PSYCHOLOGICAL FACTORS RELATED TO SOCIAL MEDIA ADDICTION and LYING: A LITERATURE REVIEW

Eda DELİGÖZ 🔗, *0000-0001-7037-5527*

Correspondance: *Eda Deligöz, Üsküdar University, Graduate School of Social Sciences, Ph.D. Student in Psychology Department, Üsküdar, İstanbul, Turkey, e-mail:* eda.deligoz@st.uskudar.edu.tr

SOSYAL MEDYA BAĞIMLILIĞI ve YALAN SÖYLEME İLE İLİŞKİLİ PSİKOLOJİK FAKTÖRLER: LİTERATÜR TARAMASI

ÖZET

Yalan söyleme eylemi, bilişsel ve sosyal etmenlere bağlı gelişen, bireyi pek çok açıdan zarara uğratan çok boyutlu bir problem şeklinde ifade edilebilir. Literatürde, yalan söyleme ile sosyal medya bağımlılığının psikiyatride ve klinik psikoloji alanında diğer psikopatolojik durumlarla ilişkili olduğundan bahsedilmiştir. Sosyal medyanın kullanılması, bireylerde yalan söyleme davranışının kolay gelişmesini ve yaygın hale gelerek kişilerin ruhsal durumunu psikopatolojik boyutta etkilemesi, yalan söyleme ve sosyal medya ile ilişkisine dikkat çekmiştir. Literatürdeki Türkçe ve yabancı dillerde yer alan yazılı metinlere yer vermiş ve yalan, sosyal medya, internet bağımlılığı, sosyal medya bağımlılığı anahtar kelimeleriyle araştırma yapılmış ve psikolojiyle ilişkilendirilerek bir derleme halinde sunulmuştur. Araştırmanın yöntemi, veri tabanları aracılığıyla disiplinler arası bir yaklaşımla literatür taraması yapılmış ve psikolojik kuramsal perspektife dikkat edilmiştir. Literatür taraması için 1949- 2023 yıllarında YÖK Ulusal Tez Merkezi, Google Akademik, ProQuest, ResearchGate veri tabanlarında yer alan makale, kitap ve lisansüstü tezler arasında "sosyal medya", "sosyal medya bağımlılığı", "internet bağımlılığı", "yalan", "psikoloji" anahtar kelimeleriyle arama yapılmış ve 140 makale, kitap, yüksek lisans- doktora tezlerine ulaşılmıştır. Seçilmiş olan 128 makale, kitap, lisansüstü tez materyalleri araştırmanın örneklemi olmuştur. Çalışmanın amacı literatüre dayanarak, sosyal medya bağımlılığı ile yalan arasındaki ilişkiye değinilmiş ve sosyal medyada yalan söyleme eğiliminin artabileceği ifade edilmiştir. Sosyal medyanın aşırı şekilde kullanımı, bireyler üzerinde psikolojik olumsuz sonuçlar doğurmakta ve psikopatolojik örüntüler ile beraberlik göstermektedir.

PSYCHOLOGICAL FACTORS RELATED TO SOCIAL MEDIA ADDICTION and LYING: A LITERATURE REVIEW

ABSTRACT

The act of lying can be expressed as a multidimensional problem that develops depending on cognitive and social factors and harms the individual in many ways. In the literature, it has been mentioned that lying and social media addiction are associated with other psychopathological conditions in psychiatry and clinical psychology. The use of social media, the easy development of lying behavior in individuals and the fact that it has become widespread and affects people's mental state in a psychopathological dimension, has drawn attention to the relationship between lying and social media. Written texts in the literature in Turkish and foreign languages were included and research was conducted with the keywords lie, social media, internet addiction, social media addiction and presented in a compilation by associating them with psychology. The method of the research was a literature review with an interdisciplinary approach through databases and attention was paid to the psychological theoretical perspective. For the literature review, among the articles, books and graduate theses in the YÖK National Thesis Center, Google Scholar, ProQuest, ResearchGate databases between 1949 and 2023, "social media", "social media addiction", "internet addiction", "lie" search was made with the keywords "psychology" and 140 articles, books, master's and doctoral theses were found. 128 selected articles, books and graduate thesis materials were the samples of the research. The aim of the study, based on the literature, is to address the relationship between social media addiction and lying and to state that the tendency to lie on social media may increase. Excessive use of social media has negative psychological consequences on individuals and is associated with psychopathological patterns.

Keywords: Social media addiction, social media, internet addiction, lying, psychology

INTRODUCTION

Today, the use of social media is known for the various conveniences it provides to users, such as ease of access, availability of communication partners, lack of time and space restrictions, being advantageous in terms of cost, and meeting the elements of communication (1,2). In social media applications, users can join virtual groups with common goals, and in those groups, users can learn about each other's hobbies, interests, musical tastes, romantic relationship statuses, education and work situations through each other's profiles within their common interests (3,4).

Social media services, mobile phone cameras, free applications on the internet, and photo and video sharing sites that exist in every environment, which we can call digital anonymity, have

caused people's understanding of what should be public and what should be private to change (5,6).

According to the results of the research in the literature, more than %60 of university students tend to check other people using their Facebook profiles and see what others are doing on the internet (7,8,9,10,11,12,13). Users can connect to the Internet in almost every environment, such as walking, going to work, traveling in transportation, at school, at work, in traffic, regardless of location, and there is an increase in the rate of social media. It can be said that it will strengthen interpersonal relationships and allow one to enter new environments (14). Especially adolescents and young individuals' use of digital environments and social media channels affects their approaches to these environments and causes young people to experience many psychological processes (15,16).

Especially after the Covid-19 pandemic, the increase in the internet and the accompanying online situations, the users in the society feeling the need to be online more, and the increase in some psychopathological symptoms as a result, have reminded us of the importance of the concepts of social media and internet addiction, and this study is important for psychiatry and clinical research. It can be interpreted that it will benefit psychology.

Lies and Psychology

Several studies in the literature cite studies of people lying, including tone of voice, response time, speech content, eye contact, facial expression, smiling, and body motion (17). The research (18) mentions that people with anxiety lie more to their partners than people without anxiety, that people with social anxiety are less confident and lie more, and that social anxiety has a significant effect on lying.

Zuckerman and colleagues (1981) (19) described the processes underlying lying behaviors to include arousal, affect, cognition, and behavior control. (1981) found that liars made less eye contact, smiled less, dilated their pupils and blinked more, and had longer reaction times, more speech errors and pauses, slower speech, and louder voice. They reported that they would be on the lookout for cues such as tone of voice. DePaulo et al. (2003) found that liars' responses were less natural, rehearsed, and incongruent compared to truthtellers' responses, that liars' pupils were wider, that liars' body movements were inconsistent, that liars' speech mistakes, pausing, and voice pitch were greater, and that liars' emotional state was anxious. They report feeling guilty and agitated.

In the literature, studies examining the relation between social communication skills and deception found a positive relation between extraversion and deception performance (21,22) and between high self-monitoring and deception performance (23,24). (25) found that the basic motivations for lying are to save others from harm and shame, to protect oneself or others from punishment or disapproval, to influence officials for personal advantage, to look better or protect an advantage, to get others to do something for personal advantage. He defined it as doing harm to someone else for your own benefit. In his study (26), the motives for lying were grouped into four general categories: Self-benefit, other-benefit, relational-benefit, and the different motives were explained as basic reward, associative reward, self-esteem reward, and other reward. In their study (27), three types of motives associated with lying intentions were mentioned: Instrumental, relational and identity.

When speaking about the underlying motives for lying, they can be grouped into two basic categories: self-centered and other-centered motives (28). In the study (25), Zuckerman and others described the processes underlying the lying behavior of (1981) in terms of four concepts: The level of arousal, the emotional level, the level of cognition, and the level of behavior control. In study (25), lying creates a general state of arousal and an increase in the frequency and intensity of non-verbal behaviors, cognitive word repetitions and delays in responding will increase, hesitations and slips of the tongue during speech will increase, the content becomes less comprehensible, gestures and gestures increase. It is mentioned that facial expressions may be incompatible with speech, and that inconsistencies will occur in the verbal and non-verbal behaviors of people who lie because of their failure to control their behavior.

In their research (29), they listed following characteristics of lying behavior: Liars say things that are not true, they think what they say will be false, they plan to deceive and mislead, and they act contrary to their beliefs, intentions, and facts. Lying is a response to a structural characteristic of a human being and to environmental dynamics (20), and key indicators of lying include tension, anxiety, face, and facial expressions (30), and MRI research has shown that although people try to hide it when lying, their brains do not hide it (31), and that as interpersonal closeness rises, lie detection rates fall (32).

Whereas truthfulness is about being yourself, honestly, without excuses, and taking responsibility for your feelings and actions (33), in romantic relationships, lying is the most frequently reported event that individuals believe can lead to a deterioration of attachment

relationships and experience attachment injuries. It is interpreted as being related to the weakening of trust in the relationship (34), and that the child has difficulty meeting his parents' expectations or resorts to lying for fear of punishment (35).

The presence of many pressure factors may cause adolescents to lie (25), and the punishment method used against the child within the family may stimulate avoidance behavior, causing them to choose bad behavior methods to avoid punishment, including lying, cheating, and withdrawing (36). Studies (25) have shown that lies are a disgusting behavior in individual and social lives, religious and moral views of lying, consequences of lying, skills of hiding lies, construction of lies and cognitive dimension of lying, heartbeat when lying, physiological responses, arousal, fear of being caught.

The emotional dimension of lying manifests itself in anger, and the behavioral dimension of lying manifests itself in hand and knee tremors, averted eyes, voice tremors, pauses in speaking, and prolonged silence between speaking. In the literature, "lying" has been associated with feelings of guilt and anxiety (30), with a child's constant fear of detection, scolding, and punishment (37), with children's anxiety under strict discipline, with mothers' resorting to lying to prevent undesired reactions from fathers, and with undesired behavioral responses like spitting in tension (38), with both pressured and encouraged individuals lying (39), and with 41% of lies attributed to others. It can be mentioned that 14% of the lies are told because we want to live a comfortable life, 8.5 % of the lies are told because we want to look prettier and 6 % of the lies are told because of laziness (40).

Although the literature generally examines the role of cognitive factors, lying is an interpersonal situation likely shaped by social and environmental factors (41), whereas a child raised in a lying environment sees lying as a natural part of life (42). It has been found that people who are fluent in speech, who are thoughtful thinkers, extroverts, and have high self-expression and social skills are rated as more honest and reliable (25).

The "lying" behavior is often included in the diagnostic criteria for psychopathic addictions such as "Internet addiction, social media addiction, smartphone addiction (nomophobia), technology addiction, problematic Internet use (PIK), Internet gambling disorder (IGD)" that are commonly found in the literature (43,44,45,46). "Lying" has been associated with Narcissistic Personality Disorder, Antisocial Personality Disorder, Histrionic Personality Disorder, Mistrusting Personality Disorder, and mythomania (lying disease) (2).

In research (25), when lying behavior becomes compulsive, there is "mythomania" (lying disorder), which is called pathological lying; making up serious lies, believing these lies, and making others believe them, which can occur in childhood, adolescence, and even adulthood; in mythomania, lying behavior continues and increases in severity because the person wants to attract attention and be the center of attention; a strong desire and need to attract attention. It is stated that the person begins to exaggerate, exaggerate, and dramatize events beyond belief (47).

Lying" is destructive to friendship, family, neighborhood, and cooperation in society (48), and leads to many adverse situations in marital, friendship, business, and commercial relationships (49). According to a study (28), people with a high degree of Machiavellianism lie more and are more self-centered, while university students lie to every third person they interact with socially and every fifth person in society. It has been reported that people who rate their relationship as warm and satisfying are less likely to lie. A positive relationship between the level of closeness and the rate of other-oriented lying was found in their study (50).

Emotional intimacy, frequency of communication and length of time spent together were found to influence this. Men are more successful at lying than women (51), women are more successful at detecting lies than men (52), women lie less than men but more often lie to other people (28), participants of both sexes rated lying to a friend more negatively than lying to a stranger or coworker (53), and men rated lying as more justified than women (56).

In a survey (25), the variety of lies in everyday life was mentioned: bluff, exaggeration, emergency lie, propaganda, joke, lie to explain or impose something, commercial lie, official lie, perjury, charming, wishful lie, white lie. Studies have shown that males and females do not differ substantially when it comes to how often they lie, that all individuals, regardless of sex, can lie when needed (22), and that males are more successful at lying than females (51). It can be mentioned that men lie more to themselves, while women lie more to others, and women lie more with good intentions than men (28). According to their research (54), even doctors try to conceal some facts when they inform their patients and/or their patients' families about health issues.

In the study (55), they explained it as primary lying (2-3 years old), secondary lying (4-6 years old), and tertiary lying (7-8 years old) by associating children's lying stages with their age groups according to their developmental periods. While children learn to use misleading

body language along with lying words as they grow older (25), they also learn how to save themselves from difficult situations by lying over time (40).

Adolescents try to lie effectively to gain social status (56), lying is one of the behaviors that teachers of secondary school students often have to deal with as a discipline issue (57), and adolescents and emerging adults most often lie to their parents, try to lie to their parents as a way to assert their right to independence, and 32-67% of students who lie to their parents at least once about 6 separate things are high school students, while the rate is 28-50% for college students (58).

Language development is effective in lying in children under 10 years of age, and belief and intent become more important in later stages; children with low mental levels lie untruthfully, whereas those with normal and superior intelligence lie logically and invent detailed narratives (59). That children's lying skills are necessary to regulate behavior and manage relationships, that the type and content of lies may change as the child enters adolescence (60), and that this situation may be related to their developing technological-social opportunities, family structures, and educational approaches (61), it's mentioned that speech, voice vibration, or the idea of a lie constructed in the mind is reflected in expression (20).

Feelings of inferiority, guilt, aggression, and jealousy are important factors that cause lying behavior (62), and in families with high expectations, there is a constant risk of being caught, scolded, and punished; especially young people, whose every word is judged and questioned (63,64), may lie in order to enhance their sense of personality, to have their existence accepted, to hide or compensate for their deficiencies, and to prove their importance (65).

Studies (54) have identified cognitive (theory of mind, executive functioning, intelligence) and social (parenting, cultural factors) factors that influence lying behavior. Research indicates that "lie" skills have been acquired in families through learning, imitating, and observing parental upbringing (35, 37, 66, 67). Lying behavior is observed in children and adolescents who are constantly criticized, disciplined, and forced to perfection as a result of parents' harsh, strict, authoritarian, and punitive attitudes toward children and adolescents (2,25,37,68).

Social Media Addiction and Psychology

We live in a period where young people, children and adolescents who use social media excessively ask their friends and followers to like the posts they have made on their social

media accounts through private messages (2). In recent years, children's and adolescents' lifestyles have been influenced and reshaped by the rapid growth of Internet and technology use, especially among young people (69,70).

Along with the developmental period, adolescence; it can be described as a period of emotional fluctuations, identity crisis, friendship and social environment being more important than the adolescent's parents, and often having to struggle with crises (69,71). This intense emotional distress, social needs, identity development, and physical and psychological change has made technology, cyberspace, and digital environments attractive to young people (72). Excessive use of technology has a negative impact on the individual's social and psychological world and can become problematic, leading to distress in the lives of adolescents and young people and disruptions in important areas of their lives. It is therefore necessary to draw attention to early intervention before it develops into a serious psychopathological condition (73,74).

Adolescence, when risky behaviors are most prevalent and curiosity in such behaviors persists; it is a critical period for technological addictions such as Internet, social media, digital gaming, and smartphone addictions, which are considered attractive innovations for young people (75). This often makes young people vulnerable and defensive to technological addiction, as the use of technologies such as the Internet, social media, smartphones, digital environments and digital games is common among adolescents (76). Study (77), the prevalence of Internet addiction was 4% among 11,356 teenagers and young adults, mean age 14.9 years, from 11 European countries, including Austria, Estonia, France, Germany, Hungary, Ireland, Israel, Italy, Romania, Slovenia and Spain.

A prevalence of %13.4 was found for problematic use of the Internet. A study (78) found that the prevalence of Internet dependence was %1.2 and the risk of Internet dependence was %12.7 among 13,284 adolescents aged 14-17 years in seven European countries. The age group with the highest rates of Internet and technology use is reported to be adolescents aged 11-15 years (79). In the 2018 Household Information Technologies Usage Survey Report of the Turkish Statistical Institute (TSI), the Internet usage rate by age group was found to be 90.7 percent for adolescents and young people. According to 2013 data, the computer usage rate for the 6-15 age group was 73.1 percent, the Internet usage rate was 65.1 percent, and the mobile phone usage rate was 37.9 percent.

Studies (80) have shown a prevalence of 4.1 percent among young people, and a risk of 28.5 percent. The rate of those with a limited risk of Internet addiction was %2.1, while the rate of those with a risk of pathological Internet addiction was %0.4, according to the results of the study conducted by (81) among adolescent high school students. The prevalence of addiction to digital games varies from %0.6 to %15, according to the results of another study conducted worldwide (82,83). According to a study (84), the rate of addiction to digital games among 865 teenagers and adolescents is 28.8%, which reminds us of the need for careful assessment of the risks for teenagers. Looking at the studies on smartphone use by population, we can see that the studies have generally focused on teenagers and young people, and the rate of phone use among teenagers has generally been found to be higher than 90% (85,86).

Inadequate communication with the family, lack of effective and healthy time with the family, lack of communication, interest and love within the family, inability to provide a healthy and safe environment for the youth at home, inconsistent behaviors and lack of clear roles in the family, experiencing conflict, expectation of behaviors that the youth cannot perform, are identified in the literature as important risk factors that lead youth to use technology and turn more to digital environments (87,88,89).

Peer pressure, lack of perceived social support, loneliness and shyness can be expressed as other risk factors, especially for young individuals and adolescents (86,90,91). Male adolescents have a high risk of being addicted to the Internet and to digital games; it has been stated that female adolescents are at a higher risk of being addicted to smart phones than male adolescents (92,93). It can be said that the risk of technology addiction among adolescents and young adults increases with the increase in time spent on smartphones, computers, and gaming devices related to the Internet (94,95).

In the study (96), they pointed out that lacking social skills, shyness, and social support variables can be identified as important risk factors for becoming addicted to technology. The risk of Internet addiction in society increases when the Internet and digital environments are seen as places where social relationships can be established and as a tool and solution to alleviate loneliness, according to studies conducted with Internet addicted individuals (88,97). A strong relationship has been found between technology addiction and loneliness (96,98,99). It has been mentioned that young people and adolescents with a high level of social anxiety have a tendency to use technology to a greater extent (100,101).

The literature suggests a positive and significant relationship between depression and technological dependence, with individuals with depression being more likely be technologically dependent (96, 102, 91, 103, 81). Consequently, there is an association between technology dependence and depression, with technology dependence exacerbating the symptoms of depression (104,105). However, since virtual settings cannot replace the real interpersonal and social relationships of the person, the person stays online for longer periods of time in order to find satisfaction similar to real relationships in digital settings, which worsens the real interpersonal relationships of the person. The cycle of addiction repeats itself, and this vicious cycle increases the risk of depression in the person (106).

There are also studies in the literature that show a significant relationship between Attention Deficit Hyperactivity Disorder (ADHD) and technology addiction among adolescents and young adults (107,108,109,110). The rapid reactive responses received as feedback from the Internet, the possibility of accessing different activities through multiple open windows at the same time, allow individuals with attention deficit and hyperactivity disorder (ADHD) to easily achieve the feeling of reward and escape from the feeling of distress they are experiencing, while the very occurrence of these effects makes users addicted to the Internet and digital environments. This makes them vulnerable to infectious diseases (111,112). For example, some studies have linked anxieties, eating disorders, anger, panic attacks, social phobias, personality disorders, sleep disturbances, psychopathology, and technological dependence (107,112,113,114).

METHOD

The aim of this research is to examine the relationship between social media addiction and lies from a psychological perspective, using the keywords "social media", "social media addiction", "internet addiction", "lie", "psychology", and the studies in Turkish and international databases in the literature was to consider it from its perspective. The universe of this research is "social media" among the articles, books and graduate theses in YÖK National Thesis Center, Google Scholar, ProQuest, ResearchGate databases between 1974 and 2023 regarding social media and lie in Turkey and the World. A search was made with the keywords "social media addiction", "internet addiction", "lie", "psychology" and 140 articles, books and master's and doctoral theses were found. 128 selected articles, books and graduate thesis materials were expressed as the sample of the research. The books, articles and graduate thesis materials included in the sample were saved to the computer in ".pdf" format.

In the study, a general research trend was revealed by examining the articles, books, master's and doctoral theses written about the concepts of "social media addiction" and "lie" in the world and in Turkey, and the data of the information in the literature examined were described and reinterpreted in a simple way presented to the reader.

RESULT

Since individuals can master the concepts of space and time while participating in social media and digital environments, they may experience negative situations such as anger, tension, lying and moving away from social life due to failure and disruption of their work (115,116).

In study (116), 12 categories created from the framework of internet and social media were "mental effort, usage restriction, social media account, reason for use, communication/chat, behavior, performance, health, lie, phone, anxiety, education." It was revealed as "portal". In order to take part in social media and digital environments, adolescents and young individuals largely withdraw from the social environment, become introverted, do not want to leave the house and go to environments without internet, talk and meet with their friends via the internet, reduce face-to-face social activities, often lie about what they do or he tries to hide what he did (116).

It can be said that lying among social media users is on the rise, especially today, and that exposure to being online more than ever before, circulated through social media and the internet, has an effect on this (117). Studies (54,118,119) conducted in Turkey talk about issues such as lying behavior, social media addiction, and the spread of lies in these environments.

Excessive use of technology negatively affects the social and psychological world of the individual, can turn into a problematic situation, and can lead to distress in the lives of adolescents and young individuals and disruptions in important life areas, so it is necessary to draw attention to early intervention before it evolves into a serious psychopathological condition (73,74).

In the study (116), it was found that students, young individuals, and adolescents constantly occupy their minds with the internet, even if their families restrict their use of the internet, express themselves better in the virtual environment in terms of communication and chat, and that they use social media. It has been concluded that when they cannot access the Internet, they experience behavioral disorders, exhibit aggressive attitudes, experience anxiety, and lie by trying to say less about the hours they spend on the internet and social media. Studies (54,118,119) conducted in Turkey talk about issues such as lying behavior, social media addiction, and the spread of lies in these environments.

Study (77), the prevalence of internet addiction was %4 in 11,356 adolescents and young individuals with an average age of 14.9 from 11 European countries including Austria, Estonia, France, Germany, Hungary, Ireland, Israel, Italy, Romania, Slovenia and Spain. The prevalence of problematic internet use was found to be %13.4. Study (78) found that the prevalence of internet addiction was %1.2 and the risk of internet addiction was %12.7 among 13,284 adolescents aged 14-17 in seven European countries. It is stated that the age group with the highest internet and technological usage rates is the 11-15 age group in adolescence (79).

Studies (14,54,115,116,117,118,119) conducted in Turkish in the literature have mentioned the relationship between social media addiction and lying and stated that the tendency to lie may increase in social media environments.

International studies (21,22,23,24,26,27,73,75,76,77,78,82,83,85) in the literature have mentioned the relationship between social media addiction and lying and stated that the tendency to lie may increase in social media environments.

Many of the "Generation Z" and subsequent generations state that they lack self-confidence and low self-esteem because they do not have enough followers (120). Smart devices that can be used for taking photos, recording videos, accessing the internet, video communication, navigation, and daily sports activities; it has become a part of daily life and routines thanks to its ability to control the movements made during exercise, heartbeat (pulse), and count the steps taken during the day (121).

According to the research results of (122), participants connect to the Internet from their homes (54%), cafes (25.4%), workplaces (8.9%), schools (7.5%) and places outside these environments (4.3%) it can be said. It can be said that individuals with internet addiction often

preoccupy themselves with the internet and suffer from compulsive overuse rather than facing problems such as depression and anxiety, and these need to be treated with known addiction treatment methods (123).

When the research results are examined in general, it can be said that 50% of people diagnosed with internet addiction experience another psychiatric disorder. The most common psychopathological conditions comorbid with internet addiction are; substance use (38%), mood disorder (33%), anxiety disorder (10%), psychotic disorder (14%), depression or dysthymia (25%) (124), Attention Deficit Hyperactivity Disorder-ADHD (100%), major depression disorder (75%), hostility and aggression (66%), Obsessive Compulsive Disorder - OCD (60%), social phobia (57%) (125).

In a study conducted with 1204 male and 910 female students aged between 15-23 (mean: 16.26), it was found that ADHD, depression, social phobia and feelings of hostility accompany internet addiction more frequently in males; it is stated that ADHD and depression are more common in girls with internet addiction (126).

Intense emotional problems, the need for socialization, the search for identity, and the changes that affect the adolescent's own body and mental health have made technology, the internet, and digital environments an attractive tool for adolescents (72). Similar to face-to-face communication, social media users try to obtain information about others in online environments in order to know their expectations and answers in advance (127).

DISCUSSION

According to recent studies published in the literature, it is mentioned that the use of smart devices such as the internet, social media, computers and phones is associated with psychological disorders (81,91,96,102,103).

Children and young people who cannot leave the house and have to drop out of school, who give up their social activities and develop addiction to the internet and social media, suffer from Attention Deficit and Hyperactivity Disorder (ADHD), which accompanies internet and social media addiction, due to long hours of online games because they cannot separate from their computers and phones (major) depression disorder, Obsessive Compulsive Disorder (OCD), social phobia, etc. is experiencing psychological problems.

In today's society, where technology is developing rapidly and the internet is easily accessible, trying to keep users away from being online, instead of imposing bans, raising

awareness about how long and how the internet is used can turn into addiction, explaining the beneficial aspects of the internet for users, encouraging individuals, especially children and adolescents, it can be said that informing is important (128).

Especially adolescent and young individuals' use of social media enthusiastically and for long periods of time affects their approach towards the internet and social media environments, causing young people to experience many psychological processes (16).

In the studies mentioned within the scope of this study, it is generally mentioned that social media addiction may be related to other psychopathological patterns in psychiatry and that social media users may develop lying behavior, and that lying behavior may be accompanied by social media addiction symptoms. It can be said that if valuable academicians benefit from the compiled information in this study within the scope of their studies on the concepts of social media and lies and turn it into a research article and handle it from a multidisciplinary perspective, it will contribute to the studies and literature.

Finally, in this research, national and international multidisciplinary studies were discussed from a psychological perspective, especially with the keywords social media, social media addiction, internet addiction, lie, and were presented to valuable academicians as a compilation article. It is intended to be a guiding compilation article for future studies, especially within the concepts of "social media", "social media addiction", "internet", "internet addiction", "lie".

For new studies to be conducted in the future, selecting certain age ranges for social media users can provide important information to see whether different arrangements will be needed in this proposed model or whether its predictive ability of future behavioral patterns will be affected. Repeating the study in the future may be important in making predictions by comparing it with the findings of new studies. The limitations of this study can be said to include only the findings of research on certain search engines. In future studies, it can be said that by keeping the sample group larger, more comprehensive data can be collected and thus the validity of the information can be increased.

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