

The Relationship Between Social Media Addiction and Marital Adjustment in Turkish Women During the Covid-19 Pandemic

Covid-19 Pandemisi Sürecinde Türk Kadınlarında Sosyal Medya Bağımlılığı ve Evlilik Uyumu Arasındaki İlişki

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ÖZET

Amaç: Bu araştırmanın amacı COVID-19 salgını sırasında Türk kadınlarında evlilik uyumu ile sosyal medya bağımlılığı arasındaki ilişkiyi araştırmaktır.

Yöntem: Araştırma tanımlayıcı tipte, 481 kadın ile yapılmıştır. Araştırmanın verileri sosyo-demografik özellikler formu, Evlilik Uyum Ölçeği ve Sosyal Medya Bağımlılık Ölçeği-Yetişkin Formu (SMAS-AF) kullanılarak çevrimiçi olarak toplanmıştır. Verilerin değerlendirilmesinde tanımlayıcı istatistikler, tek yönlü ANOVA, Kruskal-Wallis testi, Bağımsız Örneklem T testi, Mann-Whitney U testi ve Spearman korelasyon testi kullanılmıştır.

Bulgular: Katılımcıların ortalama evlilik uyumu (MAT) puanı 41.14 ± 10.95 , sosyal medya bağımlılığı (SMAS-AF) puanı ise $50,70 \pm 15,19$ olarak bulunmuştur. Sonuçlar, pandeminin evlilik uyum düzeylerini etkilemediğini göstermektedir. ($p > 0,05$). Eğitim düzeyi, gelir durumu ve istihdam durumu hem MAT hem de SMAS-AF puanlarını anlamlı şekilde etkilemiştir ($p < 0,05$). Ortalama MAT puanı ile SMAS-AF puanları, yaş, çocuk sayısı, evlilik süresi ve VAS COVID-19 korkusu arasında zayıf düzeyde negatif korelasyon; VAS pandemi öncesi evlilik uyumu ile orta düzeyde pozitif korelasyon; pandemi öncesi sosyal medya kullanımı ile ise zayıf pozitif korelasyon saptanmıştır ($p < 0,05$). Ortalama SMAS-AF puanı ise yaş, çocuk sayısı, evlilik süresi, VAS COVID-19 korkusu ve pandemi öncesi evlilik uyumu algısı ile zayıf negatif korelasyon; pandemi öncesi sosyal medya kullanımı ile zayıf pozitif korelasyon göstermiştir ($p < 0,05$).

Sonuç: Pandemi bu yana kadınlar sosyal medyayı daha fazla kullanıyor olsalar da evlilik uyumlarını olumsuz etkilememiştir. Eğitim, gelir ve istihdam gibi sosyoekonomik faktörler hem evlilik uyumu hem de sosyal medya bağımlılığını etkilemektedir. Evlilik uyumu ile sosyal medya bağımlılığı, yaş, çocuk sayısı, evlilik süresi ve COVID-19 korkusu arasında zayıf korelasyonlar mevcuttur. Bu bulgular, evlilik uyumu ve sosyal medya kullanımının çoklu faktörlerden etkilendiğini göstermektedir.

Anahtar Kelimeler: COVID-19, Kadın, Evlilik Uyumu, Pandemi, Sosyal Medya Bağımlılığı

ABSTRACT

Aim: This study explored the association between marital adjustment and social media addiction among Turkish women during the COVID-19 pandemic.

Method: This descriptive study included a sample of 481 women. Data were collected online using a socio-demographic characteristics questionnaire, the Marital Adjustment Test (MAT), and the Social Media Addiction Scale-Adult Form (SMAS-AF). Data analysis included descriptive statistics, one-way ANOVA, Kruskal-Wallis test, independent samples t-test, Mann-Whitney U test, and Spearman correlation test.

Results: The participants' mean marital adjustment (MAT) score was 41.14 ± 10.95 , and the mean social media addiction (SMAS-AF) score was 50.70 ± 15.19 . The findings indicated that marital adjustment levels were not significantly impacted by the pandemic ($p > 0.05$). However, education, income, and employment status had a significant influence on both MAT and SMAS-AF scores ($p < 0.05$). The mean MAT score showed weak negative correlations with SMAS-AF scores, age, number of children, marriage duration, and VAS fear of COVID-19; a moderate positive correlation with VAS pre-pandemic marital adjustment; and a weak positive correlation with VAS pre-pandemic social media use ($p < 0.05$). The mean SMAS-AF score showed weak negative correlations with age, number of children, marriage duration, VAS fear of COVID-19, and pre-pandemic marital adjustment perception, and a weak positive correlation with pre-pandemic social media use ($p < 0.05$).

Conclusion: While social media usage increased during the pandemic, it did not adversely affect marital adjustment. Socioeconomic factors such as education, income, and employment status influence both marital adjustment and social media addiction. Weak correlations were observed between marital adjustment, social media addiction, age, number of children, marriage duration, and fear of COVID-19. These findings indicate that multiple factors influence marital adjustment and social media use.

Key Words: COVID-19, Female, Marital Adjustment, Pandemic, Social Media Addiction

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INTRODUCTION

The COVID-19 pandemic, which emerged in late 2019, has significantly impacted individuals' physical, mental, and social well-being worldwide (1). Preventive measures such as isolation and social distancing have altered family and social dynamics, increasing stress, loneliness, and emotional burden (2,3).

The negative effect of the pandemic has drawn many people to social media platforms for entertainment and communication (4). The term "social media" is defined as "interactive computer-mediated technologies that facilitate the creation or sharing of information, ideas, career interests, and other forms of expression via virtual communities and networks." Some popular platforms are Instagram, Facebook, Twitter, Whatsapp, LinkedIn, etc. (5). According to the Global Digital Report (2025), there are approximately 5.24 billion social media users worldwide (6). In Türkiye, the number of social media users has increased by 4.2% (approximately 2.2 million individuals) since the onset of the pandemic. As of 2025, there are an estimated 58.5 million active social media users in the country, representing approximately 66.7% of the total population. This upward trend suggests that social media addiction may become increasingly prevalent (7). Social media addiction is characterized by the compulsive, irrational, and excessive use of social media platforms, to the extent that it disrupts other significant areas of an individual's life (8).

Research shows that social media addiction negatively affects family dynamics and causes problems in marital adjustment (9-12). The family structure has a spiritual, social, and economic function. Marital adjustment is important for the continuity of the family structure (13). A couple who wants to achieve marital adjustment should respect each other's needs, goals, and temperament, express their emotions and maintain open lines of communication, specify their roles and responsibilities, collaborate to make decisions, solve problems, and rear their children, and attain mutual sexual gratification (14). Only a small body of research addresses the effect of social media use on marital adjustment during the COVID-19 pandemic (15-18). Marriage is an important part of adulthood, and marital adjustment is an important determinant of wellbeing. Scientific data can help authorities introduce policies for maintaining and strengthening marriages (19). Therefore, this study investigated the relationship between social media addiction and marital adjustment in Turkish women during the COVID-19 pandemic.

Research questions

1. What is the effect of the COVID-19 pandemic on social media use?
2. What is the effect of the COVID-19 pandemic on marital adjustment?
3. Is there a relationship between marital adjustment and social media addiction in Turkish women during the COVID-19 pandemic?

MATERIALS AND METHODS

Design, Population and Sample

This descriptive study was prepared following the Strengthening the Reporting of Observational Studies in Epidemiology (STROBE) guidelines (20). The research took place between May and October 2021. Participants were required to meet the following inclusion criteria: aged between 18 and 65 years, married and cohabiting with their spouse, fluent in Turkish, capable of completing online data collection forms, and free from mental health conditions such as depression or severe psychosocial issues. Mental health status was assessed through self-report; participants were directly asked whether they had depression or psychosocial problems, and no standardized screening instruments were used.

The participants were recruited through convenience sampling by sharing the survey link in women's groups on social media platforms such as Facebook Messenger and Instagram. This approach allowed us to reach a wide and diverse sample of women residing in Turkey. The survey link, created using Google Forms, was shared within these women's groups. The survey homepage included detailed information about the study and a consent form for participation. Women who met the inclusion criteria and provided consent were eligible to participate. During the data collection period, 645 women were invited; however, 164 were excluded due to refusal to participate ($n = 52$) or incomplete responses ($n = 112$). Therefore, the final sample consisted of 481 women residing in Turkey.

A Preliminary power analysis was performed using G*Power version 3.1.9.2 to determine the minimum sample size needed for the main analyses. Based on detecting a medium effect size (Cohen's $w = 0.30$) with an alpha level of 0.05 and power of 0.80, a minimum of 195 participants was required. The final sample of 481 participants exceeds this requirement, indicating sufficient power to detect medium or larger effects.

Data Collection

Data were collected online using a socio-demographic characteristics questionnaire, the Marital Adjustment Test, and the Social Media Addiction Scale-Adult Form (SMAS-AF).

Sociodemographic Characteristics Questionnaire: The sociodemographic characteristics questionnaire was based on a literature review conducted by the researchers (3,4,21,22). The questionnaire consisted of 19 items on women's sociodemographic characteristics and family dynamics during the pandemic. Participants filled out the Visual Analog Scale (VAS) to rate their marital adjustment perceptions on a scale of 1 (no adjustment) to 10 (highest adjustment) before and during the pandemic (23). They also filled out the VAS to rate their social media use and fear of COVID-19 on a scale of 1 (none) to 10 (highest) before and during the pandemic.

Marital Adjustment Test (MAT): Developed by Locke and Wallace (1959) and adapted to Turkish by Tutarel-Kıslak (1999), the 15-item MAT measures marital adjustment. Higher scores indicate better adjustment. The Turkish version has a Cronbach's alpha of 0.84 (24), which was 0.92 in this study.

Social Media Addiction Scale-Adult Form (SMAS-AF): Developed by Sahin and Yagcı (2017), the 20-item SMAS-AF assesses social media addiction levels. Higher scores indicate higher social media addiction (min=20- max=100). The scale has a Cronbach's alpha of 0.94 (25), which was 0.93 in the present study.

Procedures

The data were collected online (Google Forms) because of the COVID-19 pandemic. Web-based open e-survey is an eco-friendly and practical measure for the COVID-19 pandemic period. The researchers sent the participants the questionnaire (social media and/or WhatsApp) after they briefed them on the purpose and procedure of the study. Those who clicked "I decline to participate" were excluded from the sample. Participants had to answer all the questions before they submitted the form. Each participant completed the questionnaire only once. Only the researchers accessed the data through their email accounts.

To compare the pre-pandemic and pandemic periods, participants were asked to respond to specific questions separately for each period. The pre-pandemic period was defined as before March 2020, and the pandemic period as after March 2020. Participants

distinguished these two periods based on their personal experiences and rated their perceptions accordingly. This self-report approach allowed for an assessment of subjective changes over time.

Data Analysis

The normality of the data distribution was assessed using the Shapiro–Wilk test. Additionally, skewness and kurtosis values were calculated to further evaluate the assumption of normality. For most variables, the skewness and kurtosis values were within the acceptable range of -1.5 to +1.5. According to Tabachnick and Fidell (2007), values within this range indicate that the data can be considered normally distributed (26). However, in this study, only the MAT scale did not meet this criterion; therefore, non-parametric tests were used for its analysis. For variables with skewness and kurtosis values within the acceptable range, parametric tests were employed. Descriptive statistics such as frequencies (n), percentages (%), means (\bar{X}), and standard deviations (SD) were used to summarize the sociodemographic characteristics of the participants. For comparisons between two independent groups, the Independent Samples t-Test was used for normally distributed variables, while the Mann–Whitney U test was applied for non-normally distributed variables. For comparisons among more than two independent groups, One-Way Analysis of Variance (ANOVA) was used for parametric data. When significant differences were found, the Tukey HSD test was performed for post-hoc analysis. In the case of non-parametric data, group differences were evaluated using the Kruskal–Wallis test, and if significant, pairwise comparisons were conducted using the Mann-Whitney U test as a post-hoc method. The Spearman correlation coefficient was used to determine the degree of non-causal relationships between two quantitative variables. The strength of the correlation was interpreted based on the classification proposed by Dancy and Reidy (2007): values between 0.00–0.19 were considered very weak, 0.20–0.39 weak, 0.40–0.59 moderate, 0.60–0.79 strong, and 0.80–1.00 very strong (27). Cronbach’s alpha (α) coefficients were computed to evaluate the reliability of the Marital Adjustment Test and the Social Media Addiction Scale-Adult Form.

Ethical Considerations

The study was conducted according to the ethical principles outlined by the World Medical Association's Declaration of Helsinki. The study was approved by the institutional review board committee of a public university (Date: February 26, 2021, & No: 2021/133). Before data collection, the first page of the online link informed all participants about the

research purpose and procedure and stated that participation was voluntary. Those who agreed to participate were supposed to click “I agree to participate in the study.” Women who filled out the form were deemed to have accepted to participate in the study.

RESULTS

Tables 1 and 2 show all participants’ characteristics. Participants had a mean age of 37.52 ± 9.31 years. The majority of the participants had bachelor’s degrees (76.5%). The majority of the participants had spouses with bachelor’s degrees (77.4%). Most participants had nuclear families (85.2%). Of the participants, 68.0% were employed during the pandemic. Most participants had spouses who worked during the pandemic (90.6%). More than half the participants had a moderate economic status (61.1%). Participants had an average of 2.40 ± 0.99 children. They had been married for an average of 12.07 ± 9.92 years. Participants had a mean VAS “fear of COVID-19” score of 6.19 ± 2.99 (min = 1 – max = 10). Participants had a mean VAS “marital adjustment” score of 7.58 ± 1.88 and 7.18 ± 2.48 before and during the pandemic, respectively (min = 1 – max = 10) ($p > 0.05$) (not shown on the tables). Participants had a mean VAS “social media use” score of 5.60 ± 2.17 and 7.58 ± 2.38 before and during the pandemic, respectively (min = 1 – max = 10, the score possible from the scale) ($p < 0.001$) (not shown on the tables).

Participants had a mean MAT score of 41.14 ± 10.95 (min=0- max=58, the score possible from the scale). Moreover, they had a mean SMAS-AF score of 50.70 ± 15.19 (min=20 - max=100, the score possible from the scale) (Table 2). Education (participant and spouse), income, and employment status (participant and spouse) during the pandemic affected their MAT scores ($p < 0.05$). Education and employment status (participant and spouse) affected their SMAS-AF scores ($p < 0.001$) (Table 1).

Tablo 1. The Effect of Variables on MAT and SMAS-AF Scores (N = 481)

Variables	n (%)	MAT		SMAS-AF	
		Median (Min-Max)	Analysis†	Mean ± SD	Analysis†
Education (degree)					
Primary school ^a	29 (6.0)	38.00 (1-56)	KW = 27.424 $p < 0.001$ (a-c; b-c)	36.55 ± 10.71	F= 14.161 $P = .000^{**}$ (a-b; a-c)
High school ^b	84 (17.5)	41.00 (2-41)		51.25 ± 18.15	
Bachelor’s ^c	368 (76.5)	44.00 (14-58)		51.69 ± 14.20	
Spouse’s education (degree)					
Primary school ^a	28 (5.8)	36.50 (3-53)	KW = 23.441 $p = <0.001$ (a-b; a-c; b-c)	41.28 ± 12.92	F=8.636 $p = .000^{**}$ (a-c)
High school ^b	81 (16.8)	42.00 (1-58)		47.76 ± 18.36	
Bachelor’s ^c	372 (77.4)	44.00 (14-58)		52.05 ± 14.25	

Family type					
Nuclear	410 (85.2)	44.00 (1-58)	Z = -2.546	50.95 ± 14.95	t = -1.916
Extended	71 (14.8)	41.00 (2-58)	p = .011	53.88 ± 16.22	p = .056
Income status					
Low	78 (16.2)	39.00 (2-58)	KW = 21.405	51.01 ± 14.79	F = .201
Middle ^b	294 (61.1)	44.00 (2-58)	p = <0.001	51.01 ± 14.79	p = .818
High ^c	109 (22.7)	44.00 (8-57)	(a-b; a-c)	49.93 ± 14.58	
Employment status during the COVID-19 pandemic					
Unemployed	154 (32.0)	41.50 (1-58)	z = -2.793	51.01 ± 14.79	t = .555
Employed	327 (68.0)	44.00 (6-58)	p = 0.005	50.22 ± 15.81	p = .579
Spouse's employment status during the COVID-19 pandemic					
Unemployed	45 (9.4)	42.00 (4-56)	z = -1.587	38.68 ± 12.00	t = -6.880
Employed	436 (90.6)	44.00 (1-58)	p = 0.113	51.94 ± 14.95	p <0.001**

a: Primary school, b: High school, c: Bachelor's degree

Abbreviations: MAT: Marital Adjustment Test; SMAS-AF: Social Media Addiction Scale- Adult Form; SD: Standard deviation, df: degrees of freedom

†t = Independent t Test; F = One-way ANOVA Test, z= Mann-Whitney UTest, KW=Kruskal-Wallis.

*p < 0.05, **p < 0.001 considered statistically significant.

There was a weak negative correlation between the mean MAT and SMAS-AF scores ($r = -0.096$, $p = 0.034$). Participants' mean MAT score was weak negatively correlated with age ($r = -0.190$, $p = 0.000$), number of children ($r = -0.215$, $p = 0.000$), marriage duration ($r = -0.239$, $p < 0.001$) and VAS "fear of COVID-19" score ($r = -0.215$, $p = 0.000$). Moreover, participants' mean MAT score showed a moderate positive correlation with their VAS "pre-pandemic marital adjustment perception" score ($r = 0.499$, $p = 0.000$), and a weak positive correlation with their VAS "pre-pandemic social media use" score ($r = 0.089$, $p = 0.05$) (Table 2). There was a weak negative correlation between the mean SMAS-AF score and age ($r = -0.353$, $p = 0.001$), number of children ($r = -0.319$, $p = 0.000$), marriage duration ($r = -0.371$, $p = 0.001$), VAS "fear of COVID-19" score ($r = -0.116$, $p = 0.011$), and pre-pandemic marital adjustment perception ($r = -0.189$, $p = 0.000$). The mean SMAS-AF score was weak positively correlated with pre-pandemic social media use ($r = 0.350$, $p = 0.001$).

The reliability of the Marital Adjustment Test (MAT) and the Social Media Addiction Scale-Adult Form (SMAS-AF) was assessed using Cronbach's alpha coefficients, which were 0.92 and 0.93, respectively, in the present study.

Tablo 2. Correlation Table Some Characteristics of the Participants (n= 481)

Variables	Mean (SD)	MAT		SMAS-AF		Age		Number of children		Marriage duration		VAS ^a		VAS ^b		VAS ^c	
		r	p	r	p	r	p	r	p	r	p	r	p	r	p	r	p
MAT	41.14 (10.95)	1		-0.096	.034	-0.190	0.000	-0.215	0.000	-0.239	0.000	-0.215	0.000	0.499	0.000	0.089	0.050
SMAS-AF	50.70 (15.19)			1		-0.353	0.001	-0.319	0.000	-0.371	0.000	-0.116	0.011	-0.189	0.000	0.350	0.000
Age	37.52 (9.31)					1		0.601	0.000	0.873	0.000	0.264	0.000	.0.009	0.851	-0.204	0.000
Number of children	2.40 (.987)							1		0.738	0.000	0.134	0.003	-0.034	0.458	-0.225	0.000
Marriage duration	12.07 (9.92)									1		0.229	0.000	-0.044	0.344	-0.236	0.000
VAS ^a	6.19 (2.99)											1		0.154	0.001	0.013	0.773
VAS ^b	7.58 (1.88)													1		0.087	0.056
VAS ^c	5.60 (2.17)															1	

Abbreviations: MAT: Marital Adjustment Teskkhgt, SMAS-AF: Social Media Addiction Scale-Adult Form; VAS: Visual Analog Scale; SD: Standard deviation

^a VAS “fear of COVID-19” score; *min*= 1 (lowest); *max*= 10 (highest)

^b VAS “pre-pandemic marital adjustment perception” score; *min*=1 (no adjustment); *max*=10 (highest adjustment)

^c VAS “pre-pandemic social media use” score; *min*=1 (lowest); *max*=10 (highest)

Spierman correlation test.

DISCUSSION AND CONCLUSION

This study investigated the relationship between marital adjustment and social media addiction in Turkish women during the COVID-19 pandemic. Four key findings were determined.

First, our results showed that participants had been using social media platforms more since the pandemic began. Many people have turned to social media platforms due to the preventive measures in response to the pandemic (social distancing, curfews, distance education, flexible working hours) (4,28). Consequently, social media addiction has become a growing concern (29). According to the Turkish Statistical Institute (2020), four in five internet users in Turkey spend time on social networking sites (30). Moreover, the number of social media users has increased by 4.2% in Turkey since the pandemic (6). Although our results showed that Turkish women had been using social media more since the onset of the pandemic, they may not spend much time on these platforms because of increased domestic responsibilities as spouses and parents. This interpretation is supported by the finding that women with more children had lower social media addiction scores.

Second, our results showed that the pandemic had no effect on participants' perceptions of marital adjustment. Additionally, the findings suggested a negative relationship between fear of COVID-19 and marital adjustment. Fear is a fundamental instinct urging us to avoid threats. However, it may lead to psychological and mental problems under prolonged stressful situations (31). People exposed to news coverage addressing COVID-19 become more concerned (32). Our results indicated that marital adjustment was adversely affected by the fear of COVID-19 rather than the pandemic itself. Research also shows that the fear of COVID-19 negatively impacts marital satisfaction (21,32). However, the effect of fear of COVID-19 on marital satisfaction remains unclear (32). Therefore, further research is warranted on this topic.

Third, prolonged use of social media negatively affects family dynamics (16,18). Additionally, social media use may reduce communication between family members and lead to virtual dating and affairs (33). Some studies have shown that excessive social media use can cause conflicts in romantic relationships due to jealousy or infidelity (34-37). Our findings indicated a weak negative relationship between marital adjustment and social media addiction. This suggests that as social media addiction increases, marital adjustment slightly decreases. Although this relationship is weak, it should not be overlooked. Previous studies reported that excessive social media use may reduce relationship satisfaction by decreasing

quality time, increasing conflicts, and facilitating secrecy or emotional infidelity (33,34,37). However, other studies found no significant association (38), suggesting that the effects of social media depend on individual usage patterns and relational context. Since our study did not assess the purpose, content, or duration of social media use, these variables may influence the observed relationship. Future research should explore whether specific social media engagement patterns (e.g., passive scrolling versus active communication) are more harmful or beneficial for marital adjustment.

Fourth, age, marriage duration, number of children, education, income, and employment status affected our participants' marital adjustment during the pandemic. Marital adjustment tended to decrease as age and marriage duration increased. Demir Erbil and Hazer (2018) found that marital adjustment was higher in the first five years of marriage (39). Lee et al. (2019) reported that the longer the marriage, the lower the marital adjustment (40). Tabakcı and Parlar (2018) also determined that marital adjustment was at its lowest between 10 and 20 years of marriage (41). Our study also indicated that having more children was associated with lower marital adjustment, consistent with the literature (39, 42, 43). As the number of children increases, couples argue more because they tend to make more self-opinionated decisions about children. As the number of children increases, couples have low marital adjustment also because they cannot make time for each other and have uneven responsibilities.

Our results showed that higher education and income levels were associated with greater marital adjustment, which is consistent with the literature (43–45). More educated couples tend to express themselves more comfortably and accurately and understand their spouses through empathy. Additionally, as education levels increase, couples respect each other's opinions and feelings more and are better able to resolve conflicts and disagreements.

Our participants who worked during the pandemic reported lower marital adjustment compared to those who did not work during this period. Previous research indicates that married working women face more stressors than unemployed married women (39,46). Turkish society is traditionally patriarchal, where women are expected to stay home to support family members and perform household chores. Therefore, working outside the home can contribute to stress and marital maladjustments. Consequently, working women may be more affected by employment-related stressors.

Our results indicate that Turkish women have been using social media more since the COVID-19 pandemic, but their addiction level is not high. The pandemic has not affected Turkish women's marital adjustment. However, fear of COVID-19 has adversely affected

their marital adjustment. There is no correlation between social media addiction and marital adjustment. The higher the education and income levels, the higher the marital adjustment. However, women who work during the pandemic have lower marital adjustment than those who do not.

This study had same limitations. First, the results are sample-specific. Second, we did not evaluate why or how our participants used social media and how much time they spent on them. Third, we recruited women but not their husbands. Fourth, most of our participants had bachelor's degrees. Additionally, data were collected only from women through online methods, which limits the representativeness of the sample and may affect the generalizability of the findings. However, we had a large sample size and recruited women from different regions of Turkey because we used online data collection tools. Lastly, since the data regarding the pre-pandemic and pandemic periods were based on participants' self-reports, recall bias over time may have occurred. Therefore, this should be considered as one of the limitations of the study.

The conscious use of social media may not affect marital adjustment and may even promote it. Therefore, authorities should raise couples' awareness of social media use. Fear of COVID-19 negatively affects marital adjustment. Therefore, it is suggested that authorities provide couples with professional and community-based crisis-oriented psychological services to help them overcome their fear of COVID-19. In addition, more research is warranted to address the effect of fear of COVID-19 on marital dynamics.

Future studies on social media addiction and marital adjustment should recruit socio-demographically homogeneous samples, including both women and their spouses. Additionally, researchers should ask participants to keep diaries to accurately track their time spent on social media platforms. It is also recommended that studies examine not only the duration of social media use but also the underlying motivations, such as information seeking, communication, and entertainment. Employing qualitative or mixed-method approaches could offer deeper insights into the contextual factors influencing social media behaviors within marital relationships.

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