

## Sports Commitment and Phubbing: Reflections from Various Sports Disciplines

## Sportif Bağlılık ve Sosyalizm: Çeşitli Spor Branşlarından Yansımalar

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**Abstract:** This research aimed to investigate the relationship between sports commitment and phubbing. A total of 477 athletes participated in the study, comprising 220 female and 257 male athletes actively involved in various sports: athletics (n=86), badminton (n=11), basketball (n=62), football (n=101), futsal (n=22), handball (n=17), table tennis (n=17), archery (n=36), and volleyball (n=125). Research data were collected using scales measuring sports commitment and general phubbing. Confirmatory factor analysis (CFA) was performed on the scales. In addition to descriptive analyses, t-tests and correlation analyses were employed. The findings revealed significant variations in the research scales based on the type of sport and branch. According to the correlation analysis results, a significant, negative, and weak correlation was found between the vigor subdimension of the Sports Commitment Scale and the interpersonal conflict (r=-.113), self-isolation (r=-.179), and problem awareness (r=-.146) subdimensions of the General Phubbing Scale. A significant, negative, and weak correlation was also found between the absorption subdimension of the Sports Commitment Scale and the self-isolation (r=-.110) and problem awareness (r=-.120) subdimensions of the General Phubbing Scale. In conclusion, it can be said that as vigor and absorption, which are components of commitment to sports, increase, phubbing behaviors will decrease.

**Keywords:** Sports commitment, phubbing, sports branches.

**Özet:** Bu araştırma ile sportif bağlılık ve sosyalizm ilişkisinin incelenmesi amaçlanmıştır. Araştırmaya atletizm (n=86), badminton (n=11), basketbol (n=62), futbol (n=101), futsal (n=22), hentbol (n=17) masa tenisi (n=17), okçuluk (n=36) ve voleybol (n=125), branşlarında aktif sporculuk yapan 220 kadın, 257 erkek olmak üzere toplamda 477 sporcu katılım sağlamıştır. Araştırma verileri spora bağlılık ve genel sosyalist olma ölçekleriyle toplanmıştır. Ölçeklere ilişkin doğrulayıcı faktör analizi (DFA) yapılmıştır. Araştırmada betimleyici analizlerin yanı sıra t testi ve korelasyon analizlerine yer verilmiştir. Bulgular; katılımcıların araştırma ölçekleri kapsamında spor türü ve branş değişkeninde anlamlı değişimler tespit edilmiştir. Korelasyon analizi sonuçlarına göre; spora bağlılık ölçeği alt boyutu olan dinç olma ile sosyalizm ölçeği alt boyutlarından kişilerarası çatışma (r=-.113), kendini yalnızlaştırma (r=-.179) ve problem farkındalığı (r=-.146) arasında anlamlı, negatif ve zayıf düzeyli bir korelasyon tespit edilmiştir. Spora bağlılık ölçeğinin diğer bir alt boyutu olan odaklanma ile sosyalizm ölçeği alt boyutlarından kendini yalnızlaştırma (r=-.110) ve problem farkındalığı (r=-.120) arasında anlamlı, negatif ve zayıf düzeyli bir korelasyon tespit edilmiştir. Sonuç olarak; spora bağlılık (dinç olma ve odaklanma) arttıkça, sosyalizm sergileme davranışlarının azalacağı söylenebilir.

**Anahtar Kelimeler:** Spora bağlılık, Sosyalizm, Spor branşları.

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## INTRODUCTION

Commitment and communication are fundamental to meaningful human experience and a sense of belonging. Within various contexts, such as educational, professional, social, and sporting environments, positive commitment and effective communication are posited to contribute significantly to successful outcomes. However, a range of factors can either facilitate or impede such processes, analogous to clear instructions versus ambiguous guidance. Interpersonal communication has become even more problematized by technological interventions that fundamentally reconfigure traditional interaction modalities. Of particular significance among these influencing factors is the emergent phenomenon of phubbing—a communicative disruption characterized by technologically-mediated social disengagement.

The technological evolution of communication technologies, particularly mobile telecommunications, has precipitated profound transformations in social interaction paradigms. Initially conceived as a practical tool for communication, mobile phones have evolved into primary instruments for entertainment and social interaction. While facilitating widespread social engagement, this technological accessibility has concurrently introduced challenges to face-to-face communication, most notably the practice of phubbing (Göksün, 2019). Derived from “phone snubbing,” phubbing describes the act of disregarding one's present interlocutors by absorbing on one's mobile phone. This behavior implies a devaluation and disregard for the individuals engaged in the immediate social interaction

(Garrido et al., 2021). Phubbing has been shown to exert detrimental effects on social relationships, diminishing the quality of interpersonal communication and consequently weakening social bonds (Mantere et al., 2021). Empirical investigations have systematically documented the deleterious consequences of phubbing on interpersonal relationship dynamics. The persistent engagement with mobile devices during face-to-face interactions systematically erodes communicative quality, compromises relational satisfaction, and fundamentally disrupts established social bonding mechanisms (Chotpitayasunondh & Douglas, 2018).

Phubbing encompasses several subdimensions that could reveal intricate psychological processes that extend beyond mere technological interaction. Nomophobia—characterized by compulsive smartphone attachment and persistent technological dependency—is often associated with phubbing. Technological addictions, such as excessive social media use and constant mobile communication, contribute to this phenomenon (Polat, 2017). In face-to-face interactions, individuals engaging in phubbing prioritize their engagement with their mobile devices despite recognizing the discomfort it causes others. This prioritization of personal desires over the needs of others in social interactions leads to interpersonal conflict, another key subdimension of phubbing. Self-isolation, a further subdimension, refers to the conscious withdrawal from immediate social interactions through mobile phone engagement. Individuals exhibiting this behavior derive

comfort and stress relief from this self-imposed isolation within a social setting. Finally, problem awareness reflects the individual's understanding, or lack thereof, regarding their phubbing behavior. Individuals may be consciously aware of the negative impact of their mobile phone use on face-to-face communication and the need to reduce it, or they may engage in this behavior unconsciously (Chotpitayasunondh & Douglas, 2018).

Commitment can be defined as the degree of effort, interest, care, and motivation individuals invest in a specific activity, responsibility, or situation with defined parameters. This concept is considered crucial for fostering a sense of belonging across diverse domains such as work, education, and sports. Committed individuals typically exhibit heightened motivation and active engagement in their respective endeavors (Fredricks et al., 2004). Commitment can be analyzed through three primary dimensions: behavioral, emotional, and cognitive. Behavioral commitment encompasses an individual's active participation, effort, and willingness to perform the actions necessary to achieve their objectives. Emotional commitment refers to an individual's affective responses and the level of interest, satisfaction, and sense of belonging they experience in relation to a particular activity or task. Cognitive commitment involves the comprehensive application of mental effort and in-depth thinking toward the task or activity at hand. Individuals demonstrating cognitive commitment focus intently on the work process, actively seeking meaning within it (Schaufeli & Bakker, 2010).

Commitment is central to specific activities and creates positive effects in terms of regular participation in sports (Wheatley & Bickerton, 2016). Encompassing cognitive, emotional, and behavioral dimensions, sports commitment reflects active engagement in sporting activities. This concept encompasses a broad range of interactions, including direct athletic participation as well as peripheral forms of engagement such as spectatorship, team support, and consumption of sports media. Sports commitment harbors the potential to promote socialization and increase psychological well-being (Sánchez-Santos et al., 2022). Within the context of sports, an individual's sense of belonging is a crucial element for achieving athletic goals. Vigor, a key dimension of sports commitment, reflects the capacity to perform at a high level and maintain optimal performance even under adverse conditions (Guillén & Alvarado, 2014). Complementing vigor, the absorption dimension emphasizes the ability to remain engaged in long-term training, maintain enthusiasm for training activities, and ensure consistent participation in sporting events (Kayhan et al., 2020).

Today, sports have transcended their traditional role in fostering holistic individual development (physical, mental, social, and emotional) and have become integral to enriching and enhancing human life (Kocak et al., 2013). While sports foster social interaction and strengthen interpersonal bonds through shared experiences and collaborative efforts, the pervasive nature of phubbing behavior threatens to undermine these crucial social connections. Technological and digital materials, whose presence in our lives is increasingly felt every day, are thought to influence many aspects of our daily lives, as well

as our communication styles, whether strong or weak, established in social settings. One of the fundamental areas where communication and interaction are essential is sports. In this context, the aim is to determine the relationship between athletes' commitment to sports and potential phubbing behaviors. The data obtained from the study is expected to provide guidance for athletes to enhance their commitment to sports and communication skills.

The current study investigates the interplay between sports commitment and phubbing behavior. It is anticipated that the findings will inform strategies for guiding athletes in navigating digital engagement within communal living environments. Furthermore, a critical examination of the relationship between sports commitment and phubbing is essential. This research aims to contribute to the existing body of knowledge by exploring the intersection of these two concepts and generating insights for future investigations in this domain. No studies were found that examine the concepts of sports commitment and phubbing together. In this context, it is believed that the current study will contribute to filling this gap in the relevant literature.

## METHODS

**Research Design:** This study utilized a relational survey design to examine the relationship between sports commitment and phubbing behavior (Karasar, 2019). This design allows for the analysis of the degree of association between the variables of interest.

**Participants:** Ethical approval for this research was granted by the Mersin University Faculty of Sports Sciences Scientific Research and Publication Ethics Committee (Decision No. 041, dated 10/06/2024). The study sample comprised 477 athletes (220 female, 257 male) actively participating in various sports branches, including athletics (n=86), badminton (n=11), basketball (n=62), football (n=101), futsal (n=22), handball (n=17), table tennis (n=17), archery (n=36), and volleyball (n=125).

**Data Collection:** In addition to the demographic information form, the following scales were used:

**Sports Commitment Scale:** This scale, originally developed by Guillen & Martinez-Alvarado (2014) and adapted into Turkish by Kayhan et al. (2020), comprises 10 items across two subdimensions: vigor and absorption. Responses are recorded on a 7-point Likert scale. Cronbach Alpha reliability coefficient in terms of internal consistency was determined as 0.918. The construct validity of the scale was examined through exploratory and confirmatory factor analyses. Reliability data were checked using the test-retest method and Cronbach's  $\alpha$  coefficients were calculated. Linguistic equivalence within the scale was examined through correlation analysis.

**General Phubbing Scale:** Developed by Chotpitayasunondh and Douglas (2018) and adapted into Turkish by Orhan-Göksün (2019), this scale consists of 15 items measuring four subdimensions: nomophobia, interpersonal conflict, self-isolation, and problem awareness. A 7-point Likert scale is used. Cronbach Alpha reliability coefficient in terms of internal consistency was determined as  $0.73 \leq \alpha \leq 0.860$ . The data of the scale provide good statistical fit values, showing that its structure is valid and that it has reliable and

consistent results ( $\chi^2/df = 1.99$ ,  $p < 0.001$ , RMSEA = 0.07, SRMR = 0.06, NFI = 0.92, CFI = 0.96, GFI = 0.89).

**Data Analysis:** Data analysis involved several steps. Initially, data were screened for missing values and outliers. Skewness and kurtosis values were assessed to determine the normality of the data distribution. Reliability analyses,

using Cronbach's alpha ( $\alpha$ ), and confirmatory factor analysis (CFA) were conducted to evaluate the psychometric properties of the scales. Descriptive statistics were calculated, and t-tests, ANOVA with Tukey post-hoc tests, and Pearson correlation analyses were performed to examine the relationships between variables. Mean scores of the scales were used for comparative analyses.

## RESULTS

**Table 1.** Confirmatory factor analysis results for scales

Scales	CMIN/DF	CFI	GFI	IFI	AGFI	TLI	RMSEA
Commitment to sport	2.197	.976	.970	.976	.951	.968	.050
Phubbing	2.106	.977	.955	.971	.933	.971	.048

As shown in Table 1, confirmatory factor analysis (CFA) was employed to assess the fit of the hypothesized factor structures of both scales to the observed data (Gürbüz & Şahin, 2017). The following fit indices were obtained: Sports Commitment Scale: CMIN/DF: 2.197, CFI: .976, GFI: .970, IFI: .976, AGFI: .951, TLI: .968, RMSEA: .050.

General Phubbing Scale: CMIN/DF: 2.106, CFI: .977, GFI: .955, IFI: .971, AGFI: .933, TLI: .971, RMSEA: .048. These values indicate an excellent goodness-of-fit for both scales, aligning with established criteria (Cole, 1987; Segars & Grover, 1993; Erdoğan et al., 2007; Byrne, 2010; Plichta & Kelvin, 2013; Çapık, 2014).

**Table 2.** Kurtosis and skewness values and alpha ( $\alpha$ ) values for scales

Scales	Skewness	Kurtosis	Cronbach's alpha ( $\alpha$ )
Vigor	-.905	.213	.81
Absorption	-.938	.336	.80
Nomophobia	-.109	-.835	.84
Interpersonal conflict	.864	.147	.81
Self-isolation	.652	-.569	.90
Problem awareness	.188	-.913	.79

As shown in Table 2, prior to conducting the primary analyses, the distributional properties of the data were assessed. Specifically, skewness and kurtosis values were examined to determine the extent to which the data conformed to a normal distribution, as this is a key assumption for many parametric statistical tests (Tabachnick & Fidell, 2015). Following the recommendations of Hair et al. (2017), acceptable normality was established as skewness and kurtosis values falling within the range of -1 to +1. The analysis of these values confirmed that the normality assumption was satisfied for all variables included in the

study. Besides assessing normality, the reliability of the measurement scales was evaluated. Cronbach's alpha ( $\alpha$ ) was employed as an indicator of internal consistency, reflecting the extent to which items within each scale measure the same underlying construct (Kalaycı, 2018). The resulting alpha coefficients for both the Sports Commitment Scale and the General Phubbing Scale were found to be within the acceptable range, indicating satisfactory reliability and supporting the use of these measures in the subsequent analyses

**Table 3.** T-test results for sport type variable

	Sport type	N	Mean	SD	t	p
Vigor	Individual	150	6.17	.681	-1.408	.160
	Team	327	6.27	.692		
Absorption	Individual	150	5.51	1.129	-2.932	.004*
	Team	327	5.85	1.217		
Nomophobia	Individual	150	4.10	1.640	-.095	.924
	Team	327	4.12	1.653		
Interpersonal conflict	Individual	150	2.59	1.269	-3.014	.003*
	Team	327	3.00	1.572		
Self-isolation	Individual	150	2.84	1.609	-1.583	.110
	Team	327	3.09	1.670		
Problem awareness	Individual	150	3.41	1.646	-1.443	.150
	Team	327	3.65	1.706		

\* $p < .05$

As shown in Table 3, to examine the influence of sport type (individual vs. team) on participants' responses, independent samples t-tests were conducted. These analyses compared mean scores on the subdimensions of both the Sports Commitment Scale and the General Phubbing Scale between athletes participating in individual sports and those participating in team sports. The results revealed a significant difference between the two groups in the *absorption* subdimension of the Sports Commitment Scale

( $p < .05$ ). Specifically, team athletes demonstrated a significantly higher mean score on *absorption* compared to individual athletes. Furthermore, a significant difference was also observed between individual and team athletes on the *interpersonal conflict* subdimension of the General Phubbing Scale ( $p < .05$ ). Team athletes reported higher levels of interpersonal conflict associated with phubbing behavior compared to individual athletes.

**Table 4.** ANOVA analysis results for sport type variable

		N	Mean	SD	f	p	Significant difference
Vigor	Athletics	86	6.11	.733	3.064	.006*	a-c b-c
	Basketball	62	6.07	.763			
	Handball	17	6.65	.416			
	Football	123	6.37	.639			
	Table tennis	28	6.15	.700			
	Archery	36	6.32	.510			
	Volleyball	125	6.21	.703			
Absorption	Athletics	86	5.40	1.212	4.066	.001*	a-b a-c a-d c-b c-e
	Basketball	62	5.47	1.251			
	Handball	17	6.52	.736			
	Football	123	5.94	1.234			
	Table tennis	28	5.45	1.070			
	Archery	36	5.80	.923			
	Volleyball	125	5.86	1.189			
Nomophobia	Athletics	86	4.22	1.659	.514	.797	-
	Basketball	62	4.21	1.649			
	Handball	17	4.42	1.614			
	Football	123	3.97	1.767			
	Table tennis	28	3.99	1.496			
	Archery	36	3.90	1.716			
	Volleyball	125	4.18	1.547			
Interpersonal conflict	Athletics	86	2.72	1.321	4.908	.000*	a-c b-c c-d c-e c-f c-g
	Basketball	62	3.03	1.704			
	Handball	17	4.39	1.747			
	Football	123	2.87	1.560			
	Table tennis	28	2.80	1.217			
	Archery	36	2.14	1.091			
	Volleyball	125	2.93	1.412			
Self-isolation	Athletics	86	3.08	1.703	3.541	.002*	c-d c-e c-f
	Basketball	62	3.27	1.841			
	Handball	17	4.33	1.622			
	Football	123	2.82	1.598			
	Table tennis	28	2.52	1.414			
	Archery	36	2.50	1.444			
	Volleyball	125	3.11	1.584			
Problem awareness	Athletics	86	3.50	1.701	1.908	.078	
	Basketball	62	3.93	1.701			
	Handball	17	4.43	1.669			
	Football	123	3.51	1.755			
	Table tennis	28	3.61	1.557			
	Archery	36	3.02	1.560			
	Volleyball	125	3.54	1.638			

\* $p < .05$ ; Groups: a: Athletics, b: Basketball, c: Handball, d: Football, e: Table tennis, f: Archery, g: Volleyball

As shown in Table 4, in order to investigate the potential impact of specific sports branches on participants' responses, one-way ANOVA tests were conducted to examine differences in mean scores across the subdimensions of both the Sports Commitment Scale and the General Phubbing Scale among various sports represented in the study. Several significant differences were identified across multiple dimensions.

On the Sports Commitment Scale, notable variations were observed in two key subdimensions. For the *vigor* dimension, significant differences emerged between athletes in athletics and handball, as well as between handball and football athletes ( $p < .05$ ). The *absorption* dimension revealed even more nuanced distinctions, with significant differences detected between athletes in athletics and handball, athletics and football, basketball and handball, and table tennis and handball ( $p < .05$ ).

The General Phubbing Scale also demonstrated important variations across sports. In the *interpersonal conflict* subdimension, significant differences were found between handball athletes and those in athletics, basketball, football, table tennis, archery, and volleyball ( $p < .05$ ). In particular, handball athletes reported the highest levels of interpersonal conflict compared to all other sports groups. Similarly, the *self-isolation* subdimension showed significant differences between handball athletes and those in athletics, basketball, table tennis, and archery ( $p < .05$ ).

These findings suggest that sport-specific factors may influence athletes' experiences with phubbing and their commitment to their sport. In particular, handball athletes appear to exhibit a distinct pattern, characterized by higher levels of vigor, absorption, interpersonal conflict, and self-isolation compared to athletes in other sports. This may be attributable to the unique demands and social dynamics inherent in handball, warranting further investigation.

**Table 5.**Correlation analysis results of research variables

N= 477	1	2	3	4	5	6
Vigor	-					
Absorption	.680**	-				
Nomophobia	-.048	-.057	-			
Interpersonal conflict	-.113*	-.074	.539**	-		
Self-isolation	-.179**	-.110*	.502**	.684**	-	
Problem awareness	-.146**	-.120**	.502**	.660**	.586**	-

\*\* $p < .01$ ; \* $p < .05$ . 1: Vigor, 2: Absorption, 3: Nomophobia 4: Interpersonal conflict, 5: Self-isolation 6: Problem awareness

As shown in Table 5, pearson correlation analysis was employed to examine the relationships between the subdimensions of the Sports Commitment Scale and the General Phubbing Scale. The analysis revealed several statistically significant, albeit weak, negative correlations:

**Vigor** (Sports Commitment) and Phubbing: Vigor was negatively correlated with interpersonal conflict ( $r = -.113$ ), self-isolation ( $r = -.179$ ), and problem awareness ( $r = -.146$ ) subdimensions of phubbing. This suggests that athletes with higher levels of vigor in their sports commitment may be less prone to experiencing these negative consequences associated with phubbing.

**Absorption** (Sports Commitment) and Phubbing: Absorption was negatively correlated with self-isolation ( $r = -.110$ ) and problem awareness ( $r = -.120$ ) subdimensions of phubbing. This indicates that athletes who are more absorbed on their sport may also be less likely to experience these aspects of phubbing behavior.

## DISCUSSION

This research investigated the relationship between sports commitment and phubbing, absorbing on the differences between team and individual athletes. The findings revealed significant variations in sports commitment and phubbing behaviors across different sports types.

Regarding sports commitment, the study found that team athletes demonstrated significantly higher mean scores in the absorption subdimension compared to individual athletes. This observation suggests that team dynamics, shared goals, high motivation, and collective performance success may contribute to enhanced absorption among team sport participants. This finding aligns with previous research by Denктаş and Fişekçioğlu (2024), who noted higher sports commitment levels among team sports participants compared to individual athletes and non-athletes. Similarly, Somoğlu et al. (2023) supported these results by identifying higher sports commitment in team sports. However, the research landscape presents some conflicting perspectives. Sivrikaya and Biricik (2019) and Siyahtaş et al. (2020) reported contrary findings, suggesting that individual athletes exhibited higher sports commitment. Güney et al. (2021) found no significant differences in sports commitment levels between individual and team athletes. In the realm of phubbing behaviors, the study uncovered that team athletes reported significantly higher mean scores in the interpersonal conflict subdimension of the General Phubbing Scale compared to individual athletes. This finding is particularly noteworthy, as we found no prior research evaluating phubbing behaviors across sport types in accessible national and international literature. The study's

unique contributions lie in its exploration of the nuanced relationships between sports type, commitment, and phubbing behaviors and its valuable insights into the psychological and social dynamics of athletes across various sports disciplines.

The ANOVA analysis examining the influence of sport branch on sports commitment revealed significant differences in both the *vigor* and *absorption* subdimensions, primarily in comparisons involving handball athletes. Specifically, significant differences in vigor emerged between athletes in athletics and handball, and between handball and football, while differences in absorption were found between athletes in athletics and handball, athletics and football, basketball and handball, and table tennis and handball. Handball athletes demonstrated higher levels of both vigor and absorption compared to athletes in other sports. This finding aligns with previous research highlighting the influence of specific sports branches on sports commitment. Polat and Kaynak (2022) observed variations in sports commitment among volleyball players based on their prosocial and antisocial behaviors. Han and Polat (2022) identified significant differences in sports commitment across different winter sports disciplines. Uzgur et al. (2021) reported that runners with longer distances had higher sports commitment than those with shorter distances. Choi (2023) found that futsal participants exhibited greater sports commitment than those engaged in conditioning sports. Collectively, these studies, along with the present findings, underscore the notion that sports commitment is not a monolithic construct but rather is shaped by the unique characteristics and demands of different sports. The observed differences in vigor and absorption between handball athletes and those in other sports may be attributable to factors such as the fast-paced and dynamic nature of handball, the importance of teamwork and coordination, and the intensity of competition. Further research is warranted to explore these potential influences in greater detail and to develop a more nuanced understanding of how sport-specific factors contribute to variations in sports commitment.

Analysis of phubbing levels across different sports branches revealed significant differences in the interpersonal conflict and self-isolation subdimensions of the General Phubbing Scale. In particular, significant differences in interpersonal conflict were observed between handball athletes and those in athletics, basketball, football, table tennis, archery, and volleyball. In a similar vein, significant differences in self-isolation emerged between handball athletes and those in athletics, basketball, table tennis, and archery. Of particular interest, no significant differences were found in the

nomophobia and problem awareness subdimensions across sports branches.

The elevated levels of interpersonal conflict and self-isolation reported by handball athletes may be linked to the inherent social dynamics of this team sport, where close interactions and reliance on teammates are crucial. The lack of significant differences in nomophobia and problem awareness suggests that these aspects of phubbing may be less influenced by the specific sport branch and could be more related to individual characteristics or broader societal trends. Although existing literature has explored various aspects of phubbing, including its impact on lifestyle, health behaviors, communication, and psychosocial well-being (Parmaksız, 2021; Liu et al., 2021; Tandon et al., 2022; Su et al., 2024; Garrido et al., 2024; Yin et al., 2024), no studies to date have specifically investigated the relationship between phubbing and sports commitment in relation to different sport branches. This gap in the literature highlights the unique contribution of the present study and its potential to advance our understanding of how phubbing behavior may manifest and impact athletes across diverse sporting disciplines.

Correlation analysis revealed significant, albeit weak, negative associations between specific dimensions of sports commitment and phubbing. Vigor in sports commitment was negatively correlated with interpersonal conflict, self-isolation, and problem awareness related to phubbing. Similarly, absorption in sports commitment was negatively correlated with self-isolation and problem awareness. These findings suggest that higher levels of sports commitment may be associated with a reduced susceptibility to certain negative consequences of phubbing. While previous research has explored sports commitment and phubbing independently, this study represents the first to explicitly examine the relationship between these two constructs. Although no directly comparable studies exist, several investigations have explored related concepts, offering valuable insights. For example, Garrido et al. (2024) demonstrated the detrimental impact of phubbing on psychological well-being, while Eski and Yılmaz (2024) found a negative relationship between technology addiction and sports commitment.

Further supporting the potential link between phubbing and individual characteristics, Yin et al. (2024) highlighted how phubbing can lead to increased exclusion and aggression, and Grieve et al. (2021) suggested that individuals with vulnerable narcissistic traits may utilize phubbing to fulfill their need for admiration in online environments. Argan et al. (2019) also found connections between phubbing, social media loyalty, and narcissism in bodybuilders. Tandon et al. (2022) conducted a comprehensive examination of the behavioral, relational, and psychological consequences of fear of missing out (FOMO) and phubbing associated with social media. Their research emphasized a strong correlation between social media FOMO and phubbing, highlighting significant negative impacts on psychological well-being and social relationships. Su et al. (2024) investigated the relationship between problematic gaming and phubbing among adolescents in Shandong, China. Their findings revealed that smartphone-centered behaviors created substantial links between problematic gaming and phubbing across genders. Notably, the study observed that participants demonstrated a tendency to prioritize smartphone interactions over reciprocal interpersonal communication.

Liu et al. (2021) explored the connection between phubbing and mental health in educational settings, specifically examining teachers' experiences. Their research identified significant relationships between phubbing and teachers' depression and job burnout levels. The study underscored phubbing's potential to negatively impact mental health and disrupt daily behavioral patterns.

With the proliferation of digital devices and social media, individuals have become increasingly dependent on technological platforms. Phubbing has emerged as a significant manifestation of technological addiction among digital natives, as identified by Ünal and Yıldırım (2020). Indeed, Karadağ et al. (2016) warned that phubbing could potentially escalate into a more severe psychological condition, highlighting the critical need for conscious technological engagement. In today's technology-pervasive world, cultivating a mindful and intentional relationship with technology is essential. Increased awareness of the potential negative consequences of phubbing can help mitigate its detrimental effects on social interactions and well-being.

Sports have emerged as a crucial domain for socialization, offering a multitude of benefits, including enhanced social connections and a sense of belonging within a community. This sense of belonging aligns with Maslow's hierarchy of needs, fulfilling a fundamental human desire for connection and acceptance (Yetim et al., 2023). Furthermore, active participation in sports has been recognized for its potential to prevent various addictions, including digital gaming and technology addiction, which can significantly disrupt social life (Gündüzalp & Yıldız, 2020; Tilki & Çetin, 2023). Engaging in sports can foster a positive social environment built on trust and contribute to overall life satisfaction (Özsarı & Fişekçioğlu, 2023). Therefore, it can be posited that individuals with a strong commitment to sports are less likely to develop technology addiction. Sports can play a vital role in navigating the challenges of our digital age and maintaining healthy social interactions by promoting a sense of belonging, fostering social connections, and providing an alternative to excessive technology use.

## Conclusions

In conclusion, in a general evaluation, the research findings provide clues that commitment to sports can reduce phubbing. This study identified significant differences in sports commitment and phubbing behaviors based on sport type and branch. Team athletes reported higher absorption within their sports commitment and greater interpersonal conflict related to phubbing compared to individual athletes. Handball athletes exhibited a distinct profile with elevated vigor, absorption, interpersonal conflict, and self-isolation. Correlation analysis revealed weak, negative associations between vigor and absorption in sports commitment and various facets of phubbing, suggesting that higher sports commitment may be associated with reduced susceptibility to negative phubbing consequences. Individuals with high phubbing traits can be encouraged to participate in team sports to increase their face-to-face interaction. Coaches and trainers can incorporate support programs into their training to increase athletic engagement for athletes with high phubbing traits. Future research could expand upon these findings by incorporating a more diverse sample of athletes from various cultural backgrounds to explore potential cross-cultural variations in these relationships. Researchers

can further expand knowledge on the topic by conducting qualitative studies using multiple types of data.

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## GENİŞLETİLMİŞ ÖZET

**Çalışmanın Amacı:** Bu araştırma ile spora bağlılık ile sosyotelizm arasındaki etkileşimin incelenmesi amaçlanmaktadır. Araştırma sonuçlarının sporcuların toplu yaşadıkları ortamlarda dijitalleşmeye yönelik davranışlarını yapılandırmada dikkate alınabileceği düşünülmektedir. Ayrıca sportif bağlılık ve sosyotelizm kavramlarının bir arada ele alınıp ilişkilerinin araştırılmasının kritik öneme sahip olduğu düşünülmektedir. Bu iki kavramın bir arada olacağı bir çalışmanın alan yazına katkı sağlayacağı ve daha sonra yapılması olası çalışmalara fikir oluşturacağı düşünülmektedir.

**Araştırma Sorusu:** Aktif spor yapan bireylerin sportif bağlılıkları ile sosyotelizm arasında anlamlı bir ilişki var mıdır?

**Literatür Araştırması:** İletişim, gündelik yaşamımızın içerisinde büyük bir ihtiyaç olup cep telefonları çıktıkları ilk yıllarda sadece bu ihtiyacımızı pratik olarak karşılama görevini yaparken yıllar içerisinde gelişerek ve dönüşerek eğlencenin ve sosyalleşmenin öncelikli aracı olan bir cihaz haline almıştır. Sosyalleşmenin bu kadar kolay ulaşılabilir bir teknolojik imkân ile karşılanması, sanal olmayan yüz yüze iletişim boyutunda sosyotelizm gibi bazı problemleri beraberinde getirmiştir (Göksün, 2019). İngilizcede “phubbing” olarak adlandırılan sosyotelizm, yaygınlaşmaya



dijital çağ ile başlamıştır. Kişilerin aktif olarak yüz yüze iletişim halindeyken kişisel telefonlarına odaklı halde kalarak sosyalleştiği kişiyi ya da kişileri ihmal etmesi halidir. Mevcut bu hareket, kişinin sosyal etkileşimler esnasında iletişim halinde olduğu kişiyi küçümseyerek önemsememesi ve ikinci planda bırakması anlamına gelir (Garrido vd., 2021). Sosyotelizm, sosyal ilişkilerde ciddi olumsuz etkiler bırakarak kişilerarası iletişim kalitesine zarar vermekte ve bu durumun sonucu olarak sosyal bağların zayıflamasına yol açmaktadır (Mantere vd., 2021). Sosyotelist davranışların artış göstermesi, iletişim halinde olduğumuz bireyin algılanan iletişim kalitesini düşürürken aynı zamanda ilişki doyumunu da olumsuz olarak etkilemektedir (Chotpitayasunondh ve Douglas, 2018).

Spora bağlılık bilişsel, duygusal ve davranışsal boyutları içerirken aynı zamanda spor faaliyetlerine aktif olarak katılımı da ifade etmektedir. Yalnızca spor içerisine aktif katılımı değil, ilgisini çeken spor takımlarını izlemek, desteklemek ve takip etmek gibi pasif katılımı da kapsamaktadır. Spora bağlılık sosyalleşmeyi teşvik etme, psikolojik iyi oluş halini artırma potansiyellerini içerisinde barındırmaktadır (Sánchez-Santos vd., 2022). Spora bağlılık kavramının sporla olan ilişkisine bakıldığında, bireyin spora olan aidiyet hissi sporunun hedefe ulaşmasında önem arz eden konulardan biri olarak düşünülebilir. Spora bağlılık kavramını oluşturan alt boyutlardan dinç olma kavramına bakıldığında, sportif performansı yüksek düzeyde gerçekleştirilebilir ve olumsuz şartlarda dahi optimal düzeyde performansı sürdürebilme olarak ifade edilmektedir (Guillén ve Alvarado 2014). Dinç olmaya ek olarak spora bağlılığın odaklanma boyutuna baktığımızda, uzun süreli antrenmanda dahi aktif kalabilme, antrenman çalışmasına katılmak için sabırsızlanma ve spor etkinliklerine sürekli devamlılığı ifade etmektedir (Kayhan vd., 2020).

Günümüzde spor; fiziksel, zihinsel, sosyal ve duygusal gelişimini tamamlamış nitelikli insanların yetişmesinde önemli bir unsur olma boyutundan öteye giderek, insan yaşamını kolaylaştırıcı ve tamamlayıcı bir unsur olarak da farklı boyutlar kazanmıştır (Kocak et al., 2013). Spor, bireyler arasında sosyal etkileşimi arttırıcı özelliği sayesinde bireylerin birbiriyle olan bağlarını güçlendirip birlikte hareket etme duygusunu yükseltmekten, sosyotelist davranışların artarak yaygınlaşması sosyal bağların zarar görmesine yol açabildiği düşünülmektedir. Bu araştırma ile spora bağlılık ile sosyotelizm arasındaki etkileşimin incelenmesi amaçlanmaktadır. Araştırma sonuçlarının

sporcuların toplu yaşanan ortamlarda dijitalleşmeye yönelik davranışlarını yapılandırmada dikkate alınabileceği düşünülmektedir.

**Yöntem:** İlişkisel tarama modelleri değişkenler arasındaki birlikte değişimin varlığını veya derecesini belirlemeyi amaçlayan araştırma modelleridir (Karasar, 2019). Bu çalışmada ilişkisel tarama modeline yer verilmiştir. Bu araştırma için Mersin Üniversitesi Spor Bilimleri Fakültesi Bilimsel Araştırma ve Yayın Etiği Kurulu'ndan 10/06/2024 tarih ve 041 nolu karar ile etik kurul izni alınmıştır. Araştırmaya atletizm (n= 86), badminton (n= 11), basketbol (n= 62), futbol (n= 101), futsal (n= 22), hentbol (n= 17) masa tenisi (n= 17), okçuluk (n= 36), ve voleybol (n= 125), branşlarında aktif sporculuk yapan 220 kadın, 257 erkek olmak üzere toplamda 477 sporcu katılım sağlamıştır. Araştırmada öncelikli olarak kayıp değerlere bakılmış, ardından uç değerler incelenmiştir. Normallik varsayımı için çarpıklık ve basıklık değerlerine bakılmıştır. Araştırma ölçeklerine ilişkin güvenirlik analizleri (Cronbach's Alpha ( $\alpha$ )) ve Doğrulayıcı Faktör Analizi (DFA) yapılmıştır. Mevcut çalışmada, spora bağlılık ölçeği ve alt boyutları; odaklanma ve dinç olma ile genel sosyotelist olma ölçeği ve alt boyutları; nomofobi, kişilerarası çatışma, kendini yalnızlaştırma ve problem farkındalığından oluşan ölçeklerin ortalama puanları kullanılmıştır. Betimsel istatistiğin yanı sıra t testi, Anova/Tukey ve pearson korelasyon analizlerine yer verilmiştir.

**Sonuç ve Değerlendirme:** Sonuç olarak, bu çalışma spor türüne ve branşına göre spor bağlılığı ve sosyotelizm davranışlarında önemli farklılıklar tespit etti. Genel bir değerlendirme ile araştırma bulguları spora bağlılığın, sosyotelizmi azaltabileceği yönünde ip uçları vermektedir. Takım sporcuları, bireysel sporculara kıyasla spor bağlılıkları içinde daha yüksek odaklanma ve sosyotelizm ile ilgili daha fazla kişilerarası çatışma bildirdi. Hentbol sporcuları, yüksek canlılık, odaklanma, kişilerarası çatışma ve kendini izole etme ile belirgin bir profil sergilediler. Korelasyon analizi, spor bağlılığında canlılık ve odaklanma ile phubbing'in çeşitli yönleri arasında zayıf, olumsuz ilişkiler ortaya koydu ve daha yüksek spor bağlılığının olumsuz sosyotelizm sonuçlarına karşı daha az duyarlılıkla ilişkili olabileceğini düşündürdü. Gelecekteki araştırmalar, spora bağlılık ile sosyotelizm arasındaki potansiyel ilişkide kültürler arası farklılıkların olup olmadığını, farklı kültürlere sahip sporcuların oluşturduğu araştırma gruplarını inceleyerek mevcut bulguları genişletebilir.