

YEDİTEPE UNIVERSITY
GRADUATE SCHOOL OF SOCIAL SCIENCES

**THE MEDIATING ROLE OF
THE COGNITIVE EMOTION REGULATION STRATEGIES IN
THE RELATIONSHIP BETWEEN THE USE OF SOCIAL MEDIA
AND BODY APPRECIATION**

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Istanbul - 2023

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MEDIA AND BODY APPRECIATION

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Supervisor

Dr D. Billur Örnek

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ABSTRACT

THE MEDIATING ROLE OF THE COGNITIVE EMOTION REGULATION STRATEGIES IN THE RELATIONSHIP BETWEEN THE USE OF SOCIAL MEDIA AND BODY APPRECIATION

The purpose of this thesis is to investigate the connections between appreciation for one's body and cognitive emotion regulation methods and social networking addiction. The study's specific goal is to investigate the mediating function of maladaptive cognitive emotion regulation strategies (M-CERS) in the connection between appreciation for one's body and social networking addiction, taking into account potential variations in body appreciation levels among genders and age groups. The sample consisted of 423 adults from different age groups. The Bergen Social Media Addiction Scale (Andreassen et al., 2016), The Body Appreciation Scale (Tylka & Wood-Barcalow, 2015), and The Cognitive Emotion Regulation Questionnaire (CERQ) (Garnefski & Kraaij, 2007) were used to measure the participants' levels of social media addiction, body appreciation, and cognitive emotion regulation processes. The results of the correlation analyses showed that there was a negative connection between body appreciation and dysfunctional cognitive emotion regulation methods, positive connections between social networking addiction and dysfunctional strategies, and a negative connection between social networking addiction and functional strategies. Although social networking addiction does not directly cause a decrease in appreciation for one's body, mediation analyses have shown that it does so indirectly through the use of dysfunctional cognitive emotion regulation processes. Though there were notable variations in levels of body appreciation throughout age groups, levels of appreciation for one's body did not vary significantly between genders. When age was included, the mediation pathway through dysfunctional cognitive emotion regulation strategies persisted, and the overall model remained statistically significant. Age directly affected body appreciation in a minor way. Future research directions and clinical implications were discussed.

Keywords: social media addiction, cognitive emotion regulation strategies, body appreciation, age groups

ÖZET

SOSYAL MEDYA KULLANIMI İLE BEDEN MEMNUNİYETİ ARASINDAKİ İLİŞKİDE BİLİŞSEL DUYGU DÜZENLEME STRATEJİLERİNİN ARACI ROLÜ

Bu tez, sosyal medya bağımlılığı bilişsel duygu düzenleme stratejileri ile beden memnuniyeti arasındaki ilişkileri incelemeyi amaçlamaktadır. Araştırmanın özel amacı, sosyal medya bağımlılığı ile beden memnuniyeti ilişkisinde uyumsuz bilişsel duygu düzenleme stratejilerinin oynadığı aracı rolü incelemek ve cinsiyet ve yaş grupları arasındaki beden memnuniyeti düzeylerindeki potansiyel farklılıkları dikkate almaktır. Örneklem farklı yaş gruplarından 423 yetişkinden oluşuyordu. Sosyal medya bağımlılığı, beden memnuniyeti ve bilişsel duygu düzenleme stratejileri Bergen Sosyal Medya Bağımlılığı Ölçeği (Andreassen ve diğerleri, 2016), Beden Memnuniyeti Ölçeği (Tylka ve Wood-Barcalow, 2015) ve Bilişsel Duygu Düzenleme Anketi (CERQ)(Garnefski ve Kraaij, 2007) kullanılarak değerlendirildi. Korelasyon analizleri sonuçlarına göre, sosyal medya bağımlılığı ile uyumsuz bilişsel duygu düzenleme stratejileri arasında olumlu bir ilişki, uyumsuz bilişsel duygu düzenleme stratejileri ile beden memnuniyeti arasında olumsuz bir ilişki, ve sosyal medya bağımlılığı ile beden memnuniyeti arasında olumsuz bir ilişki tespit edilmiştir. Aracılık analizleri, sosyal medya bağımlılığının doğrudan beden memnuniyetini etkilemezken, uyumsuz bilişsel duygu düzenleme stratejileri aracılığıyla dolaylı bir etki yaparak ilişkiye aracılık ettiğini ortaya çıkardı. Beden memnuniyeti düzeyleri cinsiyetler arasında farklılık göstermedi; ancak yaş grupları arasında beden memnuniyeti düzeylerinde önemli farklılıklar bulundu. Yaş dahil edildiğinde uyumsuz bilişsel duygu düzenleme stratejileri yoluyla aracılık yolu devam etti ve genel model istatistiksel olarak anlamlı kaldı. Yaşın beden memnuniyeti üzerinde küçük ve doğrudan bir etkisi vardı. Gelecekteki araştırma yönleri ve klinik çıkarımlar tartışıldı.

Anahtar Kelimeler: sosyal medya bağımlılığı, bilişsel duygu düzenleme stratejileri, beden memnuniyeti, yaş grupları



To My Grandmother,

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TABLE OF CONTENTS

DECLARATION OF ORIGINALITY	i
ABSTRACT.....	ii
ÖZET	iii
ACKNOWLEDGEMENTS	v
TABLE OF CONTENTS	vi
LIST OF FIGURES.....	viii
LIST OF TABLES.....	ix
1. INTRODUCTION	1
<i>1.1. Cognitive Emotion Regulation Strategies.....</i>	<i>1</i>
1.1.2 Emotion Regulation	1
1.1.3 Emotion Regulation Strategies	3
1.1.4. Cognitive Emotion Regulation	6
1.1.5 Cognitive Emotion Regulation Strategies	8
1.1.6. Research About Cognitive Emotion Regulation.....	11
<i>1.2. Body Appreciation</i>	<i>13</i>
1.1.6 Body Image.....	13
1.1.7 Body Appreciation.....	16
1.1.8 Research About Body Appreciation	18
<i>1.3. Social Media Addiction.....</i>	<i>19</i>
1.3.1. The Concept of Social-Media	19
1.3.2. Social Media Platforms.....	21
1.3.3. Social Media Addiction	22
1.3.4. Utilization of the Internet and Engagement on Social Platforms in Turkey.....	25
1.3.5. Research About Social Media Addiction.....	26
<i>1.4. Cognitive Emotion Regulation Strategies, Body Appreciation, and Social Media Addiction: The Current Study.....</i>	<i>28</i>
1.4.1. Research About Cognitive Emotion Regulation Strategies, Body Appreciation and Addiction to Social Media	28
1.4.2. The Current Study.....	30
2.METHOD	32
<i>2.1. Participants.....</i>	<i>32</i>
<i>2.2. Instruments/Materials.....</i>	<i>34</i>
2.2.1. Demographic Information Form.....	34
2.2.2. Cognitive Emotion Regulation Questionnaire.....	34

2.2.3. Body Appreciation Scale	35
2.2.4. Bergen Social Media Addiction Scale	36
2.3. Procedure	37
2.4. Data Analysis.....	38
3.RESULTS	39
3.1. Analysis of Descriptive Statistics.....	39
3.2. Divergences in Body Appreciation Across Genders and Age Groups.....	40
3.3. Correlations between Body Appreciation, Cognitive Emotion Regulation Strategies and Social Media Addiction.....	42
3.4. Mediation Analysis	43
4.DISCUSSION	47
4.1. Overview of the Study	47
4.2. Exploring Disparities in Body Appreciation Based on Gender.....	48
4.3. Dissimilarities in Body Appreciation Across Age Groups	49
4.4. Correlation Analysis	50
4.4.1. Addiction to Social Media and the Strategies of Cognitive Emotion Regulation	50
4.4.2. Body Appreciation and Cognitive Emotion Regulation Strategies	51
4.4.3. Addiction to Social Media and the Appreciation of Body.....	53
4.5. Mediation Analysis	54
4.5.1. Mediating Role of Maladaptive Cognitive Emotion Regulation Strategies	54
4.6. Study Limitations and Suggestions for Future Studies	57
4.7. Implications for Clinical Practice	57
4.8. Conclusion	58
REFERENCES	59
APPENDICES.....	88
APPENDIX A: INFORMED CONSENT FORM	88
APPENDIX B: DEMOGRAPHIC INFORMATION FORM	89
APPENDIX C: COGNITIVE EMOTION REGULATION QUESTIONNAIRE(CERQ) ..	90
APPENDIX D: BODY APPRECIATION SCALE (BAS).....	93
APPENDIX E: BERGEN SOCIAL MEDIA ADDICTION SCALE(BSMAS)	94
APPENDIX F: DEBRIEFING FORM	95

LIST OF FIGURES

Figure 1. Exploring the Influence of Maladaptive Cognitive Emotion Regulation on the Association Between Social Media Addiction and Body Appreciation: A Mediation Model	46
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LIST OF TABLES

Table 1. Demographic Attributes of the Study Participants	32
Table 2. Reliability Statistics for Scales	36
Table 3. Descriptive Statistics of the Study Variables.....	39
Table 4. Gender Differences in Body Appreciation	40
Table 5. ANOVA Findings on Body Appreciation Across Varied Age Categories.....	41
Table 6. Tukey HSD Results: Body Appreciation Differences in Age Subgroups	41
Table 7. Correlations of the Study Variables.....	43
Table 8. Mediation Analysis Results for SMA, M-CERS, and BA	44



1. INTRODUCTION

1.1. Cognitive Emotion Regulation Strategies

1.1.2 Emotion Regulation

Emotion is a complicated psychological and physiological experience that philosophers, psychologists, and scientists have explored for centuries. Aristotle, an ancient Greek philosopher, proposed one of the first and most significant descriptions of emotion. According to Aristotle, feelings are the result of how we interpret the world around us, and various feelings are connected to various kinds of things and occasions. Depending on the circumstances, these emotions might be either favorable or negative. (Roberts, 1989).

Similar to Aristotle, various authors have offered perspectives on definitions of emotions in the field of psychology over time. According to James-Lange (1885), physiological changes in the body, such as an elevated heart rate or perspiration, are the cause of feelings, which subsequently give rise to emotional experiences. Cannon (1927) takes a different stance, stating that emotions are a result of a combination of physiological changes, cognitive assessments, social and cultural factors. Within his influential work "Principles of Psychology", wherein a chapter is dedicated to emotions, James (1922) formulates a definition of emotions as made up of three components: bodily sensations, cognitive appraisals, and behavioral expressions. James (1922) also argued that emotions are useful adaptations that have evolved to assist individuals in responding to environmental obstacles and opportunities. Another significant contributor to the field of emotion psychology is Paul Ekman (1992) a psychologist best known for developing the theory of universal emotions. Ekman's identification of the six universal emotions—happiness, sorrow, fear, rage, surprise, and disgust—is among his most valuable contributions to psychology. Ekman (1992) argued that emotions are innate aspect of human biology that arose in response to repeated and consequential situations, including threats and opportunities, that required a rapid and appropriate response for optimal survival and reproduction.

Accordingly, emotions function as signals to prompt individuals to react effectively to these situations, thereby augmenting their prospects for survival and reproduction. Fear, for example, warns us of potential dangers, but joy indicates that a situation is rewarding or joyful. Emotions also encourage us to take action, assisting us in achieving our goals and effectively navigating our surroundings (Izard, 2009). It appears that, emotions are crucial because they perform a variety of fundamental functions that are essential to our bodily and psychological well-being. Importantly, emotions provide us with invaluable information about our surroundings, guide our behavior, and allow interactions with others. Emotions also have a big impact on our social interactions and relationships, impacting our ability to form meaningful connections and long-lasting attachments (Barrett, 2017).

While emotions are vital, so is the capacity to regulate them. Although the concept of emotion regulation has existed throughout history, it was not explicitly labeled as such until recently. The Stoic philosophers of ancient Greece emphasized the significance of self-control and emotional regulation as a means of reaching tranquility and inner harmony (Nussbaum, 2013). Meditation and mindfulness, for example, have been utilized in Buddhist and Taoist traditions to achieve emotional equanimity and detachment (Lama et al., 1999). Later, Freud (1920) established the notion of repression in psychology, which corresponds to the unconscious suppression of unpleasant or threatening emotions. Researchers such as Lazarus (1966) and Schachter and Singer (1962) stressed the significance of cognitive appraisal and attribution in the experiencing and control of emotions in the mid-twentieth century. They hypothesized that people actively interpret and make sense of their emotional experiences, and that these interpretations influence the choice and effectiveness of emotion regulation measures (Lazarus, 1966; Schachter & Singer, 1962).

The term "emotion regulation" was defined by Gross (1999) as the range of behavioral and cognitive techniques people use to regulate the nature, timing, level of intensity, and expression of their emotions. Maintaining that emotion management is a key tenet of human psychology, the writers emphasized its substantial contribution to our capacity for navigating the social and emotional challenges inherent in everyday life. Emotion regulation is important for several reasons. First, a basic necessity for healthy cognitive functioning, according to Urry et al. (2006), is emotion regulation because of

the strong influences that emotions can have on the brain and body. Intense or prolonged emotional experiences can trigger physiological reactions that affect cognitive functions like attention, working memory, and decision-making. This depletion of cognitive resources compromises a person's ability to think clearly and solve problems effectively. Furthermore, emotion regulation is critical to cognitive functioning because effective emotion regulation can promote the maintenance of cognitive flexibility and control. Individuals can avoid becoming overwhelmed by negative emotions by managing their emotions, and they can remain consistent in their pursuit of objectives and tasks, ultimately leading to improved decision-making, superior problem-solving abilities, and more effective interpersonal interactions (Gross, 2015).

Emotion regulation can reduce the effect of emotional distractions on cognitive processes and enhance optimal cognitive functioning (Forgas et al., 2011). Moreover, emotion regulation holds a critical role in shaping our social interactions and relationships. It functions as a medium through which we articulate our inner experiences to others, thereby facilitating connections and fostering significant relationships. Additionally, emotion regulation exerts a considerable influence on our capacity to comprehend and demonstrate empathy towards others, enhancing our effectiveness in social interactions and relationships (Eisenberg & Eggum, 2009; Gross, 2011). Finally, emotion regulation can assist individuals in managing their emotional reactions to demanding or stressful circumstances, thereby mitigating the detrimental impacts of stress on their psychological and physiological well-being (Brosschot et al., 2006; Gross & Jazaieri, 2014). Emotion regulation is an important component of general well-being, as evidenced by a growing corpus of studies. Even though controlling one's emotions is crucial for one's wellbeing, using effective emotion regulation techniques is crucial for achieving the best possible emotional control. (Aldao et al., 2010; Gross, 2015).

1.1.3 Emotion Regulation Strategies

Individuals employ deliberate or automatic efforts, known as emotion regulation strategies, to regulate or manage their emotional experiences, expressions, and reactions to their surroundings. These strategies, which might include cognitive, behavioral, or physiological techniques to regulate emotions, can be adaptive or maladaptive (Gross, 2015).

The phrases "maladaptive and adaptive emotion regulation strategies" refer to the range of methods people use to control their emotional reactions to different situations. Adaptable emotion regulation techniques are defined by a purposeful, goal-oriented approach to emotional control, with the intention of enhancing personal wellbeing (Folkman, 1997; Gross, 1998; Lazarus, 1999). Adaptive emotional regulation strategies include cognitive reappraisal, acceptance, mindfulness, and problem-solving. Reinterpreting a situation to alter emotional reactions is part of the adaptive approach known as cognitive reappraisal. For example, if someone is nervous about a presentation, they can reframe the issue as an opportunity to exhibit their skills rather than a stressful situation (Garnefski & Kraaij, 2006; Gross, 2015). Mindfulness is another adaptive emotion regulation strategy that includes paying attention to the events of the current moment without judgment. Someone who is feeling overwhelmed, for example, may utilize mindfulness techniques like deep breathing or body scans to focus on physical sensations and lessen emotional reaction (Hofmann et al., 2010; Slutsky et al., 2017). Problem-solving is an adaptive emotion regulation strategy that includes determining and treating the root cause of an emotional response. For example, if a person is frustrated by a disagreement with a friend, they may employ problem-solving strategies like active listening and compromise to address the issue and avoid future emotional pain (D'Zurilla & Abpp, 2006). All things considered, adaptive emotion regulation techniques are successful in fostering long-term good feelings and wellbeing by helping people manage difficult circumstances and control their emotions in a healthy way (Gross & John, 2003).

On the other hand, the employment of coping techniques that eventually prove to be harmful or ineffectual characterizes maladaptive emotion regulation methods. Such strategies often involve the avoidance or suppression of emotions, resulting in a cumulative buildup of negative affect and an exacerbation of psychological distress (Aldao & Nolen-Hoeksema, 2012; Gross, 1998; Joormann & Stanton, 2016). Suppression is a maladaptive emotion regulation strategy in which emotional reactions are inhibited or hidden. For example, if someone is angry, they may hide their feelings in order to look calm and controlled (Gross & John, 2003). Avoidance is a maladaptive strategy where individuals steer clear of situations or emotions that evoke negative emotions. For instance, a person who fears public speaking may entirely evade giving presentations (Kashdan & Rottenberg, 2010). While avoiding unpleasant feelings can occasionally be

a successful short-term technique for controlling such feelings, doing so might actually make things worse in the long run, especially if it becomes a habitual response (Aldao & Nolen-Hoeksema, 2012). Nonetheless, avoiding challenges may hinder personal growth, leading to heightened anxiety and reduced well-being (Kashdan & Rottenberg, 2010). Rumination is a maladaptive strategy that includes pessimistic thinking on the causes and effects of emotional experiences on a regular and persistent basis. For example, someone who is depressed may repeatedly concentrate on terrible prior experiences (Nolen-Hoeksema et al., 2008; Watkins, 2008). Substance usage is likewise a maladaptive emotion control approach because it entails utilizing drugs or alcohol to regulate emotions. Someone who is stressed, for example, may turn to alcohol to help them relax. Substance abuse, on the other hand, can result in addiction along with adverse effects on health and mental well-being (Blanchard et al., 2019; Kober, 2014). Maladaptive emotion regulation strategies, in general, are inadequate or damaging ways of coping with emotions that involve avoiding or numbing oneself from them rather than actively addressing them (Aldao et al., 2010).

Emotion regulation techniques fall into three main categories: behavioral, bodily, and cognitive techniques. They can also be categorized as functional or dysfunctional (Gross, 2011). The term behavioral emotion regulation describes the use of behavioral techniques to modulate or control one's emotions, such as participating in activities or altering one's environment. These strategies are classified into two types: approach and avoidance behaviors. Approach behaviors include actively participating in activities or situations that may elicit pleasant emotions, whereas avoidance behaviors involve rejecting activities or situations that may elicit negative emotions (Gross, 2015). Behavioral emotion regulation effectiveness depends on the situation, goals, and emotions. Personal and environmental factors affect the use of such strategies (Gross, 1998). Physiological emotion regulation strategies involve controlling one's emotions through physiological processes. Deep breathing, muscular relaxation, and biofeedback are examples of strategies that can be used to lower physiological arousal and generate a sense of calm (Gross, 1998; Kim & Hamann, 2007). Physiological strategies for emotion regulation can be beneficial because they can generate physiological conditions that are ideal for feeling positive emotions and minimizing negative emotions (Gross & Levenson, 1997).

The intentional and deliberate attempts to alter one's own emotional reactions by altering cognitive processes associated with the inciting experience are referred to as cognitive emotion control techniques. These techniques usually entail altering one's perspective on an event or circumstance in order to control emotions (Garnefski et al., 2001). In essence, understanding the various strategies for regulating emotions is a vital element in maintaining optimal mental health. Adaptive techniques like mindfulness and cognitive reappraisal can increase favorable feelings and reduce negative ones. Conversely, maladaptive strategies, including substance abuse and rumination, may intensify negative emotions and result in unfavorable outcomes (Brockman et al., 2016). The next section will offer a detailed look at how the idea of cognitive control of emotions has developed within the field.

1.1.4. Cognitive Emotion Regulation

The cognitive theory, as proposed by Lazarus (1991), suggests that an individual's thoughts, emotions, and behaviors are interconnected and influenced by the duration of information processing within their minds. A sequence of cognitive evaluations defines the feeling of a specific emotion in response to emotionally charged stimuli, emphasizing the role of cognitive processes in molding our emotional experiences. Emotion and cognition are functionally and bidirectionally related, which implies they cannot be separated (Kemper & Lazarus, 1992; Troy & Mauss, 2011).

This has significant consequences for how we manage and comprehend our emotions, as cognitive methods can be used to regulate emotional experiences and enhance well-being (Gross, 2015). Cognitive emotion regulation is a research field that investigates how people utilize cognitive methods to moderate their emotions and the potential benefits and drawbacks of these strategies in various settings (Aldao & Nolen-Hoeksema, 2012).

For a substantial duration, cognitive emotion control has been extensively studied, with numerous prominent theories and models that have played a significant role in advancing our understanding of this vital research area over the course of history. The transactional model of stress and how to cope proposed by Lazarus and Folkman, introduced in 1984, is regarded as one of the pioneering and significant theories of

cognitive emotion regulation. According to this model, when a person encounters a stressful situation, they engage in a series of cognitive appraisals to evaluate the situation and its potential impact. These appraisals, in turn, affect the person's emotional reaction to the stressor. This approach highlights how an individual's cognitive assessment of a circumstance is crucial in determining their emotional reaction. According to this perspective, the way in which an individual appraises a situation can significantly influence their emotional experience (Lazarus & Folkman, 1984; Lazarus, 1993).

Building on the work of others before him, Gross presented his process framework for emotion regulation around 1998. At their disposal, individuals have a range of cognitive strategies, as proposed by this model, that can be utilized to regulate their emotional responses. In the context of emotion regulation, as outlined in Gross's 1998 process framework, individuals engage in a range of cognitive operations to observe, assess, and modify their emotional reactions. These mental processes can be divided into two main categories of emotion regulation techniques: reactive strategies, which modify a sense of emotion after it has already been triggered, and pre-emptive strategies, which involve acting before a full emotional response appears. This model has been thoroughly researched and has shaped later studies on cognitive emotion regulation (Gross, 1998).

In the area of cognitive control of emotions, another well-known paradigm is the cognitive control theory, introduced by Ochsner and Gross in 2005. This theory proposes that emotion regulation is mediated by a set of cognitive control mechanisms, including attentional deployment, cognitive reappraisal, and response modulation. According to this model, individuals can employ these cognitive strategies to alter their emotional response to a given stimulus (Ochsner & Gross, 2005).

Over time, researchers have developed several models and theories of cognitive emotion regulation to examine the cognitive processes and mechanisms involved in controlling emotions in diverse domains. These investigations have not only improved our comprehension of the characteristics and operations of cognitive regulation of emotions, but they have also brought attention to the therapeutic potential of this process in the management of a range of mental illnesses (Werner & Gross, 2010).

The significance of emotional cognitive regulation lies in its function as a primary mechanism that people utilize to control and deal with their emotional experiences. However, the effectiveness of these strategies depends on a number of variables,

including the characteristics of the individual and the particular situational context in which they are used (Joormann & Stanton, 2016). In the next section, various techniques for cognitive emotion regulation will be reviewed, considering their importance.

1.1.5 Cognitive Emotion Regulation Strategies

The study conducted by Garnefski, Spinhoven, and Kraaij (2001) emphasizes the significance of understanding the various facets of emotion regulation, including its biological, social, behavioral, and cognitive components. However, it is impractical to investigate all the mechanisms and processes involved in emotion regulation due to its broad scope. Consequently, the authors accorded priority to a specific component of emotion regulation, namely, the cognitive dimension.

In order to test nine different cognitive emotion control methods that have been extensively studied in a variety of populations, Garnefski et al. (2007) developed the Cognitive Emotion Regulation Questionnaire (CERQ). These strategies are classified as adaptive or maladaptive. Understanding these strategies and the structures that underlie them might provide useful insights into how people manage their emotions and deal with difficult situations (Garnefski & Kraaij, 2006). This section aims to offer a detailed description of each strategy as measured by the CERQ.

1.1.5.1 Adaptive Strategies

1. Acceptance

Acceptance refers to being open and nonjudgmental about one's feelings, allowing them to be felt and managed in a healthy way. Individuals can learn how to manage tough emotions and build resilience to future stressors by acknowledging their emotions. This can help people develop a stronger sense of self-awareness and emotional intelligence, which can lead to better mental health and well-being (Garnefski & Kraaij, 2006).

2. Positive refocusing

Individuals who employ positive refocusing purposefully shift their attention away from negative thoughts or circumstances and toward positive ones. As a result, the strength of happy sentiments may increase, and the strength of unpleasant emotions may decrease. It is especially helpful when there is no immediate solution to the problem that is creating the negative mood, as it can help individuals manage until a solution is discovered (Garnefski & Kraaij, 2006; Garnefski et al., 2001).

3. Refocus on planning

It is a strategy that entails shifting one's focus away from emotional reactions to an issue and toward a problem-solving approach. This strategy can be especially useful when people face problems that need practical solutions. Rather than concentrating on unpleasant feelings, people focus on devising a solution to the situation. Individuals can reduce emotions of helplessness and recover control over their situations by focusing on problem-solving and planning (Garnefski & Kraaij, 2006; Garnefski et al., 2001).

4. Putting into perspective

It is a cognitive strategy that involves looking at a situation from another or broader point of view. Individuals want to minimize the emotional intensity of the circumstance by adjusting their perception of it in this way. This strategy is similar to reappraisal in that it seeks to minimize the emotional impact of an occurrence, but it differs in that it entails extending the scope of the situation rather than revising its evaluation. Individuals can often see a situation in a more positive light or with less emotional intensity by adopting a new perspective (Garnefski & Kraaij, 2006; Garnefski et al., 2001).

5. Positive reappraisal

One cognitive technique for regulating emotions is positive reappraisal which involves reframing a situation in a positive light, so altering how the event or experience is seen. Positive reappraisal, as opposed to focusing on the negative aspects of a situation, is finding positive interpretation of the situation (Garnefski & Kraaij, 2006).

1.1.5.2. Maladaptive Strategies

1. Self-blame

Self-blame is defined as a tendency to attribute unpleasant occurrences to oneself, resulting in feelings of guilt and responsibility for unfavorable outcomes. Individuals who use self-blame may consider themselves as the cause of a terrible event, regardless of whether the incident was within their control or not. (Garnefski et al., 2001; Garnefski & Kraaij, 2006).

2. Rumination

Rumination, which may lead to a downward cycle of unfavorable sensations and thoughts, is the process of thinking continuously and repetitively about unpleasant experiences, feelings, and thoughts. Negative effects, such as hopelessness and a sense of powerlessness, as well as an increased susceptibility to bad things happening and protracted distress, might result from it (Garnefski & Kraaij, 2006; Garnefski et al., 2001).

3. Catastrophizing

The process of "catastrophizing" entails visualizing the worst-case scenarios as well as exaggerating the negative features of an event or situation. Utilizing this strategy could intensify negative emotions including fear, worry, and melancholy

as well as feelings of helplessness and hopelessness. When someone uses catastrophizing, they may become overcome by pessimistic ideas that make it difficult for them to come up with workable answers to the problems they are facing. (Garnefski & Kraaij, 2006).

4. Other-blame

Rather of accepting responsibility or blaming oneself, this strategy entails blaming others for the terrible occurrence or situation that has occurred. By moving the focus and responsibility away from oneself and onto someone else, this method might create a sense of comfort. Using other blame as a key emotion regulation strategy, on the other hand, can have negative implications. It can cause discontentment or disagreements within interpersonal relationships, as well as a failure to learn from the incident and accept responsibility for one's own actions (Garnefski & Kraaij, 2006).

1.1.6. Research About Cognitive Emotion Regulation

Emotion management in cognition is crucial part of our psychological well-being since it encompasses all the different strategies we use to manage and adjust our emotional reactions to diverse situations (Garnefski et al., 2001). Recent research in this topic has provided light on new approaches and practical implications in mental health improvement. This section includes research on cognitive emotion regulation from both domestic and international sources.

In a 2010 study, Aldao and Hoeksema looked at college students' use of four emotion regulation cognitive methods in connection to symptoms of disordered eating, anxiety, and depression. Researchers came to the conclusion that rumination and suppression showed stronger connections with psychopathology than adaptive techniques like reappraisal and problem-solving, as well as with a hidden factor of cognitive control of emotions. Additionally, it has been found that the symptoms of all three disorders are strongly correlated with this understudied aspect of cognitive emotion regulation. This

generally suggests that the utilization of dysfunctional techniques rather than the absence of functional strategies may be more important in psychopathology.

In a 2010 study, Zlomke and Hahn examined how 1080 young adults managed their emotions through cognitive methods and how this affected their anxiety levels. The findings of the study imply that differences in the application of cognitive emotion management techniques between genders could potentially heighten anxiety and increase the likelihood of Generalized Anxiety Disorder. Specifically, regarding men's and women's support for externalizing blame, perspective-taking, and ruminating as strategies for cognitive emotion control, the study discovered significant disparities.

It was discovered in another investigation that avoidant attachment, blaming others, and positive reappraisal predicted primary psychopathic traits while putting into perspective protective. Anxious attachment and catastrophizing were risk factors for secondary traits. It underscored the need to view psychopathic variants as diverse due to unique relationships with attachment dimensions and Cognitive Emotion Regulation Strategies (Kyranides & Neofytou, 2021). Recognizing the frequency of particular cognitive emotion management techniques in symptoms of depression, attitudes towards psychological help-seeking, and the receipt of psychological assistance can provide valuable insights into the therapeutic process (Ötünçtemur & Kahraman, 2020).

Rumination and depressed symptoms were found to be positively correlated in hospitalized teenagers in a study that did not find a correlation in healthy adolescents. Perceived social support had an indirect impact on depression symptoms in healthy teenagers by influencing positive reappraisal and planning, two cognitive processes that regulate emotions (Sobol et al., 2021).

Increased application of adaptive emotion regulation techniques in daily life reduces the correlation between depressed symptoms and inappropriate behaviors during stress, according to research by Vanderhasselt et al. (2014). Compared to the general population, research on individuals with severe depressive illness revealed lower scores in positive refocusing, planning, positive reappraisal, and perspective methods, but higher scores in blame oneself, acceptance, ruminating, catastrophizing, and blaming other people. These actions showed negative connections for positive reappraisal and positive correlations for depressive symptoms (Lei et al., 2014).

In the study by Kahraman and Ötünçtemur (2020), significant positive connections were found between depression and approaches for example rumination, catastrophizing, blame oneself, blaming other people, and acceptance. Furthermore, attitudes about obtaining psychological treatment were substantially connected with strategies such as ruminating, refocusing on the plan, and devaluating the event.

In terms of cognitive emotion control techniques and depression, the study discovered variations based on gender and grade level. Men employed positive refocusing, planning, and reconsideration, whereas women ruminated more. For females, depression was correlated with higher levels of blaming others, whereas for males, depression was correlated with self-blame and inner reflection (Öngen, 2010).

In another study, researchers investigated how emotion regulation affects marital satisfaction and the mediating function of compassion for oneself in people who are married. In line with the findings, adaptive emotion regulation strategies considerably improve marital satisfaction and self-compassion, but maladaptive strategies significantly reduce both marital satisfaction and self-compassion (Sönmez & Taştan, 2023).

1.2. Body Appreciation

1.1.6 Body Image

The idea of body image is one that can change in a multidimensional and dynamic structure, and although it includes the beliefs and feelings of the individual about one's own physical qualities, the individual's self-perception can be affected by cultural, psychological, and social scopes. Besides to this, the idea of bodily image includes how individuals perceive and evaluate themselves, as well as how others perceive and evaluate themselves (Cash, 2002; Cash & Smolak, 2012; Grogan, 2008).

Another way to think about body image is as a mental picture of a person's body that the one preserves in their head. This definition demonstrates that, while body image includes a perceptual component, it also has an evaluative component. The perceptual component describes how we perceive the size, shape, weight, bodily characteristics, performance, and movement of our bodies. The evaluative component refers to our feelings about these features and how they influence our actions (Roosen & Mills, 2014).

Body image perceptions have undergone tremendous change throughout history, mirroring dynamic developments in cultural norms, social norms, and the profound effect of many historical events and movements. Although beliefs about female beauty have evolved over time, the impact on body image has remained consistent. Sculptures and artwork displayed curving, thick silhouettes thousands of years ago, but this image has shifted recently, in the late twentieth century. Models who can be described as slimmer than in the past have recently gained popularity. The recognized ideal body image appears to be shifting all the time (Cash & Smolak, 2011).

Historically, the concept of beauty has shown dynamic flexibility, which has been distinguished by cultural specificity. This idea primarily applies to the female body in today's Western cultural setting. Furthermore, in patriarchal societies, women's bodies were also objects of survival since expectations about the qualities of women's bodies were defined by men's desire and women's marriageability (Parker, 2009). As a result, the idealized body image for women has experienced significant alterations over time, depending on prevalent perceptions of attractiveness and beauty standards (Cash & Smolak, 2011; Parker, 2009).

A multitude of theoretical frameworks and models have been methodically developed to facilitate the comprehension and examination of the notion of body image. These theoretical constructs provide vital insights into the mechanisms by which individuals see and experience their own bodies, as well as the impact of societal circumstances on these views. There are several noteworthy theories, such as the Social Comparison Framework (Festinger, 1954), the Objectification Framework (Fredrickson & Roberts, 1997), and the Tripartite Influence Model (Stice & Shaw, 2002), which emphasizes the importance of comparing oneself to others and the objectification of women's bodies because of the media. The Sociocultural Model investigates the impacts of culture (Thompson et al., 1999), the Cognitive-Behavioral Model examines mental processes (Cash & Pruzinsky, 2002), and the Self-Discrepancy Theory investigates perceived differences in self-image (Higgins, 1987). These frameworks serve as a guide for research and interventions that aim to comprehend and address the complexity of body perception.

Over time, the idea of body image evolved as a result of understanding people's perceptions, feelings, and thoughts about their physical appearance (Cash, 2002; Grogan,

2008). In the early studies on body image, people's physical characteristics were considered rather than their subjective experiences (Thompson & Gray, 1995).

Indeed, while research on the body was confined to the physical aspects like body structure and looks, expanding the concept to encompass the function of body image and incorporating other elements such as the individual's sensory experiences and subjective perceptions has allowed us to characterize the notion of body image as multidimensional today (Tylka & Wood-Barcalow, 2015).

In addition to focusing solely on physical characteristics of body image, another feature observed in body image studies was a focus on poor perception of one's body experiences like problems with eating and low self-esteem because it was a priority to understand the characteristics that comprise negative body image and to develop intervention methods for those who experience these problems. (Cash & Smolak, 2012; Cash, 2002; Thompson et al., 1999). The characteristics of a person's intellectual construction could be another element influencing body image and may possibly contribute to the persistence of unfavorable body image assessments. For instance, a person's cognitive and behavioral traits, such as negative self-talk and inaccurate body observations, can influence how they perceive their body (Cash, 2002).

Personal experiences, particularly in childhood and adolescence, may cause negative attitudes toward body image and negative eating behaviors in the future. Making fun of physical characteristics such as body weight and shape or being bullied because of the physical characteristics of the person's body may cause negative attitudes toward body image and negative eating behaviors in the future (Kostanski & Gullone, 2006; Puhl et al., 2017).

The type of body and aesthetic standards that are promoted by the society in which a person lives may also have an impact on how they perceive their bodies. The issue of body image is of significant interest to numerous individuals, notably in Western cultures, where there exists a societal expectation to conform to particular physical standards (Sarwer et al., 2003).

Media portrayals of beauty standards that are too high may lead to unfavorable body image assessments in those who fall short of these ideals. Additionally, those who have appearances that do not conform to social expectations may feel shame, negative

self-criticism, and anxiety, and they may engage in unhealthy eating habits (Mills et al., 2022).

In recent years, studies on people's body image have emphasized a positive attitude and suggested that people are not limited to how they physically evaluate their own bodies but may also be related to their feelings about their own bodies and how they treat their own bodies. Within the scope of these studies, examining the concept of body appreciation, which is one of the factors that make up the body image concept and which includes the acceptance and valuation of one's body, has also gained importance. (Tylka & Wood-Barcalow, 2015)

1.1.7 Body Appreciation

Self-acceptance and love for one's physique is known as body appreciation (Avalos et al., 2005), as well as developing positive feelings and thoughts about it (Cash, 2002). Making favorable assessments of one's own body and its function is also part of it (Tylka & Wood-Barcalow, 2015). Appreciation for one's body is the state in which individuals love and appreciate their physical bodies and is a part of the body positivity movement, and while arguing that individuals should love and value their physical bodies, it does not stand in a position to prevent individuals from reaching their health-related goals (Tylka & Wood-Barcalow, 2015).

Having a positive image of one's body is distinct from having a low image of one's body. It cannot be viewed as a single scale with negative body image at one endpoint and good body image at the other (Tylka & Wood-Barcalow, 2015).

Studies demonstrate that appreciation for one's own body has more positive outcomes compared to body dissatisfaction, which is linked to lower self-esteem, depression, and risk of eating disorders (Alleva et al., 2015; Gillen, 2015; Stice & Shaw, 2002).

A variety of psychological, societal, and cultural factors influence the concept of body appreciation. Many factors influence these parameters, including body image, gender, age, media, and environmental influences (Grabe et al., 2008; He et al., 2020; Tiggemann & McCourt, 2013). For instance, as understood from the study of Tiggemann and McCourt (2013), although body appreciation tends to remain relatively stable throughout the lifespan, their research indicates that aging and body liking have a

negative relationship in women, which implies that as women age, they tend to become less satisfied with their bodies.

He, Sun, Zickgraf, Lin, and Fan (2020) also conducted a systematic review to look into variations among genders in body appreciation. The meta-analysis discovered that, on average, women are less appreciative of their bodies than males. Females, in particular, expressed less positive sentiments toward their physical characteristics and were less likely than men to be content with their appearance. Furthermore, the researchers discovered that the gender gap in body appreciation was more significant in Western countries than in non-Western cultures, implying that cultural influences may influence body image attitudes and perceptions (He et al., 2020).

Media images often present beauty standards that are unattainable and unrealistic, which can cause issues especially for women (Grabe et al., 2008). According to extensive study, being exposed to media depictions of skinny and idealized body types can have a negative impact on an individual's perspective of their own body (Fardouly et al., 2015; Grabe et al., 2008; Groesz et al., 2001; Holland & Tiggemann, 2016). Nevertheless, a study on the relationship among exposure to media and dissatisfaction with one's body found that females who expressed a greater degree of body approval were less impacted by media representations and expressed a smaller degree of discontent with their bodies (Andrew et al., 2015).

Women with an optimistic mindset toward how they look may be less affected by thinly idealistic images in the press (Halliwell, 2013). That is, a greater sense of respect for one's body could serve as a buffer against dissatisfaction with one's appearance brought on by the press (Andrew et al., 2015). These results highlight the necessity of fostering a positive body image and self-empathy in media awareness and prevention efforts aimed at addressing body dissatisfaction and disordered eating patterns. These findings emphasize how important it is to promote body positivity and self-empathy in popular culture and preventive campaigns that target disordered eating practices and dissatisfaction with one's appearance.

1.1.8 Research About Body Appreciation

Positive feeling about one's body is a field that has expanded dramatically in the last few years. Part of the reason for this is realizing that a good body image is different from a negative one, complex, and protective (Tylka & Wood-Barcalow, 2015). The most studied component of favorable image of one's body, appreciation for one's body, is covered in this area of research.

Increased physical admiration boosts self-worth and lessens depressed symptoms, flourishing, and general well-being, according to a study that examines whether body appreciation can predict different mental health outcomes (Linardon et al., 2023). In a comprehensive examination of studies concerning body appreciation and its associated psychological factors, the findings demonstrated that appreciating one's body was linked to a reduced likelihood of experiencing issues related to eating (such as unhealthy eating patterns and restrictive behaviors), negative body image concerns (such as internalizing unrealistic appearance standards, constant self-scrutiny, and societal pressures), as well as overall psychological problems like depression and anxiety. Furthermore, a favorable relationship was found between good body image and a number of mental health constructs, such as self-worth, compassion for ourselves, and pleasure with one's sexual encounters. This supports the idea that body acceptance should be a part of mental health interventions (Linardon et al., 2022).

Marta-Simões et al. (2017) explored how body appreciation, which involves accepting one's body despite imperfections, can help lessen the link between shame and depression. This was assessed using a community sample of adults, and it was discovered that appreciation for one's body significantly mediated the association between depressed symptoms and external guilt.

Using meta-analytic approaches, the study discovered that when it came to disparities between sexes in appreciation for one's body, males exhibited higher levels of appreciation than females (He et al., 2020).

Adolescent mental health can be impacted by both favorable and unfavorable views of themselves, which are significant difficulties (Kennedy et al., 2020). The research examined how teenagers' perceptions of parenting approaches impact their sense of body appreciation. It discovered that parenting styles, such as excessive protectiveness

and emotional support, were associated with body appreciation. This connection was, in part, attributable to the presence of self-compassion (Chen et al., 2020).

According to a study, body acceptance training successfully lowers teens' concerns about their bodies by lowering feelings of guilt, unhappiness with how they look, and disturbances in social situations (Fathi & Gorji, 2023).

According to Saraç and Aynacı's 2020 study, 36.35% of young people believe that maintaining a slim frame favorably influences their opinion of attractiveness, and half of them value thinness, indicating the importance of physical appearance for young people's self worth. Moreover, they stressed the importance of enhancing the self-esteem of Turkish women through education and broadening their outlook on life as they advance in their education.

Adolescence is a period where one's body takes center stage, making it crucial to understand the influence of physical activity on these important body-related concerns. In their research, Kanatsız and Gökçe (2020) aimed to investigate how adolescents' engagement in physical activities impacts their levels of body satisfaction and social appearance anxiety. The study's findings indicated that youths who engage in exercise hold notably different opinions about their bodies compared to individuals who abstain from physical activity.

Notable is the fact that body appreciation is a multifaceted challenge, with discussions around body positivity and self-acceptance gaining ground in recent years. Fueled by global movements and a growing awareness of mental health, an increasing number of individuals and groups in Turkey are advocating for a more inclusive and accepting attitude toward varied body forms and appearances (Korkmaz, 2023).

1.3. Social Media Addiction

1.3.1. The Concept of Social-Media

Social media is a collection of internet-based platforms plus technologies that allow people and organizations to generate, distribute, and share information, content, and opinions with one another (Boyd & Ellison, 2007; Kaplan & Haenlein, 2010). User-generated content, network effects, and engagement are the key characteristics that define social media. Users on social media can generate and share content in the form of

photographs, text, audio, and video. Furthermore, by using social media platforms, individuals may engage with the people they are interested in and interact with features such as comments and likes on their own shares or the content published by others (Boyd & Ellison, 2007; Kietzmann et al., 2011).

Several social networking sites, such as Six Degrees, emerged during the 1990s, providing online platforms for people to connect with one another, including those focused on fields and interests, such as public policy advocacy, and web of contacts model-based social networks. Social media experienced a substantial uptick with the launch of various social networking sites in 2000. Based on social networking, this significantly improved and revolutionized the connection of individuals and organizations who share common interests in music, education, movies, and friendship (Edosomwan et al., 2011).

For many, social media use has become a vital leisure activity, allowing people to connect with one another online regardless of time or location constraints (Kuss & Griffiths, 2017). There is no denying social media use's impact on community, besides it has been observed that these effects can be positive or negative for individuals (Akram & Kumar, 2017).

The capacity to connect with others is among the main advantages of social media. Social networking allows people to communicate and exchange ideas regardless of where they live or what their beliefs are (Akram & Kumar, 2017). The upkeep of preexisting social bonds and the fostering of new ones are both supported by online social networking platforms (Ellison et al., 2007). Being updated with events happening worldwide is one of the key benefits of social media. You can conduct research on various issues utilizing social media platforms to acquire a multitude of information and obtain accurate and trustworthy data. Because social media makes it easy to learn from experts and professionals across a variety of fields, using it in education has had another positive impact. You can enhance your knowledge and abilities by paying attention to professionals (Akram & Kumar, 2017). Together with the positive consequences of social networking, there are also some negative effects that have been noted. For instance, social media harassment and cyberbullying victimization have been linked to poor wellbeing impacts (Giumetti & Kowalski, 2022). The issue of security and privacy is another consequence of social networking that possibly harmful to the consumer. Online

communities gather personal data about users, which puts them at risk of fraud and identity theft (Hsu et al., 2022). Excessive devotion to these platforms, which can result in addictive behaviors and harmful outcomes for the user, is another drawback of social networking. It's been emphasized as the potential downsides and adverse effects of using social media can result in this addiction and have a negative psychological impact on people (Andreassen et al., 2017).

1.3.2. Social Media Platforms

Social channels have grown into highly successful resources that allow continuous contact and engagement between people as well as their expression of viewpoints, ideas, image, and video information. These platforms allow users to share their preferred material and have online conversations with others (Ellison et al., 2007). In this study, users were asked about their use of Facebook, Instagram, Twitter and Tik-Tok, which are the greatest widely used online platforms. The purpose, function and features of each platform are explained below.

1.3.2.1 Twitter

As of July 2009, Twitter, a microblogging service, had more than 41 million members and was rapidly expanding. Twitter users can tweet 140 characters or less about any subject, and they can follow other users to see their tweets. Users on Twitter can follow others and be followed in return. This relationship varies from other social networking platforms such as Facebook or MySpace as it does not require mutual consent. A user can follow anybody they like, and the person being followed is under no obligation to follow back. When someone follows another Twitter user, they receive all their messages, which are known as tweets (Kwak et al., 2010).

1.3.2.2 Instagram

Instagram is a famous photo (video) capturing and sharing smartphone application with over 150 million registered users since its introduction in October 2010. It enables users to share photographs and videos from their smartphones. Instagram, like Twitter,

allows users to follow an unlimited number of other users in addition to the functions of taking and modifying photographs. Furthermore, users can set their privacy options such that the pictures and videos they post are only accessible to the user's followers, and becoming a follower requires the user's approval. Moreover, users can like and comment on the posts of persons they follow. By default, their photos and videos are accessible to everyone, meaning anybody with the application or website may view them (Hu et al., 2014).

1.3.2.3 Facebook

Facebook is a social networking site that is accessible over the internet. Users can make online profiles, add "friends" who can remark on each other's pages, and browse each other's profiles. Furthermore, Facebook users can explore each other's accounts to learn about their classes, join online communities based on common interests, and learn about each other's hobbies, tastes, musical preferences, and relationship statuses (Ellison et al., 2007).

1.3.2.4. TikTok

TikTok is entirely made up of short video clips that users can watch, create, and interact with via features such as likes, comments, and shares. In contrast to previous social networking networks, a TikTok the primary page for the visitor does not mainly showcase material from people they know, celebrities, or organizations. Instead, the movies shown are chosen by an algorithm that forecasts their appeal based on the user's previous video views and interactions (Stoddard et al., 2023).

1.3.3. Social Media Addiction

Life is filled with various addictions, from basic needs like breathing, eating, and drinking to learned behaviors. These routines, which can be influenced by our current needs and habits, provide us with a sense of reward. When we're unable to engage in these routines, we experience withdrawal symptoms and a longing for the old pleasures.

The term “addiction” is typically used when these routines become excessive and lead to impairment, particularly when they involve the pursuit of substances. However, it can also refer to non-chemical behavioral excesses (Marks, 1990).

Addiction is characterized as a cycle in which a behavior is repeatedly engaged into both escape from internal discomfort and seek pleasure. This pattern is characterized by an incapacity to control the behavior and a persistent continuation of the action in the face of significant negative effects. Furthermore, it is a combination of dependency and compulsion (Goodman, 1990). A single theoretical explanation is insufficient to explain the number of factors that drive addiction, a complicated behavior. These include the differences in motivation and behavior among different populations, the properties of the substances or activities that are addictive, and the dynamic aspects of addictive behavior that change over time (Griffiths, 2005). Although addiction is commonly linked with drug use, it's critical to understand that addiction might manifest in various non-drug-related behaviors (Marks, 1990).

According to Griffiths (1996), a comprehensive perspective that considers biological, psychological, and social factors is essential for understanding addiction. He contends that behavioral addictions are legitimate and warrant the same level of concern as addictions involving chemical substances (Griffiths, 1996). A typical definition of behavioral addiction is a collection of actions characterized by both compulsiveness and impulsiveness. These behaviors can create severe pain and have bad implications in many areas of a person's life. This includes their social connections, work or education, and leisure interests (Marks, 1990; Vieira et al., 2023). Recognizing behavioral addictions as mental health problems made great progress in 2013. This occurred when the term "pathological gambling" was renamed "gambling disorder" and it was recognized as an addictive behavior in the DSM-5 (APA,2013).

Researchers are recognizing everyday behaviors as potential "new" behavioral addictions due to their resemblance to gambling disorder and internet-related disorders, indicating a growing awareness of addiction symptoms such as tolerance, withdrawal, lack of control, craving, cognitive importance, and mood regulation (Billieux et al., 2015). Behavioral addictions are different from substance-dependency in that they focus on providing a means of escape, emotional repression, or comfort. Only a small percentage of those who engage in enjoyable pastimes go on to become addicted. The important

difference comes when a pastime becomes a need or when one persists in it even when it negatively impacts important aspects of one's life, including work, family, or relationships with others (Alavi et al., 2012).

Our lives have become increasingly dependent on the internet, a revolutionary instrument for communication that has made information more easily accessible and easier to obtain while also simplifying daily routines and saving time. It makes someone's professional and personal life easier by enabling them to complete a variety of everyday tasks quickly, effectively, and with the least amount of financial and physical strain. With all its advantages, the internet is always changing and is now considered essential by many. Considering these benefits, it has also led to the emergence of a new kind of addiction (Çiftçi, 2018).

With the rise of technological advances, one of the most prevalent types of addictive behavior is online social networking addiction. With the ability to connect us, entertain us, and provide us with an almost infinite amount of information, these internet platforms have become an essential component of our daily existence (Karakose et al., 2023; Liang et al., 2023). Social media and online organizations have radically impacted human interactions over the last two decades, expanding from personal communication tools to worldwide cultural phenomenon. Popular networks such as Facebook, Instagram, and Twitter have transformed the way people communicate (Jimenez & Morreale, 2015). Nevertheless, using social media excessively might have negative outcomes (Andreassen et al., 2017; Zsila & Reyes, 2023). With mobile devices becoming widely available and Internet access being so simple, an increasing number of users are falling victim to social media addiction (Kuss et al., 2014; Liang et al., 2023).

Social media addiction (SMA) is defined by Andreassen and Pallesen (2014) as paying too much attention to social media, worrying excessively about it, feeling compelled to use it, and getting sidetracked from one's work, interpersonal relationships, and social activities. It also includes using social media at a level that is detrimental to one's mental health. Addiction to social media also meets the criteria for signs of addiction. Addiction to social media also meets the criteria for signs of addiction, which include common elements such as salience, mood modification, tolerance, withdrawal, conflict, and relapse, as stated by Griffiths (1996). Moreover, social media's addictive nature stems from its use of the brain's dopamine reward system, which encourages

rewarding behavior. This neurotransmitter motivates people towards or away from goals, leading to compulsive overconsumption due to its dual effects (Burhan & Moradzadeh, 2020; Hayes et al., 2020). Considering the social and psychological elements that lead to the emergence of social media addiction, research has shown that women are more likely than men to get addicted to social media, and that risk factors for social media addiction include low self-esteem, social anxiety, impulsivity, and negative attention bias (Zhao et al., 2022).

Fear of Missing Out, or FoMO, is another component that may contribute to the development of social media addiction. FoMO is a crucial role in social media addiction because it creates a persistent need to be connected and interact with others. Higher FoMO individuals are more prone to smartphone addiction, social media abuse, and online activity obsession. (Bakioğlu et al., 2022; Shen et al., 2020; Tandon et al., 2021).

Addiction to social media has harmful consequences for both individual users and society. People who are addicted to social media spend most of their time and energy on social networking sites, negatively affecting their studies, employment, interpersonal connections, offline social activities, and mental health and well-being, ultimately leading to an apparent increase in tension, anxiety, and depressive symptoms, as well as a potential impact on their level of satisfaction in romantic relationships (Liang et al., 2023; Satıcı et al., 2021).

In order to address these issues, a variety of therapeutic treatments are used in the treatment of social media addiction, including mindfulness exercises (Rosenthal et al., 2021) , cognitive-behavioral therapy (Agbaria, 2022) , and therapies meant to increase self-worth and enhance coping mechanisms (Hou et al., 2019). In conclusion, social media is undoubtedly a big part of our everyday lives, yet addiction to it can have serious negative effects on society. Regaining our digital autonomy and getting rid of this dependency are vital, but we also need to be aware of the advantages it presents.

1.3.4. Utilization of the Internet and Engagement on Social Platforms in Turkey

Amidst the digital era, social platforms and the internet have influenced many aspects of our daily lives, including how we learn, work, socialize, and communicate. Turkey, located where Europe and Asia converge, is not an exception to this global trend.

Data regarding internet and social media usage among Turkey's population is included in this section.

In early 2023, Turkey had 71.38 million people using the internet, which is 83.4% of the population. There were additionally 62.55 million individuals on social platforms, constituting 73.1% of the entire populace. Additionally, there were 81.68 million mobile connections, covering 95.4% of the entire population. In January 2023, around 87.6% of all people using the internet in Turkey were on social media. Among Turkey's social media users, 40.4% were female, and 59.6% were male (Kemp, 2023).

Facebook has 32.80 million users in Turkey as of early 2023, whereas Instagram had 48.65 million members. In addition, within that same time frame, TikTok drew in 29.86 million users in the nation who were at least 18 years old. At that time, there were 18.55 million Twitter users in Turkey (Kemp, 2023)

1.3.5. Research About Social Media Addiction

The growing significance of online networking platforms in our day-to-day existence has resulted in a global concern about their impact on individual well-being, necessitating contemporary investigations into the complex correlation amid utilization of digital platforms and mental well-being (Pellegrino et al., 2022). This section explores the growing concern about social media addiction in virtual communities, examining its frequency, effects, dynamics, and factors that exacerbate it, providing an overview of recent findings.

D'Arienzo and colleagues (2019) examined internet and social media addiction research in depth, concentrating on the emotional ties that people create. Those with insecure attachment styles, such as being cautious or evasive in relationships, were shown to utilize the internet and engage with social platforms more deeply and in an unhealthy manner. Individuals with insecure attachment may rely on social media to satisfy their emotional needs, which may be caused by a lack of affection and support from family and friends.

Kuss and Griffiths (2011) undertook a comprehensive evaluation of the psychological literature in the utilization of social media platforms and their possibly addictive features. According to the findings, social networking sites are mostly used for social goals, most of which are related to maintaining preexisting offline networks.

Additionally, extraverts appear to use social networking sites for social betterment, whereas introverts appear to use them for social compensation. Both tendencies are linked to higher usage. An investigation into the utilization and dependency of social platforms discovered that youth, emotional instability, and the apprehension of being left out forecast engagement with social media. Simultaneously, emotional attachment unease and avoidance anticipate the development of social networking dependence (Blackwell et al., 2017).

Fear of Missing Out, or FOMO, is a common occurrence in the online communication era. Higher levels of FOMO have been linked to an increased risk of engaging in addictive activities, according to studies (Brailovskaia & Margraf, 2024). Instead of being reward-related, FOMO may promote online platform use through self-referential and social processes, according to another study (Wang et al., 2023).

In analyzing the link between psychological difficulties and improper utilization online platform, Tsilosani and colleagues (2023) established a favorable association between troublesome utilization of social platforms and issues like melancholy, societal apprehension, perceived tension, and unease. Intensive utilization of social platforms was linked in a different study to heightened symptoms of panic disorder, depressive symptoms, delinquent actions, family conflict, and decreased support. (Vannucci & McCauley Ohannessian, 2019) In alternate research, it was proposed that heightened use of social networks is correlated with hidden psychiatric disease symptoms. Compulsive use of social platforms showed a positive correlation with characteristics such as female gender, involvement in a solitary relationship, younger age, presence of ADHD, OCD, anxiety, and experiencing lower levels of depression (Andreassen et al., 2016).

The research conducted in 2021 by Savacı et al. proposed that social media addiction was more prevalent among women, younger individuals due to their technological proficiency, and single people who might use these platforms to find a romantic partner. Furthermore, research revealed that a high degree of stress, neuroticism, and social intelligence raised the risk of social networking addiction (Savacı et al., 2021).

Different research examined the link between the addiction to social platforms among individuals in their early adulthood, feelings of isolation and life contentment, examining variations based on age, gender, marital status, and daily social media usage.

According to the research, women report feeling more alone and satisfied with life, while males report being more addicted to social media. Marital individuals experience higher life satisfaction, while individuals without a partner engage with social platforms to a greater extent and feel more alone. Addiction decreases with age and rises with everyday internet usage (Yukay Yüksel et al., 2020).

Addiction to social media becomes a big issue during adolescence. As an illustration, a decrease in interpersonal communication abilities has been linked to an elevated likelihood of involvement in social networking (İliş, & Gülbahçe, 2019). Moreover, a connection exists between the duration of adolescents' presence on social platforms and their involvement in detrimental behaviors (Vannucci et al., 2020).

The assessment of the significant disruptions individuals face across various life domains since the focus on addiction to digital platforms underscores the importance of recognizing and resolving the issue (Kuss & Griffiths, 2011).

1.4. Cognitive Emotion Regulation Strategies, Body Appreciation, and Social Media Addiction: The Current Study

1.4.1. Research About Cognitive Emotion Regulation Strategies, Body Appreciation and Addiction to Social Media

The growing utilization of online networking for displaying and interacting with others' physical appearances has led to a growing concern about its impact on self-perception and mental well-being. A study found that the use of social networks, body appreciation, and depression levels are all linked through upward comparisons, emphasizing the importance of body appreciation in reducing depression (Tosun & Çoban, 2020).

In a different investigation seeking to unveil the correlation between social networking utilization and dissatisfaction with one's body, the findings revealed that with the escalation of social networking use, discontent with one's body intensifies for individuals of all genders (Vuong et al., 2021). In the examination, Gioia et al. (2020) noted that teenagers experiencing body shame, stemming from incongruence between their physical presence and ethnically endorsed norms, partake in problematic utilization

of social networks. In an alternate investigation, it was noted that diminishing the utilization of social platforms among the youth experiencing emotional distress led to noticeable improvements in both appearance and weight esteem (Thai et al., 2023).

Studies suggest that the overuse of social networking sites may result in compulsive actions, possibly progressing into dependency (Griffiths et al., 2014). Furthermore, social networks have been identified to exert harmful impacts on body perception, diminishing body satisfaction, and eliciting symptoms associated with eating disorders (Baker et al., 2019).

In their research, Rodriguez and colleagues (2020) discovered that females exhibiting elevated social media dependency internalize beauty standards and have greater symptoms of body dissatisfaction, which makes them more conscious of appearance pressure (Delgado-Rodríguez et al., 2022). In a different research, it was discovered that addiction to social platforms adversely affects the perception of one's physical appearance and the risk of eating disorders, as young people's constant exposure to unrealistic appearance ideals can distort their perception and lead to incorrect nutrition practices to achieve the ideal body image (Tayhan, 2023).

Cognitive emotion regulation strategies are conscious, cognitive methods of dealing with emotionally arousing stimuli (Garnefski & Kraaij, 2006). Research has shown that these strategies have the power to dramatically change how people view and react to their social media interactions (Yang et al., 2020). Individuals utilizing proficient emotional regulation methods, like cognitive reassessment, might experience reduced susceptibility to body discontentment because of social media use, whereas those who use less effective strategies, such as emotion suppression, may be more exposed to this issue (Peker & Nebioğlu Yıldız, 2022; Yang et al., 2020).

In research investigating the connection between worries and cognitive emotional methods concerning body image, a notable adverse correlation was identified between affirmative emotional cognitive methods and body image (Hasel & Ardebil, 2018). In a different research endeavor, the connections between cognitive convictions and emotional regulation strategies in obese individuals with positive and negative body images were examined, and the results revealed that obese women with negative body images used ineffective emotion regulation strategies more. Conversely, overweight

females exhibiting a favorable perception of their bodies have been identified as employing proficient strategies for regulating their emotions (Nejati et al., 2014).

Previous research has established an association between problematic utilization of the internet and challenges in regulating emotions (Akbari, 2017; Gioia, 2021; Liang et al., 2021; Pettorruso et al., 2020). An independent investigation found that the influence of social networking engagements on psychological well-being may vary contingent upon the degree of emotion-regulation strategies employed. These methodologies for managing emotional responses could be perceived as a pivotal element that has the potential to mitigate adverse outcomes stemming from social networking engagements (Yang et al., 2020).

Within the research, it was determined that the regulation of emotions among adolescents, particularly the processes of reappraisal and emotional suppression, serves as predictive factors for the onset of social networking addiction (Peker & Nebioğlu Yıldız, 2022). The research found a link between undergraduate students' lower levels of online dependency and their enhanced mental agility and skill at regulating their emotions. Furthermore, controlling one's emotions abilities were found to be essential for predicting these levels of addiction (Ateş & Sağar, 2021).

In separate research, it was found that the relationship between anxiety over social situations, problematic online platform utilization, and smartphone utilization is mediated by ineffective cognitive methods for emotion regulation, suggesting that these strategies can be a significant factor in influencing social anxiety (Zsido et al., 2021). The studies stated above indicate a complicated relationship between social media addiction, body appreciation, and cognitive emotion regulation methods, emphasizing the need of understanding these dynamics.

1.4.2. The Current Study

People use conscious, mental strategies called cognitive emotion regulation to deal with emotionally charged information (Garnefski & Kraaij, 2006). In the literature, ineffective cognitive strategies for regulating emotions have demonstrated a correlation with dysfunctional patterns of eating behavior (Kornacka et al., 2020; Leppanen et al., 2022). Additionally, research has shown compelling evidence for individual's satisfaction with their physique declines with increased social networking addiction (Duan et al.,

2022; Gökkaya et al., 2020). While they may have different approaches for regulating their emotions, it was observed that those who have an addiction to social networking sites find it difficult to manage their emotions (Drach et al., 2021).

In scholarly discourse, it has been noted that scholarly inquiries predominantly investigate the correlation among dysfunctional cognitive methods for emotion regulation, instances of eating disorders, and body perceptions (Davodi et al., 2016; Hughes & Gullone, 2011; McComb & Mills, 2021; Nejati et al., 2014). Scholarly discourse on the mediation role performed by cognitive emotion management approaches in addressing the connection between appreciation for one's body and online social networking addiction is lacking. Consequently, the present investigation endeavors to scrutinize the association between body appreciation and social networking addiction, exploring the potential mediating role of cognitive-emotional regulation methods in this context.

The hypotheses of the research are as follows:

H1: Women are expected to have lower body appreciation than men.

H2: Older individuals are expected to exhibit higher levels of body appreciation.

H3: Addiction to social networking sites correlates positively with ineffective cognitive strategies for emotion regulation.

H4: The degree of appreciation for one's body negatively correlates with ineffective cognitive strategies for emotional regulation.

H5: Social media dependency negatively correlates with an appreciation for one's body.

H6: Social networking addiction indirectly relates to the appreciation for one's body through ineffective cognitive-emotional regulation strategies.

2.METHOD

2.1. Participants

In the current investigation, individuals aged 18 and above in Turkey were chosen through the convenience sampling technique. Social media tools were used to reach the sample targeted to partake in the research. A collective of 423 voluntary contributors completed questionnaires. Among the 423 participants, 28.1% of them were male($n=119$), and 71.9% were female($n=304$). The age spectrum of the contributors varied between 18 and 80 years ($M=44.17$, $SD=13.94$). Data was collected on different dimensions, encompassing factors like demographic age and sex, educational level, and employment status plus social media accounts used. 5 participants (1.2%) graduated from primary school, 9 participants (2.1%) graduated from middle school, 67 participants (15.18%) graduated from high school, 247 participants (58.4%) possessed an undergraduate degree, 83 participants held a postgraduate qualification (19.6%), plus 12 participants (2.8%) had a doctorate degree. Of the participants, 63.1% reported being employed, while 36.9% indicated that they were unemployed. In the study, a breakdown of the participants' social media usage was as follows: Facebook was utilized by 272 individuals, Instagram was favored by 386, Twitter was used by 239, Tik-Tok was the platform of choice for 30, and 73 respondents expressed their utilization of alternative social networking platforms not enumerated in this context. All participants comprised individuals actively engaged in social media platforms. Table 1 delineates the sociodemographic attributes of the study participants.

Table 1

Demographic Attributes of the Study Participants

Characteristics of the Study Sample	<i>n</i>	%
Gender		
Female	304	71.9

Male	119	28.1
Employment Status		
Working	267	63.1
Non-working	156	36.9
Education		
Primary School	5	1.2
Middle School	9	2.1
High School	67	15.8
Bachelor's	247	58.4
Master's	83	19.6
Doctorate	12	2.8
Social Media Accounts		
Facebook	272	64.30
Instagram	386	91.23
Twitter	239	56.48
Tik-Tok	30	7.10
Other social platforms	73	17.26

Note. $N = 423$. Respondents had an average age of 44.17 years ($SD = 13.941$).

2.2. Instruments/Materials

Respondents were tasked with filling out a set of surveys, which encompassed: the Cognitive Emotion Regulation Questionnaire (Garnefski & Kraaij, 2007; Onat & Otrar, 2010); the Body Appreciation Scale (Anlı et al., 2015; Tylka & Wood-Barcalow, 2015); and the Bergen Social Media Addiction Scale (Andreassen et al., 2016; Demirci, 2019) plus Demographic Information Form that was created by the researcher. Detailed information about these questionnaires can be found below.

2.2.1. Demographic Information Form

The Demographic Information Form was developed specifically for this study to obtain information about participants demographics. It includes questions about participant's age, sex category, level of educational attainment, employment standing, and the specific social networking platforms utilized. This form is available in Appendix B.

2.2.2. Cognitive Emotion Regulation Questionnaire

The Cognitive Emotion Regulation Questionnaire (CERQ) is an evaluative instrument crafted by Garnefski, Kraaij, and Spinhoven (2007) to assess the cognitive strategies employed by an individual for emotion regulation when confronted with a stress-inducing event that poses a threat to the individual. The scale comprises 36 items distributed across nine subscales, each containing four individual items. While the highest score that can be obtained based on sub-dimensions from the CERQ, which is a five-point Likert-type measurement tool that scores in the "Never-Always" range, is 20, while the lowest score is 4. An elevated score within a subscale signifies a higher frequency of employing the specific cognitive emotion regulation strategy identified by that subscale. Subscales and items delineating the dimensions within the scale are articulated as follows:

1. Self-blame subscale (1, 10, 19, 28), 2. Acceptance subscale (2, 11, 20, 29), 3. Rumination subscale (3, 12, 21, 30), 4. Positive refocusing subscale scale (4, 13, 22, 31), 5. Refocus on planning subscale (5, 14, 23, 32), 6. Positive Reappraisal subscale (6, 15, 24, 33), 7. Putting into perspective subscale scale (7, 16, 25, 34), 8. Catastrophizing subscale (8, 17, 26, 35), 9. Other-blame subscale (9, 18, 27, 36). Due to the in-depth factor

extraction process in the process of constructing the measurement instrument, 36 items with factor loading values ranging from .46 to .73 and 9 factors explaining 64.6% of the total variance were reached. The reliability investigations showed internal consistency values for the alpha calculation ranging from .68 to .83, based on the subscales. The acceptance subdimension had the lowest test-retest reliability, with variances seen across the assessed dimensions falling between .41 and .63 (Garnefski & Kraaij, 2007).

Onat and Otrar (2010) undertook the cultural adaptation of this scale for implementation in the Turkish context. The validation studies of the scale encompassed the utilization of the criterion-related validity method. A statistically noteworthy association was observed between the Cognitive Emotion Regulation Scale and the Negative Mood Regulation Scale, indicating a correlation coefficient of -0.57 . The original nine-component structure was found to persist in a factor exploration study, suggesting that the Turkish adaptation of the model is valid. The scale exhibited a Cronbach's alpha coefficient of " $\alpha=.784$," while the correlation coefficient for the test-retest demonstrated a value of " $r=.1,00$." The correlation coefficients for item-total range from $-.188$ to $-.468$, while the correlation coefficients for item-remainder vary between $-.104$ and $-.392$. The item analysis results indicate that all items possess a high discrimination index value. The results derived from the examinations validate the legitimacy and dependability of the Cognitive Emotion Regulation Questionnaire as an effective instrument for assessment. (see Appendix C)

2.2.3. Body Appreciation Scale

The instrument utilized for assessing individuals' body appreciation is the Body Appreciation Scale (BAS), formulated by Tylka and Wood-Barcalow in 2015. The translation of BAS into Turkish was conducted by Anlı et al. in the same year. This 5-point Likert-type scale encompasses a set of 10 items. The scale prompts are assessed on a continuum from 1 to 5, where 1 denotes "never" and 5 signifies "always." Participants are instructed to indicate their concurrence with the statements provided for each prompt. In the examination of the Turkish version of the Body Appreciation Scale, the correlations between individual items and the overall scale scores varied between .31 and .76. Furthermore, the scale exhibited a high level of internal consistency reliability (Cronbach's $\alpha = 0.88$). In this study, Cronbach's alpha for the same scale was found to be

0.92. The analysis findings demonstrate the validity and dependability of the scale's Turkish adaptation as a measurement tool. The scale does not include items with reversed coding, and it allows for a scoring range from 10 to 50 points. The scores of the scale's elements are added up to produce a final score. A low score from the scale indicates that individuals have negative body value, while a high score indicates that they have positive body value (Anlı et al., 2015). (see Appendix D)

2.2.4. Bergen Social Media Addiction Scale

The adaptation of the Bergen Social Media Addiction Scale (BSMAS) was aimed at evaluating general social media addiction by modifying the content of the assessment instrument utilized by Andreassen and co-researchers to appraise Facebook addiction (Andreassen et al., 2016). The BSMAS constitutes a concise self-report scale comprising 6 items, functioning as a rapid and effective psychometric instrument to identify Internet users with a susceptibility to manifest social networking addiction.

The BSMAS, which features a five-point Likert-type evaluation (between 1 point for "rare" and 5 points for "very often"), can have a total score of at least 6 and a maximum of 30. An individual's level of addiction increases along with their overall scale score. The scale has no questions with reverse coding (Andreassen, et. al., 2016). The scale was found to be a valid and accurate assessment instrument for the Turkish population. The internal reliability coefficient (Cronbach's alpha) of the measurement instrument was computed as 0.83, and the factor loadings of the instrument ranged from 0.48 to 0.89. (Demirci, 2019). (Appendix E)

Table 2 illustrates the reliability coefficients corresponding to the measurement scales employed in this investigation.

Table 2

Reliability Statistics for Scales

Measures	<i>n</i> of items	Cronbach's α
----------	-------------------	---------------------

CERQ	36	.84
BAS	10	.92
BSMAS	6	.83

Note. CERQ: Cognitive Emotion Regulation Questionnaire; BAS: Body Appreciation Scale; BSMAS: The Bergen Social Media Addiction.

2.3. Procedure

Ethical appropriateness form for this study has been obtained from Yeditepe University Ethical committee. Later, data were collected by questionnaire method, and Google Forms was used for online data collection, a link was sent to the volunteered participants via online social media channels. Participants were provided with a concise overview of the study, and explicit consent was obtained from each participant, as outlined in Appendix A. Those who consented to take part were requested to complete the Cognitive Emotion Regulation Scale (CERQ) created by Garnefski, Kraaij, and Spinhoven (2007), which is an instrument that assesses the cognitive and emotion regulation strategies employed by individuals when confronted with challenging life circumstances. Later, respondents were tasked with completing the Body Appreciation Scale (BAS) devised by Tylka and Wood-Barcalow (2015) to evaluate the positive aspects of their body images. Afterward, the participants filled out the Bergen Social Media Addiction Scale developed by Andreassen et al. (2016) to evaluate their level of addiction to social media. Finally, survey respondents were required to complete the demographic questionnaire that included their gender, age, educational status, employment status, education level, and the social media accounts they used. At the end of the study, an information form (see Appendix F) was given to them. At the last stage, they were given an e-mail address where they could contact if they needed more information, and they were thanked for their participation.

2.4. Data Analysis

The analytical procedures involved the use of IBM SPSS version 26 for statistical examinations, and mediational analyses were carried out employing PROCESS v4.2 (Hayes, 2022). Initially, fundamental descriptive statistics, normality analyses and reliability analyses were utilized on the gathered data to acquire essential statistical details. The normality assumption was examined by assessing the Skewness and Kurtosis values. The examination of all scores revealed their conformity to a normal distribution, given that the skewness and kurtosis values were within the ± 1.5 range for each scale (Tabaschnick & Fidell, 2013). To explore the connection among the variables under scrutiny—specifically, cognitive emotion regulation methods, body appreciation, and social networking addiction—Pearson's correlation analyses were employed. Conducting independent sample t-tests, correlation analyses, and one-way ANOVA analyses aimed to determine the potential influence of demographic factors on the dependent variable. The study sought to investigate how cognitive emotion regulation methods mediate the relationship between social networking addiction and appreciation for the body by doing a single mediation analysis (model 4) using the SPSS macro-PROCESS version 4.2 (Hayes & Preacher, 2014).

3.RESULTS

3.1. Analysis of Descriptive Statistics

Analysis of the research variables, encompassing mean calculations, standard deviation, skewness, and kurtosis, elucidated significant features and patterns within the dataset, outlined in Table 3.

Table 3

Descriptive Statistics of the Study Variables

Study Variables	<i>M</i>	<i>SD</i>	Skewness	Kurtosis
BAS	39.91	7.11	-.72	.31
BSMAS	14.48	5.39	.49	-.33
A-CERS	69.59	10.82	-.07	.50
M-CERS	46.30	8.53	.07	1.59

Note. BSMAS: The Bergen Social Media Addiction; A-CERS: Adaptive Cognitive Emotion Regulation Strategies; BAS: Body Appreciation Scale; M-CERS: Maladaptive Cognitive Emotion Regulation Strategies

As delineated in Table 1, the descriptive statistics pertaining to the study variables reveal that the skewness and kurtosis values align within the acceptable parameters for a normal distribution (preferably between -2 and +2). In particular, the values for kurtosis and skewness range from -0.33 to 1.59 and -0.72 to 0.49, correspondingly. According to these results, the data meet the normal distribution assumption for parametric analyses.

3.2. Divergences in Body Appreciation Across Genders and Age Groups

A comparison between body appreciation levels and genders was explored through the implementation of an independent sample t-test, with the outcomes outlined in Table 4.

Table 4

Gender Differences in Body Appreciation

Variable	Group	N	<i>M</i>	<i>SD</i>	<i>t</i> (421)	<i>p</i>	Cohen's <i>d</i>
Body Appreciation	Female	304	39.86	7.04	-.24	.60	-.02
	Male	119	40.05	7.32			

Note. $p < .05$. The comparison between female and male groups yields an effect size of approximately -0.02, as measured by Cohen's *d*.

An independent samples t-test was employed to compare the body appreciation scores between male ($M = 40.05$, $SD = 7.32$) and female ($M = 39.86$, $SD = 7.04$) participants. No statistically significant difference was observed in participants' assessments of their bodies between the male and female groups, as indicated by the results ($t(421) = -0.24$, $p = 0.60$). With a mean difference of -0.18 (95% CI [-1.70, 1.32]), the results suggest a non-significant effect size. A negligible effect in the reverse direction was observed, denoted by the computed Cohen's *d* value of approximately -0.02.

A one-way analysis of variance (ANOVA) was employed to explore potential variations in body appreciation levels across different age groups. Participants were categorized into three separate age brackets: emerging adulthood (18–29 years old) as group 1, young adulthood (30–45 years old) as group 2, and middle adulthood and old age (46–65 years old and over 65 years old) as group 3. The analyses' findings are shown in Table 5 below. Tukey's Honestly Significant Difference (HSD) was utilized in post hoc analyses to investigate pairwise variations among age groups. Table 6 provides an overview of the findings.

Table 5*ANOVA Findings on Body Appreciation Across Varied Age Categories*

N, SD, and M Values					ANOVA Results					
Score	Group	N	M	SD	S.O.V.	SS	df	MS	F	p
B. A	18-29	98	38.41	7.20	Btwn	332.07	2	166.03	3.31	.03
					Gps					
	30-45	110	39.86	7.45	Wthn	21046.86	420	50.11		
					Gps					
	46-65+	215	40.63	6.81	Total	21378.93	422			
	Total	423	39.91	7.11						

Note. B. A= Body Appreciation

Table 6*Tukey HSD Results: Body Appreciation Differences in Age Subgroups*

Age(i)	Age(j)	Mdiff. (i-j)	SE	p
18-29	30-45	-1.45	.98	.30
	46-65+	-2.22*	.86	.02
30-45	18-29	1.45	.98	.30
	46-65+	-.76	.83	.62
46-65+	18-29	2.22*	.86	.02
	30-45	.76	.83	.62

An examination of the distinctions in levels of body appreciation among emerging adulthood ($M = 38.41$, $SD = 7.20$), young adulthood ($M = 39.86$, $SD = 7.45$), and middle adulthood/old age ($M = 40.63$, $SD = 6.81$) was conducted through a one-way ANOVA. Significant statistical differences in body appreciation among the three age groups were evident, as indicated by the overall significance of the ANOVA test ($F = 3.31$, $p = .03$). Levene's test was utilized to examine the assumption of homogeneity of variance, and the outcomes indicated no violation of the assumption for both mean and median ($p > .05$),

supporting the reliability of the ANOVA results. To investigate pairwise differences between age groups, post hoc tests employing Tukey's Honestly Significant Difference (HSD) were conducted as the homogeneity of variances assumption had been met (Levene's test, $p > .05$). People in the emerging adulthood stage showed the lowest level of body appreciation of all the age groups that were studied. In comparison to the young adulthood (Mean Difference = -1.45, $p = .30$, 95% CI [-2.77, 0.86]) and Middle Adulthood/Old Age (Mean Difference = -2.22, $p = .028$, 95% CI [-4.25, -0.19]) groups, this difference was statistically significant. On the other hand, there was not a significant distinction in Body Appreciation between the Middle Adulthood/Old Age and Young Adulthood groups ($p > .05$). These results imply that, in comparison to those in Young Adulthood and Middle Adulthood/Old Age, people in the Emerging Adulthood phase might have a lower degree of body appreciation.

3.3. Correlations between Body Appreciation, Cognitive Emotion Regulation Strategies and Social Media Addiction

Utilizing Pearson's correlation coefficient method, correlation analyses were executed to investigate the associations among social media addiction, body appreciation, and cognitive emotion regulation strategies. The outcomes of these analyses are presented in Table 7.

Separate investigations were conducted to explore the connections between variables (social media addiction and body appreciation) and both adaptive and maladaptive methods for cognitive emotion regulation. The degree of body appreciation and online social networking addiction were found to be statistically significantly correlated, $r(421) = -.15$, $p < 0.01$, indicating a negative association. With an increase in addiction to social media, there tends to be a corresponding decrease in the appreciation of one's body. A statistically significant correlation was observed between social media addiction and the utilization of adaptive cognitive emotion regulation methods, $r(421) = -.10$, $p < 0.05$, suggesting a negative association. Conversely, the correlation between social media addiction and maladaptive cognitive emotion regulation strategies was also significant, $r(421) = .35$, $p < 0.01$, indicating a positive association. The increased utilization of social media appears to correlate with a reduction in the application of

adaptive emotional coping strategies, while increasing the use of maladaptive ones. Statistical significance was observed in the correlation between adaptive cognitive emotion regulation methods and the level of body appreciation ($r(421) = .46, p < 0.01$), signifying a positive association. In contrast, a statistically significant correlation was observed between body appreciation and maladaptive cognitive emotion regulation strategies ($r(421) = -.29, p < 0.01$), indicating a negative association. With the elevation of body appreciation, there is a concurrent rise in the application of adaptive techniques for emotion regulation. Simultaneously, the use of maladaptive emotional coping strategies decreases.

Table 7

Correlations of the Study Variables

Study Variables	BA	SMA	A-CERS	M-CERS
BA	-			
SMA	-.15**	-		
A-CERS	.46**	-.10*	-	
M-CERS	-.29**	.35**	.027	-

Note. BAS: Body Appreciation; SMA: Social Media Addiction; A-CERS: Adaptive Cognitive Emotion Regulation Strategies; M-CERS: Maladaptive Cognitive Emotion Regulation Strategies.

**, Correlation is significant at the 0.01 level (2-tailed).

*, Correlation is significant at the 0.05 level (2-tailed).

3.4. Mediation Analysis

The outcomes of the mediation analysis investigating the associations between social networking addiction (X), maladaptive cognitive-emotional regulation strategies

(M), and appreciation for one's body (Y) are illustrated in Table 8. Figure 1 presents a graphical representation of the mediation model.

Table 8

Mediation Analysis Results for SMA, M-CERS, and BA

Path	β	95%CI	
		LLCI	ULCI
SMA $\rightarrow$ M-CERS	.56**	.42	.70
M-CERS $\rightarrow$ BA	-.22*	-.30	-.14
SMA $\rightarrow$ M-CERS $\rightarrow$ BA	-.12*	-.18	-.07
Total Effect	-.20*	-.33	-.08
Direct Effect	-.07	-.20	.05
Partial Indirect Effect	-.12*	-.18	-.07
Total Indirect Effect	-.09*	-.13	-.05

* $p < .01$,
** $p < .001$

Note. BA: Body Appreciation; SMA: Social Media Addiction; M-CERS: Maladaptive Cognitive Emotion Regulation Strategies.

Significant statistical findings emerge in the coefficient ($\beta = -.22$, $SE = .04$, $p < .001$) associated with the path from maladaptive cognitive emotion regulation strategies (M-CERS) to body appreciation. The presence of a negative coefficient suggests that an escalation in the utilization of maladaptive emotional regulation strategies corresponds to a decrease in body appreciation. The direct path coefficient from social networking addiction to body appreciation does not exhibit statistical significance ($\beta = -.07$, $SE = .06$, $p = .23$). In the absence of considering the mediator (maladaptive cognitive emotion regulation strategies), the direct impact of social media addiction on body appreciation appears statistically insignificant, as indicated by this suggestion. Statistically significant is the indirect impact of online networking addiction on body appreciation via dysfunctional cognitive emotion regulation methods ($ab = -.12$, $SE = .02$, $p < .001$). Indications point to the full mediation of maladaptive cognitive emotion regulation strategies in the connection between social media addiction and body appreciation. The overall impact of social media addiction on body appreciation, encompassing both direct

and indirect effects, exhibits statistical significance ($c = -.20$, $SE = .06$, $p = .0012$). Signifying a meaningful overall influence, social media addiction affects body appreciation through both direct pathways and indirect routes mediated by dysfunctional methods for cognitive emotion regulation.

In a subsequent mediation analysis, age was incorporated into the model as a covariate. This decision was made in light of the ANOVA results, which indicated a relationship between age groups and the outcome variable, body appreciation ($F(2, 420) = 3.31$, $p = .03$). As showcased in Table 4, the comprehensive model reveals statistical significance ($p < .05$), underscoring that the combined influence of social media addiction, cognitive emotion regulation strategies, and demographic factors significantly predicts the outcome variable, body appreciation. The inclusion of age as a covariate had an impact on the associations observed in the previous analysis. The statistical significance of the coefficient was retained for the path from (M-CERS) to body appreciation ($\beta = -.22$, $SE = .04$, $p < .001$). This implies that elevated levels of M-CERS are linked to diminished levels of body appreciation. Indicating the lack of a direct link between social networking addiction and body appreciation, the coefficient for the direct path from social media addiction to body appreciation ($\beta = -.0490$, $SE = .06$, $p = .46$) revealed no significant association. The coefficient for the direct path from age to body appreciation was marginally significant ($\beta = -.04$, $SE = .0245$, $p = .05$), suggesting a potential age-related effect on body appreciation. Persisting statistical significance, the indirect effect of social networking addiction on body appreciation through M-CERS was notable ($ab = -.12$, $SE = .02$, $p < .001$). This signifies that dysfunctional cognitive emotion regulation strategies fully mediate the association between social networking addiction and body appreciation. Indicating an overall influence of social media addiction on body appreciation, the total effect, inclusive of both direct and indirect effects, remained statistically significant ($c = -.17$, $SE = .06$, $p = .00$). Furthermore, a correlation below 0.70 between variables suggests the absence of multicollinearity.

Figure 1

Exploring the Influence of Maladaptive Cognitive Emotion Regulation on the Association Between Social Media Addiction and Body Appreciation: A Mediation Model

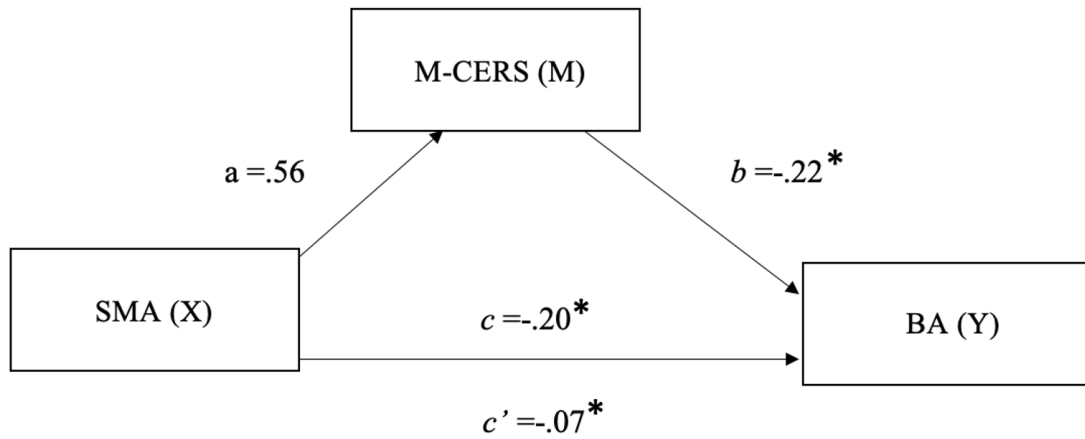


Figure 1. Paths: a (X to M), b (M to Y), c' (After accounting for M, the direct impact of X on Y). Value of path coefficients is represented by arrow thickness inferences.

4.DISCUSSION

4.1. Overview of the Study

Exploring the nexus between appreciation of one's body, cognitive methods for emotion regulation, and social networking addiction was the focus of this study. Specifically, the research sought to investigate whether dysfunctional cognitive emotion regulation methods mediate the relationship between online platform addiction and positive body image. Conducting an independent sample t-test, this study explored potential gender differences in participants' levels of body appreciation, revealing no statistically significant distinctions between male and female participants. ANOVA was conducted to explore potential differences in body appreciation levels across distinct age groups among the study participants and results indicated that age groups differed significantly from one another. There are different stages of body appreciation in life, as evidenced by post hoc tests that revealed emerging adulthood participants to have lower scores than young adulthood and middle adulthood/old age groups. Conducting correlation analyses aimed to investigate the associations among the variables under scrutiny. The utilization of dysfunctional cognitive emotion regulation approaches exhibited a positive correlation with social networking addiction. The degree of body appreciation was negatively correlated with the use of maladaptive cognitive techniques for emotional regulation. The degree of body appreciation and social networking addiction are positively associated. Concludingly, analyses on mediation were performed to scrutinize the intermediary impact of dysfunctional cognitive emotion regulation methods within the association connecting social networking addiction and body appreciation. Appreciation for one's body demonstrated an inverse correlation with dysfunctional methods for cognitive emotion regulation. Despite the absence of a direct influence on body appreciation, social networking addiction demonstrated an indirect impact by influencing dysfunctional cognitive emotion regulation strategies, thereby serving as a mediator in the relationship.

Following the identification of significant variations in body appreciation levels among age groups through ANOVA analysis, a subsequent mediation analysis was conducted to examine the potential impact of age on the examined relationships.

Although the mediation pathway through dysfunctional cognitive emotion regulation approaches endured, the statistical significance of the overall model was preserved, it was found that age had a minor direct effect on body appreciation. Within this segment, an exploration of the outcomes from the current study is undertaken, delving into the principal findings. It further explains any limitations encountered in the study, suggestions for future research directions, its clinical implications, and the conclusion of the findings.

4.2. Exploring Disparities in Body Appreciation Based on Gender

Current study compared body appreciation scores among male and female participants, finding no significant difference in their body appreciation levels. The findings indicate the absence of a statistically significant distinction in the evaluation of their bodies between the male and female groups, contradicting the initial hypothesis.

The study's findings contradict a body of research showing gender disparities in body appreciation and women's lower levels of body appreciation (August et al., 2023; Naraghi & Atari, 2015; Quittkat et al., 2019). In general, women may be dissatisfied with their bodies to a greater extent than men because they believe they must conform to society's ideal of thinness for women (Golan, 2015).

A small number of research in the literature report similar conclusions to the current study regarding the lack of gender differences in body appreciation levels (Baceviciene & Jankauskiene, 2020; Davis et al., 2019). In contrast to their expectations, a distinct study reveals that women, as they age, express a higher degree of body appreciation compared to men (Quittkat et al., 2019). Meaning that regardless of a person's gender, there might be other factors influencing their level of body appreciation. For instance, men and women tend to have distinct thoughts, beliefs, and behaviors regarding their bodies, which suggests that gender variations in negative body image could be one factor (Calogero & Thompson, 2009). For example, Voges et al.'s 2019 study examined if males evaluate their bodies differently than other men, and if this sets them apart from women. They found that women rate fairly, but males depreciate non-

ideal bodies and elevate ideal ones when self-related. This may give men an advantage in enhancing themselves, potentially benefiting their self-worth and body appreciation.

Another possible interpretation is that numerous diverse elements play a role in shaping individuals' intricate perspectives on negative body image, including low self-esteem (Tiggemann, 2005); social media use (Mahon & Hevey, 2021); mental health concerns (Rodgers et al., 2023); and dysfunctional eating patterns (Marta-Simões et al., 2021).

4.3. Dissimilarities in Body Appreciation Across Age Groups

While investigating age-related differences in body appreciation, a statistically significant distinction emerged among the various age groups, with the groups representing emerging adulthood, young adulthood, and middle adulthood/old age exhibiting different mean values. In accordance with the hypothesis of the research, individuals within the emerging adulthood cohort expressed significantly lower levels of body appreciation compared to their counterparts in the Young Adulthood and Middle Adulthood/Old Age groups. Corroborating with a range of studies that highlight variations in body image perceptions related to age, these findings are in line. Several research studies have demonstrated that older adults typically demonstrate greater levels of body appreciation in comparison to younger adults (Lee & Lee, 2022; Quittkat et al., 2019; Tiggemann & McCourt, 2013).

There are several possible explanations for the observed rise in body appreciation with age. Self-esteem levels improved with age, with men and women in middle adulthood having greater levels than those in late adolescence (Bleidorn et al., 2016). The concept of self-compassion is a concept that helps develop a good body image by preventing body dissatisfaction from arising and continuing (Finlay-Jones et al., 2023). Better mental health is typically experienced by those who have a positive self-perception and treat themselves with kindness (Holas et al., 2021). People may have a favorable self-image as they get older, and this positive perspective may extend to how they regard and appreciate their bodies.

Adults' decreasing importance of body image as they age might be another explanation for valuing their bodies less. To cope with the knowledge that their bodies are aging, older people minimize the significance of beauty as a core aspect of who they are and give less weight to appearance-related characteristics (Tiggemann, 2004).

An additional explanation could be associated with the noteworthy relationship between dissatisfaction with one's body image and societal influences (Rajagopalan & Shejwal, 2014). Within the study, it was observed that female adolescents exhibited elevated dissatisfaction with their bodies, and their susceptibility to societal models and advertising surpassed that of their older counterparts (Española et al., 2009). In other words, older age groups feel less sociocultural pressure and experience less body dissatisfaction than younger people.

4.4. Correlation Analysis

4.4.1. Addiction to Social Media and the Strategies of Cognitive Emotion Regulation

As anticipated, the study's outcomes substantiated the presumed positive association between addiction to social media and the utilization of dysfunctional cognitive emotion regulation strategies. An observable positive correlation of statistical significance emerged, highlighting the connection between addiction to social media and the adoption of dysfunctional methods for cognitive emotion regulation, indicating that increased social media addiction is related to a higher risk of using maladaptive coping techniques. Individuals with high degrees of social media addiction may have difficulty adopting effective emotional regulation strategies.

Consistency with the literature is evident in the study's findings indicating social media and emotion regulation strategies associations. As an example, Peker and Yildiz's (2022) research examined the connection between emotional regulation strategies and social media addiction. In the findings, a negative correlation emerged between emotional reappraisal and social networking addiction, while conversely, a positive correlation was noted between emotional suppression and social networking addiction.

Depression and other mental health conditions have been linked to excessive and growing use of social media, especially by individuals who are vulnerable (Ulvi et al., 2022). Furthermore, the application of any emotion regulation strategy is typically linked to symptoms of anxiety and depression; positive associations were observed between symptoms of anxiety and depression and the utilization of dysfunctional emotion regulation strategies, while the implementation of effective emotion regulation strategies exhibited adverse effects. (Schäfer et al., 2016). To put it differently, excessive time spent on social networking has the potential to elevate symptoms associated with depression, thereby increasing the likelihood of resorting to ineffective emotion regulation strategies.

Overuse of social networking sites has been linked to lower standards of life expectancy and may cause people to use ineffective coping mechanisms (Varela et al., 2023). As people dedicate more time to social media platforms, their quality of life might decrease, leading to the adoption of maladaptive coping methods.

In tandem with the introduction of the Internet, social media platforms and online communities have significantly contributed to the dramatic change in the landscape of human communication. Since these digital platforms prioritize virtual discussions over traditional face-to-face chats, a significant percentage of people have observed a drop in their direct interpersonal contacts (Jimenez & Morreale, 2015). Due to the complexity of online social interactions, the shift from traditional face-to-face communication to online environments may make it more difficult for people to regulate their emotions and may lead them to use less effective ways to cope.

4.4.2. Body Appreciation and Cognitive Emotion Regulation Strategies

The hypothesis was supported by the research's outcomes, which established a significantly negative association between appreciation for the body and dysfunctional cognitive emotion methods. As a result of this, those who value their bodies more are less prone to maladaptive cognitive strategies to regulate their emotions.

Consistent with existing literature, the findings align with a documented inverse association between positive emotional strategies and body image (Hasel & Ardebil, 2018); it's been noted that those who have a negative perception of their bodies employ

less effective emotion regulation strategies, whereas those who have a positive perception of their bodies employ more adaptable techniques (Nejati et al., 2014). Moreover, a connection has been noted between negative perception of one's body, the association between body dissatisfaction, and positive body appreciation, which is linked to cognitive fusion—a maladaptive coping strategy concerning body image (Marta-Simões et al., 2017).

According to Tylka (2019), there exists a positive association between the valuation of one's physique and numerous indicators of psychological welfare, including self-worth, optimism, preparedness to cope, fulfillment with life, positive affect, individual fulfillment, and emotional competence. Additionally, a bad self-image can impact your self-esteem, clarity of identity, and level of satisfaction with your physical appearance and emotional state. Conversely, feeling good about yourself is positively impacted by thinking positively about yourself (Farrar et al., 2015). That is, when individuals have a good self-image in total, their level of appreciation for their bodies increases and they tend to think more positively about themselves, and this may cause them to use more adaptive strategies rather than maladaptive ones.

According to one research, college women frequently engage in upward body comparison, which may give rise to greater body dissatisfaction; however, not all women are influenced by this. The study demonstrated that coping techniques may minimize the association between body comparison and weight-related problems. Furthermore, positive reframing, an adaptive strategy, can lessen the association between upward body-focused comparisons and dissatisfaction with one's appearance (Pinkasavage et al., 2015). Jealousy often arises from comparing oneself to others, manifesting when someone perceives another as superior and desires that perceived superiority (Fam et al., 2020). That is, individuals who prioritize their bodies are less inclined to partake in detrimental social comparisons, thereby diminishing the necessity for self-criticism arising from subsequent feelings of envy and consequently reducing the utilization of dysfunctional cognitive strategies.

4.4.3. Addiction to Social Media and the Appreciation of Body

The outcomes of the research, affirming the study's hypothesis, revealed a robust adverse correlation between social networking addiction and the level of appreciation for one's body. As social media addiction intensifies, individuals are inclined to show decreased appreciation for their bodies. The findings of this investigation align with outcomes observed in other studies demonstrating that excessive social media use heightens body image issues (Dane & Bhatia, 2023; de Vries et al., 2015; Thai et al., 2023; Yurchisin et al., 2021; Yurtdaş-Depboylu et al., 2022).

In a study exploring the connection between dissatisfaction with one's physique and young women's addiction to social networking sites, it was discovered that recognition of external pressure regarding physical appearance and internalization of the slender ideal mediated this relationship, and that awareness of said pressures increased along with social media addiction (Delgado-Rodríguez et al., 2022). The perception of one's physique may face adverse effects from exposure to beauty-standard images on social media, which can cause them to feel unhappy with their looks or want to change them (de Valle et al., 2021). That is, people may be internalizing the slim ideal and feeling pressured to look good as individuals dedicate increased time to social platforms and encounter content related to the body. This could lead to a decrease in people's appreciation of their bodies.

According to the findings of another study, those who use social media can compare themselves to others through social comparison, internalize the ideal appearance that society values—such as being thin—and perceive themselves as objects that can be judged only based on their appearance (Dane & Bhatia, 2023). In other words, individuals dedicating increased durations to social networking platforms might encounter a greater level of exposure to the material on the socially enforced ideal of thinness, which could lower their degree of body appreciation since they believe that their appearance will be the only factor considered.

It has been noted that using photo-focused social media, like Instagram, is linked to higher levels of body dissatisfaction. It has also been proposed that following content related to appearance—regardless of whether it is positive or negative— might have a

noteworthy impact on understanding individuals' apprehensions regarding their physical appearance (Rodgers & Nowicki, 2024). In the current study, 91.23% of the participants stated that they use Instagram (see Table 1), which is the highest percentage compared to other used social media platforms. Therefore, since most of the participants use photo-based social media, they may be more exposed to appearance-related content, which may cause them to not appreciate their bodies.

4.5. Mediation Analysis

4.5.1. Mediating Role of Maladaptive Cognitive Emotion Regulation Strategies

The present research results suggested that maladaptive cognitive emotion regulation strategies (M-CERS) acted as an intermediary in the connection between addiction to social media and the evaluation of one's body, as postulated. The statistical insignificance of the direct route from social networking addiction to body appreciation suggests the absence of a direct influence. Conversely, the substantial indirect impact of M-CERS was evident, indicating that M-CERS played a full mediating role in the relationship. The total impact of social networking dependency on appreciation of one's body, encompassing both direct and indirect influences, was statistically noteworthy, indicating a considerable overall influence of social networking dependency on body appreciation.

The present investigation revealed a robust adverse correlation between body appreciation and addiction to social media through the application of correlation analysis. Although the mediation analysis did not yield significant results, there are indications of an indirect impact through the intermediary variable in the association between social networking addiction and body appreciation. This possibility arises because a straightforward and explicit association might not sufficiently elucidate the indirect influence of social media addiction on body appreciation, considering a range of cognitive and emotional mechanisms. The mediation analysis provides a more detailed examination of this relationship, demonstrating that social media addiction impacts the mediator, which influences body appreciation. Moreover, full mediation is observed, as the indirect

effect is significant, suggesting that social networking addiction completely influences body appreciation through M-CERS, with no remaining direct effect.

One of the most important factors impacting human behavior and different forms of psychopathology is our capacity to regulate our emotions intentionally and consciously. The significance of this has spurred an escalation in attention and fascination regarding the domain of emotion regulation within the spheres of affective, cognitive, and social neuroscience (Kohn et al., 2021). The examination of the mediating function of cognitive emotion regulation methods in the context of social networking addiction and appreciation for one's body, as explored in the present study, has not been investigated in prior research. Nonetheless, cognitive emotion regulation's mediating function has been explored in relation to various factors, and previous literature has scrutinized the specific connections among the variables investigated in this research.

In a particular investigation, the connection between anxiety and body perception was explored in the context of cognitive emotion regulation among individuals with breast carcinoma undergoing mastectomy. The implementation of effective cognitive emotional methods reduces adverse impacts on body perception and anxiety, whereas the utilization of ineffective cognitive emotional methods exacerbates these consequences (Zali et al., 2022). Examining the mediating function of emotion regulation in the connection between depressive disorders, anxiety, and dependence on the internet among adolescents, it was found that adolescents proficient in reinterpreting a situation to modify its emotional significance exhibited reduced odds of developing internet dependency (Liang et al., 2021).

In alternative research examining the function of emotion regulation as an intermediary, it was discovered that adolescents possessing heightened dispositional awareness experience reduced levels of sadness, anxiety, and stress. The relationship is significantly influenced by adolescents' approaches to dealing with challenges related to emotion regulation, notably through the acceptance and application of strategies (Ma & Fang, 2019).

A comprehensive synthesis illustrates that media markedly shapes perceptions of body image and behavioral intentions, with discrepancies contingent on the variety and

result classification. The slender/athletic ideal underscores the consequences of media engagement for individuals across diverse age groups and nationalities, underscoring the sway of social networking on concerns related to body image (Huang et al., 2020). The cognitive aspect of body image is also crucial, as Cash (2012) noted in his study, particularly when it comes to one's capacity to fairly assess one's physical appearance. Furthermore, a strong correlation between addictive activity on social media and serious concerns about one's body image has been observed (Karam et al., 2023). Research in the academic literature has explored the benefits of employing functional methods for regulating emotions and the drawbacks associated with using dysfunctional methods across various variables, as investigated in the present study. Moreover, studies have indicated that the utilization of social platforms, encompassing favorable and adverse perceptions of one's physique, accentuates the importance of cognitive procedures in relation to these two aspects.

When people overly identify with and trust their ideas and feelings about their physical appearance, regardless of how inaccurate or exaggerated these views may be, cognitive fusion occurs. According to a study, there is a strong correlation between body dissatisfaction and cognitive fusion, which is a strategy that is considered maladaptive (Marta-Simões et al., 2016). Indications from a study further suggest that increased utilization of social networking may be a result of heightened tendencies toward "Fear of Missing Out" (FoMO), potentially leading to cognitive impairments (Montag & Markett, 2023). In essence, within individuals exhibiting excessive social networking use and those discontent with their physique, the significance of their cognitive processes is underscored by means of cognitive distortion.

Based on the results of this investigation, individuals who engage with social platforms excessively may have a higher tendency for cognitive distortions, which are classified as maladaptive strategies. Furthermore, those individuals may resort to similar distortions regarding their body image. This suggests that the significant impact of dysfunctional cognitive emotion regulation methods on individuals' thought processes and engagements with social networking addiction and body perception is evident. The deduction hints at a potential correlation between relationship dynamics and the utilization of dysfunctional strategies.

4.6. Study Limitations and Suggestions for Future Studies

One conceivable limitation in this study could be the utilization of self-report instruments for evaluating social networking addiction, cognitive emotion regulation methods, and appreciation for one's body. The introduction of response bias may have occurred, potentially restricting the validity of the obtained results because social networking dependency and body appreciation can be sensitive topics for participants, which may mislead participants into responding correctly. To overcome the constraints associated with the self-report instruments employed in this investigation, a multi-method approach could potentially be useful in future studies.

The fact that every participant in this study was a member of the Turkish community may be another limitation. The limited diversity within the participant pool may constrain the generalizability of the results to diverse ethnic and demographic groups. As a result, within different cultural contexts, the correlations between social media addiction, cognitive emotion regulation strategies, and body appreciation could vary. In one study, for example, it was discovered that cultural context is important, with collectivist countries having a higher frequency of social media addiction than individualist civilizations (Cheng et al., 2021). According to the findings of another study, Among the studied demographic groups, African American women demonstrated the most elevated level of appreciation of their bodies, while white women displayed the least (Winter et al., 2019). Beyond the Turkish community, future studies should strive to incorporate a varied sample of people from other cultural, demographic, or geographical backgrounds.

4.7. Implications for Clinical Practice

This study emphasizes the link between lower levels of body appreciation and dysfunctional cognitive-emotional regulation methods, highlighting the necessity for treatment interventions that concentrate on cognitive emotion regulation abilities. To encourage better cognitive emotion regulation, practitioners might apply cognitive-behavioral methods (Beck, 2011). The connection between body appreciation and social media addiction highlights the necessity for specialized therapies. Programs that combine

psychoeducation and body positivity might encourage social media usage with mindfulness. For early risk detection, clinicians can incorporate cognitive-emotional regulation methods and social networking addiction screening tools into standard examinations. The research indicates that to effectively meet the distinct requirements of age groups, age-specific interventions are required. By addressing the intricate relationship between social networking use, cognitive-emotional regulation, and appreciation for one's body, these guidelines aim to support interventions aligning with the broader goal of fostering mental well-being.

4.8. Conclusion

The study investigated the relationship among appreciation for one's body, social networking addiction, and cognitive-emotional regulation methods. Additionally, it explored the mediating role of ineffective cognitive-emotional regulation methods in this dynamic. Negative correlations were observed between ineffective strategies and appreciation for one's body, as well as between social networking addiction and appreciation for one's body. Additionally, a positive correlation was identified between social networking addiction and ineffective cognitive-emotional regulation methods. In addition, the research revealed that age exerts a negligible direct influence on appreciation for one's body, while social networking addiction indirectly shapes it through the involvement of ineffective strategies. The results of the study indicate a notable impact of cognitive-emotional regulation methods on the connection between social networking addiction and appreciation for one's body, suggesting the potential for age-related changes in body appreciation.

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APPENDICES

APPENDIX A: INFORMED CONSENT FORM

Bu araştırma Yeditepe Üniversitesi Klinik Psikoloji Yüksek Lisans Programı bünyesinde Dr. D. Billur Örnek danışmanlığında Ecem Demir tarafından yüksek lisans tezi kapsamında yürütülmektedir. Bu çalışmada, bireylerin bilişsel duygu düzenleme stratejileri, beden imajı ve sosyal medya davranışlarını incelemek hedeflenmiştir. Bu çalışmaya katılmak gönüllülük esasına dayanmaktadır. Çalışmaya katılmama ve çalışmanın herhangi bir aşamasında, hiçbir cezaya/yaptırıma maruz kalmaksızın, çalışmadan ayrılma hakkına sahipsiniz. Araştırmada yer almanız nedeniyle size hiçbir ödeme yapılmayacak ve sizden de hiçbir ücret talep edilmeyecektir. Çalışma dahilinde kimlik bilgileriniz toplanmayacaktır. Sağladığınız diğer veriler yalnızca araştırma dâhilinde kullanılacaktır. Elde edilecek bilgiler araştırmacılar tarafından toplu halde değerlendirilecek ve bilimsel yayımlarda rapor edilmek için kullanılacaktır. Anketi yanıtlamanız, araştırmaya katılım için onam verdiğiniz anlamına gelmektedir. Katılımınızla ilgili bir problem yaşarsanız veya çalışmaya dair herhangi bir sorunuz olursa araştırmacıya aşağıdaki e-posta adresinden ulaşabilirsiniz.

Çalışmaya Katılma Onayı

Bu bilgilendirilmiş onam belgesini okudum ve anladım. Bu araştırmaya katılmayı hür irademle kabul ediyorum.

APPENDIX B: DEMOGRAPHIC INFORMATION FORM**Yaşınız:****Cinsiyetiniz:** Kadın ☐ Erkek ☐**Eğitim Durumu:** İlkokul ☐ Ortaokul ☐ Lise ☐ Üniversite ☐ YüksekLisans ☐ Doktora ☐**Çalışıyor musunuz?:** Evet ☐ Hayır ☐**Kullanılan Sosyal Medya Hesapları:** Instagram ☐ Facebook ☐ Twitter ☐ TikTok ☐Diğer ☐

**APPENDIX C: COGNITIVE EMOTION REGULATION
QUESTIONNAIRE(CERQ)**

Hemen hepimizin yaşamında hoş olmayan kötü şeyler olabilmekte ve bu olaylara verdiğimiz tepkiler de birbirinden farklı olabilmektedir. Aşağıdaki cümlelerde başınıza gelmiş olan olumsuz ya da nahoş olaylar karşısında genellikle **ne düşündüğünüz** sorulmaktadır. Her bir cümleyi okuduktan sonra **sizin** durumunuza en uygun seçeneği işaretleyerek yanıt vermeniz istenmektedir.

BAŞIMA KÖTÜ BİR OLAY GELDİĞİNDE		Hiç	Nadiren	Ara sıra	Sıklıkla	Her zaman
	1) Bunun suçlusu benim diye düşünürüm.	()	()	()	()	()
	2) Artık bu olayın olup bittiğini kabul etmek zorunda olduğumu düşünürüm.	()	()	()	()	()
	3) Bu yaşadığım ile ilgili ne hissettiğimi düşünürüm.	()	()	()	()	()
	4) Yaşadıklarımın daha hoş olan şeyleri düşünürüm.	()	()	()	()	()
	5) Yapabileceğim en iyi şeyi düşünürüm.	()	()	()	()	()
	6) Bu olaydan bir şeyler öğrenebileceğimi düşünürüm.	()	()	()	()	()
	7) Her şey çok daha kötü olabilirdi diye düşünürüm.	()	()	()	()	()
	8) Yaşadığım olayın başkalarının başına gelenlerden daha kötü olduğunu düşünürüm.	()	()	()	()	()
	9) Bu olayda başkalarının suçu olduğunu düşünürüm.	()	()	()	()	()
	10) Bu olayın tek sorumlusunun ben olduğumu düşünürüm.	()	()	()	()	()

		Hiç	Nadiren	Ara sıra	Sıklıkla	Her zaman
	11) Durumu kabullenmek zorunda olduğumu düşünürüm.	()	()	()	()	()
	12) Zihnim yaşadığım olay hakkında ne düşündüğüm ve hissettiğimle sürekli meşgul olur.	()	()	()	()	()
	13) Olayla hiç ilgisi olmayan hoş şeyler düşünürüm.	()	()	()	()	()
	14) Bu durumla en iyi nasıl başa çıkabileceğimi düşünürüm.	()	()	()	()	()
	15) Başımdan geçenlerin bir sonucu olarak daha güçlü bir insan haline gelebileceğimi düşünürüm.	()	()	()	()	()
	16) Diğer insanların çok daha kötü tecrübeler geçirdiklerini düşünürüm.	()	()	()	()	()
	17) Başıma gelen olayın ne kadar korkunç olduğunu düşünüp dururum.	()	()	()	()	()
	18) Başımdan geçen olaydan başkalarının sorumlu olduğunu düşünürüm.	()	()	()	()	()
	19) Bu olayda yaptığım hataları düşünürüm.	()	()	()	()	()
	20) Bu olayla ilgili hiçbir şeyi değiştiremeyeceğimi düşünürüm.	()	()	()	()	()
	21) Bu olayla ilgili neden böyle hissettiğimi anlamak isterim.	()	()	()	()	()
	22) Başımdan geçen olay yerine hoş bir şeyler düşünürüm.	()	()	()	()	()
	23) Bu durumu nasıl değiştireceğimi düşünürüm.	()	()	()	()	()

		Hiç	Nadiren	Ara sıra	Sıklıkla	Her zaman
	24) Bu durumun olumlu yanlarının da olduğunu düşünürüm.	()	()	()	()	()
	25) Diğer şeylerle karşılaştırıldığında bunun o kadar da kötü olmadığını düşünürüm.	()	()	()	()	()
	26) Yaşadığım bu şeyin bir insanın başına gelebilecek en kötü şey olduğunu düşünürüm.	()	()	()	()	()
	27) Bu olayda diğerlerinin yaptığı hataları düşünürüm.	()	()	()	()	()
	28) Esas sebebin kendimle ilgili olduğunu düşünürüm.	()	()	()	()	()
	29) Bununla yaşamayı öğrenmem gerektiğini düşünürüm.	()	()	()	()	()
	30) Bu durumun bende uyandırdığı duygularla boğuşurum.	()	()	()	()	()
	31) Hoş olayları düşünürüm.	()	()	()	()	()
	32) Yapabileceğim en iyi şeyle ilgili bir plan düşünürüm.	()	()	()	()	()
	33) Bu durumun olumlu yanlarını ararım.	()	()	()	()	()
	34) Kendime hayatta daha kötü şeylerin de olduğunu söylerim.	()	()	()	()	()
	35) Sürekli bu durumun ne kadar korkunç olduğunu düşünürüm.	()	()	()	()	()
	36) Esas sebebin başkalarıyla ilgili olduğunu düşünürüm.	()	()	()	()	()

APPENDIX D: BODY APPRECIATION SCALE (BAS)

Aşağıda bazı ifadeler yer almaktadır. Her sorunun karşısında bulunan; **(1) Asla (2) Nadiren (3) Bazen (4) Sık sık ve (5) Her zaman anlamına** gelmektedir. Lütfen her bir ifade için sizi tanımlayan en uygun yanıtı seçiniz.

1	Bedenime saygı duyarım.	1	2	3	4	5
2	Bedenimle ilgili olumlu hislere sahibim.	1	2	3	4	5
3	Bedensel olarak en azından birkaç olumlu özelliğe sahibim.	1	2	3	4	5
4	Bedenimle ilgili olumlu tutumlara sahibim.	1	2	3	4	5
5	Bedensel ihtiyaçlarıma karşı duyarlıyım.	1	2	3	4	5
6	Bedenimi seviyorum.	1	2	3	4	5
7	Bedenimin farklı ve benzersiz özelliklerini beğenirim.	1	2	3	4	5
8	Davranışlarım vücuduma yönelik olumlu tutumlarımı yansıtır, örneğin başımı dik tutarım ve güler yüzlüyümdür.	1	2	3	4	5
9	Bedenim bana huzur verir.	1	2	3	4	5
10	Medyatik(modeller, artistler) insanlardan farklı olsam da kendimi güzel hissediyorum.	1	2	3	4	5

APPENDIX E: BERGEN SOCIAL MEDIA ADDICTION SCALE(BSMAS)

Son bir yılınızı düşünerek sosyal medya (Facebook,Instagram, Twitter, v.b.) kullanımınız hakkındaki aşağıdaki durumları ne sıklıkla yaşadığınızı belirtiniz.

(1) Çok nadir, (2) Nadir, (3) Bazen, (4)Sıkça, (5)Oldukça sık

1.Sosyal medyayı düşünerek ya da sosyal medya kullanmayı planlayarak çok fazla zaman harcıyorum.	1	2	3	4	5
2.Sosyal medyayı giderek daha fazla kullanma arzusu hissediyorum.	1	2	3	4	5
3.Sosyal medyayı kişisel sorunlarımı unutmak için kullanıyorum.	1	2	3	4	5
4.Sosyal medya kullanmayı bırakma denemelerim başarısızlıkla sonuçlandı.	1	2	3	4	5
5.Sosyal medya kullanmam yasaklansaydı rahatsız ve sıkıntılı olurdum.	1	2	3	4	5
6.Sosyal medyayı çok fazla kullanmam işlerimi/çalışmalarımı olumsuz etkiledi.	1	2	3	4	5



APPENDIX F: DEBRIEFING FORM

“Bilişsel duygu düzenleme stratejileri ile beden memnuniyeti arasındaki ilişkide sosyal medya kullanımının aracı rolü” başlıklı çalışma sona ermiştir. Katılımınız için teşekkürler. Bu çalışmada bireylerin sosyal medya davranışı, beden memnuniyeti ve bilişsel duygu düzenleme stratejilerini incelemeyi hedefledik. Bu çalışmanın, kişilerin kullandıkları uyumlu veya uyumsuz bilişsel duygu stratejilerin, beden memnuniyeti ve sosyal medya davranışları ile ilişkisinin daha iyi anlaşılması ile birlikte kişilerin kullandıkları uyumsuz bilişsel duygu düzenleme stratejilerinin etkisine dikkat çekme çerçevesinde katkı sağlayacağını düşünmekteyiz. Çalışma kapsamında sağladığınız veriler ve çalışma sonuçları bilimsel ve mesleki etik ilkeleri çerçevesinde korunacak, sonuçlar toplu olarak yorumlanıp yalnızca bilimsel yayın amacıyla toplu bilgiler halinde paylaşılacaktır. İzlediğimiz prosedürün katılımcılarda bir rahatsızlık yaratmayacağı düşünülmektedir. Ancak katılımınızla ilgili bir problem yaşarsanız veya çalışmaya dair herhangi bir sorunuz olursa araştırmacıya aşağıdaki e- posta adresinden ulaşabilirsiniz. Katılımınız için tekrar çok teşekkür ederiz.