



YEDITEPE UNIVERSITY
GRADUATE SCHOOL OF EDUCATIONAL SCIENCES
MASTER'S PROGRAM IN GUIDANCE AND PSYCHOLOGICAL COUNSELING

**EXAMINATION OF THE RELATIONSHIP OF DIGITAL ADDICTION AND THE
PSYCHOLOGICAL WELL-BEING IN REGULAR SPORTS PARTICIPANTS**

BY
ŞEYMA EKİNCİ

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TEZ BAŞLIĞI: Examination Of The Relationship Of Digital Addiction And The Psychological
Well-Being In Regular Sports Participants

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DECLARATION

Yüksek Lisans tezi olarak sunduğum “Düzenli Spor Yapan Katılımcılarda Dijital Bağımlılık ve Psikolojik İyi Oluş İlişkisinin İncelenmesi” adlı çalışmanın, proje aşamasından sonuçlanmasına kadar tüm süreçte bilimsel ahlak ve geleneklere aykırı düşecek bir yardıma başvurulmaksızın yazıldığını ve yararlandığım kaynakların gösterilenlerden oluştuğunu, bunlara atıf yapılarak yararlanılmış olduğunu belirtir ve onurumla beyan ederim.(29/06/2021)

Şeyma EKİNCİ



TEŞEKKÜR

Yüksek lisans eğitimim süresince değerli bilgi ve deneyimlerini bizlerden eksik etmeyen tüm hocalarıma teşekkür ve saygılarımı sunarım. Tez danışmanım Prof. Dr. Servet Bayram hocama yardımlarını esirgemediği için çok teşekkür ederim.

Tez savunma jürisinde yer alan Prof. Dr. Servet Bayram, Doç. Dr. Ferah Çekici ve Dr. Öğr. Üyesi İlknur K. Aybar 'a tezimin daha iyi olması adına verdikleri geribildirim ve öneriler için ayrı ayrı teşekkür ederim.

Tezin başından sonuna kadar her aşamasında katkıların yanında iyilik halim için de desteğini esirgemeyen ve bendeki yeri her zaman ayrı olacak saygıdeğer abim Psk. Danışman Murat Ekinci'ye çok teşekkür ederim. Ayrıca tez sürecimde beni motive eden çalışma arkadaşlarım Fzt. Nuran Ayhan'a ve Saliha Ekmen'e teşekkür ederim. Kafamın karmakarışık olduğu anlarda zihnimi okuyarak yaptığı yüzleştirmelerle silkelenip kendime gelmemi sağlayan arkadaşım Uzm. Psk. Danışman Sedef Kanat'a ve her anımda yanımda olacağına inandığım ve her an yanımda olmasını istediğim kıymetli arkadaşım Şeyma Almanar'a ve diğer tüm arkadaşlarıma ayrı ayrı teşekkür ederim.

Tez yazma sürecinde manevi desteği ve sevgisiyle yanımda olan, bana olan inancını hiç yitirmeyen Abdullah Sevgili'ye yanımda olduğunu hissettirdiği için çok teşekkür ederim.

Son olarak beni büyüten, koşulsuz sevildiğimi hissettiren, bugünlere gelmemi sağlayan siz sevgili ailem... Eğitimim boyunca desteklerini hiçbir zaman esirgemeyen bana sabır gösteren canım babama ve canım anneme, desteğini hep hissettiğim kardeşlerime ve bana inanan herkese sonsuz teşekkür ederim.

ŞEYMA EKİNCİ

ABSTRACT

Addiction has emerged as a problem for years and the factors included in addiction have differentiated and varied over time. One of these factors is digital addiction, which has become a major problem in today's world. The fact that people meet many of their daily needs and wishes through the internet or different technologies reveals the state of digital connectivity. Although digital connectedness was initially expressed as a behavioral addiction to technology and internet addiction, nowadays, as a result of the proliferation of technological tools, social platforms and applications connected to the internet such as smartphone, tablet, social media, game addiction, Facebook, Instagram, Twitter addiction is evaluated under different categories. It is stated that digital addiction is spreading very rapidly around the world and has many negative consequences on people's daily life, physical and mental health.

This study aimed examine the relationship between digital addiction levels and psychological well-being of individuals who regularly do sports. It has been examined whether there is a significant relationship between psychological well-being and digital addiction in individuals who regularly do sports. The universe of the research of individuals who actively participate in the courses affiliated to The Ministry of Youth and Sports in Batman province and regularly do sports. There were 401 (177 female, 224 male) participants in the current study and their age ranged from 18 to 36 and above. It was determined that there was a significant negative correlation between the total scores of the participants in the sample from the Digital Addiction scale and the Psychological Well-Being scale. As individuals' scores on the Digital Addiction Scale increased, their scores on the Psychological Well-Being Scale decreased. Results showed that It has been shown that individuals who exercise regularly develop resistance against psychological negativities and that regular exercise positively affects the happiness and psychological well-being of individuals.

Keywords: *Digital addiction, Psychological Well-Being, Regular sport.*

ÖZET

Bağımlılık durumu yıllarca karşımıza bir problem olarak çıkmış ve bağımlılık kapsamına giren faktörler zaman içerisinde farklılaşmış ve çeşitlilik göstermiştir. Bu faktörlerden bir tanesi de günümüz dünyasının büyük bir problemi haline gelen dijital bağımlılıktır. İnsanların günlük birçok ihtiyacını ve isteğini internet veya farklı teknolojiler aracılığıyla gidermesi dijital bağlı olma durumunu ortaya koymaktadır. Dijital bağlı olma durumu, başlangıçta davranışsal bir bağımlılık olan teknoloji ve internet bağımlılığı olarak ifade edilse de günümüzde internetle bağlantısı olan teknolojik araç gereçlerin, sosyal platformların ve uygulamaların çoğalması sonucunda akıllı telefon, tablet, sosyal medya, oyun bağımlılığı, Facebook, Instagram, Twitter bağımlılığı gibi farklı kategoriler altında değerlendirilmektedir. Dijital bağımlılığın dünya genelinde çok hızlı bir şekilde yaygınlaştığı, insanların günlük yaşantısı, bedensel ve ruhsal sağlığı üzerinde birçok olumsuz sonuçlar doğurduğu belirtilmektedir.

Yapılan bu çalışma ile düzenli spor yapan bireylerin, dijital bağımlılık düzeyleri ile psikolojik iyi oluş düzeyleri arasındaki ilişki incelenmiştir. Düzenli spor yapan bireylerin dijital bağımlılık düzeyleri ile psikolojik iyi oluş düzeyleri arasında anlamlı bir ilişki olduğu görülmüştür. Batman ilinde Gençlik ve Spor Bakanlığına bağlı kurslara aktif olarak katılan ve düzenli olarak spor yapan bireyler araştırmanın evrenini oluşturmaktadır. Araştırmaya 18-36 ile 36 ve üzeri yaşlarda 177 kadın ve 224 erkek olmak üzere 401 kişi katılım sağlamıştır. Katılımcıların Dijital Bağımlılık ölçeği ile Psikolojik İyi Oluş ölçeğinden aldığı toplam puanlar arasında anlamlı negatif bir ilişki olduğu saptanmıştır. Bireylerin Dijital Bağımlılık Ölçeğinden almış oldukları puanlar arttıkça Psikolojik İyi Oluş Ölçeğinden aldıkları puanlar azalmıştır. Düzenli spor yapan bireylerin psikolojik olumsuzluklara karşı direnç geliştirdiğini ve düzenli egzersizin bireylerin mutluluğunu ve psikolojik iyi oluş durumunu olumlu yönde etkilediğini sonuçlar göstermektedir.

Anahtar Sözcükler: *Dijital bağımlılık, Psikolojik İyi Oluş, Düzenli Spor.*

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ABBREVIATIONS

DAS: Digital Addiction Scale

PWBS: Psychological Well-Being Scale

SPSS: Statistical Package for the Social Science



1. INTRODUCTION

1.1.Problem Statement of the study

In ancient times, there was a great need for workforce to gain a significant place in society. In these periods when technology was also not quite what it is now, the importance of human resources and labor was relatively high. Therefore, this situation has been an indicator of how important sports are in human life.

Sports, which are good for the mental health of the individual, include physical activities, are carried out for purposes such as games, health, entertainment, have a positive effect on the social relations of the individual, bring the individual to a certain level physically, and allows individuals to spend their time on contributing positively to their physical and mental state. It can be considered a set of movements that allow people to perform activities, often within the framework of rules in according to the physical structure of people (Heper, 2012).

As well as doing sports, performing sports regularly and within the framework of specific rules is of great importance in terms of reaping the benefits of sports. We see how vital order and discipline are in every work that people do in their lives, and that stability definitely produces positive results. Regular sports are physical activities carried out repetitively within a particular plan and program, in line with the purposes mentioned in the definition of sports, to protect physical and mental health.

In addition to the positive effect of regular sports on physical health, positive contributions are seen in the treatment process of addiction types such as digital addiction, which includes internet or internet-related content and applications (Namli & Türkeli, 2017).

Addiction is a situation in which a substance, object, person, entity or behavior cannot be resisted or prevented, and a person's will is entirely or mainly under the control of that object or behavior (Uzbay, 2009). Again, *addiction* is defined as the inability of the individual to give up a substance that he/she frequently uses, despite his/her desire, voluntarily, increasing the dose of the substance he/she uses over time, showing signs of crisis when he/she cannot reach the substance, continuing to use this substance despite being physically and mentally damaged, and devoting most of his/her time trying to reach this substance (Ögel, 2001). In general, addiction experienced by individuals is of two types: physical (bodily) and psychological or behavioral addiction. *Physical dependence* is defined as the situation in which the individual's body gets used to the substance due to the regular use of the substance, albeit for a long or short time, which creates addiction in the individual's body, and the

emergence of almost crisis-like negative or involuntary behaviors in his body when he cannot reach the substance or cannot take it in sufficient quantity (Bektaş, 1999). *Behavioral addiction* is defined as: Although the individual does not use any substance, it is the habits that cause the emergence of undesirable behaviors seen in individuals who use substances (Tez et al., 2011). The individual constantly thinks about performing the behavior that he is dependent on, and the individual constantly desires to perform this behavior. In situations, environments, and times where the individual cannot perform the behavior, a noticeable decrease in the level of tolerance towards his environment, marked inconsistencies in mood, withdrawal symptoms and mood prone to conflicts are observed. Behavioral addiction is exemplified as can excessive desire for gambling, eating, kleptomania (stealing disease), inability to stay away from social networks and applications, uncontrolled use of digital tools, and similar behaviors (Griffiths, 1999).

Addiction has emerged as a problem for years and addiction factors have differentiated and varied over time (Yengin, 2019). One of these factors is digital addiction, which has become a significant problem in today's world. The fact that people meet many of their daily needs and wish through the internet or different technologies reveals the state of digital connectivity. Although digital connectedness was initially expressed as a behavioral addiction to technology and internet addiction, nowadays, as a result of the proliferation of technological tools, social platforms and applications connected to the internet such as smartphone, tablet, social media, game addiction, Facebook, Instagram, Twitter addiction is evaluated under different categories. It is stated that digital addiction is spreading very rapidly around the world and has many negative consequences on people's daily life, physical and mental health (Kırık et al., 2015).

In the world, different individuals and groups who are far from each other, thanks to digital technologies and the internet, are getting closer and communicating with each other (Karakuş, 1999). Individuals have the opportunity to introduce and express themselves in the digital environment, regardless of social status, financial situation, race, or gender. Due to the convenience and opportunities provided by the digital environment and technologies, people can isolate themselves from their reallife and distance themselves from their social life and friends. Especially in the virtual world provided by the digital environment, as people acquire an environment for themselves, they will move further away from their real life, thus weakening their social relations (Ögel, 2012). The fact that people who are getting away from their real social life can easily communicate with different people and establish social bonds in the virtual environment is the most crucial factor that makes the internet and digital

environment attractive as individuals can convey their thoughts and feelings to the other party without limiting themselves as they want to reflect themselves, get the opportunity to follow and observe in the internet environment without the knowledge of the users. In addition, the fact that the user can access the internet and the technologies hosting the internet whenever he/she wants is another crucial reason that increases the interest in internet use. (Ekinici, 2002).

Sports integrated with human life contributes to the spiritual, physical and mental development of individuals. This feature of sports makes it an important place in human life. As individuals interact with new people through the sports they do, their socialization levels increase. As a result of digital addiction, the life and social life of the individual becomes negative only to be limited to the virtual world, while on the contrary, sports contribute to the development of social relations in their real lives by positively affecting the socialization levels of individuals (Can, 2019).

Today, rapidly developing technology has reduced the need for human labor and power to a minimum, and as a result, a lifestyle that is incompatible with human nature has emerged. In addition to this lifestyle, pressures from work and social environment, various diseases that occur in connection with stress are factors that affect people's lives negatively and can cause their deaths. Sports help people by supporting the healthy and natural lifestyle of people against these factors that negatively affect human life and the stress caused by this lifestyle. While sports allow people to live a regular and healthy life, it also contributes positively to people's psychological well-being and psychological resilience by affecting their social and individual personality development. For this reason, sports are of vital importance in developed societies, and sports programs and activities are implemented starting from childhood (Gökhan et al., 1979). From these perspectives, sports are essential in terms of eliminating the harmful effects of technology on human life, making significant contributions to the formation of a happy and peaceful society consisting of healthy individuals, and providing benefits to individuals' psychological well-being.

Studies have shown that individuals who exercise regularly develop resistance to psychological adversities and that regular exercise positively affects the happiness and psychological well-being of individuals. One of the best and most effective methods of eliminating psychological disorders and feeling psychologically well for people who lead a stable life is to gain this habit by making regular exercise a part of their lives. Thus, individuals can lead a better quality of life, take firmer steps towards their life goals and objectives, and maintain their social relations in a healthy way (Başar and Sarı, 2018).

When the studies in the literature are examined, it has been seen that studies have been carried out for target groups such as university students and secondary school students, and there has been no study for individuals who regularly do. This study will make an important contribution to the gap in the literature and will be a source for new studies in the field.

1.2.Purpose of the Study

In this study, the aim was to examine the relationship between digital addiction levels and psychological well-being of individuals who regularly do sports. It has been examined whether there is a significant relationship between psychological well-being and digital addiction in individuals who regularly do sports. Moreover, the effect of digital addiction on individuals' psychological well-being and psychological resilience levels have been emphasized. Other sub-objectives of the study are listed as follows:

1.2.1. Sub – Questions of the study

1. Is there a significant relationship between the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale?
2. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-being scale differ significantly according to gender?
3. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale differ significantly according to their age?
4. Do the total scores of the participants in the sample from the Digital Addiction Scale and Psychological Well-being Scale show a significant difference according to their height?
5. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to their weight?
6. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to their marital status?
7. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to their educational status?
8. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to their socio-economic levels?

9. Do the total scores of the participants in the sample from the Digital Addiction scale and Psychological Well-Being Scale show a significant difference according to their profession?

10. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to the sports and physical activity they have done in the gym?

11. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to how long they have been doing regular sports?

12. Do the total scores of the participants in the sample from the Digital Addiction scale and the Psychological Well-Being scale show a significant difference according to the number of days they do regular sports?

13. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to the sports branch they do?

14. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale show a significant difference according to the reasons for doing sports?

15. Do the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale differ significantly according to the digital product they use most?

16. Do the total scores of the participants in the sample from the Digital Addiction Scale and Psychological Well-Being Scale differ significantly according to the duration of using the digital product during the day?

1.3. Problem Statement

The main problem of this research was whether there is a relationship between digital addiction and psychological well-being of individuals who regularly do sports.

1.4. Limitations

- 1) The research is limited to the relationship between digital addiction levels and psychological well-being levels of individuals who regularly do sports according to some demographic characteristics.

- 2) The reliability of the data to be obtained from the research is limited to the evaluations of the individuals participating in the study who regularly do sports.

1.5. Assumptions

The assumptions obtained within the scope of the research can be listed as follows:

- 1) It is assumed that the sample participating in the research will respond honestly and accurately to the scales planned to be applied.
- 2) It is assumed that the sample of the research represents the population of the research in the best way.
- 3) It is assumed that the statistical methods to be applied in the analysis of the research data are reliable and valid.

2. RELATED LITERATURE REVIEW

2.1. Sports

According to Heper (2012), *sports* can be defined as a conglomeration of exercises performed that fit the individual's physical characteristics, usually within the bounds of a set of rules.

2.1.1. Definition of sports

Sports can be performed in the name of games, health, entertainment purposes that include a physical activity that is good for both the mental and physical health of an individual and the social benefits it brings (Heper, 2012). Therefore, the sport gets the individual to a certain level of physical well-being and gives rise to individuals spending their time on activities that positively contribute to their body and mind. It can also be defined as an agglomeration of physical movements done individually or as a group with the intention of competition, with strict and specific rules and without expecting quick results (Grand Larousse, 1986).

Sports are activities done with conscious intention and willingness, in a specific time frame, without serving defensive instincts. In other words, in order for a sport to be included in sports, the individual must not act on the purposes of self-defense (Fişek, 2003).

It is a widely accepted, known, and proven fact that sport significantly affects the physiology and biology of human beings (Ozan, 2013). The positive effect of sport on people are both in physical and mental ways. In addition, cognitive and physical activity, sport also

has positive contributions to the social life and environment of the person. People acquire a chance to observe better and acknowledge their environment, and be in touch with others in their surroundings, and as a result of this, their self-confidence increases. By obtaining a more charismatic look, they gain ground in having an acceptable, good, and strong position in society. When viewed from a psychological perspective, individuals gain several positive behaviors such as maintenance of self-control, calmness, and motivation for success. Especially, if a person does not do sports as a child or from a young age, there is a very low probability that they will have a healthy developmental process (Sevim, 2002). The notion that sport contributes to the process of people developing positive psychology is an irrefutable fact.

Sports activities allow people to come together to do a mutual activity for a mutual purpose and aim. When people strive for a mutual purpose and aim and act on a competitive discipline, they gain a will to fight. Moreover, owing to sports, people form healthy and high quality relationships, accept success and failure better and gain the ability to respect others' opinions (Şahan, 2008). Besides, as a sport has become the indicator of welfare level and culture it established an essential social and cultural life (İmamoğlu, 1992).

2.1.2. The Concept of Regular Sports

Sports are done regularly and according to specific rules means an excellent deal for utilizing sports' benefits. In people's lives, we often encounter the importance of having order, discipline, and stability lives leading to positive outcomes. Regular sports is done for Maintaining physical and mental health, Being good for individual's mental health, Including physical activities in the name of games, health, and entertainment, Positive effects on social relationships, Getting to a certain level in terms of physicality, Individuals spending their time on positive contributions to their body and mind. All of these are repeated physical activities performed according to a particular plan and schedule.

The concept of regular sports serves the end result of physical and mental well-being after the individuals' regiment, planned, and scheduled activities. Regular sports varies based on factors such as the person's age, health, and physical state. Besides feeling physically and mentally healthier, people who do regular sports also feel the positive contributions of sports in solving their problems and perception (Zorba, 2011).

It is undeniable that there is a positive connection between regular sports activities and individuals' mental well-being. Therefore, regular sports activities affecting mental well-being

create a positive contribution in solving problems like depression, stress, sleep disorders, low self-esteem, and anxiety (Zorba, 2011).

Keeping in mind the fact that the habit of regular sports is tough in older ages, making school-age children adopt the habit of sports makes sure that they will continue this repeated activity. Thereby, starting sports from an early age corresponds to a great deal of importance for a healthy life (Morehouse & Miller, 1973).

One of the most critical factors that individuals participate in regular sports activities is family. Family members giving importance and caring about sports and physical education positively contribute to the individual being interested in sports activities (Öztürk,1998).

2.1.3.The Historical Development of Sports

Since the existence of humanity, sports has been intertwined with human history and is a process affected by the conditions of the changing times. After starting with the struggle of humans with nature, sports emerged spontaneously as a part of life for protection, nourishment and shelter to survive in difficult natural conditions (Fişek, 1985).

It is thought that the first sports performed in history, whether they were made with or without a tool, were of defense and attack origin and resulted from the compulsory bodily actions of the human life and death struggle with nature. However, the fact that these activities were carried out only for defensive and offensive purposes should not mean that these actions are sports, because people at that time were not aware that they were doing sports. They were just struggling with life (Fişek, 2003). For this reason, in primitive societies, it is not possible to distinguish between sports and offensive and defense-based activities. The basis of this is that the actions such as defense and attack, which are called sports activities, are a part of daily life and cannot be removed from daily life (Dever, 2010).

Failure to coincide with the rules of the sport, which are indispensable for today's sports, in this period raises the question of whether these actions are sports or not. As an answer, we can say that although the actions are not a complete sportive activity, they are "starter sports" activities that enable the first seeds of today's sports to be planted (Dever, 2010).

One of the oldest and closest to today's sports understanding is seen in Chinese Civilization. Physical studies have been critical in Chinese civilization and it is accepted as the first civilization to use these studies in everyday. At the forefront of these studies is the art

of Kung-Fu. Kung-Fu, which emerged in 2700 BC for a religious purpose, in other words, with the aim of religious teaching and requiring intense physical training, is called a martial art and an offense sport (Gillet, 1975).

Greece is known as the place where sports emerged most prominently before modern society. The best training methods in ancient Greece required training with great precision, both mentally and physically. The most important condition for an individual to have a healthy structure and develop his/her culture was considered to be the physical gains obtained by participating in sports competitions and mental development. For this reason, the Greeks established "Lykeion and Akademos" for the development of the mind and "Gymnasium, Palestra and Stadion" for physical development. The word "athlete" was used for the first time by Homer in epic works in ancient Greece (Sarialp, 2001).

In ancient Greece, games were held to find the best athlete within certain time limits and rules. The ancient Greeks, who made the greatest contribution to the history of sports with these sports organizations, named these organizations the Olympics. The Olympics emerged by feeding off the competition between the sites. These organizations, namely the Olympics, were organized as competitions when the belief in the resurrection of the souls of the dead, which was accepted as once every eight years and then every four years, was born. The date of the Olympic organizations is officially accepted as 776 BC. During the commemoration of Zeus, sports festivals were also organized in the Olympia region, and they decided not to fight in any way during these festivals and to establish god's peace. To immortalize this agreement, they engraved it on the disc (Tükenmez, 2009).

Like other communities, Turks did sports as a part of social, psychological, games, entertainments, and cultures (Mengütay, 1997). Sport, which takes its foundations from the History of Turkish Culture and is carried out as a kind of preparation for war, is considered as a "lifestyle" and "warcraft" beyond being a sport. It is generally known that the traditional sports of the Turks center around equestrian, archery, and wrestling. In Orhun Inscriptions and Göktürk Inscriptions, it is known that khans frequently hunted and trained by archery (Özen, 2012). When we look at the Ottoman period, we see wrestling, which is considered the most popular and a palace sport. The fact that wrestling has an important place in Turkish culture is due to the fact that the Turks are a warrior community. Wrestling, which is known to be more popular among Turkish peoples in Anatolia than in Central Asia, proves that Turks are a warrior and raider community, and their culture is kneaded with this identity. In addition, sports such as javelin and archery on horses are also known (Kahraman, 1995). The

warrior and raider lifestyles of the Turks on horses had a significant impact on their understanding of sports, and the sports on horses had special importance. Gökbörü, "oğlak oyunu", "kızbörü", "beyge", javelin, "cündi", "çöğen" (polo), which are seen in Turkish peoples, were among the Turkish sports with horses (Ozen, 2012).

Sports activities differed in the Seljuk, Ottoman, and Republican periods. Traditional Central Asian sports interacted with Moroccan and Greek cultures during the Seljuk period. The increase in admiration for Westernization with the Republican period and the westernization of policies greatly reduced the importance of traditional sports such as wrestling and archery, which were court sports in the Ottoman period.

The approach of the Turks towards sports was similar to the approach of people towards sports around the world. People feel the need to find and choose the best in the society they live in. These needs give rise to sports competitions. Opportunities have increased with globalization and capitalism; measurement and evaluation have become more reliable and valid. Thus, the athletes had the opportunity to evaluate themselves around the world.

2.1.4.The Benefits of Sports

Although sports have an important place in human life, it is an indispensable phenomenon that increases the quality of life. Individuals' desire and reasons for doing sports are not limited to factors such as being healthy, losing weight, keeping fit, being an athlete, but also factors such as individuals' desire to communicate with other people, their desire to be social, distance from loneliness and psychological well-being lead individuals to sports. Sports activities, which are generally carried out for purposes such as physical training and protection of general psychological health, are also carried out for purposes such as taking responsibility, acting in cooperation, providing self-control by disciplining themselves (Zorba, Babayiğit, Saygın, İrez, & Karacabey, 2004).

Sports, which is generally thought to contribute to physical development, also contribute to the social, cultural, and psycho-social development of individuals and provide benefits to people of all age groups. Regular and scheduled sports activities lead to the following:

- ✓ It lowers blood pressure.
- ✓ Reduces the loss of muscle and bone mass.
- ✓ Increases balance and movement skills.

- ✓ Provides regular sleep.
- ✓ It helps maintain the ideal weight.
- ✓ Relieves individuals from stress and tension.
- ✓ It improves the quality of life.
- ✓ Increases resistance to fatigue.
- ✓ Develops creative personality.
- ✓ It ensures to be compatible with the environment.
- ✓ Develops the skills to compete within the framework of the rules (Zorba & Ziyagil, 1998).

2.1.4.1. Physiological Benefits

The undisputed and oldest feature of the sport is the physical development it provides. It is known that in antiquity, people did their physical activities in order to survive, provide shelter, stay safe and strong. After the emergence of the concept of leisure with the transition to settled life, people realized the benefits of physical activities especially the physical and biological benefits and turned to sports activities. Some of the physical and biological changes that occur in individuals performing sports activities can be listed as follows:

- ✓ It enables people to have a more energetic organism.
- ✓ Increases body resistance against physical and mental fatigue.
- ✓ It reduces body fat rate.
- ✓ Delays fatigue in physical work.
- ✓ It ensures the regular functioning of the endocrine glands.
- ✓ The number of capillaries in the body increases.
- ✓ It causes positive effects on the heart (Özdenk, 2011).

2.1.4.2. Psychological Benefits

Individuals need bodily movements to express their feelings, and these movements are only possible with physical education and sports behaviors. By interacting with the environment where they do physical education, people can find the opportunity to control their emotions and release their emotions (Özdenk, 2011).

Sports activities enable people to experience emotions such as being mentally happy and enjoying more intensely. One of the most important elements of socialization, which is defined as the process of developing behavior towards the society to which an individual

belongs, is a sport. With sport, a sense of belonging to the group of individuals develops further and the interests of the team members are started to be considered (Şentürk, 2012).

Although the positive contributions of sports to the development of human physiology are known, it is an accepted fact that it has many contributions to the mental world of people in terms of psychological development. Sports, which have an important contribution in coping with stress, eliminate many negative effects caused by disorders such as anxiety and depression (Zmijewski & Howard, 2000). In addition to these, if we are to list the psychological benefits of sports in a few items:

- ✓ Strengthens the will, develops intelligence.
- ✓ Improves personality positively, increases the strength of struggle and endurance.
- ✓ Provides opportunities for self-expression and proving what one can achieve.
- ✓ Develops the ability to adapt to positions and surprise situations and to make instant decisions.
- ✓ It has a great contribution in controlling the emotions of the individual.
- ✓ It creates a sense of responsibility.
- ✓ It leads to self-renewal and develops feelings of tolerance (Özdenk, 2011).

It has been emphasized in the studies that there is a positive relationship between mental health and the variables of physical movements. According to various research results, it can be said that regular sports activities increase self-esteem, reduce fear and anxiety, help eliminate sleep disorders, and have positive contributions in eliminating disorders that affect human psychology, especially depression and stress (Sunay, 2000).

Individuals not only contribute to themselves physically, socially, and psychologically through sportive activities, but also get away from the stress factor and monotony caused by daily life thanks to these activities. Individuals can apply to sports activities in order to get away from stress, to cope with stress and the problems caused by stress. With sports activities, individuals feel happier and more peaceful by providing relaxation in their bodies, especially by reaching the pleasure of the sense of achievement (Güçlü, 1998).

The gradual decrease in the time people spend for themselves and socialization or the fact that this time is spent in a different way reveals the feeling of loneliness. Loneliness, which arises as a result of the decrease in relationships that are based on love, intimacy and satisfaction between individuals, forms the basis of many psychological disorders. While

many methods are used to cope with problems arising from loneliness, depression and stress, performing regular sports activities is one of these methods, and thus, the stress factor brought by the hustle and bustle in daily life, depression, and the feeling of loneliness can be eliminated. At the same time, sportive activities have an important place in strengthening communication and social relations (Duru, 2008).

With regularly applied exercise programs, it is possible to increase the levels of positive factors such as social ability, life satisfaction, self-esteem, self-confidence, and assertiveness by reducing the effects of psychological negativities such as depression, anxiety, tension, fear, stress, and sleep disorders (Tel & Köksalan, 2008).

In summary, individuals can get away from the stagnation and stress of their daily lives to a great extent thanks to sports, and they benefit psychologically and socially by doing sports. The most important factor in coping with stress, which is common in our age, is undoubtedly sports. It is possible to eliminate the monotonous lifestyle and understanding that individuals frequently encounter in their daily life through sports and to add color to life (Akça, 2012). Thanks to sports, people interact with people in different environments, with different mentalities, belonging to different cultures, and adopting different cultures, Therefore, one of the easiest and most effective ways that people can use to express themselves and socialize is sports (Küçük & Koç, 2004).

2.1.4.3. Social Benefits

Sport has many social effects as well as physical and psychosocial effects on societies and individuals. The fact that individuals participating in regular sportive activities have many opportunities to develop their skills in terms of socialization exemplifies this situation. Besides being a significant effective method to cope with the monotonous human life day by day and the feelings such as unhappiness and loneliness caused by daily life, sports are also vital for individuals to get away from stress. The importance of socialization in the success of people in their daily lives and especially in business life cannot be ignored. So much so that sport emerges as an indispensable factor in shaping people's social life (Şentürk, 2012).

Physical education and sports activities which strengthen people's will and play an effective role in establishing a person's personality and self-confidence are among the essential elements of social and economic development, allowing people to work as a group, ensuring their socialization, and providing and strengthening mutual solidarity (Erkal, 1992).

Thanks to sports activities, individuals gain the habit of doing joint activities and thus gain behaviors such as work discipline, having a competitive structure, sharing, respecting the ideas and thoughts of others, losing and winning, and acceptance. At the same time, the habit of working together contributes to the socialization of society by developing the sense of responsibility in the individual (Şahan, 2008).

2.1.4.4.Economic Benefits

Sports activities and organizations have an essential place in the rapidly growing sports industry with the acceleration of globalization, the development, and the spread of technology. Since such organizations positively affect a country economically, culturally, politically, and commercially, countries compete to host these organizations.

Sports activities and organizations that can be global and regional keep the competition between countries and regions alive, making demographic, economic, and social interactions possible. Essential factors such as the increase in the international fund inflows of the countries, the income advantage of the audience and the participants with the expenditures they will make in these organizations, and the increase of the country's recognition play a role in the participation of countries in a race in sports organizations. Countries expect the development of tourism and export volumes with the economic contributions of these organizations and economic development with economic recovery (Can and Değirmen, 2017).

Sports activities and organizations encourage people to spend by allowing the revival of both domestic and foreign tourism. This expenditure of people will make an economic contribution to the region where the sport is done. As a result of the travels made to the region where the sports are performed, both the athletes and the audience will cause the tourism sector to become active. This mobility which will be caused by the sports organization will contribute to the revival of the economy not only in that region but also in the whole country. This reveals the contribution of sports to the country's economy (Akgün, 1989).

2.1.5.Contribution of Sports to Adult Individuals

Sport is a very effective method in protecting people's current physical health, eliminating the stress factor brought by intense daily life, and eliminating mental and physical tension and tensions that develop due to stress factors (Kartal, Altun, & Kurucu, 2003).

Exposure to sedentary life has reached maximum levels in a contagious environment where human life is almost completely restricted due to today's conditions and especially the

Covid-19 epidemic that has affected the whole world. Consequently, the importance of exercise and movement needs has increased considerably (Çelik and Yenil, 2020).

It is accepted that regular and programmed sports activities reduce the risk of heart-related diseases, have a stabilizing effect on blood pressure irregularity, contribute to coping with the stress factor caused by daily life, delay aging, and increase life expectancy and quality. Regular exercises play an important role in the prevention of many diseases and health problems (Karacabey, 2003).

Regular sports activities are very important for people to be healthy individuals. Sport, which makes an important contribution to both the mental and physical development of individuals, also makes important contributions to the social relations and socialization of individuals. Sport, which allows people to spend their free time with better quality and value, makes individuals feel more fit both mentally and physically (Yıldiran, Yetim, & Şenel, 1996).

2.1.6. Contribution of Sports to Child Development

Childhood, which comes after infancy, is the when mental, behavioral and physical development is the fastest. The behavioral and physical gains that children acquire during this period affect the attitudes and behaviors they will exhibit in the coming years and form the basis for them. Regular and programmed exercises according to the age of the child directly affect the healthy growth and physical development by supporting the mental, cognitive and spiritual developments that intensify, especially in childhood.

Today's technological developments, digital environments, and the content that appeals to all ages in these environments have caused people to adopt a sedentary lifestyle and this has negatively affected children. While there is movement, playing, bouncing, and jumping in the nature and world of children, making the content offered in the digital environment attractive reveals the situation of children being inactive for a long time. However, studies have shown that physical activity and regular exercises have many positive effects on the development of children. Some of these contributions can be listed as follows:

- ✓ Children's self-confidence
- ✓ Getting to know their bodies
- ✓ Socialization
- ✓ Explore the world
- ✓ Their healthy growth

- ✓ Turning into an active, curious and investigative structure
- ✓ Contributing to their physical, mental and mental development
- ✓ Contributing to staying away from bad habits
- ✓ Contributing to communication skills
- ✓ Recognizing their strengths and weaknesses
- ✓ Development of fine and gross motor skills

One of the most important and grave problems of the modern age we live in is obesity. It is caused by bad eating habits and especially a sedentary life. Today, children spend most of their time in digital environments, sitting or lying down on computers, tablets, and television. In this way, they act very little and invite critical diseases such as obesity. However, having regular exercise and sportive activities in children's lives makes it attractive for children and contributes to the physical, mental and spiritual development of children, allowing serious diseases such as obesity to be eliminated (Orhan, 2019).

2.2. Psychological Well-Being

2.2.1. Well-being

When considering well-being, both subjective factors (satisfaction, happiness, contentment, etc.) are used, and objective, i.e. neutral and objective factors (education, income, health, etc.). While subjective factors consist of the emotional states that occur as a result of the experiences in the life of the individual, the objective indicators contain the factors that form the basis of the feelings and emotions created by the experiences and experiences in people's lives, nourish and keep these feelings alive (Gökdemir & Veenhoven, 2014).

Well-being appears as a concept that primarily includes happiness, positive mental health and life satisfaction. While individual well-being is one of the most important concepts of well-being, sometimes it is used instead of subjective well-being, but the concepts are separated from each other. The concept of subjective well-being reveals the level of satisfaction individuals show towards their goals and desires. The concept of subjective well-being, which is pronounced as "happiness" in daily speech, is the situation that the individual has reached as a result of the evaluations he has made about his own life. These evaluations of the individual about his own life appear in two dimensions. While these evaluations may be cognitive evaluations that reveal the level of life satisfaction, they may also be emotional evaluations that include pleasing and unsatisfying emotional responses. In other words, it

includes cognitive and emotional evaluations of individuals' lives. Subjective well-being takes into account the satisfaction levels of many life events while considering the evaluations of the individual's positive and negative emotions. Individual well-being, on the other hand, is a general condition that includes subjective evaluation of people's reactions, life sensations, and quality of life, and reveals how individuals feel about their own lives (Dursun, 2012).

2.2.2. Psychological Well-Being

The concept of psychological well-being is defined as the state of not experiencing psychological disorders such as anxiety and depression that affect the mood of the individual (Yener & Çankırı, 2017). When an individual's positive and negative feelings are compared if their positive feelings outweigh the latter, individual's thoughts and feelings about his/her life are positive, and they have a positive psychological outlook in terms of general life these show that the individual's level of psychological well-being is high. One of the concepts that have an important place in the concept of psychological well-being is life satisfaction. The individual's enjoyment of life, giving meaning to life, being in a constant effort to reach the goals he/she has set, developing a positive self-perception, being physiologically and biologically healthy, developing human relations, keeping communication skills high, results in having a positive and high life satisfaction. (Yılmaz & Büyükcebeci, 2019). Life satisfaction, which means that the individual is satisfied with the living conditions he/she is in, expresses that the individual accepts the general life conditions he/she has and is in, can fulfill the needs and wishes necessary for his/her life, and that the quality of life is good in his/her own way (Sousa & Lyubomirsky, 2001).

Although the concept of psychological well-being includes being better emotionally and mentally, it can also be used to mean feeling good or performing well in general. When we look at the literature, there are expressions used in the same sense as the concept of psychological well-being. These are expressions such as emotional well-being, mental well-being, happiness and life satisfaction. Therefore, it is known that the concept of psychological well-being refers to people who are in good mental health, do not have any psychological disorders, and enjoy life and are happy (Doğan, 2018). Psychological well-being, which is evaluated within the psychological functionality approach, refers to situations such as making an effort to solve the problems faced by the individual in his life, trying, making an effort, contributing to his personal development (Göcen, 2013).

In terms of psychological well-being, individuals have a positive perception of themselves and express and define more realistically. Individuals with this approach increase

their awareness of their shortcomings, limitations and strengths; thus they become satisfied with the life they live in. Individuals who are satisfied with their lives have the opportunity to control better and organize their lives as they can make independent decisions and maintain self-control without being dependent on anyone (Yılmaz & Çelik, 2009).

2.2.3. Historical Development of Psychological Well-Being

Although 1998 is accepted as the beginning of psychological approaches, it is known that research in the field of psychology dates back to earlier times. Therefore, it is necessary not to ignore the works of the philosophers of the first age who expressed their thoughts, thesis and views on the concepts of well-being and happiness. From a historical perspective, various views and thoughts about psychological well-being come to the fore. Psychological well-being when considered developmentally; Jung expresses it with the theory of individualized human, Freud with the pleasure principle, Fromm with the productive personality model. Moreover, Allport describes it with the mature personality concept and Erikson's with his psychosocial development theory, which successfully realizes the developmental stages. Frankl deals with the self-transcendent human model, Rogerstam with the functional human thinking, and Maslow with the self-actualizing personal models. Models made in terms of development and definitions of happy and healthy people contribute to a better understanding of psychology in this sense (Aydın, Birol, & Temel, 2018).

When we look at the historical development of psychology, we see that it is one of the oldest and most traditional values of scientific fields. Since ancient times, people have been affected by their lives, living conditions and behaviors. Inquiries regarding the nature of human beings such as memory, motivation, dreams and learning, dating back to the ancient Greek period, provide interaction between the ancient and new periods in psychology. Today, by asking questions about these elements related to the nature of people, interaction is ensured between old experiences and new experiences (Sarı, 2017).

2.2.4. The Relationship between Physical Health and Psychological Well-Being

Health is the individual's being well as a whole in a complete physical, mental and social well-being. Evaluation of one's own life in the context of earnings is defined as physical health. Individuals who are in psychological well-being and good physical health;

- ✓ They feel stronger at the point of coping with stress.
- ✓ They are efficient at work and study.
- ✓ They have high levels of satisfaction in both their private and business life.

- ✓ They are productive.
- ✓ Problem solving skills are high.
- ✓ Their mental health is good (Keleş, 2017).

Sport has effects on both physical health and psychological well-being. When the studies on physical health and sports are examined, the effects of sports on physical health are emphasized. Individuals who engage in physical activities to protect their physical health, with the presence of people in the same group as them, exhibiting the same performance as those people, fighting for the same purpose and goal, both eliminate the feeling of loneliness and feel happy by evaluating themselves positively in their subjective world (Şahin, 2005). Baş and Çelik, 2018).

2.2.5. The Relationship between Participation in Sports Activities and Psychological Well-Being

Although the importance of regular exercise and sportive activities for human health is better understood daily their positive contribution to the acquisition and protection of psychological health is relatively high. When people find the opportunity to reduce the adversities caused by external factors in the environment they live in, to regain the decreased energy in working and social life, to eliminate the stress factor, to feel good psychologically, to be happy and to feel physically fit, sports, art, music, etc. they can turn to different activities and areas. Especially sportive activities have an essential place in this activity. When we look at the research, studies, and literature in general, it is seen that sportive activities have many positive contributions to individuals, such as reducing tension, curing depression, feeling good and happy, and increasing the quality of life (Başar and Sarı, 2018).

Studies have shown that individuals who exercise regularly develop resistance to psychological adversities, and that regular exercise positively affects the happiness and psychological well-being of individuals. One of the best and most effective methods of eliminating psychological disorders and feeling psychologically well for people who lead a stable life is to gain this habit by making regular exercise a part of their lives. Thus, individuals can lead a better quality of life, take firmer steps towards their life goals and objectives, and maintain their social relations in a healthy way (Başar and Sarı, 2018).

Regular exercise should become a part of people's lives to have healthier, happier individuals who are free from adverse psychological disorders such as stress and depression and have high levels of psychological well-being. Especially by organizing activities and

programs that encourage regular exercise at all levels of education, students can be made aware of this issue and gain positive behavior (Başar and Sarı, 2018).

2.3.ADDICTION

2.3.1. Definition of Addiction

Addiction is the state in which the use of a substance, object or negative behavior cannot be stopped despite all its harms, even though it is desired. The addicted individual can continue to take the substance he wants to quit by increasing the number of substances, and the need to take the substance may become increasingly unavoidable (Yeşilay, 2021).

Addiction, a broad concept in terms of meaning, can be defined as an unavoidable desire and behavior towards a person, entity or object. It is also defined as the state of persistently continuing a situation that individuals are obsessed with or a desire that they cannot prevent, despite harming their mental and physical health and social life. When we talk about addiction, we often think of substance-related addictions, but today there are also addiction types that require professional support such as "internet addiction", "shopping addiction", "eating-drinking (food) addiction", "gambling addiction", "exercise addiction". (Uzbay, 2015).

2.3.2.Types of Addiction

In general, addiction experienced by individuals is of two types: physical (bodily) and psychological or behavioral addiction. *Physical addiction* is defined as the situation in which the individual's body gets used to the substance due to the regular use of the substance, albeit for a long or short time, which creates addiction in the individual's body, and the emergence of almost crisis-like negative or involuntary behaviors in his body when he cannot reach the substance or cannot take it in sufficient quantity (Bektaş, 1999). *Behavioral addiction*; Although the individual does not use any substance, it is the habits that cause the emergence of undesirable behaviors seen in individuals who use substances (Tez et al., 2011).

The individual constantly has thinks of performing the behavior that he is dependent on, and the individual constantly desires to perform this behavior. In situations, environments and times where the individual cannot perform the behavior, a noticeable decrease in the level of tolerance towards his environment, marked inconsistencies in mood, withdrawal symptoms and a mood prone to a conflict are observed. Behavioral addiction is defined an excessive desire for gambling, eating, kleptomania (stealing disease), inability to stay away from social networks and applications, uncontrolled use of digital tools and similar behaviors (Griffiths,

1999). According to Griffiths and King (2013), who have many studies on behavioral addiction, there are some criteria to call someone addicted.

These criteria are as follows:

Developing Tolerance: It is the stage in which the person increases the duration of specific movements in order to experience the effect for the first time.(Tansel, 2006) An example of this can be given as an increase in the duration of the game so that the individual can experience the pleasure in a short time in the first moments of playing and in the following moments (Bilgin, 2015).

Salience: Causes the person to be in a constant state of thought; It is the stage in which the desire to achieve intensely begins and the person begins to affect his social life and those around him negatively. The action of the person; have an important place in their behaviors, feelings and thoughts (Dinç, 2017).

Mood modification: It is the state of directing oneself to action to cope with the negative emotions caused by the situation, especially when faced with a negative situation. (Dinç, 2017: 30) For example; The person becomes active while playing digital games, or he can calm down by staying away from the negative situation he has experienced when playing games for a long time (Bilgin, 2015: 38).

Withdrawal symptoms: Unpleasant bodily (trembling) and emotional (angst, nervous symptoms) that occur as a result of the limitation or interruption of certain actions of the individual (Sulak, 2015).

Conflict: The interaction of the person with active addiction with the people around him refers to conflicting and alienating words and behaviors. It also expresses the inner conflicts of the person with himself (Dinç, 2017).

Relapse: The resumption of the same behavior after a certain period of time after the person quits an addictive behavior (Bilgin, 2015).

2.3.2.1. Alcohol addiction

Alcohol addiction can be defined as a strong and irresistible desire to reach alcohol again, in which the use is continued despite serious harm to both individual and social life of the person, withdrawal symptoms appear when the use is stopped (Ateş Çöl et al., 2016). Alcohol addiction is a type of addiction that the individual continues to use despite adversely

affecting his physical and psychological health, social life, and harmony with his family and environment (Yıldız, 2016).

2.3.2.2.Exercise Addiction

Exercise addiction is defined as the state where sports or exercise, which are very beneficial in human life -a fact not denied by anyone and have many positive contributions to human life, physiology and psychology, go out of control by doing it excessively and an unhealthy situation arises due to excessive use. People with exercise addiction experience serious discomfort and stress when they are deprived of exercise (Yıldız, 2016). In other words, excessive desire to do physical exercises and exercising at a level that loses control cause exercise addiction (Vardar et al., 2012).

2.3.2.3. Food Addiction

The inability to control the desire and amount of food intake in the individual, the consumption of high-calorie foods and beverages with high addictive potential, especially the high-calorie foods and beverages that the individual likes, and the progress of behavior and eating habits within this framework reveal food addiction (Kan Değer and Bozkurt, 2016).

2.3.2.4. Gambling Addiction

Gambling addiction is defined as the inability to give up the urge to gamble despite the serious losses and devastating effects it causes in one's life, family and business life, and the awakening of the individual's constant and repetitive desire to gamble (Yıldız, 2016).

2.3.2.5.Substance Abuse

It can be defined as the desire to use substances continuously or periodically to avoid the discomfort, and discomfort felt in the absence of substances that affect the body, and the central nervous system, act like drugs and have pleasurable effects (Uzbay, 2016).

It also appears as a situation in which the use of the individual is not abandoned despite the serious and destructive damage it causes to the body, psychology, life, family and environment of the individual (Yeşilay, 2017).

2.3.2.6.Smoking addiction

Smoking, which is one of the leading causes of death worldwide and has a stimulating effect on the central nervous system of the person, causes very serious and dangerous damages in people who use it. The state of not being able to quit smoking despite knowing all these harms by the user is defined as smoking addiction (Çetin et al., 2013).

2.3.3. Digital Addiction

Addiction is a situation in which a substance, object, person, entity or behavior cannot be resisted or prevented, and a person's will is entirely or mainly under the control of that object or behavior (Uzbay, 2009). It is defined as not being able to give up a substance that has become a habit by his own will, despite his desire, increasing the dose of the substance he uses over time, showing signs of crisis when he cannot reach the substance, continuing to use this substance despite being physically and mentally damaged, devoting most of his time to reach this substance (Ogel, 2001).

Addiction has emerged as a problem for years and the factors included in addiction have differentiated and varied over time (Yengin, 2019). One of these factors is digital addiction, which has become a major problem in today's world. The fact that people meet many of their daily needs and wishes through the internet or different technologies reveals the state of digital connectivity. Although digital connectedness was initially expressed as a behavioral addiction to technology and internet addiction, nowadays, as a result of the proliferation of technological tools, social platforms and applications connected to the internet, such as smart phone, tablet, social media, game addiction, Facebook, Instagram, Twitter addiction which are evaluated under different categories. It is stated that digital addiction is spreading very rapidly around the world and has many negative consequences on people's daily life, physical and mental health (Kırık et al., 2015).

In the world, different individuals and groups, who are far from each other thanks to digital technologies and the internet, are getting closer and communicating with each other (Karakuş, 1999). Individuals can have the opportunity to introduce and express themselves in the digital environment, regardless of social status, financial situation, race or gender. Due to the convenience and opportunities provided by the digital environment and technologies, people can isolate themselves from their real life and distance themselves from their social life and friends. Especially in the virtual world provided by the digital environment, as people acquire an environment for themselves, they will move further away from their real life, thus weakening their social relations (Ögel, 2012). People who are gradually getting away from their real social life can easily communicate with different people and establish social bonds in the virtual environment and individuals can transfer their thoughts and feelings to the other party without limiting themselves, as they want to reflect can themselves, the opportunity to follow and observe on the internet without the users' knowledge, It is the most important factor that makes the internet and digital environment attractive. In addition, the fact that the

user can access the internet and the technologies hosting the internet whenever he wants is another important reason that increases the interest in internet use (Ekinci, 2002).

Technology, which makes our lives easier and is a digital power, is a factor that makes life difficult for addiction to digital tools. Digital devices such as phones, computers, smart devices, game consoles have become an integral part of our lives. Especially when these devices are used with the internet, it has become a regular habit for most people to use them for hours. The fact that individuals perceive this abnormal situation as regular causes many people to continue their lives without even realizing that they are addicted to technology.

While there is a dependency on technology, digital tools, and environments, technology is used more unlimitedly and without measure. As a result, people are left alone with physical, personal, and social problems (Yeşilay, 2021).

2.3.4.Symptoms of Digital Addiction

The most determining factor in the classification of digital addiction is the concept of excess. At this point, digital addiction; It is the inability of the person to control himself, especially in the use of digital tools with internet connection, and as a result, he has problems in his psychological, social, and academic life. We can list the symptoms of digital addiction as follows;

- ✓ The duration of social media usage of individuals is increasing gradually and efforts to reduce this period are inconclusive.
- ✓ Especially when digital tools connected to the internet are stopped, individuals experience stress by feeling deprived.
- ✓ Individuals feel lonely, differentiated, or antisocial when they are away from mobile devices,
- ✓ To follow closely all kinds of applications that are created or developed on the phone and to be aware of all kinds of mobile innovations,
- ✓ Acquiring most of their friendships through social media platforms and creating a new identity on these platforms,
- ✓ Turning to digital tools in all their spare time and completely limiting their social relations by spending time with them,
- ✓ Unavoidable desire to use and increase in usage times,
- ✓ Inability to give up use despite the physical, psychological and social problems caused by social media and social platforms,

- ✓ An intense interest in the Internet and an anxious stance in environments without the Internet,
- ✓ Most of the daily work done on the internet,
- ✓ The individual's getting away from his hobbies and thoroughly,
- ✓ The individual does not drop the phone from his hand,
- ✓ Carrying spare batteries with the person at all times,
- ✓ Anxiety of being unaware of the individual,
- ✓ The person's first thing to look at the phone as soon as he wakes up
- ✓ The individual's distance from his friends,
- ✓ Neglecting the responsibilities of the individual's job and home,
- ✓ An individual's lack of sleep due to spending time in digital environments can be considered among the symptoms of digital addiction (Yengin, 2019).

2.3.5.Causes of Digital Addiction

With the spread of digital technologies daily, every user feels the need to have a digital identity. The ability of individuals to express their feelings and thoughts in a comfortable, free, and even unlimited way in social media and internet-based applications, as well as in internet-connected communication channels and platforms, is one of the effective factors in the adoption and love of the digital environment in a short time. Rather than being dependent on technological and digital tools, individuals are under the control of the structure that technologically positions and manages these tools. Capitalism thus makes individuals dependent on both the technological tool and the internet factor, which is necessary to use the technological tool effectively. Some of the reasons that make digital life addictive can be listed as follows:

- ✓ Participants in social media give feedback to each other by encouraging one another, placing even the people who have not been accepted in society as important individuals.
- ✓ Social media tools are open to feedback and people. Individuals who use the opportunities offered by these tools, such as "like, comment, share" become supporters of each other.
- ✓ Digital environments and social media provide individuals with the opportunity to establish two-way communication with technologies such as social networks and communication channels. Thanks to these communication channels, people have the opportunity to communicate whether they know it or not. Since they also receive

feedback in mutual communication, there can be a state of satisfaction and, as a result, a state of happiness. When viewed as a whole, this communication adventure, which creates a state of pleasure in the individual, will cause the individual to want to experience this situation repeatedly and will reveal a state of addiction.

- ✓ Social media networks and digital environments provide individuals, society and communities the opportunity to express themselves, share, share their political values, cultures, the content they like, pictures or videos.
- ✓ The fact that most of the social networks are interconnected and easy to switch between these networks causes individuals not to understand how their time passes in this social network environment and to spend time in these environments for a long time.
- ✓ The fact that social media allows everyone in the society to produce content, regardless of expert or non-expert people, is one of the important reasons that makes way for creating addiction to digital tools and environments.
- ✓ The continuous self-renewal, update and development of social media and platforms, application and content producers causes people to follow them constantly and become constantly dependent on this environment by entering into it with an expectation.
- ✓ Contrary to the traditional media's "permanent and unchangeable" features, social media possesses the ability of individuals to correct, update, delete their comments, likes, and content they submit to the social media environment at any time, and to receive feedback quickly are all among the important reasons for digitalization.
- ✓ Considering the fact that not all individuals are loved and popular people in their real life, the desire to take advantage of the features of social media that make individuals feel more popular and known in order to complete these deficiencies through social media and communication channels is another important reason for the emergence of addiction by turning to digitalization (Kılıçbay, 2005).

2.4. Digital addiction and Psychological well-being in regular sport participants

Regular exercises affect the psychological well-being of individuals through several mechanisms. These effects can be examined under three headings: neurobiological mechanism, psychosocial mechanism and behavioral mechanism. (Lubans ve ark., 2016). According to the neurobiological mechanism, regular exercises cause some changes in the brain, positively affecting cognitive functions, and this contributes to the psychological health

of individuals. According to the psychosocial mechanism, participation in regular exercises leads to positive results such as social interaction, high self-esteem, increased self-efficacy and satisfaction of psychological needs. As a result of these positive effects, it contributes to the psychological health of individuals. Finally, according to the behavioral mechanism, as a result of behavioral changes such as increased sleep duration, sleep quality, self-regulation and coping skills due to regular exercise, the level of psychological well-being also increases. (Lubans ve ark., 2016). When we look at the literature in general, there are studies showing that physical activity has many positive contributions to individuals. Looking at the relevant literature;

- ✓ Regular physical activity appears to be effective in reducing tension and reducing depression. (Harvey ve ark., 2017; Aylaz, Güllü, Güneş, 2011; Yıldırım ve ark., 2015; Lök ve Bademli, 2017)
- ✓ It has been determined that regular exercise contributes to the feeling of well-being and happiness. (Khazaei-pool ve ark., 2015; Uğurlu, Şakar, Bingöl, 2015)
- ✓ Regular exercise appears to increase psychological well-being. (Delextrat ve ark., 2016)
- ✓ It has been revealed that regular exercise contributes positively to individuals psychologically (Başar and Sarı, 2018).

As a result, it has been demonstrated by various studies in the literature that regular exercise affects individuals positively by increasing their happiness and psychological well-being scores, and is beneficial in reducing the effects of negative psychological indicators such as tension, stress and depression. One of the best and most effective ways to protect individuals who have adopted a sedentary life from psychological disorders and to make them feel psychologically good is to spread regular exercise to all areas of their lives so that they can gain this habit. Thus, individuals can lead a better quality and healthy life, make healthier decisions in line with their life goals, and maintain their social relations in a much more effective and healthy way (Başar and Sarı, 2018).

Psychological indicators that negatively affect psychological well-being, such as individuals having problems in their social relationships, trying to meet their wishes and needs through the virtual environment, and not being able to make healthy decisions in evaluating their own thoughts and behaviors, can be evaluated among the consequences of internet addiction that occurs due to excessive use of the internet. Individuals who tend to use

the Internet excessively are individuals who have low psychological well-being, do not feel self-sufficient, do not have healthy thoughts, and have negative thoughts about their future. According to the study of Solmaz (2019), a low negative correlation was found between the level of psychological well-being and the level of internet addiction. According to this relationship, as Internet addiction increases, the level of psychological well-being decreases.

In general, the excessive use of the internet and digital tools and not giving up on this behavior cause many negative situations such as negatively affecting the psychological state of individuals, having problems in their social relationships, and suffering from internet-related disorders.

2.5. The Importance of Regular Exercise in the Covid-19 Pandemic Process

The Covid-19 epidemic, which is seen in our country as well as the whole world, has threatened both the physical and psychological health of children, young people and adults. With the spread of the covid-19 epidemic all over the world, each country has started to take its own measures. In particular, various measures were taken in Turkey to prevent and control the spread of the epidemic, such as closing schools and continuing education online, travel restrictions, closure of shopping centers, and closure of restaurants. While curfew is mandatory in most countries, only individuals over the age of 65 and under the age of 20 were kept in quarantine on a voluntary basis in Turkey. Although different measures are applied from time to time in order to control the epidemic, generally prohibitions are applied and "Stay at home!" With the slogan, measures have been taken to keep people at home. Naturally, the sleep patterns and eating habits of people who had to spend a long time at home began to change, and human health was threatened with the emergence of a sedentary life. (Türker, 2020). One of the most effective and important ways to cope with the sedentary life that threatens the physical and psychological health of people is sports. Sports, which enable people to socialize, mediate to prove themselves and gain a place in peer groups, increase one's self-confidence, reduce stress and violence by creating psychological relaxation in the individual, reinforce the feelings of feeling physically beautiful, healthy and fit, strengthen friendship ties, and act together. It is a versatile and comprehensive source of therapy that positively contributes to feelings of sharing. (Montenegro, et al. 2007). The benefits of exercise for human health and immune system have been proven many times. Numerous studies have reported the physical and psychological benefits of regular exercise (Chekroud et al. 2018; Mathieu et al. 2012).

During the Covid-19 epidemic, people began to pay more attention to strengthening their immune systems, both through nutrition and exercise. Studies have shown that regular physical movements such as walking or stretching can help relax muscles, improve blood circulation and muscle activity, and benefit both the body and mind. Regular exercise can reduce high blood pressure, manage weight, and reduce the risk of heart disease, stroke, type 2 diabetes and various cancers. With regular exercise, bone and muscle strength increases, balance and flexibility develop and the person stays fit. Activities that improve balance for older people help prevent falls and injuries (WHO).

As part of the Covid-19 measures, it is possible for people to be inactive at home to trigger both mental and physical problems. There are many studies investigating the effect of healthy eating and regular exercise on the immune system. (Chinchu ve diğ., 2020; Mousavi ve diğ., 2020; Tavvafian ve diğ., 2020; Nieman ve Wentz, 2019). Therefore, it is recommended to do exercise regularly, especially before getting sick, as it improves the immune system (Fisher and Heymann, 2020). Depending on the intensity of exercise, its effect on the immune system may vary. (Nieman and Wentz, 2019; Romeo et al., 2010) It has been reported that especially high-intensity exercises have positive effects on both the immune system and obesity. (Khaleghzadeh et al., 2020; Taheri et al., 2019)

According to the World Health Organization, it is necessary to take 10,000 steps a day. According to the gait rhythm of the individual, an average of 1,5-2 hours walking corresponds to a distance of 7 km (WHO). Walking less than 5 km a day means fat accumulation in the body. (<https://www.sportsandmerits.com>) Individuals who cannot walk safely during the day, especially elderly, chronically ill and pregnant women can improve their quality of life by exercising at home. Stretching exercises, walking at normal speed and other similar non-aerobic exercises can be recommended to all women (Kutlu et al., 1996).

3. METHODOLOGY

This section contains information about the research model, research group, data collection process, tools, and data analysis.

3.1. Model of the Research

This research is a study in correlation a research model to examine the relationship between digital addiction levels and psychological well-being levels of individuals who regularly do sports. Correlational research is research in which the relationship between two or more variables is examined without intervening in any way (Karasar, 2009). In addition,

when examined in terms of the type of correlational research, this research will be carried out as a exploratory correlational research. Exploratory research is used to try to understand an important event by analyzing the relationships between variables (Büyüköztürk et al., 2017).

3.2.Population and Sample of the Research

Considering the relevant literature, the most important criterion regarding the concept of regular sports is the repetition of the sport that the individual does within a plan and program. There is no definite judgment about how long the sport should be done or how many days a week it should be. It is predicted that this is due to the fact that the age, physical condition and mental state of the individual are open to different applications. Because of this situation, the sample in this study was determined by convenient and criterion sampling, which is one of the non-random sampling methods. The universe of the research of individuals who actively participate in the courses affiliated to the Ministry of Youth and Sports in Batman province and regularly do sports. The convenient sampling is a sampling method in which the researcher can easily access the sample group and that is suitable for the study. (Büyüköztürk, Çakmak, Akgün, Karadeniz & Demirel, 2017). (Demographic characteristics of the sample are summarized in Table 1. Demographic Characteristics of the Sample). There were 401 (177 female, 224 male) participants in the current study and their age ranged from 18 to 36 and above. The data was collected between March 2021 and May 2021 and the participants who did not actively participate in the courses mentioned above were excluded from the overall data set and therefore were exempt from statistical analyses.

3.3.Data Collection Tools

3.3.1. Personal Information Tool

This personal information form was created in order to obtain the demographic information of individuals who regularly do sports (See Appendix-1). The questions in this form contain information about age, weight, height, marital status, educational status, socioeconomic level, occupation, regular sports duration, sports branch, the most used digital product, and the duration of using the product.

3.3.2. Psychological Well-Being Scale

Psychological Well-Being (PWB) scale is a brief survey consisting of eight items and it uses a seven-point Likert scale for scoring. The scoring is done by adding the responses, varying from 1 to 7, for all eight items. The possible range of scores is from 8 (lowest

possible) to 56 (highest PWB possible). A high score represents a person with many psychological resources and strengths.

The survey summarizes a person's self-perceived functioning in important areas such as relationships, self-esteem, purpose and meaning, and optimism. The scale has a significantly high correlation with alternative psychological well-being scales. The advantage of this scale, compared to others, is the brevity of the scale. The scale provides a single overall psychological well-being score and does not yield scores for various components of well-being.

The psychological well-being scale was developed by Diener et al. (2010) in order to examine the psychometric properties of psychological well-being. Telef (2013) adapted the scale from English (Appendix-2) to Turkish to apply the scale to the Turkish population and, as a result adding on to the generalizability of the Psychological Well-Being Scale. This scale contains a much shorter item list than original counterpart by Ryff (1989). Furthermore, Diener's scale measures two additional important categories of well-being which are optimism and relationships (relatedness). This scale was preferred due to these important new components of well-being added by this version as well as the brevity of the survey with only 8 items. (See Appendix-2)

As a result of Telef's (2013) adaptation study, there was a high level of positive and significant difference between the English and Turkish forms as the correlation found was above .80 ($r = .97$, $p < .01$). Moreover, the scale was found to be sufficient in terms of language equivalence. Telef also conducted an exploratory factor analysis and the total explained variance was 42%. The significance of this finding is it indicates the scale has a general factor as in its original form shows (Diener et al., 2010) which means that the items were grouped under one factor as Diener originally intended compared to earlier models of psychological well-being scales. The factor loads of the scale items were calculated between .54 and .76. The variance explained in the original was 53% and the scale factor loads were between .61 and .77. has been reported to change (Diener et al., 2010).

For criterion validity, Telef uses other psychological well-being scales and a need satisfaction scale used. The Pearson product moment correlation between psychological well-being scales and a need satisfaction scale was calculated as .56 and .73 ($p < .01$). The reliability study indicated that the Cronbach alpha coefficient was .80. According to the test-retest results, there was a high level of a positive and meaningful relation between the first and

second applications of the scale ($r= 0.86$, $p<.01$). Ultimately, Telef's study in Turkey showed that the psychological well-being scale was a valid and reliable instrument to measure psychological well-being with Turkish people.

3.3.3.Digital Addiction Scale

In the current study, Kesici and Tunc's (2018) Digital Addiction Scale is used. Kesici and Tunc (2018) uses a sample of 527 university students who study at Faculty of Education at Siirt, Dicle and Erzincan University in 2015-2016 academic year. Coincidentally, the current study utilizes a similar subject pool and therefore, this adapted rendition of the Digital Addiction Scale corresponds well with the necessities of this research.

The Digital Addiction Scale consists of 28 items and is measured via a five point Likert scale. After the scale is applied to the individual whose digital addiction level will be measured, 5, 4, 3, 2, 1 points are given to the options of "Totally Agree", "Agree", "Undecided", "Disagree" and "Strongly Disagree", respectively. Points are summed and divided by the number of items. Thus, the level of digital addiction of students is measured. The expected score range is the smallest: 1.00 and the highest: 5.00, with a high score indicating that the individual's digital addiction level is relatively high.

The Digital Addiction Scale stems from Griffiths' (1999) original item list for behavioral addiction, which consisted of 36 items. Per experts opinions taken by Kesici and Tunc (2018), they deemed it necessary to reduce the number of items on the list to 28. Later, the items were analyzed and exploratory factor analysis and confirmatory factor analysis were applied based on the gathered data. A scale which consisting of 5 sub-dimensions called Extreme use, Unable to self control, Prevent low life, Emotional state and inability to leave has been developed for this item set. The Cronbach Alpha reliability value of the scale was calculated as 0.874 and The Sperman-Brown reliability value was calculated as .97. The scale explains 59.51% of the variance.

In consequence of confirmatory factor analysis, χ^2/df . value was 2.326 and RMSA value was 0.05. Furthermore, the values of NFI, CFI, IFI and RMR was in acceptable level and respectively 0.90, 0.94, 0.94, and 0.058 were obtained. According to these findings by Kesici and Tunc (2018), it can be concluded that the digital addiction scale is a valid and reliable measurement in assessing university students' digital addiction.

Cronbach's alpha reliability analysis results for Digital Addiction Scale and Psychological Well-Being Scale are given in Table 0.

Table 0. Cronbach's Alpha Reliability Analysis Results for Digital Addiction Scale and Psychological Well-Being Scale

Scales	Cronbach's Alpha
DAS-Overuse	,814
DAS-Non-Restraint	,859
DAS-Inhibiting the Flow of Life	,808
DAS-Emotional State	,764
DAS-Dependence	,653
DAS-Total	,909
PWBS-Total	,835

Cronbach's Alpha value for DAS-Overuse is ,814; for DAS-Non-Restraint is ,859; for DAS-Inhibiting the Flow of Life is ,808; for DAS-Emotional State is ,764; for DAS-Dependence is ,653; for DAS-Total is ,909 and for PWBS-Total is ,835.

3.4. Data Collection Process

Before data collection, necessary permissions were obtained from the relevant directorate of Batman youth sports ministry. In addition, before the application, trainers and participants were informed about the scales. It was stated to the participants that this research was based on volunteerism and they were asked to answer the questions on the scale sincerely.

3.5. Data Analysis

Percentage, frequency, mean and standard deviation were used in the analysis of descriptive data. The assumption of normality regarding the variables of the study was evaluated with box-line charts, branch-leaf charts, Q-Q chart and data on skewness-kurtosis. Normal distribution is accepted when the skewness and kurtosis coefficients are between + 1,5 and – 1,5 (Tabachnick ve Fidell, 2013). In this study, it was decided to use parametric tests since the skewness and kurtosis values are in the range of + 1,5 and – 1,5. In addition, the number of groups must be higher than 30 in order to use parametric tests (Büyüköztürk et al., 2008). Non-parametric tests were used in variables where the group numbers were less than 30. While Digital Addiction Scale and Psychological Well-Being Scale scores were examined according to demographic characteristics, Independent Samples Test, One-Way ANOVA and Kruskal Wallis H Test was used in difference tests. Pearson Correlation

Analysis was used for the relationships between these variables. The assumption of homogeneity of variances was examined by Levene's test. The analysis of the data was carried out with the SPSS (Statistical Package Programme For Social Sciences) 22 package program.

4.FINDINGS

4.1.Research Results/Findings

In this study, the findings gained as a finding of the statistical analysis of the collected data are given in this section.

Table 1. Demographic Characteristics of the Sample

Variable	Groups	N	%
Gender	Female	177	44,1
	Male	224	55,9
Age	18-22	134	33,4
	23-25	81	20,2
	26-30	93	23,2
	31-35	47	11,7
	36 and above	46	11,5
Body-Mass Index	Less than 40	223	55,6
	More than 40	178	44,4
Marital Status	Married	87	21,7
	Single	314	78,3
Educational Level	High School	64	16,0
	University	299	74,6
	Master/PhD	38	9,5
Income Level	Low	92	22,9
	Middle	287	71,6

		High	22	5,5
Gym Use	Yes		203	50,6
	No		198	49,4
Exercise Time	1-6 months		130	32,4
	6 months-1 year		55	13,7
	1-3 year		55	13,7
	3-5 years		48	12,0
	6 years and above		113	28,2
Weekly Sports Days	1-2		97	24,2
	3-4		132	32,9
	5 and above		172	42,9
Digital Product Usage Time	0-1 hour		28	7,0
	1-2 hour		70	17,5
	2-3 hours		118	29,4
	4 hours and above		185	46,1

After the demographic variables in Table 1 were examined, it was determined that 177 (44,1%) of the participants were female and 224 (55,9%) were male; 134 (33,4%) of the participants were between 18-22 years old, 81 (20,2%) were between 23-25 years old, 93 (23,2%) were between 26-30 years old, 47 (11,7%) were between 31-35 years old and 46 (11,5%) were 36 and above years old; 223 (55,6%) of the participants' body-mass index were less than 40 and 178 (44,4%) were more than 40; 87 (21,7%) of the participants were married and 314 (78,3%) were single; with regard to the variable of education level, 64 (16,0%) were high school graduated, 299 (74,6%) were university graduated and 38 (9,50%) were Master/PhD graduated, 92 (22,9%) of the participants had low income level, 287 (71,6%) had middle income level and 22 (5,5%) had high income level; 203 (50,6%) of the participants were using gym and 198 (49,4%) were not using gym; 130 (32,4%) of the participants had

been exercising for 1-6 months, 55 (13,7%) had been exercising for 6 months-1 year, 55 (13,7%) had been exercising for 1-3 year, 48 (12,0%) had been exercising for 3-5 years and 113 (28,2%) had been exercising for 6 years and above; 97 (24,2%) of the participants were exercising 1-2 day in a week, 132 (32,9%) were exercising 3-4 days in a week and 172 (42,9%) were exercising 5 days and above in a week; 28 (7,0%) of the participants had been using digital products for 0-1 hour in a day, 70 (17,5%) had been using for 1-2 hour in a day, 118 (29,47%) had been using for 2-3 hours in a day and 185 (46,1%) had been exercising for 6 years and above.

Table 2. Descriptive Statistics for Digital Addiction Scale and Psychological Well-Being Scale

Scales	Min	Max	$\bar{x}$	sd	Skewness	Kurtosis
DAS-Overuse	1	5	2,78	,90	,273	-,576
DAS-Non-Restraint	1	5	2,69	1,03	,451	-,739
DAS-Inhibiting the Flow of Life	1	5	2,70	,89	,230	-,534
DAS-Emotional State	1	5	2,54	,80	,463	,147
DAS-Dependence	1	5	3,55	,89	-,567	,001
DAS-Total	1	5	2,82	,70	,194	-,044
PWBS-Total	15	56	43,02	7,82	-1,048	1,274

Minimum-maximum values, skewness-kurtosis values, mean and standard deviation values for Digital Addiction Scale and Psychological Well-Being Scale scores are demonstrated in Table 2.

DAS-Overuse scores are between 1-5, for DAS-Overuse mean= 2,78 and standard deviation= ,90, skewness= ,273 and kurtosis= -,576. DAS-Non-Restraint scores are between 1-5, for DAS-Non-Restraint mean= 2,69 and standard deviation= 1,03, skewness= ,451 and kurtosis= -,739. DAS-Inhibiting the Flow of Life scores are between 1-5, for DAS-Inhibiting the Flow of Life mean= 2,70 and standard deviation= ,89, skewness= ,230 and kurtosis= -,534. DAS-Emotional State scores are between 1-5, for DAS-Emotional State mean= 2,54 and standard deviation= ,80, skewness= ,463 and kurtosis= ,147. DAS-Dependence scores are

between 1-5, for DAS-Dependence mean= 3,55 and standard deviation= ,89, skewness= -,567 and kurtosis= ,001. DAS-Total scores are between 1-5, for DAS-Total mean= 2,82 and standard deviation= ,70, skewness= ,194 and kurtosis= -,044. PWBS-Total scores are between 15-56, for PWBS-Total mean= 43,02 and standard deviation= 7,82, skewness= -1,048 and kurtosis= 1,274.

4.1.1. Findings Regarding the Relationship Between the Digital Addiction Scale and Psychological Well-Being Scale

Pearson correlation analysis results regarding the relationship between the Digital Addiction Scale and Psychological Well-Being Scale are given in this section.

Table 3. Pearson Correlation Analysis Results Regarding the Relationship Between the Digital Addiction Scale and Psychological Well-Being Scale

Scales		PWBS-Total
DAS-Overuse	r	-,368**
	p	,000
DAS-Non-Restraint	r	-,331**
	p	,000
DAS-Inhibiting the Flow of Life	r	-,355**
	p	,000
DAS-Emotional State	r	-,300**
	p	,000
DAS-Dependence	r	-,114*
	p	,022
DAS-Total	r	-,392**
	p	,000

*<.05; **<.01

Pearson correlation analysis results regarding the relationship between the Digital Addiction Scale and Psychological Well-Being Scale are given in Table 3.

According to results in Table 3, there is a significant negative correlation between Psychological Well-Being Scale and DAS-Overuse ($r=-,368$; $p<,01$), DAS-Non-Restraint ($r=-,331$; $p<,01$), DAS-Inhibiting the Flow of Life ($r=-,355$; $p<,01$), DAS-Emotional State ($r=-,300$; $p<,01$), DAS-Dependence ($r=-,114$; $p<,05$) and DAS-Total ($r=-,392$; $p<,01$).

4.1.2. Findings Regarding the Digital Addiction Scale and Psychological Well-Being Scale Scores According to Demographic Variables

Independent Samples Test, ANOVA and Kruskal Wallis H Test results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to demographic variables are given in this section.

Table 4. Independent Samples Test Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Gender

Scales	Groups	n	$\bar{x}$	sd	t	df	p
DAS-Overuse	Female	177	2,82	,94	,736	399	,462
	Male	224	2,75	,87			
DAS-Non-Restraint	Female	177	2,64	1,03	-,756	399	,450
	Male	224	2,72	1,02			
DAS-Inhibiting the Flow of Life	Female	177	2,64	,86	-1,286	399	,199
	Male	224	2,75	,92			
DAS-Emotional State	Female	177	2,58	,83	,932	399	,352
	Male	224	2,51	,77			
DAS-Dependence	Female	177	3,69	,86	2,946	399	,003**
	Male	224	3,43	,90			
DAS-Total	Female	177	2,84	,70	,541	399	,589

	Male	224	2,80	,70			
PWBS-Total	Female	177	43,44	6,39	,985 ^a	399	,343
	Male	224	42,69	8,79			

*<0.05; **<0.01; ^at value used when variances are not homogeneous

Independent Samples Test results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to gender are given in Table 4.

It was determined that the DAS-Dependence ($t_{(399)} = 2,946$; $p < ,01$) scores differed significantly according to gender. Females have higher DAS-Dependence scores than males.

DAS-Overuse, Non-Restraint, Inhibiting the Flow of Life, Emotional State, DAS-Total and PWBS scores do not differ significantly according to gender ($p > ,05$).

Table 5. ANOVA Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Age

Scales	Groups	n	$\bar{x}$	sd	F	df	p	Difference
DAS-Overuse	18-22 ¹	134	2,65	,80	4,529 ^a	4	,002**	2>1
	23-25 ²	81	3,06	,89		396		2>5
	26-30 ³	93	2,91	1,04				
	31-35 ⁴	47	2,70	,82				
	36 and above ⁵	46	2,49	,85				
DAS-Non-Restraint	18-22 ¹	134	2,73	,95	2,085	4	,082	
	23-25 ²	81	2,79	,97		396		
	26-30 ³	93	2,75	1,17				
	31-35 ⁴	47	2,65	,97				
	36 and above ⁵	46	2,29	1,02				
DAS-	18-22 ¹	134	2,63	,87	,850	4	,494	

Inhibiting the Flow of Life	23-25 ²	81	2,85	,94		396		
	26-30 ³	93	2,71	,89				
	31-35 ⁴	47	2,71	,85				
	36 and above ⁵	46	2,63	,92				
DAS-Emotional State	18-22 ¹	134	2,64	,71	5,322 ^a	4	,000**	1>5
	23-25 ²	81	2,71	,87		396		2>5
	26-30 ³	93	2,49	,88				
	31-35 ⁴	47	2,41	,79				
	36 and above ⁵	46	2,20	,60				
DAS-Dependence	18-22 ¹	134	3,44	,88	4,836	4	,001**	2>5
	23-25 ²	81	3,70	,93		396		3>5
	26-30 ³	93	3,78	,79				
	31-35 ⁴	47	3,51	,84				
	36 and above ⁵	46	3,18	,96				
DAS-Total	18-22 ¹	134	2,78	,63	3,756	4	,005**	2>5
	23-25 ²	81	3,00	,69		396		
	26-30 ³	93	2,89	,78				
	31-35 ⁴	47	2,76	,69				
	36 and above ⁵	46	2,54	,67				
PWBS-Total	18-22 ¹	134	42,49	8,28	3,831	4	,005**	4>2
	23-25 ²	81	40,80	7,64		396		
	26-30 ³	93	43,56	7,86				
	31-35 ⁴	47	45,60	5,70				

36 and above ⁵	46	44,74	7,56
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*<0.05; **<0.01; ^aWelch test

ANOVA results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to age are given in Table 5.

It was determined that the DAS-Overuse ($F_{(4, 396)} = 4,529$; $p < ,01$), DAS-Emotional State ($F_{(4, 396)} = 5,322$; $p < ,01$), DAS-Dependence ($F_{(4, 396)} = 4,836$; $p < ,01$), DAS-Total ($F_{(4, 396)} = 3,756$; $p < ,01$) and PWBS-Total ($F_{(4, 396)} = 3,831$; $p < ,01$) scores differed significantly according to the age. 23-25 years old participants have higher DAS-Overuse scores than 18-22 years old and 36 and above years old. 18-22 years old and 23-25 years old participants have higher DAS-Emotional State scores than 36 and above years old. 23-25 years old and 26-30 years old participants have higher DAS-Dependence scores than 36 and above years old. 23-25 years old participants have higher DAS-Total scores than 36 and above years old. 31-35 years old participants have higher PWBS-Total scores than 23-25 years old.

DAS-Non-Restraint and Inhibiting the Flow of Life scores do not differ significantly according to age ($p > ,05$).

Table 6. Independent Samples Test Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Body-Mass Index

Scales	Groups	n	$\bar{x}$	sd	t	df	p
DAS-Overuse	Less than 40	223	2,77	,91	-,226	399	,821
	More than 40	178	2,79	,90			
DAS-Non-Restraint	Less than 40	223	2,70	1,02	,268	399	,789
	More than 40	178	2,67	1,04			
DAS-Inhibiting the Flow of Life	Less than 40	223	2,67	,86	-,806	399	,421
	More than 40	178	2,74	,93			
DAS-Emotional State	Less than 40	223	2,57	,84	,787 ^a	399	,432
	More than 40	178	2,51	,74			

DAS-Dependence	Less than 40	223	3,61	,86	1,655	399	,099
	More than 40	178	3,47	,92			
DAS-Total	Less than 40	223	2,83	,70	,287	399	,774
	More than 40	178	2,81	,70			
PWBS-Total	Less than 40	223	43,35	6,96	,941 ^a	399	,347
	More than 40	178	42,60	8,78			

*<0.05; **<0.01 ^at value used when variances are not homogeneous

Independent Samples Test results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to body-mass index are given in Table 6.

DAS-Overuse, Non-Restraint, Inhibiting the Flow of Life, Emotional State, Dependence, DAS-Total and PWBS scores do not differ significantly according to body-mass index ($p>,05$).

Table 7. Independent Samples Test Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Marital Status

Scales	Groups	n	$\bar{x}$	sd	t	df	p
DAS-Overuse	Married	87	2,83	,94	,533	399	,595
	Single	314	2,77	,90			
DAS-Non-Restraint	Married	87	2,72	1,06	,354	399	,723
	Single	314	2,68	1,02			
DAS-Inhibiting the Flow of Life	Married	87	2,73	,85	,303	399	,762
	Single	314	2,69	,91			
DAS-Emotional State	Married	87	2,48	,73	-,873	399	,383
	Single	314	2,56	,81			
DAS-Dependence	Married	87	3,51	,93	-,416	399	,678

	Single	314	3,56	,88			
DAS-Total	Married	87	2,82	,72	,052	399	,959
	Single	314	2,82	,69			
PWBS-Total	Married	87	43,83	7,22	1,155 ^a	399	,250
	Single	314	42,79	7,97			

*<0.05; **<0.01 ^at value used when variances are not homogeneous

Independent Samples Test results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to marital status are given in Table 7.

DAS-Overuse, Non-Restraint, Inhibiting the Flow of Life, Emotional State, Dependence, DAS-Total and PWBS scores do not differ significantly according to marital status ($p>.05$).

Table 8. ANOVA Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Education Level

Scales	Groups	n	$\bar{x}$	sd	F	df	p	Difference
DAS-Overuse	High School ¹	64	2,48	,79	5,441 ^a	2	,006**	2>1
	University ²	299	2,85	,92		398		
	Master/PhD ³	338	2,76	,83				
DAS-Non-Restraint	High School ¹	64	2,53	1,03	1,260	2	,285	
	University ²	299	2,73	1,02		398		
	Master/PhD ³	38	2,59	1,05				
DAS-Inhibiting the Flow of Life	High School ¹	64	2,63	1,01	,597 ^a	2	,553	
	University ²	299	2,73	,88		398		
	Master/PhD ³	38	2,61	,78				
DAS-	High School ¹	64	2,50	,68	,201	2	,818	

Emotional State	University ²	299	2,56	,82		398		
	Master/PhD ³	38	2,51	,84				
DAS-Dependence	High School ¹	64	3,40	,84	3,793 ^a	2	,026*	3>1
	University ²	299	3,55	,92		398		
	Master/PhD ³	38	3,82	,71				
DAS-Total	High School ¹	64	2,67	,66	1,902	2	,151	
	University ²	299	2,85	,71		398		
	Master/PhD ³	38	2,81	,63				
PWBS-Total	High School ¹	64	41,16	9,74	4,680 ^a	2	,012*	3>1
	University ²	299	43,11	7,56		398		
	Master/PhD ³	38	45,39	5,19				

*<0.05; **<0.01; ^aWelch test

ANOVA results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to educational level are given in Table 8.

It was determined that the DAS-Overuse ($F_{(2, 398)} = 5,441$; $p < ,01$), DAS-Dependence ($F_{(2, 398)} = 3,793$; $p < ,01$) and PWBS-Total ($F_{(2, 398)} = 4,680$; $p < ,05$) scores differed significantly according to the educational level. Participants who university graduated have higher DAS-Overuse scores than participants who graduated high school. Participants who Master/PhD graduated have higher DAS-Dependence and PWBS-Total scores than participants who graduated high school.

DAS-Non-Restraint, Inhibiting the Flow of Life, Emotional State and DAS-Total scores do not differ significantly according to educational level ($p > ,05$).

Table 9. Kruskal Wallis H Test Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Income Level

Scales	Groups	n	MR	H	df	p	Difference
DAS-Overuse	Low ¹	92	210,06	5,850	2	,054	
	Middle ²	287	202,42				
	High ³	22	144,59				
DAS-Non- Restraint	Low ¹	92	217,85	5,776	2	,056	
	Middle ²	287	199,19				
	High ³	22	154,14				
DAS-Inhibiting the Flow of Life	Low ¹	92	225,36	9,595	2	,008**	1>3
	Middle ²	287	197,49				
	High ³	22	144,89				
DAS-Emotional State	Low ¹	92	212,82	1,713	2	,425	
	Middle ²	287	198,71				
	High ³	22	181,48				
DAS- Dependence	Low ¹	92	209,80	11,215	2	,004**	1>3
	Middle ²	287	204,23				2>3
	High ³	22	122,00				
DAS-Total	Low ¹	92	221,07	10,315	2	,006**	1>3
	Middle ²	287	199,76				2>3
	High ³	22	133,25				
PWBS-Total	Low ¹	92	158,67	17,456	2	,000**	2>1
	Middle ²	287	211,38				3>1
	High ³	22	242,59				

*<0.05; **<0.01

Kruskal Wallis H Test results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to income level are given in Table 9.

It was determined that the DAS-Inhibiting the Flow of Life ($H_{(2)} = 9,595$; $p < ,01$), DAS-Dependence ($H_{(2)} = 11,215$; $p < ,01$), DAS-Total ($H_{(2)} = 10,315$; $p < ,01$) and PWBS-Total ($H_{(2)} = 17,456$; $p < ,01$) scores differed significantly according to the income level. Participants who have low income level have higher DAS-Inhibiting the Flow of Life scores than participants who have high income level. Participants who have low and middle income level have higher DAS-Dependence and DAS-Total scores than participants who have high income level. Participants who have middle and high income level have higher PWBS-Total scores than participants who have low income level.

DAS-Overuse, Non-Restraint, Emotional State scores do not differ significantly according to income level ($p > ,05$).

Table 10. Independent Samples Test Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Gym Use

Scales	Groups	n	$\bar{x}$	sd	t	df	p
DAS-Overuse	Yes	203	2,62	,90	-3,732	399	,000**
	No	198	2,95	,88			
DAS-Non-Restraint	Yes	203	2,57	,99	-2,338	399	,020*
	No	198	2,81	1,05			
DAS-Inhibiting the Flow of Life	Yes	203	2,60	,88	-2,351	399	,019*
	No	198	2,81	,90			
DAS-Emotional State	Yes	203	2,48	,73	-1,504	399	,133
	No	198	2,60	,86			
DAS-Dependence	Yes	203	3,48	,92	-1,499	399	,135
	No	198	3,62	,86			
DAS-Total	Yes	203	2,71	,67	-3,111	399	,002**

	No	198	2,93	,72			
PWBS-Total	Yes	203	44,43	7,46	3,730	399	,000**
	No	198	41,57	7,93			

*<0.05; **<0.01

Independent Samples Test results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to gym use are given in Table 10.

It was determined that the DAS-Overuse ($t_{(399)} = -3,732$; $p < ,01$), Non-Restraint ($t_{(399)} = -2,338$; $p < ,05$), Inhibiting the Flow of Life ($t_{(399)} = -2,351$; $p < ,05$), DAS-Total ($t_{(399)} = -3,111$; $p < ,01$) and PWBS-Total ($t_{(399)} = 3,730$; $p < ,01$) scores differed significantly according to the gym use. Participants who do not use gym have higher DAS-Overuse, Non-Restraint, Inhibiting the Flow of Life and DAS-Total scores than participants who use gym. Participants who use gym have higher PWBS-Total scores than participants who do not use gym.

DAS-Emotional State and Dependence scores do not differ significantly according to gym use ($p > ,05$).

Table 11. ANOVA Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Exercise Time

Scales	Groups	n	$\bar{x}$	sd	F	df	p	Difference
DAS-Overuse	1-6 months ¹	130	2,83	,96	2,741	4	,028*	2>5
	6 months-1 year ²	55	3,10	,96		396		
	1-3 year ³	55	2,69	,87				
	3-5 years ⁴	48	2,73	,87				
	6 years and above ⁵	113	2,64	,82				
DAS-Non-Restraint	1-6 months ¹	130	2,74	1,07	2,768	4	,027*	2>5
	6 months-1 year ²	55	3,05	1,04		396		

	1-3 year ³	55	2,56	,99				
	3-5 years ⁴	48	2,63	1,00				
	6 years and above ⁵	113	2,53	,96				
DAS-	1-6 months ¹	130	2,71	,90	1,463	4	,213	
Inhibiting the	6 months-1 year ²	55	2,84	,87		396		
Flow of Life	1-3 year ³	55	2,49	,89				
	3-5 years ⁴	48	2,60	,77				
	6 years and above ⁵	113	2,77	,93				
DAS-	1-6 months ¹	130	2,59	,85	4,264 ^a	4	,003**	2>5
Emotional	6 months-1 year ²	55	2,69	,65		396		4>5
State	1-3 year ³	55	2,56	,95				
	3-5 years ⁴	48	2,74	,83				
	6 years and above ⁵	113	2,33	,66				
DAS-	1-6 months ¹	130	3,58	,90	1,029	4	,392	
Dependence	6 months-1 year ²	55	3,65	,94		396		
	1-3 year ³	55	3,64	,87				
	3-5 years ⁴	48	3,35	,92				
	6 years and above ⁵	113	3,50	,86				
DAS-Total	1-6 months ¹	130	2,86	,73	2,205	4	,068	
	6 months-1 year ²	55	3,04	,73		396		
	1-3 year ³	55	2,75	,71				

	3-5 years ⁴	48	2,79	,66				
	6 years and above ⁵	113	2,72	,65				
PWBS-Total	1-6 months ¹	130	41,84	7,72	4,458	4	,002	
	6 months-1 year ²	55	41,40	7,99		396		
	1-3 year ³	55	45,00	6,26				
	3-5 years ⁴	48	41,42	7,87				
	6 years and above ⁵	113	44,88	8,04				

*<0.05; **<0.01; ^aWelch test

ANOVA results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to exercise time are given in Table 11.

It was determined that the DAS-Overuse ($F_{(4, 396)} = 2,741$; $p < ,05$), Non-Restraint ($F_{(4, 396)} = 2,768$; $p < ,05$) and Emotional State ($F_{(4, 396)} = 4,264$; $p < ,01$) scores differed significantly according to the exercise time. Participants who have been exercising for 6 months-1 year have higher DAS-Overuse and Non-Restraint scores than participants who have been exercising for 6 years and above. Participants who have been exercising for 6 months-1 year and 3-5 years have higher DAS-Emotional State scores than participants who have been exercising for 6 years and above.

DAS-Inhibiting the Flow of Life, Dependence, DAS-Total and PWBS-Total scores do not differ significantly according to exercise time ($p > ,05$).

Table 12. ANOVA Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Weekly Sport Days

Scales	Groups	n	$\bar{x}$	sd	F	df	p	Difference
DAS-Overuse	1-2 ¹	97	2,87	,96	6,355 ^a	2	,002**	2>3
	3-4 ²	132	2,95	,91		398		

	5 and above ³	172	2,60	,84				
DAS-Non- Restraint	1-2 ¹	97	2,76	1,11	4,087	2	,018*	2>3
	3-4 ²	132	2,84	1,05		398		
	5 and above ³	172	2,53	,93				
DAS-Inhibiting the Flow of Life	1-2 ¹	97	2,70	,98	,116	2	,890	
	3-4 ²	132	2,73	,86		398		
	5 and above ³	172	2,68	,87				
DAS- Emotional State	1-2 ¹	97	2,55	,87	,053	2	,949	
	3-4 ²	132	2,56	,78		398		
	5 and above ³	172	2,53	,78				
DAS- Dependence	1-2 ¹	97	3,54	,87	,013	2	,987	
	3-4 ²	132	3,56	,95		398		
	5 and above ³	172	3,55	,87				
DAS-Total	1-2 ¹	97	2,86	,78	2,106	2	,123	
	3-4 ²	132	2,90	,70		398		
	5 and above ³	172	2,74	,65				
PWBS-Total	1-2 ¹	97	42,51	7,99	4,205	2	,016*	3>2
	3-4 ²	132	41,76	8,06		398		
	5 and above ³	172	44,27	7,38				

*<0.05; **<0.01; ^aWelch test

ANOVA results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to weekly sport days are given in Table 12.

It was determined that the DAS-Overuse ($F_{(2, 398)} = 6,355$; $p < ,01$), Non-Restraint ($F_{(2, 398)} = 4,087$; $p < ,05$) and PWBS-Total ($F_{(2, 398)} = 4,205$; $p < ,05$) scores differed significantly

according to the weekly sport days. Participants who do sport 3-4 days in a week have higher DAS-Overuse and Non-Restraint scores than participants who do sport 5 days and above in a week. Participants who do sport 5 days and above in a week have higher DAS-Overuse and Non-Restraint scores than participants who do sport 3-4 days in a week.

DAS-Inhibiting the Flow of Life, Emotional State, Dependence ve DAS-Total scores do not differ significantly according to weekly sport days ($p>,05$).

Table 13. Kruskal Wallis H Test Results Regarding the Digital Addiction Scale and Psychological Well-Being Scale According to Digital Product Usage Time

Scales	Groups	n	MR	H	df	p	Difference
DAS-Overuse	0-1 hour ¹	28	163,96	37,932	3	,000**	4>1
	1-2 hour ²	70	155,52				4>2
	2-3 hours ³	118	177,92				4>3
	4 hours and above ⁴	185	238,53				
DAS-Non-Restraint	0-1 hour ¹	28	165,16	33,855	3	,000**	4>1
	1-2 hour ²	70	165,21				4>2
	2-3 hours ³	118	174,83				4>3
	4 hours and above ⁴	185	236,66				
DAS-Inhibiting the Flow of Life	0-1 hour ¹	28	199,13	15,292	3	,002**	4>2
	1-2 hour ²	70	170,86				4>3
	2-3 hours ³	118	182,82				
	4 hours and above ⁴	185	224,29				
DAS-Emotional State	0-1 hour ¹	28	195,68	14,337	3	,002**	4>2
	1-2 hour ²	70	162,54				
	2-3 hours ³	118	192,86				

	4 hours and above ⁴	185	221,55				
DAS-Dependence	0-1 hour ¹	28	161,57	38,272	3	,000**	4>1
	1-2 hour ²	70	150,85				4>2
	2-3 hours ³	118	183,01				4>3
	4 hours and above ⁴	185	237,42				
DAS-Total	0-1 hour ¹	28	170,50	45,906	3	,000**	4>1
	1-2 hour ²	70	146,91				4>2
	2-3 hours ³	118	175,98				4>3
	4 hours and above ⁴	185	242,04				
PWBS-Total	0-1 hour ¹	28	220,30	10,711	3	,013*	3>4
	1-2 hour ²	70	198,12				
	2-3 hours ³	118	226,02				
	4 hours and above ⁴	185	183,21				

*<0.05; **<0.01

Kruskal Wallis H Test results regarding the Digital Addiction Scale and Psychological Well-Being Scale according to digital products usage time are given in Table 13.

It was determined that the DAS-Overuse ($H_{(3)} = 37,932$; $p < ,01$), Non-Restraint ($H_{(3)} = 33,855$; $p < ,01$), Inhibiting the Flow of Life ($H_{(3)} = 15,292$; $p < ,01$), Emotional State ($H_{(3)} = 14,337$; $p < ,01$), Dependence ($H_{(3)} = 38,272$; $p < ,01$), DAS-Total ($H_{(3)} = 45,906$; $p < ,01$) and PWBS-Total ($H_{(3)} = 10,711$; $p < ,05$) scores differed significantly according to the digital product usage time. Participants who use digital products for 4 hours and above have higher DAS-Overuse, Non-Restraint, Dependence and DAS-Total scores than participants who use digital products for 0-1 hour, 1-2 hour and 2-3 hours. Participants who use digital products for 4 hours and above have higher DAS-Inhibiting the Flow of Life scores than participants who use digital products for 1-2 hour and 2-3 hours. Participants who use digital products for 4 hours and above have higher DAS-Emotional State scores than participants who use digital

products for 1-2 hour. Participants who use digital products for 2-3 hours have higher PWBS-Total scores than participants who use digital products for 4 hours and above.

Table 14. Regression Analysis Results Regarding the Predictive Effect of the Digital Addiction Scale on the Psychological Well-Being Scale

Dependent Variable	Predictor Variables	B	Std. Error B	Beta	t	p
PWBS-Total	Constant	53,256	1,628		32,708	,000**
	DAS-Overuse	-1,940	,522	-,224	-3,717	,000**
	DAS-Inhibiting the Flow of Life	-1,932	,490	-,220	-3,943	,000**
	DAS-Emotional State	-1,467	,542	-,150	-2,708	,007**
	DAS-Dependence	1,156	,461	,132	2,508	,013*
R= ,436 R ² = ,191 Sd:5/ 395 F: 23,299 p=,000**						

Regression analysis results regarding the predictive effect of the Digital Addiction Scale on the Psychological Well-Being Scale are given in Table 14.

The regression model is statistically significant ($F_{(4, 396)}=23,399$, $p<,01$). The model explains 1,91% of the variance of the PWBS-Total scores. It was determined that the DAS-Overuse ($\beta =-,224$, $t = -3,717$, $p<,01$), DAS-Inhibiting the Flow of Life ($\beta =-,220$, $t = -3,943$, $p<,01$), DAS-Emotional State ($\beta =-,150$, $t = -2,708$, $p<,01$), DAS-Dependence ($\beta =,132$, $t = 2,508$, $p<,05$) scores significantly predicted the PWBS-Total scores.

5. DISCUSSION & CONCLUSION

In this study, the aim was to examine the relationship between digital addiction levels and psychological well-being of individuals who regularly do sports. It has been examined whether there is a significant relationship between psychological well-being and digital addiction in individuals who regularly do sports. Moreover, the effect of digital addiction on individuals' psychological well-being as well as psychological resilience levels have been emphasized.

In the study, "Is the digital addiction levels and psychological well-being levels of individuals who regularly do sports determined by age, height, weight, marital status, education, socio-economic level, occupation, place of sport, how long the sport has been done, sport branch, the most frequently used digital product in daily life and how frequently it is used, and is there a statistically significant relationship between these?" An attempt was made to find the answer to the question. Among the demographic information in the above question, "profession, sports branch and the most frequently used digital product in daily life" were not included in the statistical study.

It was determined that there was a significant negative correlation between the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale. As individuals' scores on the Digital Addiction Scale increased as their scores on the Psychological Well-Being Scale decreased. When the studies on this subject are examined, it is seen that there are supporting findings. Odacı and Kalkan (2010) found that there is a positive relationship between problematic internet use and psychological indicators such as loneliness, communication anxiety, and anxiety about being unpopular. Üçkardeş (2020) stated that physical gains in individuals lead to positive psychological changes. According to the study, they thought that guidance counselors who aimed to achieve psychological gains felt better after physical gains. The positive gains obtained enabled the guidance counselors to raise their goals, and this had a positive effect on the psychological well-being variables. According to the study of Gezgin (2019), developing technology has created positive and negative effects on individuals. Technology, whose effects are seen all over the world, has created socio-psychological effects on students studying in Turkey. In the study, it was seen that the negative conditions on individuals were internet addiction, digital game addiction, social media addiction, smartphone addiction, FoMO and Nomophobia. In addition, the psychological factors associated with these negative situations were mostly loneliness, unhappiness, low life satisfaction, attention deficit and anxiety. According to the research of Hazar, Tekkurşun Demir, Namlı, and Türkeli (2017), it was determined that there is a negative and significant relationship between the total scores of the participants when it comes to "digital game addiction" and "physical activity levels". According to the study of Can (2018), it was determined that the internet addiction score averages of individuals who do not do sports are higher than those who do sports.

Considering the studies in the literature in general, the findings that there is a relationship between digital addiction and psychological well-being, and that as the use of digital products with internet content increases, psychological factors come to the fore. On the

other hand, it can be said that individuals who regularly engage in sports activities resist both the negative effects of the digital world and the effects of negative psychological indicators.

When the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale were analyzed according to gender, it was determined that there was a significant relationship in the DAS – Dependence sub-dimension. According to this result, women show more inability to leave the digital tool they use than men. Looking at the studies conducted in other sample groups in the relevant literature, Balcı and Gülnar (2009) found that digital addiction scores did not show a significant difference according to the gender factor in their study. Similarly, in the research of Günay (2017) in which he examined social media addiction in teacher candidates and Kaymal (2020)'s study in which he examined digital addictions of preschool teachers, it was found that addiction did not differ according to the gender factor. In the study of Can (2018), it was concluded that the internet addiction levels of male individuals are higher than those of female individuals. If an evaluation is made in light of this information, it is understood that the levels of digital addiction differ according to the studies and sample groups in terms of the gender factor.

The total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale were examined in 5 categories, 18-22, 23-25, 26-30, 31-35, 36 and over, according to the age factor. According to the results of the analysis, DAS-Dependence scores, one of the sub-dimensions of the Digital Addiction Scale, showed significant differences according to the age of the individuals. Individuals between the ages of 23-25 and 26-30 have higher scores for not leaving the digital tool, connection or environment than those aged 36 and over. Considering the total scores of the Digital Addiction Scale, the scores of young adults between the ages of 23-25 were higher than the scores of adults aged 36 and over. Therefore, this result suggests that young adults are more dependent on the digital world than adults aged 36 and over. When other studies in the related literature are examined, Çimen (2018) concluded in his study that individuals between the ages of 19-25 have more internet addiction than individuals aged 26 and over. Bolle (2014), in his study, revealed that smartphone addiction, which is an important indicator of digital addiction, differs according to age. With this study, it was found that individuals born after 1990 have a higher level of smartphone addiction. Although there are different studies in the literature that support these findings, there are also studies in which digital addiction scores do not differ significantly according to age. If we touch on a few of them, Kaymal (2020) found that digital addiction scores do not differ significantly according to age in his study. Horzum (2015) found in his research that game addiction did not differ according to age. Cayhan (2017), in

his study on digital tool addiction, found that smartphone addiction does not differ according to age.

When the total scores of the participants in the sample from the Digital Addiction scale and the Psychological Well-Being scale were examined according to their education level, it was found that there was a significant relationship in the DAS - Overuse sub-dimension. According to this result, it was revealed that university students scored higher than high school students in terms of using digital tools. When other studies in the related literature are examined, Arslan, Kırık, Karaman, and Çetinkaya (2015) found that high school students have a significantly higher level of addiction than university students in game addiction. It is understood that the findings differ according to the study and sample groups.

It was determined that there was a significant relationship between the total scores of the participants in the sample from the Digital Addiction Scale and the Psychological Well-Being Scale, and the sub-dimensions of excessive use, inability to restrict, hindering the flow of life, mood and inability to quit according to the duration of digital product use during the day. Likewise, it was found that there was a significant difference in the total scores of the Digital Addiction Scale and the total scores of the Psychological Well-Being Scale. In the sub-dimensions of the scale, excessive use, inability to restrict and not quitting, individuals who use digital products for 4 hours or more have higher scores than those who use between 0-1 hours and 1-2 hours, and when the significant difference in total scores is taken into account, the duration of digital product usage in general. It is seen that as the level of digital addiction increases, it increases. When other studies in the literature are examined, it has been found that the duration of use creates a significant difference in the level of addiction in many studies. In the study of Çakır, Balta, and Horzum (2008), it was determined that students who were connected to the Internet for more than eight hours a week had higher addiction levels than students who were connected to the Internet for less than eight hours a week. In the study of Çimen (2018), it was found that the level of internet addiction is higher in those who stay connected to the internet for more than 2 hours.

Considering the total scores of the Psychological Well-Being Scale, it was found that the psychological well-being of individuals who use digital products for 2-3 hours is higher than those who use 4 hours or more. In the study of Çimen (2018), one of the studies in the literature, it is seen that individuals who use the Internet for more than 2 hours experience negative social relations, which are psychological indicators, and the level of loneliness in the virtual environment is high. In the study of Güney (2017), the concept of netlessphobia

(individuals who are psychologically disturbed in the absence of the Internet) emerged after excessive use of the Internet. This situation shows us that excessive use of the internet may be the cause of psychological disorders that may occur in individuals. According to a different study, it is known that phone addiction negatively affects the concepts related to life satisfaction, subjective well-being, and psychological well-being (Lee & Moon, 2013; Lepp, Barkley & Karpinski, 2014; Samaha & Hawi, 2016; Spiegelman & Detsky, 2008).). Psychological indicators that negatively affect psychological well-being, such as individuals having problems in their social relationships, trying to meet their wishes and needs through the virtual environment, and not being able to make healthy decisions in evaluating their own thoughts and behaviors, can be evaluated among the consequences of internet addiction that occurs due to excessive use of the internet. Individuals who tend to use the Internet excessively are individuals who have low psychological well-being, do not feel self-sufficient, do not have healthy thoughts, and have negative thoughts about their future (Caplan, Williams, & Yee, 2009; Çağır & Gürcan, 2010). According to the study of Solmaz (2019), a low negative correlation was found between the level of psychological well-being and the level of internet addiction. According to this relationship, as Internet addiction increases, the level of psychological well-being decreases.

In general, the excessive use of the internet and digital tools and not giving up on this behavior cause many negative situations such as negatively affecting the psychological state of individuals, having problems in their social relationships, and suffering from internet-related disorders.

In these days when we are going through a global epidemic, we are experiencing one of the biggest crises in the history of humanity in the last century. While the Covid 19 pandemic brings with it many restrictions, we are also faced with a new world order in this direction. It gave rise to new habits. In a study conducted by Statista (2021) on internet usage rates in the United States during the COVID-19 pandemic, it was seen that the internet usage rates of individuals increased compared to the pre-pandemic period. The research shows that people tend to engage in addictive behaviors such as watching TV series and videos, using social media, surfing the internet or playing video games more than before the pandemic, in order to reduce their anxiety about changing living conditions during the pandemic period. (Majeed vd., 2020; Gao vd., 2020; Királyvd., 2020). In this context, the dependency on digital products will increase day by day in the new world order. When we evaluate the findings of our research, it is seen that more than half of the participants use digital products

for less than 4 hours. The fact that the sample consisted of individuals who regularly do sports suggested that it should be considered in preventive studies aimed at reducing addictions.

6. SUGGESTIONS

- ✓ In this study, digital addiction and psychological well-being of individuals who regularly do sports are examined according to demographic variables, while in another study, it can be recommended to conduct a study on the relationship between those who do sports regularly and those who do not do any sports.
- ✓ Awareness-raising studies can be conducted, especially for individuals aged 23-25, 26-30, about the negative course of psychological indicators as their Digital Addiction Levels increase (seminars, informative content, etc.).
- ✓ This study was conducted with individuals living in Batman. The study can be repeated by expanding the population and sample of the research.
- ✓ Universities and various non-governmental organizations can provide training to parents so that parents can consciously monitor their children's use of digital products and protect them from the harms of the internet.
- ✓ Awareness can be created by creating public service announcements about digital addiction.

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APPENDICES

Appendix-1: Personal Information Form

Appendix-2: Psychological Well-Being Scale

Appendix-3: Digital Addiction Scale

Appendix 4: Scale Permission

Appendix 5: Ethics Committee Permit Document



Appendix-1

Kişisel Bilgi Formu

Sayın Katılımcı,

Aşağıda yer alan sorulara vermiş olduğunuz yanıtlar yalnızca araştırmacı tarafından bilimsel amaçlarla kullanılacaktır. Bunun için boş soru bırakmamanızı rica eder, katkılarınız için teşekkür ederim. Yanıtınız olan şıkkı (X) şeklinde doldurarak anketi tamamlayabilirsiniz.

Teşekkürler,

Şeyma Ekinci

1.Cinsiyet

Kadın ()

Erkek ()

2.Yaşınız.....

3.Boyunuz.....

4.Kilonuz:.....

5. Medeni Durum:

Evli () Boşanmış () Dul() Boşanmış()

6. Eğitim Durumu:

İlköğretim Mezunu () Ortaokul Mezunu()

Lise () Üniversite Mezunu ()

Yüksek lisans ve üzeri ()

7. Kendinizi hangi sosyoekonomik düzeyde değerlendiriyorsunuz?:

Alt Sosyoekonomik Düzey ()

Orta Sosyoekonomik Düzey ()

Üst Sosyoekonomik Düzey ()

8.Mesleğiniz:

Memur()

İşçi ()

Özel sektör()

Ev Hanımı()

Diğer.....

9.Düzenli olarak spor salonunda mı spor ve fiziksel aktivite yapıyorsunuz?

Evet()

Hayır()

10.Ne kadar süredir düzenli spor yapıyorsunuz?

1-6 ay()

6 ay-1 yıl ()

1-3 yıl ()

3-5 yıl ()

5-10 yıl ()

11.Haftanın kaç günü spor yapıyorsunuz?

1() 2() 3() 4() 5() 6() 7()

12.Yaptığınız Spor branşı hangisi yada hangileridir?

Fitness()

Plates ()

Step()

Aerobik()

Yüzme ()

Takım Sporları ()

Bireysel Sporlar()

Yürüyüş()

Koşu ()

Diğerleri().....

13.Spor yapma nedeniniz nedir?

Sağlığını korumak ()

Kilo vermek()

Formumu korumak() Profesyonel sporcu olmak()

Psikolojik iyi oluş()

14.En Çok Kullandığınız Dijital Ürün:

15.Gün İçinde Dijital Ürün Kullanım Saati:

0-1 saat ()

1-2 saat ()

2-3 saat ()

4 saat ve daha fazla ()



Appendix-2

Psikolojik İyi Oluş Ölçeği

Değerli katılımcı,

Psikolojik iyi oluş ölçeği bireyin, sosyo-psikolojik açıdan iyi oluşunu ölçme amaçlı geliştirilmiştir. Verdiğiniz cevaplar saklı tutularak akademik çalışmalar dışında hiçbir şekilde kullanılmayacaktır. Ölçeğe zaman ayırarak verdiğiniz samimi cevaplar için şimdiden teşekkür ederim.

Aşağıda katılıp ya da katılmayacağınız sekiz(8) ifade vardır. 1-7 arasındaki derecelendirmeyi kullanarak her bir madde için uygun olan cevabı belirtiniz.

1- kesinlikle katılmıyorum 2- katılmıyorum 3- biraz katılmıyorum 4- kararsızım 5- biraz katılıyorum 6- katılıyorum 7- kesinlikle katılıyorum

1. Amaçlı ve anlamlı bir yaşam sürdürüyorum
2. Sosyal ilişkilerim destekleyici ve tatmin edicidir
3. Günlük aktivitelereime bağlı ve ilgiliyim
4. Başkalarının mutlu ve iyi olmasına aktif olarak katkıda bulunurum
5. Benim için önemli olan etkinliklerde yetenekli ve yeterliyim
6. Ben iyi bir insanım ve iyi bir hayat yaşıyorum
7. Geleceğim hakkında iyimserim
8. İnsanlar bana saygı duyar

Appendix-3:

Dijital Bağımlılık Ölçeği

Aşağıdaki her bir maddeyi okuyun bu madde sizin için her zaman doğru ise Tamamen Katılıyorum genelde doğru ise katılıyorum, emin değilseniz Kararsızım, genelde doğru değilse Katılmıyorum, hiçbir zaman doğru değilse Kesinlikle Katılmıyorum şeklinde işaretleyiniz.

Boyut	Madde No		Tamamen Katılıyorum	Katılıyorum	Kararsızım	Katılmıyorum	Kesinlikle Katılmıyorum
Aşırı Kullanım	19	Yemek yerken aynı zamanda telefon, tablet ya da bilgisayarım ile meşgul olurum.					
	6	Gezi, piknik veya arkadaşlarla olduğum sosyal ortamlarda sürekli dijital araçlarına (cep telefonu ya da tablet) bakarım.					
	3	Dijital araçları amacı dışında aşırı bir şekilde kullanıyorum.					
	5	Bir işle uğraşırken kendimi dijital araçlarımı kontrol ederken buluyorum.					
	1	Dikkat gerektiren işleri yaparken bile telefon, tablet gibi dijital araçlarla uğraşırım.					
Kendini Kontrol Edememe	9	Dijital araçları kullanma süresini konusunda kendimi kontrol edemiyorum.					
	10	Dijital araçlarla harcadığım zamanı kırmak için başarısız çabalarım oldu					
	8	Dijital araçlarla harcadığım zamanı azaltamıyorum.					
Hayatın Akışı Engelleme	28	Dijital araçlar ev ve okul ile ilgili sorumluluklarımı yerine getirmemi engelliyor.					
	25	Dijital araçlarla çok vakit harcadığımdan dolayı birçok fırsatı kaçırdığım olmuştur.					
	27	Dijital araçlarla uğraştığım zaman çevremde olup bitenden haberim olmaz.					
	24	Dijital araçları kullanmam nedeniyle üretkenliğimin azaldığını hissediyorum.					
Duygu Durumu	14	Dijital araçlarla vakit geçirirken bana herhangi bir iş verilmesi beni öfkeliendirir.					
	11	Dijital araçları kullanamayacağım ortamlar beni sıkır.					
	16	Sahip olduğum dijital araçları uzun süre kullanmadığımda kendimi çok mutsuz ve sinirli hissedirim.					
	12	Dijital araçlarla vakit geçirirken kendimi çok mutlu hissediyorum					
Bırakamama	17	Sahip olduğum dijital araçların bozulması veya kaybolması beni huzursuz eder.					
	21	Kısa süreliğine bile olsa evden ayrıldığımda telefon/tablet gibi dijital araçları yanıma almak isterim.					
	23	Akıllı telefon ve tablet gibi dijital araçları yatarken yanımda bulunduruyorum.					

Appendix 4:

Scale Permission

