etkileyen unsurlar ve sosyal medya kullanımının psikolojik semptomlar ile ilişkisi incelenmeye çalışılmıştır. Araştırmada ilişkisel tarama modeli kullanılmıştır. Araştırmanın örneklemini, çevrimiçi ölçek uygulamasına katılan 239 kadın, 134 erkek olmak üzere toplam 373 katılımcı oluşturmaktadır. Araştırmada veri toplama aracı olarak kişisel bilgi formu ve SCL-90-R belirti tarama testi kullanılmıştır. Araştırma verileri SPSS-25 istatistik programı ile analiz edilmiştir. Araştırma sonucunda, sosyal medyayı kadınların, bekarların ve genç bireylerin diğer bireylere oranla daha yoğun kullandıkları sonucuna varılmıştır. Ayrıca araştırmada sosyal medya kullanım süreleri ile psikolojik semptomlar arasında anlamlı düzeyde bir ilişki olduğu da belirlenmiştir.

Anahtar Kelimeler: Sosyal Medya, Sosyal Medya Tutumu, Sosyalleşme, Psikoloji, Psikolojik Semptom

Introduction

Since the 1980s, a new era has been entered in the way of communicating between individuals with the introduction of modern internet in many countries. This period of rapid communication with the use of computer systems with integrated internet providers is called 'Information Age' (Aziz, 2018: 71). The Internet was created by shortening the words 'Interconnected Networks', which simply means 'interconnected networks'. In fact, after 1950, this system was designed for military defense systems and was the foundation of the Internet. In 1993, the Internet was opened by renting the NSFNet network, which operates within the scope of the TR-NET project, which was initiated in 1993 with the joint work of Middle East Technical University and TUBITAK (Baykal, 2018). The first socialization move on the Internet was made by e-mail submissions. The first e-mail in history was sent by Ray Samuel Tomlynson in 1971 (Gümüş, 2018). Especially after 2000, the foundations of the social media phenomenon were put in our country with the use of e-mail and virtual chat channels. With the establishment of Facebook in 2004, social networking sites began to experience a golden age.

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad / 2147-1185]

Cilt/Volume: 9,
Sayı/Issue: 5,
2020

[3760]

The Facebook site was set up by YouTube in 2005, Twitter in 2006 and Instagram in 2012. Social networking sites have grown rapidly every year, with large user bases.

Social media platforms are of great importance to enable their users to communicate and socialize more intensively (Solmaz et al., 2013: 24). In addition, social media platforms are businesses that gain profit and pay taxes because they are established for commercial purposes. Like any business, they have concerns about growing the earnings of social media platforms and the continuity of their businesses. For this reason, social media tools are constantly being renewed according to the needs of the actuality. Social media tools are constantly being made more attractive with many different features in order to enable users to interact more.

Many studies show that young people use social media more intensively and actively. The use of social media undoubtedly provides great convenience to its users. However, it has become important to investigate the effects of social media use above a certain level. The fact that social media usage levels are increasing every year and the average usage time is now 3 hours (Kemp, 2020) on average is a case of behavioral dependence. When the studies carried out in the past years are examined, it can be said that there is a steady increase in social media usage levels in Turkey. Due to this increase, excessive social media usage brings with it many psychological and physical problems (Akram & Kumar, 2017: 348).

On average, 74% (62 million) of Turkey's population is an internet user, as a result of research by the research company 'We are social' on social media statistics in 2020. Turkey's population 64% (54 million) are social media users. In the last year, the number of internet users has increased by 4% (2.4 million) and the number of social media users has increased by 4.2% (2.2 million). The average daily social media usage time in Turkey is 3 hours long. In Turkey, 93% of individuals are YouTube users, 83% Instagram users, 81% WhatsApp users, 76% Facebook and 61% Twitter users. In addition, social media is most used by individuals between the ages of 25 and 34 (Kemp, 2020). According to a study by Çömlekçi & Başol (2019: 182), it has been determined that individuals use social media most for entertainment, agenda information, information sharing, communication and getting to know people.

As social media has become more popular, the researches in psychology field has also gained momentum, especially the relationship between social media use and individuals psychological problems has been the main subject focus, e.g. researches on social media and psychological symptoms such as depression (Kang et al., 2016: 231; Park et al., 2015: 557), anxiety (Shensa, 2018: 117; Vannuci et al., 2017: 163) and OCD (Abak, 2019). In order to measure psychological symptom values, Derogatis and his colleagues (1974) developed the Hopkins Symptom Checklist (HSCL) scale. This scale measures the symptom values of anxiety, depression, anger, phobia and

OCD with a sub-size of 5. Kılıç (1991) adding 5 new sub-dimensions on the HSCL scale; Somatization created the SCL-90-R symptom screening test by adding interpersonal sensitivity, paranoid thinking, psychotism and additional scale and doing the Turkish reliability study of the scale. SCL-90-R symptom screening testing is a measuring tool that is used frequently by psychologists as well as in many researches.

According to related literature, the social media attitudes of individuals; psychological health (Doğan & Tosun, 2016: 102) negatively affects relationships between individuals (Çalışır, 2015: 116) and private life (Acılar & Mersin, 2015: 104). High levels of social media use of individuals can also cause an increase in the social anxiety of individuals (Aktan, 2018: 36). A study by Bilgin (2018: 39) concluded that there is an analytic level of association between social media addiction and psychological symptoms. In a study conducted by Labrague (2014: 83), it was concluded that comments made on Facebook caused negative emotion in individuals. As a result of intensive social media use, it has also been determined that the frequency of negative emotions can cause an increase in the psychological symptom values of individuals. Although there have been many studies examining the relationship between social media attitudes and psychological symptoms of individuals, the majority of the studies were conducted for single psychological symptom value such as depression and anxiety. In this study, many psychological symptom values in 10 sub-dimensions are examined. There are a limited number of studies in Turkey that examine social media and psychological symptoms together. Therefore, it is thought that the study will contribute significantly to the field.

Method

In this part of the research; the purpose, method, importance, universe and sampling and data collection tools are included in the research.

Purpose of the Study

The aim of our research is to examine the relationship between the social media use of individuals and their psychological symptoms. In addition, the research aims to learn about the frequency of social media use in Turkey, social media usage purposes and the psychological help of social media users.

Method of Research

Correlational research type of searching model was used in this study which examined the relationship between social media attitude and psychological symptoms. Correlational research type of searching model method is a method of study that aims to explain a situation that is present in the past or still present (Karasar, 2012: 21)

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad / 2147-1185]

Cilt/Volume: 9,
Sayı/Issue: 5,
2020

[3762]

The Importance of Research

Although there are many studies in the literature that examine the relationship between social media attitude and psychological symptom values, there are a limited number of studies examining many psychological symptom values at the same time. When the researchers conducted in the past years is examined in detail, it is observed that the research is usually done with young people and students. The research carried out with certain age groups and people of certain status results of the research results in terms of limited data is reached. Therefore, the sample of this research is sampled by randomly selected individuals between the ages of 20 and 44. It is thought that the study will contribute significantly to the literature in terms of adding new research questions to past studies and mastering a wide range of areas of study.

The Study Group and Sample of Research

The study group of our research is created by all individuals living in Turkey and using social media, while the sample of the research also constitutes a total of 373 individuals, including 239 women and 134 men living in Turkey, using social media and participating in the online survey application.

Data Measurement Tools of Research

The scale used in the research; SCL-90-R symptom screening test consisting of 90 questions measuring participants' age, gender, graduation, family income status, marital status, number of social media accounts, time spent on social media, favorite social media account, social media usage purpose, filter program use status, psychologist or psychiatrist application status and psychiatric diagnosis status in the last year.

Developed by Derogatis and his colleagues (1974), Hopkins Symptom Checklist (HSCL) aims to measure the psychological symptom values of individuals. This scale measures anxiety, depression, anger, phobia and OCD symptom values in individuals. Kılıç (1991) carried out the Turkish reliability study of the HSCL scale and added 5 new sub-dimensions to the scale. These sub-dimensions include somatization, interpersonal sensitivity, paranoid thinking, psychotism and additional skala.

Somatization: The transformation of mental problems and social psychological stress into bodily symptoms (Rosen et al., 1982: 494)

OCD: Obsessive thought disorder that affects, repetitively and disturbs an individual's daily life (Arslan & Ünal, 1995: 102)

Inter-Person Sensitivity: the feeling that causes individuals to feel inadequate as a result of comparing themselves with the characteristics of others and therefore have difficulty in their relationship (Aydın & Hiçdurmaz, 2016: 47).

Depression: not being able to enjoy life, decrease or disappear in the desire to participate in social activities, is a state of sad and credi feeling (Anthes, 2014: 185).

Anxiety: expresses excessive and constant anxiety in situations where individuals do not require anxiety or in situations where less anxiety should be felt (Türkçapar, 2004: 13)

Anger-Hostility: the emotional state of the individual that is constantly frustrated, hostile and expresses aggression (Kılıç, 1991: 48).

Paranoid Thought: Expresses the state of feeling in which the individual is in constant doubt, does not trust anyone, and is dominated by thoughts as everyone wants to harm himself (Kırpınar, 1997: 38).

Psychoticism: expresses the disjoyed moods of individuals with aggressive instincts, lack of empathy, lack of empathy, and distant insecurity (Eysenck & Eysenck, 1985: 101).

Appendix Skala: aims to measure the symptoms of insomnia and appetite problems of individuals (Kılıç, 1991: 48).

The reliability coefficients of the SCL-90-L scale, which was translated into Turkish by Kılıç (1991), used in the research, and studies on validity and reliability were calculated and the reliability of the lower dimensions of the scale were calculated, respectively; Somatization (SOM) .82; Obsessive-Compulsive (O-C) .84; Interpersonal Sensitivity (INT) .79; Depression (DEP) .78; Anxiety (anxiety - ANK) .73; Anger – Hostility (HOS) .79; Phobic Anxiety (FHOB) .78; Paranoid Thought (PAR) .63; Psychotysis (PSY) .73; Additional Skala is calculated as .77. The scoring of the scale consisting of 90 items is of type 5 likert, including '0-Nothing, 1-Very little, 2-Moderate, 3-Quite a lot, 4-Advanced'.

Findings

Frequency and tables were used to calculate correlation analysis of the relationship between the time spent on social media and the SCL-90-R symptom screening test of the individuals who participated in the study. In the study, Kolmogorov-Smirnow and Shapiro-Wilk normality tests were used to investigate whether demographic variables showed normal distribution, Pearson used normal distribution variables to determine whether these variables were related to each other, and Spearman correlation calculation technique was used for variables that did not show normal distribution. In the study, t test was used to determine the level of meaningfulness between the two independent variables, and an Anova test was used to determine the level of meaningfulness between more than two variables.

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad / 2147-1185]

Cilt/Volume: 9,
Sayı/Issue: 5,
2020

[3764]

Table 1

Demographic Characteristics of the Participants in the Study

Variables	Groups	n	%
Gender	Woman	239	64,1
	Man	134	35,9
Age	20 to 24	131	64,9
	25 to 29	61	16,4
	30 to 34	70	18,8
	35 to 39	60	16,1
	40 to 44	52	13,9
Marital Status	Married	160	42,9
	Single	213	57,1
Graduation Status	Elementary School	14	3,8
	Secondary School	20	5,4
	High School	131	35,1
	University	179	48
	Master's Degree	24	6,4
	Postgraduate	5	1,3
Income Status	0 to 1000 TL	9	2,4
	1001 TL to 2000 TL	39	10,5
	2001 TL to 3000 TL	83	22,3
	3001 TL to 4000 TL	71	19
	Above 4001 TL	171	45,8
Number of SM Accounts	1	16	4,3
	2	75	20,1
	3	146	39,1
	4	87	23,3
	5	16	4,3
	6	17	4,6
	Above 7	16	4,3
SM Time	Less than 1 hour	54	14,5
	1 to 2 hours	77	20,6
	2 to 2 hours	107	28,7
	3 to 4 hours	59	15,8
	4 to 5 hours	35	9,4
	Over 5 hours	41	11
SM Preference	Facebook	33	8,8
	Instagram	193	51,7
	Whatsapp	101	27,1
	Twitter	26	7
	YouTube	20	5,4
SM Purpose	Play a Game	8	2,1
	Texting	99	26,5
	Sharing Pictures and	38	10,2

	Videos		
	Communicate	133	35,7
	Page and Group Management	10	2,7
	Other	85	22,8
Using the Filter	There is	180	48,3
	No	193	51,7
Getting Psychological Help (In the Last 1 Year)	There is	53	14,2
	No	320	85,7
Psychiatric Diagnosis	There is	89	23,9
	No	284	76,1

When the variables in Table 1 are examined, 83.1% of the participants are high school and university graduates, while 45.8% have income over TL 4000. 39.1% of participants have 3 social media accounts, while the highest turnout among age groups is between 64.9% and 20 to 24 years old. 20.4% of respondents use social media for an average of over 4 hours per day. The most preferred social media account is Instagram with 51.7%. Individuals use social media most for communication 35.7% and messaging 26.5%. While 48.3% of respondents used filter programs before sharing on their social media accounts, 14.2% applied to a psychiatrist or psychologist in the last 1 year. 76.1% of respondents stated that they had received no psychological help in their lives.

Table 2

t Test Analysis Results of the Relationship Between Individuals' Time Spent on Social Media and Their Gender

Gender	x̄	Ss	t	p
Woman	3,35	1,55	3,467	0,003**
Man	2,86	1,37		

p<0.05 (*) Meaningful Relationship
p<0.01 (**) High Level Significant Relationship

t tests were carried out in order to determine the level of meaningfulness between the time spent on social media and the gender variable of the individuals who participated in the study. As a result of the t test, there is a significant difference between the time individuals spend on social media and their gender in favor of women (x̄=3.35, p<0.01). According to this result, women spend more time on social media than men. Women's desire to hear and interact more than men can be considered as the reason for the difference.

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad / 2147-1185]

Cilt/Volume: 9,
Sayı/Issue: 5,
2020

[3766]

Table 3

Anova Test Analysis Results of the Relationship Between the Time Spent by Individuals on Social Media and the Age Variable

Age	x̄	Ss	f	p
20 to 24	3,77	1,53		
25 to 29	3,29	1,28		
30 to 34	2,72	1,30	11,007	0,000**
35 to 39	2,88	1,47		
39 to 44	2,50	1,47		

p<0.05 (*) Meaningful Relationship
p<0.01 (**) High Level Significant Relationship

Anova test was carried out in order to determine the level of meaningfulness between the time spent on social media and the age variable of the individuals who participated in the study. Anova test had a significant difference and Tukey test was conducted to find the source of this significant difference. There is a significant and high level of difference between the ages of individuals and their social media usage time between the ages of 20 and 24 and individuals aged 30 to 44 in favor of individuals aged 20 to 24 (f=11.00, p<0.01). According to this result, as the age of individuals decreases, the time spent on social media increases. The difference can be said to be due to the fact that social media is a new medium and appeals more to young people's interests.

Table 4

Anova Test Analysis Results on the Relationship Between the Time Individuals Spend on Social Media and the School where they are Graduating

Age	x̄	Ss	f	p
Elementary School	1,92	0,82		
Secondary School	2,75	1,40		
High School	3,59	1,57	5,486	0,000**
University	3,03	1,46		
Master	3,29	1,19		
Postgraduate	2,00	1,22		

p<0.05 (*) Meaningful Relationship
p<0.01 (**) High Level Significant Relationship

Anova test was carried out in order to determine the level of meaningfulness between the time spent on social media and the graduation variable of the individuals who participated in the study. In an Anova test, a significant and high level of difference was made and Tukey test was carried out to find the source of this significant difference. As a result of the Tukey test, there is a significant difference between the time spent by individuals on social media and the school in which they graduated, in favour of high school graduates

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad]
ISSN: 2147-1185

[3767]

(f=5.86, p<0.01) among high school graduates. According to this result, high school graduates use social media more actively than other individuals. As a result of a detailed examination of the demographic variables of the participants, it is observed that the general population of high school graduates is made up of young people. It can be said that this differentiation is due to the more active use of social media by young individuals.

Table 5

t Test Analysis Results of the Relationship Between Individuals' Time Spent on Social Media and Their Marital Status

Gender	x̄	Ss	t	p
Married	2,78	1,48	4,848	0,000**
Single	3,47	1,46		

p<0.05 (*) Meaningful Relationship
p<0.01 (**) High Level Significant Relationship

t tests were carried out in order to determine the level of meaningfulness between the time spent on social media and the gender variable of the individuals who participated in the study. As a result of the t test, there was a significant difference between the time spent on social media and their marital status in favour of single individuals (p<0.001). It can be said that the difference is due to the fact that single individuals have more time for themselves than married individuals and that single people have more socialization needs.

Table 6

Anova Test Analysis Results of the Relationship Between Individuals' Time Spent on Social Media and Income Status

Age	x̄	Ss	f	p
Under 1000 TL	2,66	2,06		
1001 TL to 2000 TL	2,84	1,36		
2001 TL to 3000 TL	3,25	1,39	0,925	0,449
3001 TL to 4000 TL	3,14	1,52		
Above 4001 TL	3,26	1,55		

p<0.05 (*) Meaningful Relationship
p<0.01 (**) High Level Significant Relationship

Anova test was carried out in order to determine the level of meaningfulness of the relationship between the time spent on social media and income status of the individuals who participated in the study. Anova test revealed no significant differences between individuals' income levels and social media usage levels (f=0.925, p>0.05). According to this conclusion, it can be said that the income status has no effect on the duration of social media use.

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad / 2147-1185]

Cilt/Volume: 9,
Sayı/Issue: 5,
2020

[3768]

Table 7

Correlation Analysis of the Relationship between the Time Individuals Spend on Social Media and SCL-90-R Symptom Screening Test

Psychological Symptoms	x̄	Ss	p
Somatization	10,87	8,23	0,122*
OCD (Obsessive Compulsive Disorder)	13,29	7,29	0,176**
Interpersonal Sensitivity	10,24	7,18	0,191**
Depression	15,94	10,44	0,237**
Anxiety	9,05	7,49	0,214**
Anger-Hostility	6,11	5,08	0,240**
Phobic Anxiety	4,20	4,65	0,201**
Paranoid Thought	7,02	4,55	0,197**
Psychoticism	7,85	6,43	0,173**
Additional Scale	8,49	4,67	0,209**

$p < 0.05$ (*) Meaningful Relationship
$p < 0.01$ (**) High Level Significant Relationship

Correlation analysis was carried out between the time spent on social media and the SCL-90-R Symptom Screening Test of the individuals who participated in the study. For correlation analysis, normality tests of variables were first carried out, and pearson calculation technique was used in the research because there is a normal distribution between variables. Correlation analysis results showed a positive and significant relationship between the time individuals spent on social media and the sub-dimension of somatization, which is the lower dimension of the scale.($p < 0.05$) There is a positive and highly significant relationship between individuals' time spent on social media and OCD, inter-person sensitivity, depression, anxiety, anger-hostility, phobic anxiety, paranoid thinking, psychoticism and additional scaly symptom levels ($p < 0.01$).

Conclusions and Recommendations

Conclusions

In the study, the relationship between social media usage levels and psychological symptom levels of individuals was investigated. The study concluded that women use social media more intensively than men. The same conclusion was reached in a study conducted by Yıldız & Demir on the similar subject (Yıldız & Demir, 2016: 34). Furthermore, the study concluded that young individuals use social media more actively and intensively. The same result was reached in a study conducted by Çömlekçi & Başol (2019: 182).

In the study, it was determined that high school graduates use social media more intensively than other elementary and university graduates. It has been concluded that single individuals spend more time on social media than married individuals. This is because single individuals have more time for themselves and more interested in social media (Ümmet et al., 2019: 330).

A study by Sağar (2019: 36) concluded that individuals' income levels do not have an impact on their use of social media.

As a result of correlation analysis, it was concluded that there is a positive and significant relationship between depresson somatization and OCD. This result is in line with the results of a study by Karadağ & Akçınar (2019: 160). A study by Bilgin (2018) found a positive and significant relationship between individuals' social media attitudes and anger-hostility, paranoid thinking, phobic anxiety and psychoticism, which is the lower dimension of the SCL-90-R symptom screening test. Another study by Geniş (2018: 11) concluded that there is a significant relationship between individuals' social media attitudes and depression and anxiety symptom values. All of these research results support the research. Furthermore, the study concluded that there is a significant relationship between individuals' social media usage times and additional scale symptom values, which is the lower dimension of the ISCl-90-R scale.

Recommendations

In this study, the relationship between social media levels and psychological symptom levels of individuals was examined. Literature research has found that there are a limited number of studies investigating social media levels and psychological symptoms. Furthermore, previous studies have generally focused on adolescents and teenagers, and subjects have been conducted with a limited number of variables. It is important that future studies are carried out with broader age groups and more variables, that the subjects can be explained in more depth and shed light on the work to be done later. In addition, a meta-synthesis article study examining the relationship between social media attitudes and psychological symptoms of individuals will contribute greatly to the field.

In the results of the research, it was determined that individuals had prejudice about receiving psychological help. For this reason, all individuals should be given awareness symposiums on research subjects and people should be put in a warmer position to consult a specialist when they have any psychological problems with the help of public spotlights, symposiums and congresses. The study found that young, single and female individuals use social media more intensively. This is due to the fact that young people, usually single and young women, are present at home when they are not working and are engaged in social media during their time at home. More in-depth research on the subject should be carried out and solutions to problems should be brought about.

Furthermore, the research concluded that social media usage times have increased. This is due to the increase in the free time of individuals who do not attend or work part-time. After that, studies can be carried out on the causes, consequences and measures to reduce this period if necessary.

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad / 2147-1185]

Cilt/Volume: 9,
Sayı/Issue: 5,
2020

[3770]

In addition, many studies examine only inter-person relationships or demographic relationships. Clinical trials should also be given in the researches to be carried out after this.

References

Abak, E. (2019). The relationship between ruminative thinking style, body image and social appearance anxiety to romantic relationship centered and partner-focused obsessive compulsive symptoms. Unpublished Master's Thesis, Yıldırım Beyazıt University Institute of Social Sciences, Ankara.

Acılar, A. & Mersin, S. (2015). The relationship between university students' use of facebook and privacy anxiety. *Electronic Journal of Social Sciences, 14*(54), 103-114. https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2715347

Akram, W. & Kumar, R. (2017). A study on positive and negative effects of social media on society. *Internatıonal Journal of Computer Sciences and Engineering*, 5 (10), 347-354. https://doi.org/10.26438/ijcse/v5i10.351354

Aktan, E. (2018). Social media and social anxiety: A study on social media users. *Selcuk University Faculty of Communication Academic Journal, 11*(2), 35-53. https://doi.org/10.18094/josc.397272

Anthes, E. (2014). Depression: A change of mind. *Nature, 515*, 185-187. https://www.nature.com/news/polopoly_fs/1.16325!/menu/main/topColumns/topLeftColumn/pdf/515185a.pdf

Arslan, H. & Ünal, M. (1995). Obsessive Compulsive Disorder. *Turkish Psychiatry Index* (3), 101-142. http://psikiyatridizini.net/articles.aspx?journalid=29&year=1995&volume=&number=3

Aydın, A. & Hiçdurmaz, D. (2016). Interpersonal Sensitivity and Nursing. *Journal of Psychiatric Nursing, 7*(1), 45-49. https://doi.org/10.5505/phd.2016.96158

Aziz, A. (2018). Introduction to Communication. İstanbul: *Aksu Publisher.*

Baykal, N. (2018). 25-year-old Internet in Turkey. https://bilimgenc.tubitak.gov.tr/makale/turkiyede-internet-25-yasinda

Bilgin, M. (2018). The relationship between social media addiction and psychological disorders in adolescents. *The Journal of International Scientific Researches, 3*(3), 237-247. https://doi.org/10.23834/isrjournal.452045

Çalışır, G. (2015). Social media as a tool used in ınterpersonal communication: a research for gümüşhane university communication faculty students. *E-Journal of New World Sciences Academy, 10*(3), 115-144, https://doi.org/10.12739/NWSA.2015.10.3.4C0197

Çömlekçi, M.F. & Başol, O. (2019). Investigation of the relationship between youth's social media usage purposes and social media addiction. *Celal Bayar University Journal of Social Sciences, 17*(4), 173-188. https://doi.org/10.18026/cbayarsos.525652

Derogatis, L.R., Rickels, K. & Rock, A.F. (1974). The SCL-90 and British J Psychol 1976 the MMPI: A step in the validation of a new self-report scale. *British J Psychol* , 280-289. https://doi.org/10.1192/bjp.128.3.280

Doğan, U. & Tosun, N. (2016). Social anxiety and mediating effects of problematic smartphone use on high school students. *Adıyaman University Institute of Social Sciences, 8*(22), 100-128. doi.org/10.14520/adyusbd.66762.

Eysenck, M. & Eysenck, H. (1985). Personality and individual differences: A natural science approach. California: Plenum Press.

Geniş, B. (2018). Social media addiction and depression. *10th National Anxiety Congress,* https://www.researchgate.net/publication/331939524_Sosyal_Medya_Bag imliligi_ve_Depresyon

Gümüş, N. (2018). Investigation of consumer perceptions toward social media marketing activities: a study on Kyrgyzstan. *Manas Journal of Social Studies,* 7(3), 391-413.

Kang, K., Yoon, C. & Kim, E.Y. (2016). Identifying depressive users in twitter using multimodal analysis, in Big Data and Smart Computing (BigComp), *International Conference on. IEEE,* 231–238. https://doi.org/10.1109/BIGCOMP.2016.7425918

Karadağ, A. & Akçınar, B. (2019). The relationship between social media addiction and psychological symptoms in university students. *Journal of Dependence, 20*(3), 154-166. https://dergipark.org.tr/tr/download/article-file/786023

Karasar, N. (2012). *Scientific Research Method.* Ankara: Nobel Publishing

Kemp, S. (2020). *2020 year internet and social media usage statistics.* https://wearesocial.com/digital-2020

Kılıç, M. (1991). Validity and reliability study of symptom check list (SCL.90-R). *Psychological Counseling and Guidance Journal,* 45-52. https://dergipark.org.tr/tr/download/article-file/200019

Kırpınar, İ. (1997). *Psychiatry Basic Book.* Ankara: MedicoGraphics-Physicians Publications Association.

Labrague, L. (2014). Facebook Use and adolescents' emotional states of depression anxiety and stress. *Health Science Journal* , *8* (1), 80-89, https://www.researchgate.net/publication/262725734_Facebook_use_and _adolescents'_emotional_states_of_depression_anxiety_and_stress

"İnsan ve Toplum Bilimleri Araştırmaları Dergisi"
"Journal of the Human and Social Sciences Researches"
[itobiad / 2147-1185]

Cilt/Volume: 9,
Sayı/Issue: 5,
2020

[3772]

Park, S., Kim, I., Lee, S. W., Yoo, J., Jeong, B. & Cha, M. (2015). Manifestation of depression and loneliness on social networks: A case study of young adults on Facebook. *Young Adults and Online Behavior*, 557-570, https://doi.org/10.1145/2675133.2675139

Rosen, G., Kleinman, A., & Katon, W. (1982). Somatization in family practice: A biopsychosocial approach. *The Journal Of Family Practice* , *14* (3), 493-502. https://mdedge-files-live.s3.us-east-2.amazonaws.com/files/s3fs-public/jfp-archived-issues/1982-volume_14-15/JFP_1982-03_v14_i3_somatization-in-family-practice-a-biopsy.pdf

Sağar, M. E. (2019). Investigation of social media addiction in adult ındividuals. *Journal of Education in Health Sciences, 1*(1), 30-42. https://dergipark.org.tr/tr/download/article-file/941666

Shensa, A., Sidani, J.E., Dew, M.A., Viera, E.C. & Primack, B.A. (2018). Social media use and depression and anxiety symptoms: A cluster analysis. *American Journal of Health Behavior, 42*(2), 116-128. https://doi.org/10.5993/AJHB.42.2.11

Solmaz, B. Tekïn, G. Herzem, Z. Demïr, M. (2013). An application on internet and social media usage. *Selcuk Contact Journal, 7*(4), 23-32. https://dergipark.org.tr/tr/%20pub/josc/issue/19027/%20200546

Tabitha L.J., Lowry, P.B., Wallace, L. & Warkentin, M. (2017). The effect of belongingness on obsessive-compulsive disorder in the use of online social networks. *journal of management information systems, 34*(2), 560-596. https://doi.org/10.1080/07421222.2017.1334496

Türkçapar, H. (2004). Diagnostic relationships of anxiety disorder and depression. *Ankara Training Hospital Journal of Clinical Psychiatry, 15*, 12-16. https://www.journalagent.com/kpd/pdfs/KPD_7_80_12_16.pdf

Ümmet, D., Batal, Ö., Kaya, A. & Alkan, H. (2019). Social media addiction in ındividuals of different age groups: An analysis according to various variables. *21st International Psychological Counseling and Guidance Congress*, 328-334, Antalya. https://www.researchgate.net/publication/338503243_Farkli_Yas_Gruplarindaki_Bireylerde_Sosyal_Medya_Bagimliligi_Cesitli_Degiskenlere_Gore_Bir_Incelenme

Vannuci, A., Flannery, K. M. & Ohannessian, C. M. (2017). Social media use and anxiety in emerging adults. *Journal of Affective Disorders, 207*, 163-166. https://doi.org/10.1016/j.jad.2016.08.040

Yıldız, A., & Demir, F. M. (2016). A research on determining the purposes of university students' internet and social media usage: The case of Muğla Sıtkı Koçman University. *Journal of Social and Humanities Research, 17*(37), 18-36. http://www.sobbiad.mu.edu.tr/index.php/asd/article/view/605/559