

Leisure in the Dark: Boredom and Triad Karanlıkta Serbest Zaman: Sıkılma ve Karanlık Üçlü

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Abstract: The primary aim of this study was to examine the relationship between leisure boredom and dark triad personality traits among university students. The study employed a cross-sectional correlational research design. The population consisted of undergraduate students enrolled at Yalova University, and the sample comprised 709 students (356 females and 353 males) selected through convenience sampling and participating voluntarily. Data were collected using a Personal Information Form, the Leisure Boredom Scale, and the Dark Triad Scale. Descriptive statistics, Independent Samples t-tests, and Pearson correlation analyses were conducted. The findings revealed a strong negative correlation between leisure boredom and Machiavellianism ($r = -.789, p < .001$), a strong positive correlation with psychopathy ($r = .777, p < .001$), and a moderate positive correlation with narcissism ($r = .306, p < .001$). Accordingly, higher levels of leisure boredom were associated with stronger psychopathic and narcissistic tendencies, whereas Machiavellian tendencies decreased. These findings suggest that leisure boredom is not merely a temporary emotional state but is closely associated with individual personality characteristics. However, because the study was based on a cross-sectional correlational design, causal inferences cannot be drawn regarding the relationships identified.

Keywords: Leisure, boredom, dark triad.

Özet: Bu araştırmanın temel amacı, serbest zamanda sıkılma algısı ile karanlık üçlü kişilik özellikleri arasındaki ilişkinin incelenmesidir. Araştırma, kesitsel ve ilişkisel tarama modelinde yürütülmüştür. Araştırmanın evrenini Yalova Üniversitesi'nde öğrenim gören lisans öğrencileri oluşturmaktadır. Örneklem grubunu kolayda örnekleme yöntemiyle seçilen ve gönüllü olarak katılım sağlayan 356 kadın ve 353 erkek olmak üzere toplam 709 üniversite öğrencisi oluşturmaktadır. Veri toplama sürecinde Kişisel Bilgi Formu, Serbest Zamanda Sıkılma Algısı Ölçeği ve Karanlık Üçlü Ölçeği kullanılmıştır. Elde edilen verilerin analizinde betimsel istatistikler, Bağımsız Gruplar t-Testi ve Pearson Korelasyon Analizi uygulanmıştır. Bulgular, serbest zamanda sıkılma algısı ile makavelizm arasında güçlü düzeyde negatif ($r = -.789, p < .001$), psikopati arasında güçlü düzeyde pozitif ($r = .777, p < .001$) ve narsisizm arasında orta düzeyde pozitif ($r = .306, p < .001$) anlamlı ilişkiler olduğunu göstermiştir. Buna göre serbest zamanda sıkılma algısı arttıkça psikopati ve narsisizm eğilimleri artmakta, makavelist eğilimler ise azalmaktadır. Bu bulgular bir arada ele alındığında serbest zamanda sıkılmanın geçici bir duygulanımın ötesinde, bireyin kişilik yapısıyla yakından ilişkili ve bu yapı tarafından biçimlenen öznel bir deneyim olduğu ortaya çıkmaktadır. Bununla birlikte, araştırmanın kesitsel ve ilişkisel tasarımı nedeniyle değişkenler arasındaki ilişkiler nedensel olarak yorumlanamamaktadır.

Anahtar Kelimeler: Serbest zaman, sıkılma, karanlık üçlü.

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INTRODUCTION

Boredom is widely described as a complex psychological experience involving both cognitive and affective processes, arising when individuals perceive their current activities or environments as insufficiently engaging relative to their internal expectations and motivational states. Rather than being limited to a fleeting emotional reaction, boredom has increasingly been discussed as a dispositional tendency reflecting how individuals habitually respond to low stimulation contexts, often referred to as boredom proneness (Martin et al., 2006; Vodanovich, 2003). From this perspective, boredom perception extends beyond momentary experience and represents a phenomenon situated within broader psychosocial functioning. Empirical evidence suggests that boredom is closely linked to individual differences in personality characteristics, regulatory capacities, emotional demands, and the ability to organize and manage leisure in meaningful ways (Cyders et al., 2009; Hussein et al., 2025).

Prior findings suggest that boredom tends to co-occur with higher neuroticism and narcissistic orientations. Within this framework, boredom reflects a personality based vulnerability characterized by increased emotional reactivity and greater sensitivity to unmet psychological expectations (Dursun, 2016). Boredom is not solely attributable to environmental inadequacies; rather, it is also closely linked to individual differences in personality structure. Research suggests that boredom is more pronounced among individuals exhibiting dark personality traits. Within this framework, the link between boredom proneness and psychopathy is most evident in the secondary psychopathy dimension, which is commonly associated with impulsive behavior, emotional dysregulation, and elevated aggression.

This pattern suggests that individuals who frequently experience boredom may show increased vulnerability to aggressive and maladaptive behavioral responses. Moreover, boredom, when coupled with dark personality characteristics, may contribute to the persistence and amplification of risk oriented behavioral patterns (Lee et al., 2025). Recent studies propose that boredom can operate as a signal prompting behavioral shifts toward maladaptive tendencies, particularly when combined with personality related risk factors. Evidence indicates that the combination of boredom proneness and psychopathic traits may play a mediating role in amplifying both physical and social pain-inflicting behaviors. This interaction suggests that boredom, in conjunction with dark personality traits, can undermine behavioral control and increase the likelihood of maladaptive responses (Lee, 2025). These maladaptive reactions may further increase the likelihood of risk-taking tendencies and deviant behaviors emerging in individuals.

Dark personality traits may trigger risky behaviors through underlying cognitive and emotional processes, particularly when interacting with experiences of boredom. Studies drawing on the dark triad perspective suggest that machiavellianism, narcissism, and psychopathy are often associated with ineffective coping responses, which may heighten susceptibility to boredom in situational contexts. In turn, increased boredom has been linked to adverse emotional outcomes, including heightened depression, stress, and anxiety. This process suggests that boredom may function as a critical psychological mechanism through which dark personality traits weaken emotional regulation and increase vulnerability to maladaptive and risk-related behavioral patterns (Yang et al., 2024). This model suggests

that dark personality traits may intensify boredom experiences, thereby shifting individuals' behavioral tendencies toward greater risk-taking. Moreover, this interaction appears to extend beyond intrapsychic processes, as engagement in certain recreational activities may further amplify susceptibility to risky behaviors. In this respect, boredom experienced within specific recreational contexts may interact with dark personality traits to facilitate maladaptive behavioral outcomes (Müller-Boysen et al., 2025). In this context, dark personality traits seem to play a dual role by shaping both behavioral tendencies and the intensity of boredom experiences, as well as individuals' responsiveness to environmental stimulation.

Overall, the literature suggests that boredom extends beyond a short-lived emotional reaction and functions as a meaningful psychosocial condition that may increase vulnerability to maladaptive outcomes, including aggression, risk-oriented behaviors, and social dysfunction, particularly when combined with dark personality characteristics. Although both leisure boredom and dark triad traits have been independently associated with various behavioral risks, research directly examining these constructs within a single framework remains limited. Therefore, the present study contributes to the literature by integrating leisure studies and personality psychology, providing a more comprehensive understanding of how leisure boredom is associated with dark triad personality traits among university students. Based on the theoretical framework and empirical evidence presented in the literature, the following hypotheses were developed:

H1: There is a significant relationship between leisure boredom and Machiavellianism.

H2: There is a significant relationship between leisure boredom and psychopathy.

H3: There is a significant relationship between leisure boredom and narcissism.

METHODS

Research Model: This study employed a quantitative research design to examine the correlation between leisure boredom and dark triad among university students. The research was structured within a correlational survey model, which is designed to identify the direction and strength of relationships between two or more variables without manipulating them. This model is widely used in the literature as an effective approach for examining associations among psychological and behavioral constructs. The correlational survey model was considered appropriate for the present study because the primary aim was to examine naturally occurring relationships between leisure boredom and Dark Triad personality traits rather than to establish causal effects. Therefore, no manipulation of variables was required, making the correlational design the most suitable methodological approach.

Purpose of the Research: The purpose of the present study is to examine the correlation between leisure boredom and dark triad (Machiavellianism, psychopathy, and narcissism) among university students. Beyond identifying the direction and strength of these relationships, the study aims to

conceptualize leisure boredom not merely as a temporary affective state, but as a subjective experience shaped by individual personality characteristics. In this context, the research seeks to contribute to the literature by integrating leisure studies with personality psychology and by highlighting the role of leisure boredom as a psychosocial construct associated with interpersonal strategies and behavioral tendencies in young adults. Additionally, the study aims to provide empirical evidence that may inform preventive and intervention oriented recreational approaches in university settings.

Research Group: The population of this study consisted of undergraduate students enrolled at Yalova University. The sample was determined using a convenience sampling method based on accessibility. Within this scope, a total of 709 university students who voluntarily participated in the study constituted the research sample. The study sample comprised 709 university students, of whom 356 were female (50.2%) and 353 were male (49.8%). Participants' ages varied between 18 and 33 years, with an average age of 21.52 (SD = 2.07), while the median age was calculated as 21. Prior to data collection, participants were provided with detailed information regarding the aim of the study, participation was conducted on a voluntary basis, and it was explicitly stated that all data obtained would be used exclusively for scientific research purposes.

Ethical Approval and Research Ethics: Ethical approval for this study was obtained from the Social and Human Sciences Scientific Research Ethics Committee of Yalova University (Approval Date: June 16, 2025; Protocol No: 2025/273). Data collection commenced only after the approval process was completed. Prior to participation, all individuals were provided with comprehensive information regarding the aims and scope of the research, the voluntary nature of participation, and data protection procedures. Participants were clearly informed of their right to withdraw from the study at any stage without facing any adverse consequences. It was also emphasized that all data would be utilized exclusively for scientific purposes and that personal identifiers would be securely protected. The entire research process was carried out in compliance with national and international ethical principles, research and publication ethics standards, and the regulations set forth by the Yalova University Ethics Committees Coordination Unit.

Data Collection: Data were collected through an online survey form (Google Forms). Prior to data collection, the functionality and accessibility of the online survey form were checked to ensure that all items and response options operated correctly. The questionnaires were then distributed to participants online on a voluntary basis.

Data Collection Tools

Personal Information Form: The form developed by the researcher included descriptive information regarding the participants' age, gender, and opportunities for participation in recreational activities.

The Leisure Boredom Scale (LBS): The Leisure Boredom Scale, originally developed by Iso-Ahola and Weissinger (1990), was adapted into Turkish by Kara et al. (2014). The instrument comprises 10 items organized into two

dimensions, namely boredom and satisfaction, and responses are recorded using a five point Likert format. In the present study, items representing the satisfaction dimension were reverse scored and treated as indicators of dissatisfaction, and all items were subsequently aggregated to generate a single composite boredom score. The internal consistency of the scale in the current sample was calculated as 0.92, reflecting a high degree of reliability.

The Dirty Dozen Scale (DDS): The Dirty Dozen scale, originally introduced by Jonason and Webster (2010) as a brief measure of dark personality traits, was adapted into Turkish by Yaşlıoğlu and Atılgan (2018). The instrument includes three dimensions—machiavellianism, psychopathy, and narcissism—each represented by four items, yielding a total of 12 items. Responses are obtained using a five point Likert response format ranging from strong disagreement to strong agreement, with higher scores reflecting stronger expression of the respective trait. Previous validation work conducted during the Turkish adaptation process confirmed the construct validity of the scale and reported acceptable reliability levels for all subdimensions. In the present study, internal consistency coefficients were recalculated, and the results indicated satisfactory to high reliability, with Cronbach's alpha values of 0.88 for machiavellianism, 0.94 for psychopathy, and 0.92 for narcissism.

RESULTS

Table 1. Distribution of scale scores

Dependent Variable	Number of Items	N	Mean	Skewness	Kurtosis	Cronbach Alpha
Leisure Boredom Scale (LBS)	10	709	2,73	,247	-,687	,926
Machiavellianism (Dirty Dozen Scale)	4		2,46	,358	-,993	,888
Psychopathy (DDS)	4		2,14	1,029	-,343	,948
Narcissism (DDS)	4		2,92	,273	-1,422	,928

As presented in Table 1, the mean scores, skewness and kurtosis values, and reliability coefficients of the Leisure Boredom Scale (LBS) and the subdimensions of the Dark Triad Scale Machiavellianism, Psychopathy, and Narcissism are reported. A total of 709 participants were included in the study. The mean score of the LBS was 2.73, while the mean scores for the dark triad subdimensions were 2.46 for Machiavellianism, 2.14 for Psychopathy, and 2.92 for

Analysis of Data: All statistical analyses were performed using SPSS version 23.0. Participants' demographic characteristics were summarized through descriptive indicators, including frequencies, percentages, means, and standard deviations. Scale reliability was evaluated by calculating Cronbach's alpha coefficients. To assess data distribution patterns, normality was examined by inspecting skewness and kurtosis values, and based on these indicators, the use of parametric statistical techniques was deemed appropriate. In addition, homogeneity of variances was assessed using Levene's Test for Equality of Variances. Depending on the results of the test, either the equal variances assumed or equal variances not assumed statistics were reported and interpreted in the Independent Samples t-test analyses. Variables satisfying the assumptions of normal distribution were subsequently analyzed using parametric procedures. Group differences were examined using Independent Samples t tests, whereas associations among variables were explored through Pearson correlation analysis. For the interpretation of correlation coefficients, the classification framework proposed by Dancey and Reidy (2017) was followed, whereby values between 0.00–0.30 represent low, 0.40–0.60 moderate, and 0.70–1.00 high levels of association. This framework enables a standardized and comparable evaluation of correlation effect sizes within social science research.

Narcissism. The Cronbach's alpha coefficients of the scales ranged between .888 and .948, indicating that all scales demonstrated a high level of internal consistency as these values exceeded the acceptable threshold of 0.70 (Cortina, 1993). Examination of the skewness and kurtosis values revealed that the data fell within the ± 1.5 range and exhibited a homogeneous distribution (Tabachnick and Fidell, 2013).

Table 2. Independent samples t test by gender

Dependent Variable	Gender	N	Mean	t	df	p
LBS	Female	356	2,47	7,884	707	,000
	Male	353	2,99			
Machiavellianism (DDS)	Female	356	2,68	6,440	705,130	,000
	Male	353	2,25			
Psychopathy (DDS)	Female	356	1,87	-6,420	650,908	,000
	Male	353	2,42			
Narcissism (DDS)	Female	356	2,83	-1,935	696,618	,053
	Male	353	3,00			

As shown in Table 2, the results of the Independent Samples T Test conducted according to gender indicate statistically significant differences in the Leisure Boredom Scale (LBS) scores as well as in the Machiavellianism and Psychopathy subdimensions. It was found that male students had significantly higher LBS scores compared to female students ($p < 0.05$). Similarly, in the Psychopathy subdimension, the

mean scores of male students were significantly higher than those of female students ($p < 0.05$). In contrast, female students demonstrated significantly higher mean scores than male students in the Machiavellianism subdimension ($p < 0.05$). No statistically significant difference was observed in the Narcissism subdimension according to gender ($p > 0.05$).

Table 3. Independent samples t test by age

Dependent Variable	Age	N	Mean	t	df	p
LBS	18-21 age	378	2,99			
	> 21 age	331	2,43	8,153	480,403	,000
Machiavellianism	18-21 age	378	2,06			
(DDS)	> 21 age	331	2,92	-13,567	474,652	,000
Psychopathy	18-21 age	378	2,21			
(DDS)	> 21 age	331	2,07	1,629	645,492	,104
Narcissism	18-21 age	378	3,58			
(DDS)	> 21 age	331	2,15	20,343	705,630	,000

As presented in Table 3, the results of the Independent Samples T Test conducted according to age indicate statistically significant differences in the Leisure Boredom Scale (LBS) scores as well as in the Machiavellianism and Narcissism subdimensions. It was found that students aged 18–21 had significantly higher LBS scores compared to those aged over 21 ($p < 0.05$). In contrast, in the Machiavellianism subdimension, students aged over 21 demonstrated significantly higher mean scores than those in

the 18–21 age group ($p < 0.05$). In the Narcissism subdimension, students aged 18–21 were found to have significantly higher scores compared to students aged over 21 ($p < 0.05$). No statistically significant difference was observed in the Psychopathy subdimension according to age ($p > 0.05$). These findings indicate that age plays a discriminative role in leisure boredom as well as in the Machiavellianism and Narcissism subdimensions of dark personality traits.

Table 4. Independent samples t test by availability of recreational facilities

Dependent Variable	Recreational Facilities	N	Mean	t	df	p
LBS	Sufficient	219	1,72			
	Insufficient	490	3,17	-31,831	552,414	,000
Machiavellianism	Sufficient	219	3,52			
(DDS)	Insufficient	490	1,99	32,291	707	,000
Psychopathy	Sufficient	219	1,41			
(DDS)	Insufficient	490	2,47	-16,116	700,763	,000
Narcissism	Sufficient	219	1,77			
(DDS)	Insufficient	490	3,43	-27,005	630,613	,000

As shown in Table 4, participants were classified according to their self-reported perceptions of the availability of recreational facilities as either sufficient or insufficient. The results of the Independent Samples t-test indicated statistically significant differences across all dependent variables. Participants who perceived recreational facilities as insufficient had significantly higher scores on the Leisure Boredom Scale (LBS), Psychopathy, and Narcissism

compared to those who perceived the facilities as sufficient ($p < 0.05$). In contrast, in the Machiavellianism subdimension, participants who evaluated recreational facilities as sufficient demonstrated significantly higher scores than those who evaluated them as insufficient ($p < 0.05$). These findings suggest that perceptions of the availability of recreational facilities play a determining role in leisure boredom and dark personality traits.

Table 5. Pearson correlation results between measures

Dependent Variables		Machiavellianism (DDS)	Psychopathy (DDS)	Narcissism (DDS)
LBS	r	-,789**	,777**	,306**
	p	,000	,000	,000

As presented in Table 5, the Pearson correlation analysis revealed that the relationships between the Leisure Boredom Scale (LBS) and the subdimensions of the Dark Triad Scale were statistically significant. A negative and high-level significant correlation was found between LBS and Machiavellianism ($r = -0.789$, $p < 0.05$). In contrast, a positive and high-level significant correlation was identified between LBS and Psychopathy ($r = 0.777$, $p < 0.05$). Additionally, a positive and low-level significant correlation was observed between LBS and the Narcissism subdimension ($r = 0.306$, $p < 0.05$). These findings suggest that, within the current sample, participants reporting higher levels of leisure boredom also tended to report higher levels of psychopathy and narcissism, whereas Machiavellianism was negatively associated with leisure boredom. Given the correlational nature of the study, these associations should not be interpreted as causal relationships.

DISCUSSION AND CONCLUSION

This study extends the existing literature by demonstrating that leisure boredom is associated with dark triad personality traits and may reflect a personality-related psychosocial

phenomenon rather than merely a temporary emotional state. The analyses indicated that male students reported significantly higher levels of leisure boredom and psychopathy than their female counterparts. This pattern is consistent with earlier evidence suggesting that males are more likely to seek external stimulation and demonstrate stronger impulsive and risk oriented behavioral tendencies when compared to females (Ashton et al., 2014; Byrnes et al., 1999). However, studies challenging this generalization indicate that risk-taking behavior is domain-specific; while males exhibit higher tendencies in financial and physical risks, the gender gap narrows or even reverses in social and relational domains (Weber et al., 2002). The higher leisure boredom scores observed among male students in the present study are consistent with previous findings reporting greater boredom proneness among males (Studak and Workman, 2004). Leisure-related boredom appears to be more strongly associated with engagement in risky and problematic behaviors among males (Kara and Ayverdi, 2018). Moreover, individuals who are more sensitive to boredom have been shown to exhibit a higher tendency toward deviant and risk-related behaviors, a pattern that is

more pronounced among males (Zhao et al., 2022). The more overt behavioral expression of such tendencies among males may render psychopathic traits more observable within this group. In this context, boredom may reinforce impulsivity and norm-violating behaviors associated with psychopathic tendencies, thereby increasing vulnerability to deviant behavioral patterns. Accordingly, previous studies have consistently reported higher levels of psychopathic tendencies among males compared to females (Hare, 2003; Jonason and Davis, 2018).

In the present study, female students were found to score significantly higher than male students on the machiavellianism subdimension. This finding is consistent with early evaluations suggesting that women may exhibit higher levels of machiavellian tendencies than men (Steininger and Eisenberg, 1976). Previous research indicates that machiavellianism tends to be associated with anxiety- and avoidance-based adaptive strategies among women, whereas it is more strongly linked to approach-oriented strategies such as risk-taking, self-confidence, and opportunism among men (Czibor et al., 2017). At the same time, the literature also includes studies reporting higher machiavellian personality scores among men compared to women (Hussain et al., 2023; Ayan et al., 2013), suggesting that gender-related patterns in machiavellianism may vary depending on contextual and methodological factors. Theoretical perspectives propose that individuals with high machiavellian tendencies may engage in manipulative behaviors as a means of compensating for perceived limitations in directly controlling external events (Aldousari and Ickes, 2021). Within this framework, machiavellian behavior can be interpreted as a functional coping strategy developed to manage perceptions of loss of control, although it may become maladaptive over time. Regarding the narcissism subdimension, no statistically significant difference was observed according to gender in the present study. Despite the absence of statistical significance, male participants exhibited higher mean narcissism scores compared to female participants. This pattern is consistent with previous research indicating that males tend to score higher on narcissistic traits than females (Weidmann et al., 2023; Green et al., 2022; Philipson, 1985).

The findings of the present study indicate that students aged 18–21 reported significantly higher levels of leisure boredom compared to students aged over 21. Wagner et al. (2008) emphasized that boredom is experienced more intensely in younger age groups and that this experience may increase sensation seeking and tendencies toward risky behaviors. Similarly, Freund et al. (2021) suggested that boredom and the heightened need for stimulation during adolescence and emerging adulthood may be associated with risk-related behaviors such as substance use. In line with these findings, previous research has reported that leisure-related boredom is more frequently observed among younger age groups (Spruyt et al., 2018). Although Kara and Özdedeoğlu (2017) did not identify a statistically significant difference according to age, their findings indicated that younger individuals tended to exhibit higher levels of boredom. From this perspective, identifying leisure boredom particularly among younger age groups may be considered an important area of intervention for preventing risks associated with deviant and problematic behaviors.

When the age variable was evaluated in terms of dark personality traits, significant differences were observed in the machiavellianism and narcissism subdimensions, whereas no statistically significant difference was found in the psychopathy subdimension. Götz et al. (2020)

demonstrated that the lifespan development of machiavellianism follows a distinct age-related pattern, peaking during adolescence and subsequently declining steadily throughout adulthood. The authors associate this decline with increasing social roles, responsibilities, and personality maturation in adulthood, conceptualizing machiavellianism as a developmental and contextual personality tendency that weakens with age. These findings are consistent with the study conducted by Mudrack (1989) on adult individuals, which reported that machiavellianism scores decrease with age and that this decline becomes particularly pronounced after the age of 38. Higher levels of machiavellian tendencies in younger age groups have been explained by limited social experience and the tendency of individuals to adopt more instrumental and manipulative strategies to achieve their goals under conditions of restricted power and status. As age increases, greater social experience, role acquisition, and normative adaptation are emphasized as key factors contributing to the reduction of machiavellian attitudes. A similar pattern has been observed with respect to narcissistic tendencies. The literature indicates that narcissistic traits are more pronounced in younger individuals and generally show a declining trend with increasing age (Orth et al., 2024; Wetzel et al., 2020; Cramer, 2011). Although no statistically significant difference was identified in the present study with regard to psychopathic tendencies, the younger age group exhibited higher mean scores. Lynam et al. (2009) suggested that psychopathic tendencies remain relatively stable from childhood through adolescence and may be more pronounced at younger ages. In addition, Tesli et al. (2022) reported that violent behaviors and psychopathic traits tend to decrease with age, a pattern associated with maturation in brain development, impulse control, and emotional regulation processes. Overall, the findings suggest that younger ages are associated with a higher risk of antisocial and psychopathic behaviors, whereas these tendencies generally weaken as age increases. Taken together, it may be argued that dark personality traits such as narcissism, machiavellianism, and psychopathy are more salient during younger ages and tend to decline over time in parallel with increasing social experience, role acquisition, and personality maturation.

In this study, analyses conducted according to the perceived adequacy of recreational facilities revealed significant differences in leisure boredom and all subdimensions of dark personality traits. The findings indicated that students who perceived recreational facilities as insufficient reported significantly higher levels of leisure boredom compared to those who perceived the facilities as sufficient. The literature emphasizes that limited access to recreational facilities plays a decisive role in shaping leisure boredom. Accordingly, previous studies have reported that restrictions in access to recreational opportunities significantly increase the level of boredom experienced during leisure (Oh et al., 2001; Iso-Ahola and Weissinger, 1987). Insufficient accessibility and lack of diversity in leisure activities may reduce individuals' interest in participation, thereby limiting the effectiveness of leisure in preventing boredom (Fenech, 2015). Moreover, an increased orientation toward passive leisure activities has been shown to be associated with higher levels of leisure boredom compared to active participation (Gordon and Caltabiano, 1996). In this context, it may be suggested that recreational opportunities aligned with individuals' interests and needs play an important role in reducing leisure boredom.

When evaluated in terms of dark personality traits, students who perceived recreational facilities as insufficient were

found to have significantly higher levels of psychopathy and narcissism. This finding suggests that environmental deprivation may be associated with difficulties in emotional regulation as well as with self-centered or impulsive tendencies. The literature emphasizes that inadequate social and recreational environmental conditions may be related to reduced empathy, increased impulsivity, interpersonal problems, stress, violence, and aggression (Lederbogen et al., 2011; Kuo and Sullivan, 2001). The higher psychopathy and narcissism scores observed among students who perceived recreational facilities as insufficient may reflect a similar pattern, suggesting that limited opportunities for meaningful leisure engagement could be associated with greater vulnerability to impulsive, self-focused, and maladaptive behavioral tendencies. In contrast, the finding that students who perceived recreational facilities as sufficient scored higher on the machiavellianism subdimension is noteworthy. This pattern may be interpreted as indicating that environments offering greater opportunities for social interaction and competition encourage individuals to adopt strategic interpersonal behaviors more frequently. Czibor and Bereczkei (2012) reported that in competitive social contexts, individuals continuously monitor others' behaviors and adjust their decisions accordingly, and that such contextual sensitivity strengthens strategic relational patterns. Within this framework, the quality of recreational facilities plays a role not only as a protective factor that may reduce psychological risks, but also as a contextual element that shapes individuals' modes of developing interpersonal strategies.

In this study, the correlations between leisure boredom and dark personality traits were examined, and statistically significant correlations were identified among the variables. Accordingly, as leisure boredom increased, levels of psychopathy and narcissism also increased, whereas machiavellian tendencies decreased. Taken together, these findings indicate that leisure boredom is not merely a transient affective state, but a subjective experience that may be shaped by individual personality characteristics. An increase in leisure boredom appears to reinforce psychopathy and narcissism tendencies associated with impulsivity and short-term pleasure seeking, while exhibiting an inverse relationship with machiavellian tendencies characterized by planned, controlled, and context-sensitive strategies (Crysel et al., 2013). This finding may be explained by the tendency of individuals with stronger Machiavellian characteristics to strategically reorganize repetitive or monotonous leisure experiences, seek alternative sources of stimulation, and maintain engagement through goal-oriented behaviors, thereby reducing their susceptibility to leisure boredom. According to the dark triad framework, psychopathy is primarily characterized by impulsivity, sensation seeking, and deficient behavioral control, whereas narcissism is associated with self-enhancement needs and a constant search for external validation. In contrast, Machiavellianism reflects a more strategic, future-oriented, and context-sensitive interpersonal style that emphasizes planning and goal attainment (Jones and Paulhus, 2010). From this theoretical perspective, individuals characterized by psychopathic and narcissistic traits may be more vulnerable

to leisure boredom due to their heightened need for stimulation, whereas individuals with stronger Machiavellian tendencies may be less susceptible because of their strategic and goal-directed approach to social and leisure contexts. It has been emphasized that boredom proneness manifests more prominently in psychopathic structures, which are particularly characterized by impulsivity and weak behavioral control (Lee et al., 2025; Blais et al., 2023). In psychopathic structures, boredom is highlighted as a high-arousal experience that distances individuals from future-oriented planning and drives them toward immediate action (Berninger, 2016). Narcissism on the other hand, appears to increase leisure boredom proneness through both heightened external stimulation seeking and insufficient internal stimulation. This pattern suggests that narcissistic structure may be conceptualized as a personality characteristic associated with difficulties in regulating boredom (Wink and Donahue, 1997). Therefore, leisure boredom should be considered not merely as an indicator of negative affect, but as a critical psychosocial threshold that shapes individuals' modes of developing interpersonal strategies and their behavioral orientations.

Recommendations

In this context, it is recommended that university administrations structure their approaches to reducing students' leisure boredom not merely by increasing the number of activities, but by emphasizing the qualitative content of activities and their alignment with student profiles. Expanding recreational programs that encourage active participation and support decision making and responsibility taking processes may contribute to reducing impulsive behavioral patterns and strengthening more planned forms of interpersonal interaction.

Leisure boredom is known to play an active role in the regulation of risk-related behavioral profiles. Therefore, reducing leisure boredom through meaningful, structured, and engaging recreational opportunities may contribute to the prevention of risk-prone and maladaptive behavioral tendencies among university students. In this context, universities may benefit from expanding recreational opportunities that encourage active participation, social interaction, and purposeful leisure engagement.

With regard to recommendations for future research, the need to examine the relationships between leisure boredom and dark personality traits through longitudinal and experimental designs becomes particularly salient. It is suggested that mediating variables such as impulsivity, self regulation, and time management be incorporated into research models, and that the number of applied and intervention based studies in this field be increased.

Ethics Statement: In the present article, the ethical rules of the journal were followed in the research process in the current article. The responsibility for any violations that may arise regarding the article belongs to the author. The approval of Yalova University Ethics Committee dated 16.06.2025 and numbered 2025/273 was obtained.

Conflict of Interest: There is no personal or financial conflict of interest between the authors in the present study.

Author Contribution Rate: In the present study, the contribution rates of all authors are equal.

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GENİŞLETİLMİŞ ÖZET

Bu çalışmanın temel amacı, üniversite öğrencilerinde serbest zamanda sıkılma algısı ile karanlık üçlü (makyavelizm, psikopati ve narsisizm) arasındaki ilişkilerin incelenmesidir. Serbest zamanda sıkılma algısı literatürde çoğunlukla geçici bir duygulanım durumu olarak ele alınmakla birlikte son yıllarda bu algının bireysel ve bağlamsal özelliklerle ilişkili daha karmaşık bir psikososyal yapı olduğu yönündeki yaklaşımlar ön plana çıkmaktadır. Bu bağlamda araştırma, serbest zamanda sıkılma algısını kişilik temelli bir çerçevede ele alarak özellikle karanlık kişilik özellikleriyle olan ilişkisini ortaya koymayı hedeflemektedir. Mevcut çalışma, serbest zaman çalışmaları ile kişilik psikolojisi literatürünü bütünleştirerek serbest zamanda deneyimlenen sıkılma algısının bireylerin davranışsal yönelimleri ve kişilerarası stratejileriyle nasıl ilişkili olduğunu kapsamlı biçimde açıklamaya yöneliktir.

Araştırma kapsamında serbest zamanda sıkılma algısı ile karanlık üçlü kişilik özellikleri arasındaki ilişkiler incelenmiştir. Araştırmada, serbest zamanda sıkılma algısı

ile karanlık kişilik özellikleri arasındaki ilişkilerin yönü ve düzeyi ile bu algıdaki artışın karanlık kişilik alt boyutlarında oluşturduğu örüntü incelenmiştir. Bu doğrultuda serbest zamanda sıkılma algısının yalnızca olumsuz bir duygulanım göstergesi mi yoksa bireyin kişilik yapısıyla ilişkili öznel bir deneyim mi olduğu araştırma problemleri çerçevesinde ele alınmıştır.

Literatürde serbest zamanda sıkılma algısı çoğunlukla bireyin serbest zaman etkinliklerinden yeterli doyum sağlayamaması, uyarım düzeyinin yetersiz kalması ya da etkinliklerin bireysel ilgi ve ihtiyaçlarla örtüşmemesi sonucunda ortaya çıkan durumlarla ilişkilendirilmektedir. Ayrıca serbest zamanda sıkılma algısının, dürtüsellik, risk alma eğilimi ve problemli davranış örüntüleriyle ilişkili olduğu pek çok çalışmada vurgulanmaktadır. Karanlık üçlü kişilik özellikleri ise empati eksikliği, benmerkezcilik, manipülatif eğilimler ve norm ihlali gibi davranışlarla ilişkilendirilmektedir. Psikopati ve narsisizm daha çok kısa vadeli haz arayışı, dürtüsellik ve dışsal uyarım ihtiyacıyla

tanımlanırken makyavelizm planlı, stratejik ve bağlama duyarlı davranış örüntüleriyle açıklanmaktadır. Ancak literatürde serbest zamanda sıkılma algısı ile karanlık kişilik özellikleri arasındaki ilişkileri doğrudan ele alan çalışmaların sınırlı olduğu görülmektedir. Bu çalışma, söz konusu boşluğu doldurmayı ve serbest zamanda sıkılma algısını kişilik bağlamında yeniden tartışmayı hedeflemektedir.

Araştırma, nicel araştırma yöntemlerinden ilişkisel tarama modeliyle yürütülmüştür. Araştırmanın evrenini Yalova Üniversitesi'nde öğrenim gören lisans öğrencileri oluşturmaktadır. Örneklem grubu kolayda örnekleme yöntemiyle seçilen ve gönüllü olarak katılım sağlayan 356 kadın ve 353 erkek olmak üzere toplam 709 üniversite öğrencisinden oluşturulmuştur. Veri toplama sürecinde Kişisel Bilgi Formu, Serbest Zamanda Sıkılma Algısı Ölçeği ve Karanlık Üçlü Ölçeği kullanılmıştır. Elde edilen verilerin analizinde betimsel istatistikler, Bağımsız Gruplar T Testi ve Pearson Korelasyon analizleri uygulanmıştır. Ayrıca kullanılan ölçme araçlarının güvenirlik düzeyleri Cronbach Alpha katsayıları ile test edilmiş ve ölçeklerin yüksek düzeyde iç tutarlılığa sahip olduğu sonucuna varılmıştır.

Araştırma bulguları, serbest zamanda sıkılma algısı ile karanlık kişilik özellikleri arasında istatistiksel olarak

anlamli ilişkiler olduğunu göstermektedir. Serbest zamanda sıkılma algısı ile psikopati ve narsisizm arasında pozitif yönde, makyavelizm ile negatif yönde anlamli ilişkiler tespit edilmiştir. Buna göre serbest zamanda sıkılma algısı arttıkça psikopati ve narsisizm eğilimleri artmakta, makyavelist eğilimler ise azalmaktadır. Bu durum, serbest zamanda sıkılmanın dürtüsellik ve kısa vadeli uyarım arayışıyla ilişkili kişilik yapılarında daha belirgin bir deneyim olduğunu ortaya koymaktadır. Buna karşılık planlama, kontrol ve bağlamsal esneklik gerektiren makyavelist eğilimlerle ters yönde ilişkili olduğu tespit edilmiştir. Elde edilen bulgular bir arada değerlendirildiğinde serbest zamanda sıkılma algısının yalnızca geçici bir duygulanım durumu olmadığı bireyin kişilik yapısıyla yakından ilişkili ve bu yapı tarafından biçimlenen öznel bir deneyim olduğu ortaya çıkmaktadır. Bu yönüyle çalışma, serbest zamanda sıkılma algısını kişilik temelli bir çerçevede ele alarak literatüre kuramsal bir katkı sunmakta ve üniversite öğrencilerinde riskli davranış eğilimlerinin anlaşılmasına yönelik önemli ipuçları sağlamaktadır. Sonuç olarak serbest zamanda sıkılma algısı geçici bir duygu durumunun ötesinde yer almaktadır. Bu algı biçimi, bireyin kişilik yapısı ve özellikle karanlık kişilik özellikleriyle etkileşim içinde şekillenen öznel bir olgu olarak ele alınabilir.