THE RELATIONS BETWEEN UNIVERSITY STUDENTSô INTERNET ADDICTION AND SMART PHONE USAGE HABITS[1]

ÜNİVERSİTE ÖĞRENCİLERİNİN İNTERNET BAĞIMLILIĞI İLE AKILLI TELEFON KULLANMA ALIŞKANLIKLARI ARASINDAKİ İLİŞKİLERİN İNCELENMESİ

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Abstract: A correlational research study was conducted to determine university studentsô Internet addiction levels and how it is associated to the studentsô daily smartphone usage. The participants of the study involved 298 university students in a state university in Istanbul, Turkey. The study results indicated that most of the participant students (43%) belong to the non-addicted group, while 26.8% of the students were addicted to the Internet and 30% of them were risky students, who have a potential to be addicted to the Internet. The results indicated that the university studentsô Internet addiction scores significantly differed with respect to the frequency of their daily mobile phone checking and gender, as male students have higher Internet addiction scores than females. Furthermore, there were positive correlations between university studentsô Internet addiction scores and their daily smartphone usage in hours. The results of the study would provide some advices for governmental organizations about how to deal with both problems by taking some preventive and corrective actions.

Keywords: *Internet addiction, university students, gender, smart phone usage, nomophobia.*

Özet: Üniversite öğrencilerinin internet bağımlılığı düzeylerinin ve internet bağımlılığı ile akıllı telefon kullanımları arasındaki ilişkilerin incelendiği bu çalışmada ilişkisel tarama deseni kullanılmıştır. Çalışmanın katılımcıları İstanbulôda bulunan bir devlet üniversitesi öğrencilerinden oluşmaktadır. Çalışma sonuçları incelendiğinde katılımcıların %43ünün internete bağımlı olmayan grupta bulunduğu halde, %26.8inin bağımlı grupta, %30unun ise bağımlılık potansiyeli taşıyan, risk grubunda olduğu görülmüştür. Ayrıca, öğrencilerin internet bağımlılığı skorlarının akıllı telefonlarını kontrol etme sıklıklarına ve cinsiyete göre değiştiği, erkek öğrencilerin kız öğrencilere göre daha yüksek internet bağımlılığı skorlarına sahip oldukları görülmüştür. Tüm bunlara ek olarak, internet bağımlılığı skorları ile günlük akıllı telefon kullanım süreleri arasında da anlamlı bir ilişki bulunmuştur. İnternet bağımlılığı ve akıllı telefon kullanımı arasındaki ilişkileri ortaya koyan bu çalışmanın sonuçları her iki bağımlılık türü konusunda ne tür önlemler alınması gerektiği konusunda yol gösterici olacaktır.

Anahtar Sözcükler: *İnternet bağımlılığı, üniversite öğrencileri, cinsiyet, akıllı telefon kullanımı, nomofobi.*

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Introduction

Information and communication technologies, especially the web technologies have significantly changed our lives. Using it for very different purposes from searching to shopping or banking operations, the Internet has become an indispensable part of our life. According to Digital in 2017 Global Overview Report (2017), more than half of the worldôs population (3.770 billion people) utilizes the Internet. When we look at our country, 61.2% of all the population in Turkey has been defined as internet users and the Internet has been mostly used for social networking (82.4%), watching videos (74.5%), reading online news and journals (69.5%), searching information about health (65.9%), and about goods and services (65.5%) and listening to music (63.7%) (TUIK, 2016).

According to 2017 statistics, average daily use of Internet via computers and tablet PCs is 5 hours and 19 minutes (Digital in 2017: Global Overview, 2017). How an amazing statistic is this as we spend nearly a quarter part of a day online. Especially, adolescent and adult groups spend substantial time online, which is more than the time they spend for face to face relationships (Kuss, Griffiths, Karila & Billieux, 2014, Tınmaz, 2013). Instead of person to person communications, todayôs people prefer to communicate with friends and relatives online. Although it has several advantages, all substantial utilization of the Internet become source of severe problems. According to Young (1998), people are addicted to the Internet as if they are addicted to alcohol or drugs, which results in very hazardous effects in their academic, social and occupational life. Qulasvirta and Rattenbury (2011) describe the Internet addiction as ñoveruse due to loss of self-controlò (p. 107). Similarly, Young (2007) listed some signs of the Internet addiction, such as high engagements with the Internet, unable to restrict the Internet usage, staying more time on Internet with every other entry, and being in a state of discomfort and anxiety when limiting online access.

The utilization of the Internet technologies has been increased with the emergency of smart characteristics of mobile phones. Currently, there was a high increase in the mobile technologies as %66 of all the worldsô population (4.92 billion people) is mobile phone owners (Digital in 2017: Gloal Owerview Report, 2017). The faster mobile connections and easy access to mobile phones have led to an interesting result that there was a high increase in the number of people accessing web via mobile phones and more than half of the web pages have been served thorough mobile phones. Furthermore, according to 2017 statistics, most people use social media through their mobile phones as there are 2.56 billion mobile social media users in the world (Digital in 2017 Global Overview Internet Report, 2017).

Mobile phones can be used for a variety of purposes ranging from calling and messaging to playing games, surfing in the Internet and social networking. Today, there are very different mobile phone applications for games, social networking sites, shopping sites etc. According to Okazi and Hiroze (2009), large number of available applications on mobile phones promotes extensive usage of mobile phones. Facilitated by the widespread usage of mobile phones, we carry all these applications with us and we have a tendency to check them with every other notifications (Karaca, 2015). Allowing for anytime-anywhere Internet connections, the mobile phones lead to increased utilization of the Internet applications and so people becomes more prone to the hazardous effects of the Internet and mobile technologies. Furthermore, Hong, Chiu and Huang (2012) explained that the greater mobile phone usage is likely to lead to higher mobile phone addiction. Qualasvirta and Rattenbury (2011) stated that smart phones have a potential to form new habits related to the Internet use. For example, frequency of smart phone checking was called as a ñchecking habitò, which means repetitively looking over the available content accessible on the mobile phones. The authors explained that ñchecking habits are automated behaviors where the device is quickly opened to check the standby screen or information content in a specific applicationò (Qualasvirta & Rattenbury, p. 107). These kinds of habits are important to be investigated as checking habits leads to an increase in the usage of mobile phones, and hence a possible increase in mobile phone addiction (Qulasvirta &Rattenbury, 2011; Salehan & Negahban, 2013).

In this study, the associations between university studentsô Internet addiction and their daily smart phone usage habits have been investigated. Although there has been extensive research about internet addiction, mobile phone addiction has received little attention from academicians. Furthermore, there are limited studies examining the possible relations between Internet addiction and mobile phone addiction. This study contributes to filling this gap by exploring how the utilization of mobile phones can be associated with addiction to the Internet. Furthermore, this study would be very valuable to explain why we are so addicted to our mobile phones and the reasons behind the over-use of mobile phones by young people. As young people are more likely to spend higher amount of time with mobile phones and the Internet than elder people, they might be more vulnerable to the Internet and mobile addiction (Bianchi & Philips, 2005, Kuss et al., 2014). Also, several studies indicate that younger people are more likely to use the Internet in a dysfunctional way and they have a tendency to face with more problems compared to older users (Stodt, Wegmann & Brand, 2016; Brenner, 1997). Thus, excessive use of the Internet is more likely to result in more problems amoung young people (Widyanto & Griffiths, 2006). Furthermore, most

smart phone addicts are also young people as they are extremely attached to their smart phones (Aljomaa, Qudah, Albursan, Bakhiet, & Abduljabbar, 2016; Walsh, White & Young, 2008). Examining the relations between the Internet addiction and smart phone usage, this study would be valuable in explaining both kinds of addictions among young students. The results of the study would provide some clues for the related governmental organizations about how to deal with these kinds of addictions by taking some preventive and corrective actions.

Method

A correlational research study was conducted to determine university studentsô Internet addiction levels and how it is associated to the studentsô daily smartphone usage. According to Gay, Mills and Airasian (2006) correlational research is usefull in determining whether a relationship exists between two or more variables. Thus, this study aimed to explore if there is a relationship between the university studentsô Internet addiction scores, and their daily smart phone usage in hours and years of smart phone possession. This study further aimed to examine how studentsô Internet addiction scores differ based on the characteristics of gender, department, and frequency of smart phone checking. The below research questions form the basis of the study:

1. How frequently university students utilize the smart phones?
2. What are the university studentsô Internet addiction levels?
3. Do university studentsô Internet addiction scores significantly vary with respect to gender, department, and frequency of smart phone checking?
4. Is there a significant relationship between the university studentsô internet addiction scores and their daily smart phone usage in hours?
5. Is there a significant relationship between the university studentsô Internet addiction scores and years of smart phone possession?

Participants and Sampling

The sample of the study involved 298 university students at Faculty of Education in a state university in Istanbul, Turkey. As shown in Table 1, the data were collected from 5 different departments at the Education Faculty. As it was difficult to collect data from all these departments, a convenience sampling method was used to reach the participants available for the study (Frankel & Wallen, 2000). Some demographic information about the participants has been provided in Table 1.

Shown in Table 1, the sample of the study involved 298 university students. This study was very valuable in collecting data from 5 different departments, English language, Turkish language education, science education, social studies education, and computer education and instructional technologies department. As shown in Table 1, similar proportions of data were collected from each department. Also, most participant students were from 1st grade (38.3%) and 2nd grade (45%). The mean age of the sample was 19.95 ranging from 18 to 29 years.

Table 1.
Characteristics of Sample for the Study (n=298)

	n		%	
Gender				
Female	203		31.5	
Male	94		68.2	
Missing	1		0.3	
Department				
English Language Education	70		23.5	
Turkish Language Education	63		21.1	
Science Education	53		17.8	
Social Studies Education	55		18.5	
Computer Education and Instructional Technologies	57		19.1	
Grade Level				
1st grade	114		38.3	
2nd grade	134		45.0	
3rd grade	32		10.7	
4th grade	13		4.4	
Missing	5		1.7	
Total	298		100	
	Minimum	Maximum	M	SD
Age	18	29	19.95	1.58

Instrument

In this study, the data was collected by a survey involving three different parts. The first part of the survey involved some demographic questions such as department, gender, age and grade level. The second part of the survey included some questions about the university studentsô smart phone utilization, such as years of smart phone possession, duration of daily smart phone usage, frequency of smart phone checking. The final part of the study involved an Internet Addiction Scale developed by Gönüç and Kayri (2010). The authors assesed the factor structure of the scale using exploratory factor analysis. According to the results of this analysis, this scale consisted of four sub-factors: (1) withdrawal (11 items) (2) controlling difficulty (10 items), (3) disorder in functionality (7 items),

(4) social isolation (7 items). The internal consisteny values for the subfactors were found .877, .855, .827, .791 respectively. Moreover, the internal consistency of the total scale was found to be very good (Ŭ=.94). This 35 item 5-point likert-type scale assessed participantsô rankings from 1 (strongly disagree) to 5 (strongly agree).

In this scale, the state of addiction has been defined in 3 groups: (1) non-addicted, (2) risky, and (3) addicted group. This scale has been rated by using median (Mdn) and standart deviation (SD). To rate the Internet addiction scale, a classification model of low (Mdn-SD), medium (Mdn), high (Mdn+SD) has been used (Gönüç & Kayri, 2010).

In the current study, the internal consistency value of the total scale was also found very high (Ŭ=.946). Furthermore, the internal consistency values for subfactors were all higher than .80, showing good relability estimates for the scale (Hair, Black, Babin, Anderson, & Tatham, 2006)

Data Analysis

Some descriptive statistics such as frequencies, percentiles, standard deviations, mean and median values have been used to analyze the data. Before conducting analysis, Kolmogorov-Smirnov and Shapiro-Wilk normality tests, histograms, Q-Q plots, skewness, and kurtosis were used to check the normality assumption for all the variables of this study. Examining these tests, there were some deviations from normality. Furthermore, a Kolmogorov-Smirnov test was used to test for normality on the main dependent variable, the Internet addiction score. Internet addiction scores of D (298) = .00, p<.05 were found, and does significantly deviate from normality. Therefore, as the data were not normally distributed, some non-parametric tests (Mann Whitney-U, Kruskal Wallis-H, Spearmanôs rho) were conducted to analyze the data.

Results

University Studentsô Smart Phone Utilization

The results of the study indicated that only 1 student did not have a smart phone. As shown in Table 2, the university studentsô years of smart phone possession ranged from 1 to 8 years with a mean value of 3.49 (SD=1.52). Moreover, the studentsô daily smart phone usage has been ranged from 1 to 16 hours with a mean of 4.48 hours (SD=2.88).

Table 2.
University Students' Smart Phone Usage

	Minimum	Maximum	M	SD
Years of Smart Phone Possession	1	8	3,49	1.52
Daily Smart Phone Usage in Hours	1	16	4,48	2,88

The studentsô smart phone checking habits have been shown in Table 3. Most students has a tendency to check their smart phones repetitively once in every 30 minutes (n=86, 28.9%), and once in every 1 hour (n=59, 19.8%). Moreover, 15.4% of the students check their smart phones once in every 10 minutes, and 15.8% of the students check their smart phones once in every 20 minutes. A small portion of students (n=25, 8.4%) check their mobile phones once in every 5 minutes and only 13 students (4.4%) check their smart phones once in every 3 hours.

Table 3.
University Students' Smart Phone Checking Habits

Frequency of Smart Phone Checking	*n*	*%*
Once in every 5 minutes	25	8.4
Once in every 10 minutes	46	15.4
Once in every 20 minutes	47	15.8
Once in every 30 minutes	86	28.9
Once in every 1 hour	59	19.8
Once in every 2 hours	20	6.7
Once in every 3 hours	13	4.4
Missing	2	.7
Total	298	100

University Studentsô Internet Addiction levels

As shown in Table 4, most of the participant students (n=128, 43%) belong to non-addicted group (M=54.297, SD=7.383). On the other hand, among the participants, 26.8% of the students (n=80) were addicted to the Internet (M=106.038, SD=13.123) and there were 90 risky students (30%), who were defined as potentially addicted to the internet (M=75.833, SD=6.411). The mean value of the total group is 74.691 (SD=22.93).

Table 4.
University Studentsô Internet Addiction Levels

	n	%	M	SD
Non-addicted	128	43.0	54.297	7.38
Risky	90	30.2	75.833	6.41
Addicted	80	26.8	106.038	13.12
Total	298	100	74.691	22.93

The Difference in the Internet Addiction Scores between Female and Male Students:

As shown in Table 5, a Mann-Whitney U test was conducted to determine the differences in the Internet addiction scores of female and male university students. Results of that analysis indicated that there was a difference, z = -2.176, p < .05 with male students have higher Internet addiction scores than females.

Table 5
Mann Whitney-U Test Results for Female and Male students

	Gender	n	Rank Avarage	Sum of Ranks	*U*	*z*	*p*
Internet Addiction Scores	Female	203	141.62	28749.50	85043.5	-2.176	.030
	Male	94	164.93	15503.50			
	Total	297					

The Difference between University Studentsô Internet Addiction Scores with respect to the Department

As shown in Table 6, Kruskal-Wallis H test results indicated that the university studentsô Internet addiction scores did not significantly differ with respect to their departments $\chi 2(4, N = 298) = 6.92$, p=.144.

Table 6
Kruskal Wallis-H Test Results for different departments

	Department	n	Rank Avarage	x^2	sd	p
Internet Addiction Score	English Language Education	70	159.65	6.845	4	.144
	Turkish Education	63	154.40			
	Science Education	53	160.96			
	Social Sciences Education	55	124.66			
	Computer Education and Instructional Technologies	55	144.92			
	Toplam	298				

The Difference between the Internet Addiction and Frequency of Daily Smart Phone Checking

The Kruskal-Wallis H test results have been shown in Table 7. The results indicated that the university students' Internet addiction scores significantly differed with respect to the frequency of their daily mobile phone checking, $\chi 2$ (6, N =296) = 24.232, p = .00. In order to examine the differences between groups, Man Whitney-U test was conducted among all the groups. According to these results, there was significant differences between "once in every 5 minute" group and other 5 groups: "once in every 20 minutes", "once in every 30 minutes", "once in 1 hour", "once in 2 hours" and "once in 3 hours" groups; with "once in every 5 minutes" group have higher Internet addiction scores. Furthermore, "once in every 10 minutes" group have significantly higher Internet addiction scores than "once in every 1 hour", "once in every 2 hours" and "once in every 3 hours "groups.

Table 7.
Kruskal Wallis-H Test Results for the difference between Internet addiction and frequency of daily smart phone checking

	Frequency of daily mobile phone checking	n	Rank Avarage	x^2	sd	p
Internet Addiction Score	Once in every 5 minute	25	200.42	24.232	6	.00
	Once in every 10 minute	46	176.58			
	Once in every 20 minute	47	148.21			
	Once in every 30 minute	86	148.34			
	Once in every 1 hour	59	124.44			
	Once in every 2 hours	20	115.00			
	Once in every 3 hours	13	112.12			
	Total	296				

The Relationships between the Internet Addiction Scores and Years of Smart Phone Possession

A Spearman's rho was run to determine the relationships between the university students' Internet addiction scores and duration of smart phone possession. The results indicated no significant correlations between university students' Internet addiction scores and duration of their smart phone possession (r (296) =-.010, p=.867).

The Relationships between the Internet Addiction and Daily Smart Phone Usage in Hours

A Spearmanôs Rho was run to determine relationships between Internet addiction scores and studentsô daily smart phone usage in hours. There was positive correlations between university studentsô Internet addiction scores and their daily smart phone usage in hours (r (294)=.168, p=.004).

Discussion

This study utilized correlational research methodology to determine university studentsô Internet addiction levels and how it is associated to their daily smartphone usage. The study results indicated that though many students (43%) belong to non-addicted group, 26.8% of the students belong to the Internet addicted group. Furthermore, 30% of the students have been defined as risky students, who have a potential to be addicted to the Internet. A similar study was conducted among university students in Jordan, indicated that 40% of the students were addicted to the Internet (Gamal, Alzayyat & Muayyad, 2017). These high Internet addiction rates might be an indication of the emergency of the need for establishing mental health programs for reducing and monitoring the Internet addiction among the university students. The Internet addiction rates have been increasing every other day with the widespread usage of mobile technologies, which allow everytime-everywhere connections. According to Digital 2017 report, there was a high increase in the utilization of mobile technologies as 66% of the all worldsô population has smart phones. Similarly, the study findings indicated that except for only one student, all the students had a smart phone. The easy access to smart phones and faster mobile connections has led to an increase in the number of people accessing web pages through mobile phones.

Furthermore, this study aimed to examine how studentsô Internet addiction scores differed based on the characteristics of gender, department, and frequency of smart phone checking. The study results showed that though the Internet addiction scores did not differed based on the department, it differed based on gender and frequency of smartphone checking. Although the participants of the study involved students from 5 different departments, their internet addiction scores did not change according to their departments. The results also revealed that male students have higher Internet scores than females. In the literature, there are many studies supporting this result that males have a tendency to have higher Internet addiction scores than females (Ak, Koruklu & Yılmaz, 2013; Xu, Shen, Yan, Hu, Yang, Wang, Kotha, Zhang, Ouyang, Zhang & Shen, 2012). This result might be associated with the usage patterns of the Internet with two different gender groups. For example,

males use the internet mainly for the purposes of entertainment and leisure, whereas females use it mainly for the purposes of educational assistance and interpersonal communication (Weiser, 2000). Also, males have a tendency to use the Internet more than females (Xu et al., 2012). Thus, males might be more prone to the hazardous effects of the Internet than females.

According to the study results, most students have a tendency to check their smart phones repetitively once in every 30 minutes (28.9%), and once in every 1 hour (19.8%). Moreover, 15.4% of the students check their smart phones once in every 10 minutes and 15.8% of the students check their smart phones once in every 20 minutes. A small portion of students (n=25, 8.4%) check their mobile phones once in every 5 minutes and only 13 students (4.4%) check their smart phones once in every 3 hours. These results suggest that the university students have a tendency to check their mobile phones frequently and so they are likey to spend a substantial time using these technologies. Moreover, the results indicated that the university studentsô Internet addiction scores significantly differed with respect to the frequency of their daily mobile phone checking. Follow up analysis showed that there were significant differences between the groups who checks their mobile phone ñonce in every 5 minutesò and the other 5 groups who checks their mobile phone repetitively once in every 20 minutes, in every 30 minutes, in every 1 hour, in every 2 hours and in every 3 hours, with the students who check their mobile phone repetitively once in every 5 minute has significantly higher scores. Furthermore, the students who repetitively check their mobile phones once in every 10 minutes have significantly higher Internet addiction scores than the students who repetitively check their mobile phone once in every 1 hour, in every two hours and in every 3 hours. Thus, it can be inferred from these results that the students who frequently check their mobile phones have a tendency to have higher Internet addiction scores. Facilitated by the widespread usage of mobile phones, we carry all these applications with us and we have a tendency to check them with every other notifications (Karaca, 2015). In the literature, the frequency of smart phone checking was called as a ñchecking habitò, which means repetitively looking over the available content accessible on the mobile phones. Our study results indicated that the students who have more frequent checking habits have a tendency to have higher Internet addiction scores. As checking habits leads an increase in the usage of mobile phones, it is likely to lead a possible increase in mobile phone addiction levels of the university students (Qulasvirta &Rattenbury, 2011; Salehan & Negahban, 2013).

Also, this study aimed to explore if there is a relationship between the university studentsô Internet addiction scores and duration of smart phone possession. The study findings indicated no

significant correlations between university studentsô Internet addiction scores and duration of their smart phone possession. The study findings further indicated that the university studentsô years of smart phone possession ranged from 1 to 8 years with a mean value of 3.49. As the emergence of the first smart phones starts with 2007, the placement of smartphones in our life is a comparatively new happening and so this result is not surprising. Moreover, the university studentsô daily smart phone usage has been ranged from 1 to 16 hours with a mean of 4.48 hours. Actually, this result is somehow a surprising one as an American adult spends 2 hours and 51 minutes on their smartphone every day in average (Cross-Platform Future in Focus Report, 2017, March 31). These high usage hours of smart phones among our participant students might be because of that younger people spend more time with their mobile phones than the adults, and so they might be more vulnerable to the hazardous effects of mobile phones and the Internet (Bianchi & Philips, 2005).

Furthermore, the study results revealed that there were positive correlations between university studentsô Internet addiction scores and their daily smart phone usage in hours. This result is not a surprising one as there is a high increase in the number of people accessing web via mobile phones and more than half of the web pages has been served thorough mobile phones (Digital in 2017: Global Overview, 2017). Today, there are very different mobile Internet applications for games, social networking sites, shopping sites etc. According to Okazi and Hiroze (2009), a variety of available applications on mobile phones promotes extensive usage of Internet via mobile phones. Allowing for anytime-anywhere Internet connections, the mobile phones lead to increased utilization of the Internet applications and so people becomes more prone to the hazardous effects of the Internet and mobile technologies. Salehan and Negahban (2013) found that the use of mobile social networking applications is a significant predictor of mobile phone addiction. Furthermore, Hong, Chiu and Huang (2012) explained that the greater mobile phone usage is likely to lead to higher mobile phone addiction. As the study results indicated a positive association between the Internet addiction and mobile phone usage, it might be a good idea to consider these addictions to the Internet and mobile phones together. Some precautions should be taken to minimize the hazardous effects of both addiction types among university students.

Conclusions

In this study, the relations between university studentsô Internet addiction and their daily smart phone usage have been investigated. Although there has been extensive research about the Internet addiction, mobile phone addiction has received little attention from the academicians. Furthermore,

there are limited studies examining the possible associations between the Internet addiction and mobile phone usage. This study contributes to filling this gap by exploring how the utilization of mobile phones can be associated with the addiction to the Internet. This study would be very valuable in explaining why we are so addicted to our mobile phones and the reasons behind the over-use of mobile phones by young people. Especially, adolescents spend substantial time online, which is more than the time they spend for face to face relationships (Kuss, Griffiths, Karila and Billieux, 2014; Tınmaz, 2013). As younger people are more likely to spend higher amount of time with mobile phones and the Internet than older people, they might be more vulnerable to the Internet and mobile phones (Bianchi & Philips, 2005). Supporting this idea, the current studies indicate that mobile phone addiction is also very frequent among young people as they are exteremly attached to their smart phones (Aljomaa et al., 2016; Walsh, White & Young, 2008). Furthermore, younger people have a tendency to experience more addiction problems compared to older users (Brenner, 1997; Stodt et al., 2016), so excessive use of the Internet is likely to result in serious problems amoung young people (Widyanto & Griffiths, 2006). Thus, it is important to investigate these kinds of addictions among young people. Examining the associations between university studentsô Internet addiction and their daily smart phone usage, this study would be valuable in explaining both kinds of addictions among the university students. The results of the study would provide some clues for the related governmental organizations about how to deal with these addiction types by taking some preventive and corrective actions. As this study is only limited to university students, some further studies should also be conducted with different groups of people, such as children and adults. Understanding the associations between the Internet addiction and mobile phone usage will enhance our understanding of developing mechanisms for dealing with both the Internet and mobile phone addictions among young people.

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Uzun Özet

Bilgi ve iletişim teknolojilerinde meydana gelen hızlı gelişmelerle birlikte, bu teknolojiler ve özellikle de internet günlük yaşantımızın ayrılmaz bir parçası haline gelmiştir. Dijital 2017 Küresel Gelişim Raporu (2017) incelendiğinde dünya nüfusunun yarısından fazlasının günlük yaşamında interneti kullanmayı tercih ettiği görülmektedir. Ülke bazında bakıldığında, Türkiye'deki nüfusun %61.2'sinin internet kullanıcısı olduğu görülmektedir (TUİK,2016). Türkiye genelinde internet kullanım amaçları incelendiğinde ise ülke nüfusunun %82.4'ünün interneti sosyal medya kullanım amaçlı, %74.5'inin video izleme amaçlı, %69.5'inin gazete ve dergi okuma amaçlı, %65.9'unun sağlıkla ilgili bilgi arama amaçlı ve %65.5'inin mal ve hizmetler hakkında bilgi arama amaçlı ve son olarak %65.5'inin ise interneti müzik dinleme amaçlı olarak kullandığı görülmektedir.

Dijital 2017 Küresel Gelişim Raporu (2017) istatistiklerine göre bilgisayar ve tabletler üzerinden günlük ortalama internet kullanım süresinin 5 saat 19 dakika olduğu görülmektedir. Buradan da anlaşıldığı üzere günümüzün neredeyse 4'te birini internette geçirmekteyiz. Bu durum özellikle gençler için çok daha can sıkıcıdır. Nitekim, gençler arkadaşlarıyla yüz yüze zaman geçirmek yerine internet üzerinden iletişim kurmayı tercih etmektedirler. İnternet kullanımının gençler üzerinde bir çok olumlu yönleri olduğu gibi diğer taraftan aşırı internet kullanımı çok ciddi sorunlara yol açmaktadır. Young (1998)'e göre insanlar aynen alkol ya da ilaçlara bağımlı oldukları gibi internete de bağımlı hale gelmektedirler ve bu durum kişilerin akademik, sosyal ve iş yaşamlarında çok ciddi problemlere yol açmaktadır. Qulasvirta ve Rattenbury (2011) internet bağımlılığını internetin kişinin kendi kontrolünü kaybedecek boyutta aşırı kullanımı olarak tanımlamıştır. İnternet bağımlılığına dair bazı semptomları listeleyen Young (1998) ise internette çok fazla zaman geçiren, internet kullanımını sınırlandırmakta güçlük çeken, internete her girişinde daha uzun süre kalan ve online erişimi kısıtlandığında kendini huzursuz ve kaygılı hisseden kişilerin internet bağımlısı olarak tanımlanabileceğini belirtmiştir.

Çalışmanın Amacı

Bu çalışmada üniversite öğrencilerinin internet bağımlılığı düzeylerinin belirlenmesi ve internet bağımlılığı ile öğrencilerin mobil telefon kullanımları arasındaki ilişkilerin tespit edilmesi amaçlanmıştır. Buna ek olarak, internet bağımlılığı skorlarının öğrencilere ait cinsiyet, bölüm gibi özellikler ile günlük mobil telefon kontrol etme sıklıklarına göre değişip değişmediğine bakılmıştır. Çalışmanın araştırma soruları aşağıda belirtildiği gibidir:

1. Üniversite öğrencileri akıllı telefonları hangi sıklıkta kullanmaktadırlar?

2. Üniversite öğrencilerinin internet bağımlılığı düzeyleri nelerdir?
3. Üniversite öğrencilerinin internet bağımlılığı skorları cinsiyet, bölüm ve günlük akıllı telefon kontrol etme sıklıklarına göre anlamlı bir şekilde değişmekte midir?
4. Öğrencilerin internet bağımlılığı skorları ile günlük akıllı telefon kullanma süreleri arasında anlamlı bir ilişki var mıdır?
5. Öğrencilerin internet bağımlılığı skorları ile akıllı telefona sahip olma süreleri arasında anlamlı bir ilişki var mıdır?

Bu çalışmanın örneklem grubu İstanbul'da bir devlet üniversitesinin Eğitim Fakültesinde okuyan 298 öğrenciden oluşmaktadır. Kolay erişilebilirlik yöntemi kullanılarak oluşturulan örneklem grubu İngilizce, Türkçe, Fen Bilgisi, Sosyal Bilgiler ve Bilgisayar ve Öğretim Teknolojileri Eğitimi bölümleri olmak üzere 5 farklı bölümden öğrenciler içermektedir.

İlişkisel tarama deseninin kullanıldığı bu çalışmada veriler 3 kısımdan oluşan bir anket aracılığı ile toplanmıştır. Anketin ilk kısmı bölüm, cinsiyet, sınıf seviyesi gibi demografik bilgiler içermektedir. İkinci bölümü üniversite öğrencilerinin akıllı telefon kullanımı ile ilgili sorular içermektedir. Üçüncü bölümü ise Gönüç ve Kayri (2010) tarafından geliştirilmiş olan İnternet Bağımlılığı Ölçeğini içermektedir. 35 maddeden oluşan bu ölçeğin güvenirlik katsayısı .94 olarak bulunmuştur.

Bulgular

Çalışma sonuçları incelendiğinde üniversite öğrencilerinin akıllı telefon kullanım sürelerinin 1 ve 8 yıl arasında değiştiği ve ortalama akıllı telefon kullanım sürelerinin 3.49 yıl olduğu görülmüştür. Öğrencilerin günlük akıllı telefon kullanım sürelerinin ise 1 ve 16 saat arasında değiştiği ve ortalama günlük akıllı telefon kullanım sürelerinin 4.48 saat olduğu görülmüştür. Öğrencilerin akıllı telefon kontrol etme alışkanlıklarına bakıldığında ise bir çok öğrencinin akıllı telefonlarını her 30 dakikada bir (n=86, %28.9), ya da saat başı (n=59, %19.8) kontol ettiği görülmüştür.

Öğrencilerin internet bağımlılığı düzeylerine bakıldığında ise öğrencilerin %43'ü bağımlı olmayan grupta yer alırken, %26.8'i bağımlı grupta, %30'u ise risk grubunda yer almaktadır. İnternet bağımlılığına cinsiyet, bölüm ve akıllı telefon kontrol etme sıklıklarına gibi değişkenlere göre değişip değişmediğine bakıldığında bölüme göre intenet bağımlılığının değişmediği, ancak diğer iki değişkene göre değiştiği görülmüştür. Cinsiyet değişkenine göre bakıldığında erkek öğrenciler lehine bir değişim olduğu ortaya çıkmıştır. Buna ek olarak, öğrencilerin akıllı telefon kontrol etme sıklıklarına göre de internet bağımlılığı skorları değişmekte olup, akıllı telefonlarını her 5 dakikada

bir kontrol eden öğrencilerin internet bağımlılığı skorlarının akıllı telefonunu her 20 dakikada bir, her 30 dakikada bir, her saat başı, her 2 saatte bir ve her 3 saatte bir kontrol eden gruplara göre daha yüksek olduğu görülmüştür. Benzer şekilde akıllı telefonunu her 10 dakikada bir kontrol eden öğrencilerin internet bağımlılığı skorlarının akıllı telefonlarını her saat başı, her 2 saatte bir ve her 3 saatte bir kontrol eden gruba göre daha yüksek olduğu görülmüştür.

Tüm bu sonuçlara ek olarak bu çalışmanın amaçları dahilinde öğrencilerin internet bağımlılığı ile akıllı telefona sahip olma süreleri ve günlük akıllı telefon kullanma süreleri arasında anlamlı bir ilişki olup olmadığına bakılmıştır. Öğrencilerin akıllı telefona sahip olma süreleri ile anlamlı bir ilişki bulunamazken, öğrencilerin günlük akıllı telefon kullanma süreleri ile internet bağımlılığı skorları arasında anlamlı bir ilişki bulunmuştur.

Tartışma ve Sonuç

Üniversite öğrencilerinin internet bağımlılığı düzeylerinin belirlenmesi ve internet bağımlılığı düzeyleri ile çeşitli değişkenler arasındaki ilişkilerin belirlenmesi amacı ile yapılan bu çalışmada veri toplama aracı olarak anket kullanılmıştır. Çalışma sonuçları incelendiğinde çoğu öğrenci bağımlı olmayan grupta (%43) yer aldığı halde bağımlı grupta (%26.8) ve riskli grupta (%30) yer alan öğrencilerin sayısı da hiç yadsınmayacak kadar çoktur. Güncel çalışmalar incelendiğinde üniversite öğrencilerinin internet bağımlılığı düzeyinin her geçen gün arttığı görülmektedir. Mobil teknolojilerin ve özellikle de akıllı telefonların hayatımıza girmesiyle birlikte internete her yerden ve her zaman kolaylıkla ulaşabilmekte ve böylelikle internete her geçen gün daha bağımlı hale gelmekteyiz. İnternet bağımlılığı düzeyindeki bu tarz yüksek oranlar üniversite öğrencileri arasında internet bağımlılığını azaltmak adına bir şeyler yapılmasının gerektiğini göstermektedir. Bu nedenle, çalışma sonuçları incelenerek çeşitli önlemler alınmasının gerekmektedir.

Literatürde internet bağımlılığı ile ilgili birçok araştırma bulunduğu halde internet bağımlılığı ile mobil telefon kullanımı arasındaki ilişkilere çok fazla bakılmamıştır. Bu araştırmada elde edilen bulgular bu eksikliği gidermek anlamında faydalı olacaktır. Ayrıca, bu çalışma cep telefonlarına neden bu denli bağımlı olduğumuz ve bu bağımlılıktan kurtulmak için neler yapılabileceği konusunda bize yol gösterici olacaktır.