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**MASTER'S PROGRAM IN INFORMATION TECHNOLOGIES AND
SOCIAL MEDIA EDUCATION**

**INVESTIGATION OF COVID-19 ANXIETY AND SOCIAL MEDIA
ADDICTION IN ADULTS IN TERMS OF SOCIO DEMOGRAPHIC
CHARACTERISTICS**

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ABSTRACT

INVESTIGATION OF COVID-19 ANXIETY AND SOCIAL MEDIA ADDICTION IN ADULTS IN TERMS OF SOCIO DEMOGRAPHIC CHARACTERISTICS

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The present study was carried out to analyse the link between COVID-19 anxiety and social media addiction and to find out groups with significant differences in terms of sociodemographic characteristics. The sample group consisted of 483 adult participants (242 females, 241 males) aged 18 and older. The study data were collected using the demographic form created by the researcher, the COVID-19 Anxiety Scale (Lee, 2020) and the Bergen Social Media Addiction Scale (Andreassen et al., 2016).

Increasing internet accessibility affects the levels of social media usage around the world. In addition, the COVID-19 disease has brought about compulsory lockdowns and isolation in societies, and this has also affected social media usage time. Social media has eliminated the constraints of the internet such as time and place via communication tools such as computers, mobile phones, tablets, and it has become a phenomenon that grows day by day in many areas. In addition, it has gained unstoppable power thanks to its sphere of influence that can shape the agenda and have an impact on a country's administrative structure and society.

Having emerged in Wuhan, China and turned into a global pandemic, this disease caused anxiety by disrupting many areas including health, social life, culture and education all over the world, and also led to physical and psychological distress in many individuals. Individuals' anxiety levels also have an effect on their habits, and there are elements such as information flows, news, newspapers, social media and media tools that trigger this anxiety. The world has been going through a transformation process due to the internet. This is a multifaceted transformation that occurs with the effect of communication technologies.

This study is of significance in that it sheds light on this new era in which the effects of the pandemic process are explicit and fills a gap in the relevant literature by providing meaningful data. As a result of the study, a positive, weak-moderate, statistically significant correlation was found between the total scores the participants obtained from the "Coronavirus Anxiety Scale" and the "Bergen Social Media Addiction Scale". As for the participants' socio-demographic background, when the total scores of "Bergen Social Media Addiction Scale" were compared according to the participants' gender, age group, marital status, educational status, occupational group, whether they have children, and their living environment, statistically significant differences were discovered between the groups in all analyses. When the total scores obtained from "Coronavirus Anxiety Scale" were compared based on the same sociodemographic characteristics, it was concluded that gender was the only factor causing a statistically significant difference, and females had higher total anxiety scores than males. It is aimed that all results obtained will contribute to the relevant literature.

Keywords: COVID-19, COVID-19 Anxiety, New Media, Social Media, Addiction, Social Media Addiction

ÖZ

YETİŞKİNLERDE SOSYODEMOGRAFİK ÖZELLİKLER AÇISINDAN COVID-19 KAYGISI VE SOSYAL MEDYA BAĞIMLILIĞININ İNCELEMESİ

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Yüksek Lisans, Bilgi Teknolojileri ve Sosyal Medya

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Bu araştırma, COVID-19 kaygısı ile sosyal medya bağımlılığı arasındaki ilişkiyi incelemek ve sosyodemografik özellikler bakımından anlamlı farklılıklar bulunan grupları ortaya çıkarmak için gerçekleştirilmiştir. Örneklem grubunu 18 yaş üzeri yetişkin 483 katılımcı (242 kadın, 241 erkek) oluşturmuştur. Araştırma verileri, araştırmacı tarafından oluşturulan demografik form ile COVID-19 Kaygısı Ölçeği (Lee, 2020) ve Bergen Sosyal Medya Bağımlılık Ölçeği (Andreassen, et al., 2016) kullanılarak toplanmıştır.

Dünya üzerinde artan internet ulaşılabilirliği ve ihtiyacı sosyal medya kullanım düzeylerini etkilemekte olup COVID-19 hastalık sürecinin toplumlarda zorunlu eve kapanma ve izolasyon sürecini de getirmesiyle sosyal medya kullanım süreçlerinde de etkileşimler olmuştur. Sosyal medya, Internet'in bilgisayarlar, cep telefonları, tabletler gibi iletişim araçları ile zaman, mekan gibi sınırlamaları da ortadan kaldırmakta ve pek çok alanda günden güne büyüyen bir yapı halini almıştır. Ayrıca gündemi şekillendirebilen, ülkenin yönetsel yapısında ve toplumda etkilere yol açabilen etki alanı ile büyümesi durdurulamayan bir güç haline gelmiştir.

Çin'in Wuhan kentinde ortaya çıkmış olan ve dünya genelinde pandemiye dönüşerek tüm dünyada sağlık başta olmak üzere,sosyal,kültürel,eğitim alanlarında pek çok alanı kesintiye uğratarak kaygı yaratan bu hastalığın pek çok bireyde fiziksel rahatsızlık dışında psikolojik olarak da oldukça büyük etkileri olmuştur.Bireylerin kaygı derecelerinin alışkanlıklarına etkisi de bulunmakta olup bu kaygıyı tetikleyen toplumsal gelen bilgi akışları,haberler,gazeteler,sosyal medya ve medya araçları gibi unsurlar da bulunmaktadır.Dünya internet ile birlikte bir dönüşüm sürecine girmiştir.Bu süreç iletişim teknolojilerinin de etkisiyle ortaya çıkan çok yönlü bir dönüşümdür.

Bu çalışma pandemi sürecinin etkilerini içeren yeni bir döneme ışık tutması ve literatürde yeterli araştırma bulunmaması sebebiyle ilgili alanda veri sağlaması açısından önem taşımaktadır. Çalışma sonucunda Katılımcıların “Koronavirüs Kaygı Ölçeği” ve “Bergen Sosyal Medya Bağımlılığı Ölçeği” toplam skorları arasında pozitif, zayıf-orta seviyede, istatistiksel olarak anlamlı korelasyon bulunmuştur. Sosyodemografik açıdan incelendiğinde katılımcıların cinsiyet, yaş grubu, medeni durum, eğitim durumu, meslek grubu, çocuk sahibi olma durumu ve yaşama ortamı bilgisine göre “Bergen Sosyal Medya Bağımlılığı Ölçeği” toplam skorları karşılaştırıldığında; tüm karşılaştırmalarda grupların arasında istatistiksel anlamlı farklar bulunmuştur.Yine aynı sosyodemografik özellikler üzerinden “Koronavirüs Kaygı Ölçeği” toplam puanları karşılaştırıldığında sadece cinsiyet faktörünün istatistiksel anlamlı fark oluşturduğu ve kadınların erkeklerden daha yüksek kaygı toplam puanlarına sahip olduğu sonucuna varılmıştır.Elde edilen tüm sonuçların ve yapılan analizlerin bu alanda daha fazla literatürde bilgi sağlaması amaçlanmaktadır.

Keywords: COVID-19, COVID-19 Anxiety,New Media, Social Media, Addiction, Social Media Addiction

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Figure 2. Overview of Social Media



LIST OF ABBREVIATIONS

RSS: Really Simple Syndication

TUIK: Türkiye İstatistik Kurumu

www: World Wide Web

MSN: Microsoft Network

URL: Uniform Resource Loader

HTML: Hyper Text Markup Language

IP: Internet Protocol Address

WHO: World Health Organization

SARS-COV: Severe Acute Respiratory Syndrome causing Coronavirus

MERS-COV: Middle East Respiratory Syndrome causing Coronavirus

CHAPTER I

1. INTRODUCTION

1.1. Significance of the Study

With the emergence of the COVID-19 disease affecting the world and the announcement of a pandemic, many changes have been experienced in the lives of individuals because of the precautions taken to stop its worldwide spread. Although what effects this process will yield is not clear yet, there have been restrictions applied, transformations experienced in terms of work and education, and psychological transformations experienced as a result of anxiety in individuals. Since this process is still in progress, this study is of importance in that it sheds light on the current period and provides data for future studies. Today, social media has influenced almost the whole world and has started to be used more and more to receive news and share information, especially during the pandemic process. The relationship between the scales applied to adults and COVID-19 anxiety and social media addiction was examined and intergroup differences were examined based on demographic variables. For this reason, this study is significant in that it sheds light on and provides data for studies to be carried out during and after the pandemic

1.2. Limitations of the Study

This study has some limitations. The demographic data form and the scales were prepared on Google Forms, and the data were collected from individuals in this way. Due to the circumstances experienced due to the pandemic, the questionnaires were only distributed to the participants over the internet, therefore, as the sample was limited to individuals using the internet, those in the older age group or who did not use the

internet could not be reached because they did not provide the necessary conditions. Another point is that in all self-assessment scales, the anxiety levels of the participants are evaluated based on the data they provide. The participants may have incorrectly answered the questions in the scale due to the situation and time they are in, social desirability, and the intention to show themselves as good or bad. Limitations include the use of online sampling due to the presence of an extraordinary situation, and that the tools that measure psychological effect, anxiety, levels of being depressed and stressed, which are not usually consonant to nonsubjective evaluation by mental health professionals, are subjective (Biçer, Çakmak, Demir, & Kurt, 2020). The absence of any control item in the scales to maintain scale validity is another limitation. Another limitation is that the questionnaires include data obtained only in December 2020. In addition, the mandatory isolation during the pandemic process, the collection of data during the social restriction period, and the fact that the results may differ at other times are among the limitations.

CHAPTER II

2. REVIEW OF THE LITERATURE

2.1. Communication and New Media

Communication, which is of great importance in terms of human history, has both individual and social impact on our lives thanks to the opportunities provided by communication technologies. In the digital technology age we live in, the importance of the media is growing and it is important not to perceive this just as a technology and to know that there are forces and power struggles behind these tools in terms of realizing the importance of media. Innovations such as printing press, television, and digital communication tools had a different effect on the period when they were introduced. The main reason for this effect is human. It is beneficial for people to be aware of how and for what purpose a power such as media is used and how it affects individuals. This is of because even in the most democratic structures, those who hold the power want to consolidate their power even more. Communication has now entered a period when it is beyond human communication; in this period even artificial intelligence and technological tools can communicate among themselves (Güngör, 2018).

Since the day first people were born, people have developed tools for mutual communication in order to exchange messages. Throughout human history, communication has undergone a transformation process. Tools such as stone, clay, parchment, and paper were replaced by today's computer technologies and digital media. Traditional media has begun to give way to new media. Nevertheless, media such as television, radio and newspapers are still used today. In addition to incorporating these, new media also incorporates new tools such as social media tools and develops day by day (Alan, 2021).

As people are social creatures, they need others and to live in harmony with society, which is only possible through communication. Establishing this communication network correctly is crucial. Social media is the most modern component of this communication network. It offers a two-way communication opportunity to its users (Çalışkan & Mencik, 2015).

The world has entered a transformation process thanks to the advancements in the internet, information communication technologies. Today, communication with networks surrounding the world is provided through these networks. It is the theory that Marshall McLuhan put forward on this new communication order, which is the 21st century communication theory, in which the world is likened to a global village and the concept of The Global Village is introduced. This concept put forward the idea that mass media will spread rapidly, the traditional media will be replaced by the new media, people will communicate through new technologies in the electronic age and communicate with the world over a network. He also mentioned a concept in which the medium is the message. He stated that the world is becoming a global village where people learn everything at the same time and something can be present in more than one place (Marshall McLuhan, 2020). This also describes a system where distances are shortened and we connect with each other via networks. McLuhan, who argued that there were some changes in society after Gutenberg introduced the printing press, stated the world transformed from oral culture into written culture, and news media did so from written culture into electronic culture in the same way. Tribal societies eliminated the borders with the others through technology, so the world became a global village. In this concept, village is not a residential place; it is a technology-driven, newly established digital life scheme in which people spend a lot of time at home and interact via screens (Çelik Varol & Varol, 2019). As social and new media have changed the

way knowledge travels worldwide, the pace and accuracy of knowledge have also gone up. In this context, while the parts that traditional and new media play have been shifting, the tools for social networking provide greater cooperation compared to the past (D.Mayfield, 2011).

While tools such as radio, television and newspapers are called "old media", today's very effective tools such as internet and mobile phones are named as "new media", which reveals the structural transformation. Likewise, the increase in the availability and usability of social sharing networks as a new media tool and the fact that real life is transferred to virtual environments to a large extent is also a reflection of this transformation (Babacan, Haşlak, & Hira, 2011).

New media basically defines a medium that covers all content based on technology-oriented digital communication processes, and evolves, changes, renews and is updated through new technological developments (Standage, 2013). As the mass media became computer- and internet-based, these technologies were given the adjective "new". The new media has paved the way for a totally novel era of communication and has altered the conventional communication patterns. It possesses an open, network-based, unlimited, interactive and decentralized structure. Interaction is required in the communication process. Thus, both the receiver and the transmitter are affected by each other. People used to be inactive in the traditional media, but they have taken an active stance in the new media. Therefore, information flow from a source to a receiver has gained a bilateral structure, and the receiver has become an active source in the information flow process. Undoubtedly, the internet has been the most effective tool during the process when the new media has become interactive (Aydoğan & Kırık, 2012).

When the features of new media are considered, speed, access, interaction, virtuality, connectivity, digitality, and network-orientedness rise to prominence (Bedir Erişti, 2019). In this context, in the interaction phase, which is one of the characteristics of the new media, the receiver has the option of intervening without receiving the entire message from the source in the communication process, and this should not be confused with feedback. What is important in the interaction phase is content manipulation and the structural, formal and behavioral changes taking places through this manipulation (Yanık, 2016).

Interactivity is considered as a usual feature of talking to someone in person. However, it has also been said to happen in mediated communication environments. Interactivity is among the important features of two-way cable and electronic text systems and video games. It is also effective in the functioning of traditional media. Technological innovations are thought to improve communication experience. Thanks to media and technological improvements and their contribution to communication, the interactivity feature of communication is coming into more prominence (Rafaeli, 1988).

While developing opinions on the media nexus, the third step is defined as the cultural turn that is related to the effect of humanistic academics conducting cultural/critical studies, media research in the UK, and other new media-related areas. Nevertheless, extensive knowledge on new media and digital culture was achieved when the WWW, browsers, and search engines were introduced into the internet technology, and various digital media technologies were integrated into several aspects of our lives in the beginning of the 1990s. Significant approaches and concepts of critical and cultural research were introduced into new media, especially the ‘cultural transmission’ aspect

of media, which is an effective method while reproducing and transmitting overwhelming ideologies (Lievrouw, 2009).

“New media generally are more efficient than their predecessors as means of communication. Yet there is more to understanding what happens when people communicate through a given medium than merely ascertaining what level of accuracy and amount of data the exchange involves. This observation - that there is more than accuracy and amount to any exchange - comprises a founding rationale for the field of media studies, whether characterized aphoristically by Marshall McLuhan ("the medium is the message") or more recently expressed in Derridian terms, that the supplement - the specific characteristics of material media - can never be mere supplement, it is a necessary constituent of representation” (Gitelman & Pingree, 2003).

The term "new media" is digital technology mediated communication which has data processing domains based on computer technologies and data content related to these technologies. When the new media is considered at the hardware level, communication technologies are based on numeric coding and data processing. It benefits from numeric coding to record information such as character, image, sound, action, description. It is a transformation process that converts information into digital code. It is based on a system called binary system, which consists of ones and zeros. Unlike the analog media, content transmitted and processed in the new media is numerically encoded in this binary system (Hauer, 2017). Building new media on a common numeric language enables access to all data formats with a single medium and ensures that the new media become supra-media. Since new media consist of algorithms and/or elements of artificial intelligence, the presentation formats can go beyond the linear fixed rules and functions. Due to the numerical nature of new media, all content is divided into its

smallest parts and this shows that the content is available to be analyzed, processed and filtered at any time (Yanik, 2016). According to Manovich, there are 5 basic principles in the formation of new media. These are:

- Numerical representation: new media are "composed of digital code" and thus can be "described using a mathematical function" and can undergo "algorithmic manipulation"
- Modularity: new media objects are object-oriented, composed of parts made up of smaller parts reminiscent of a "fractal structure".
- Automation: numerical coding and modular structure allow much of the "creation, manipulation, and access" of new media to occur without direct human interaction.
- Variability: "A new media object is not something fixed once and for all, but something that can exist in different, potentially infinite versions".
- Transcoding: the "reconceptualization" which occurs during computerization, the transformation of media into computer data" (Manovich, A Review of The Language of New Media, 2001).

Thanks to technological developments, the concept of "mobile" also came into existence. Access to social platforms has become easier thanks to mobile devices. Individuals moved away from mass communication and embraced a space where they could present ideas, comment and react to events. Thus, the concept of instantness emerged alongside mobile devices, and thanks to the ease this concept offers, it has been effective in increasing people's awareness of events. Studies show that the trend

of communicating on the internet via social networks has become more popular among people over the last few years (Özcan, 2012).

2.1.1. Internet

The internet is the most radical change observed towards the end of the 20th century, and it touches all of our lives in many aspects and its impact will continue to increase in unpredictable ways (Windeatt, Hardisty, & Eastment, 2000). The widespread access to the internet, the development of new communication technologies and the new media that is developing with it are among the important issues of today. Technological developments have also led to the development of mobile devices, leading to an increase in the importance of concepts such as individualization, placelessness and instantness. Individuals can participate in the flow of information and the process of sharing ideas via mobile devices whenever and wherever they want. People can choose the way of communicating through developing social networks and choose the means according to their needs and expectations.

It took more than 40 years for the internet to become what it is today. Between 1961-1974, the basic concepts of the Internet such as hardware and software were created. With the financial support of such institutions as the National Science Institution and the Ministry of Defense, the institutionalization of the internet began between 1975 and 1995. The period from 1995 to the present can be called the commercialization phase. In this process, private institutions have also been supported by the state in order to strengthen and expand internet infrastructures and to make individuals a part of this network.

With the Industrial Revolution, there were new formations in addition to the technological improvements in communication. Thanks to these improvements in the

19th and 20th centuries, tools such as radio and television emerged. The invention that affects communication the most is the internet. With the Internet, a new era has begun in the world in terms of communication (Alan, 2021).

Central cultures and Western countries in the world exert cultural imperialism by spreading their lifestyles and consumption culture to other cultures. In this context, they encourage other individuals to consume by pumping consumption through mass media and advertisements. By marketing material and spiritual cultural elements that are created at a higher level than demanded, an unrealistic perception of need is created. In fact, by making consumption equivalent to acquiring a social identity, people classify each other according to what they consume. In this context, the internet can replace televisions and radios, creating instant interaction. Individuals are now able to share videos, audio files and messages in virtual environments via the internet instead of establishing relationships with each other only in physical environments. These intellectual and emotional transfers also provide cultural interaction, allowing global mass cultures to spread rapidly. In this respect, the internet becomes superior to many mass media outlets thanks to the features it offers. This culture, which spreads via the Internet and is triggered by cultural imperialism and progresses by assimilating local cultures, is creating its own markets by creating consumer societies that originate from Anglo-Saxon and American mass communication technologies (Taylan & Arklan, 2008).

Considering the TUIK data, the rate of internet access among individuals aged 16-74 reached 79.0% in 2020. This rate had been 75.3% in the year before. In terms of gender, this rate was found 84.7% for males and 73.3% for females. It was found that 90.7% of households had internet access, compared to 88.3% in the previous year. The rate of

people aged 16-74 that ordered or bought goods or services for individual use over the internet was 36.5% in the one-year period between April 2019 and March 2020. This rate had been observed to be 34.1% in the same period of the previous year. The distribution of ordering or buying goods or services over the internet by gender was 40.2% for males and 32.7% for females. This rate had been 38.3% and 29.9%, respectively, in the same period of the previous year (Türkiye İstatistik Kurumu, 2020).

2.1.2. Web 1.0

The notion of world wide web emerged during the period between 1989-1991, when Dr. Tim Berners-Lee developed HTML, a new coding language. The web content and sites belonging to this process are named as web 1.0. HTML pages consist of static and readable pages that display only the existing one. In this aspect, it provided a linear communication where no interaction with the user could be provided.

The World Wide Web (www) has been developing rapidly since 1994. In Web 1.0, the first phase of the web, there are only read-only environments that work like information resources in electronic environments, and it has a one-way structure that does not allow mutual sharing. Standard HTML pages, which do not allow the user to do anything other than searching, aim to provide information flow from one source to many people, and users could only read and view existing content. Having continued in this way until 2004, Web 1.0 later left its place to Web 2.0 thanks to the effects of technological innovations due to the need to interact with the user.

2.1.3. Web 2.0

Thanks to Web 2.0, a new era has begun in which content can be shared by users and users become active. Initially intended to be given by Tim O'Reilly to new

developments in the internet, this name becomes the name of the new structure of the internet. Users become active in this structure because they both produce and consume. They can comment on content and make an impact, and they can also form and join groups. Developments such as Web 2.0 constitute the building blocks of today's social networks. This signifies the beginning of an era in which the users of this structure also became literate. Individuals have become able to convey their thoughts to larger groups through blogs and similar systems.

This new version of the internet, which is accepted as a new era according to some definitions, is "a business revolution in which the network is reprogrammed to be used by more people, and the biggest benefit it offers us is the reduction of content to micro dimensions", according to its inventor O'Reilly. In fact, web 2.0 is not a programming language or software. According to O'Reilly, it is a revolution that aims to use many techniques that are engineered with innovations and bring a new perspective to the internet (Kara, 2013).

2.2. Social Media

Computer technology, like new communication technologies, has become widespread in the world since 1970. This also paved the way for the formation of new platforms. Since the second half of the 1990s, the effect of the internet has been greater in the field of communication due to its commercialization and widespread use. Mobile phones and social media - MSN, Messenger, Facebook, Twitter, Instagram - have enriched the environment even more in terms of new communication technologies (Tokgöz, 2015). New communication environments started to form especially after the last half of the 20th century, and in the 21st century, areas that further affected the society such as new media and social networks were formed. Individuals can benefit from these social networks in many processes such as getting news, sharing ideas, joining a group, or

even starting a relationship. In this context, when the Internet first emerged, it started to be used in commercial, social and scientific fields beyond its military and administrative use (Alan, 2021).

Since 2011, social media has been frequently used and content has been shared to announce the public events known as the Arab Spring to the world. Social media has facilitated communication between people, obtaining information and becoming organized. Social media was developed in the USA, which indicates that the capital power behind is also enormous (Tokgöz, 2015).

The role of social media, which attracted attention with the "Arab Spring", and that of the media in social and interpersonal relations in many incidents such as the Gezi events and the 15 July Coup Attempt in Turkey caused more attention to be drawn to this media. It should be noted that the media is the mediator of power rather than power itself. Getting influenced by the media is of course related to the level of consciousness of individuals, but it should be taken into consideration that those who take advantage of the current media power should exercise this power with the aim of protecting social interests. Even though the media is mostly managed by those in power, ordinary people can now create their own spaces thanks to social media (Güngör, 2018).

Social media is an interactive space that offers individuals an environment of freedom. This media also expresses the transition from monologue to dialogue. Users have obtained a media where they can present their thoughts, ideas and knowledge in a mutual social interaction, and which can transfer information in at least two ways and simultaneously (Tuncer, Özata, Akar, & Öztürk, 2013).

Social media could be expressed as a series of online applications which are built via Web 2.0 technologies and infrastructure, permit the content to be created and shared by consumers, consist of users' original, creative and amateur content and are based on the

logic of networking. Although the target audience of the applications under the name of social media, the purpose of their use, the way they are used or the platform on which they are located differ, the elements that make up the characteristic structure do not change. Although applications such as Twitter, Facebook, and Instagram seem like different applications, all of them are among the components of social media. The functional distribution of social media is grouped under 7 different categories, which are: Social networking sites, photo and video sharing sites, blogs, micro blogs, virtual life simulations, wikis and virtual game simulations (Kara, 2013).

The use of social media is increasing with each passing day, which indicates that social media will constitute most of internet usage in the near future. Social media tools are constantly being improved to address all needs of individuals, and they are also effective in the process in which people become an integral part of society, and in their mood and organisation, which ensure that they live in harmony with others. These tools create different levels of satisfaction in individuals because their needs and expectations are different. While some people may use social media to avoid socialization, some may prefer to use it to meet their need for socialization. Sometimes both can be observed depending on the situation (Vural Akıncı & Bat, 2010).

On the other hand, there are various reservations on social media. Creating a certain profile on social media and the state of being compatible and consistent with it keep the person away from possible anxiety, but the subject is actually amorphous. They may exhibit different attitudes depending on the culture, time, situation, interpersonal relationship based on mutual interests. These created identities can prevent individuals from moving freely by moving them away from their subjectivity and putting them in a certain form. Belonging to a particular group can also cause them to display the

characteristics of that group (Hazar, Sosyal Medya Bağımlılığı-Bir Alan Çalışması, 2011).

Akan Abdula states that the algorithms that direct our lives on social media have long come out of their role to support our decisions, have become autonomous within themselves, and even their creators are partially out of control. Decision makers quickly arrive at the decision-making stage instead of us, and it describes the situation as a matter of time before our lives are completely taken over by a computer. He argues that decision makers are rapidly moving to the decision-making phase instead of us, and that it is only a matter of time before our lives are completely in the hands of a computer. He also explains how social media algorithms emphasize and nurture people's prejudices rather than reduce them, and how manipulative these few filtered resources can be. He also states that although developments in the field of Artificial Intelligence advance humanity, it is rapidly dragging us into a situation where it can match human performance in mental tasks and even surpass the human (Abdula, 2021).

Another good thing about social media is to understand that all this has to do with being human. Collaborating for art, sharing ideas, business and thought, finding people like good friends and lovers are actually what many civilizations build upon - being human. In fact, it is spreading rapidly because it gives the individual more space to be himself/herself rather than a very brilliant technology (Mayfield, 2008). Social media is a platform that has many advantages that the internet environment offers to individuals. In addition to being individual, it is also a mass communication tool. People can chat in virtual environments and share many communication materials such as pictures, video and sound in these new media environments. In addition, it has affected institutions as well as individuals to a great extent (Çakmak, 2018). We must first consider the changes in Web technologies so as to comprehend the rise of social media.

"The framework is a honeycomb of seven functional building blocks: identity, conversations, sharing, presence, relationships, reputation, and groups. Each block allows us to unpack and examine a specific facet of social media user experience, and its implications for firms. These building blocks are neither mutually exclusive, nor do they all have to be present in a social media activity. They are constructs that allow us to make sense of how different levels of social media functionality can be configured. Social media introduce substantial and pervasive changes to communication between organizations, communities, and individuals. By analyzing the seven building blocks – identity, conversations, sharing, presence, relationships, reputation, and groups - firms can monitor and understand how social media activities vary in terms of their function and impact, so as to develop a congruent social media strategy based on the appropriate balance of building blocks for their community" (Kietzmann, Hermkens, McCarthy, & Silvestre, 2011).

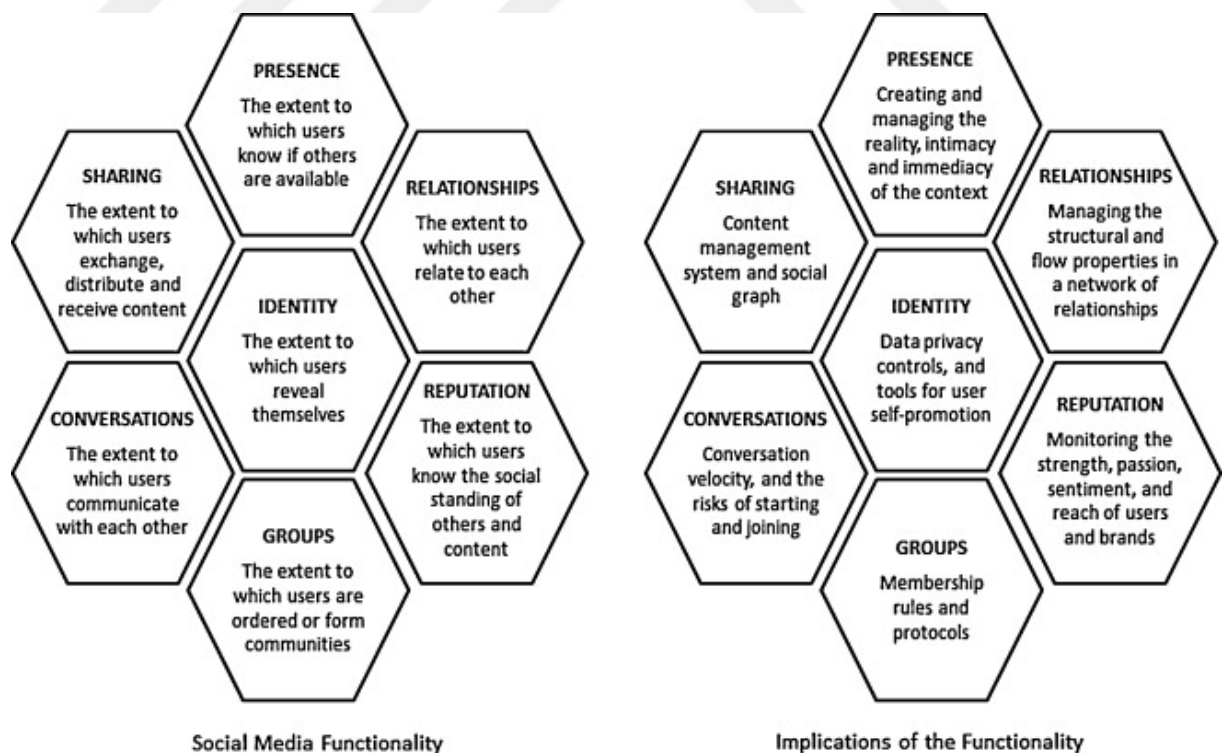


Figure 1. The honeycomb of social media (Kietzmann, Hermkens, McCarthy, & Silvestre, 2011)

2.2.1. Social Media Tools

Thanks to social media tools, people obtain different identities and beliefs and contribute to the globalization of the world by going beyond traditionalism. Social media tools that vary according to the different needs of and trends among individuals were also revealed in a study conducted in 2020. Approximately 50% of Instagram users between the ages of 18-38 use Instagram several times a day while this figure is higher for Facebook users. In contrast, this is not the case with Twitter and Snapchat (Hruska & Maresova, 2020).

According to Safko and Brake, social media tools are listed as follows: Social Network, Publish, Photo, Audio, Video, Microblogging, Livecasting, Virtual Worlds, Gaming, Productivity Applications, Aggregators, RSS, Search, Mobile, Interpersonal (Safko & Brake, 2009).

Social Media refers to a range of online applications which are built upon the intellectual and technological infrastructure behind Web 2.0, therefore User Generated Content could be created and shared. Nevertheless, though it is widely believed that Wikipedia, YouTube, Facebook, and Second Life are social media tools, there are not any patterns to classify Social Media applications. To develop a classification method, a range of theories are relied upon in media research (social presence, media richness) and social processes (self-presentation, self-disclosure), which are the crucial components of Social Media.

According to Kaplan and Haenlein, social media has 6 varieties, which are:

- Collaborative projects. Collaborative projects enable the joint and simultaneous creation of content by many end-users.
- Blogs. They are the Social Media equivalent of personal web pages and can come in a multitude of different variations, from personal diaries

describing the author's life to summaries of all relevant information in one specific content area. Blogs are usually managed by one person only.

- Content communities. The main objective of content communities is the sharing of media content between users. Content communities exist for a wide range of different media types, including text (e.g., BookCrossing, -share books), photos (e.g., Flickr), videos (e.g., YouTube), and PowerPoint presentations (e.g., Slideshare).
- Social networking sites. Social networking sites are applications that enable users to connect by creating personal information profiles, inviting friends and colleagues to have access to those profiles, and sending e-mails and instant messages between each other. These personal profiles can include any type of information, including photos, video, audio files, and blogs (e.g., Facebook, MySpace).
- Virtual game worlds. Virtual worlds are platforms that replicate a three-dimensional environment in which users can appear in the form of personalized avatars and interact with each other as they would in real life (e.g., MMORPG, World of Warcraft, EverQuest).
- Virtual social worlds. The second group of virtual worlds, often referred to as virtual social worlds, allows inhabitants to choose their behavior more freely and essentially live a virtual life similar to their real life (e.g., Second Life application) (Kaplan & Haenlein, 2010).

"Social media" is described as using online and mobile technologies to transform communication into an interactive conversation. "Technologies include: blogs, picture-sharing, CXvlogs, wall-postings, email, instant messaging, music-sharing,

crowdsourcing and voice over IP, to name a few. Many of these social media services can be integrated via social network aggregation platforms" (Baruah, 2012).

An overview of social media is provided as follows:

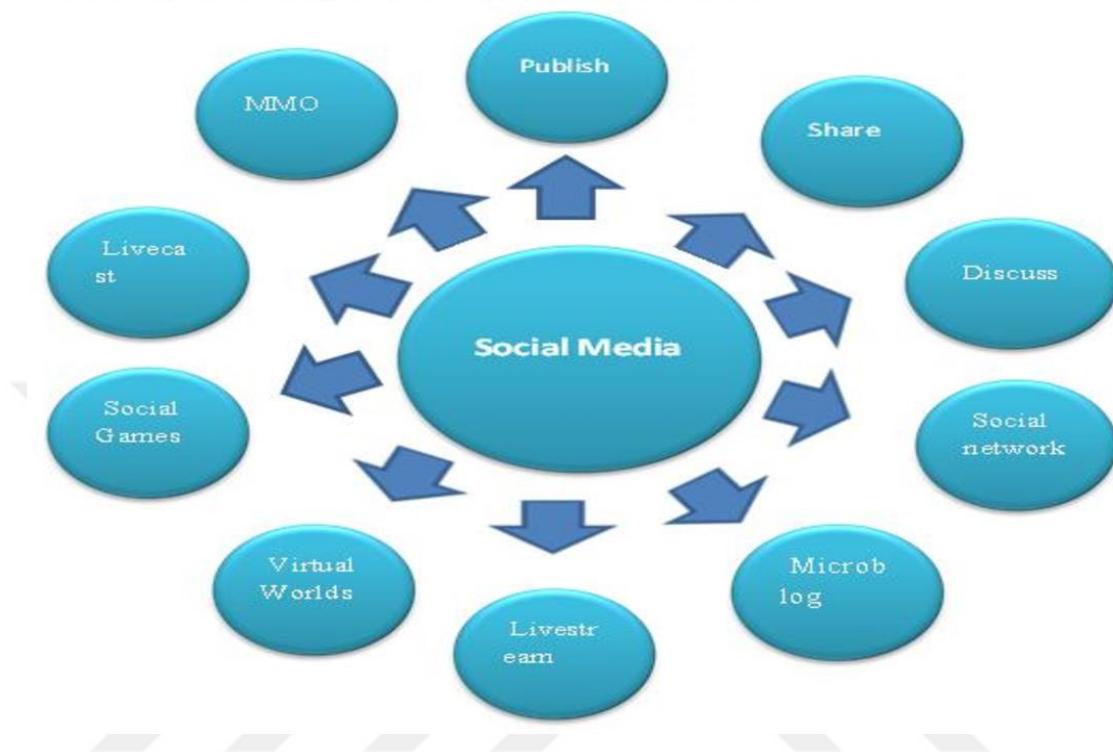


Figure 2.Overview of Social Media (Baruah, 2012)

2.2.2. Social Media Features

The four main ways to connect social media with people are communication, entertainment, education and collaboration (Safko & Brake, 2009). According to Lietsala and Sirkunnen, the following 5 basic features of social media can be listed. The first one is that it creates space for content sharing. The second is that users can create, share and evaluate the content themselves, the third is that it is based on social interaction, the fourth is that all content can be connected to external networks with URLs, and the last is that all users can connect to other people, content, platforms and applications through their own profile pages. In addition to these, the following non-compulsory features can be listed: providing a sense of community, having people

contribute for free, having a labeling system, having and distributing content with feeds on and off the site, that platforms and tools are under development and can be developed while in use (Lietsala & Sirkunen, 2008).

According to Çakmak, the features of social media include transparency in communication, democratic participation, openness in ideas, mutual communication (interaction), instant communication, material sharing (e.g., text, sound, video, image), interpretation of the material shared within the platform itself, political participation, lobbying in virtual environment, establishing groups through networks, mass broadcasting, sending and receiving messages fast, and measurability in virtual environment (Çakmak, 2018).

2.2.3. Addiction

“Addiction can arise from many different pathologies and varies in its strength, severity and manifestations. Addiction involves a chronic condition of the motivational system in which there is an abnormally and damagingly high priority given to a particular activity” (West & Brown, 2013). While many people associate addiction with the concept of drugs, there are many potential addictive behaviors that do not involve drug intake. For example, binge eating, exercise, gambling, computers and games, internet and work. It is stated that these six components - Salience, Mood modification, Tolerance, Withdrawal symptoms, Conflict, Relapse - are of significance in explaining addiction (Griffiths, 1990).

"Technological addictions are non chemical (behavioural) addictions which involve human-machine interaction. They can be passive (e.g., television) or active (e.g., computer games) and usually contain inducing and reinforcing features which may contribute to the promotion of addictive tendencies" (Griffiths, Technological Addictions, 1995). Addiction does not only refer to smoking, alcohol and drug

addiction. In addition to physical substances, different sorts of addiction exist, for example, game, sex, computer, and internet addiction. In behavioral addictions, the behavior or the action continues despite the negative consequences because the behavior cannot be controlled.

2.2.4. Internet and Social Media Addiction

In addition to being an information and sharing tool, the internet has also become a structure that affects our daily lives. The concept of internet addiction has also been used by different researchers as pathological internet use. An important symptom of this addiction is that the time spent on the internet is excessive. However, this alone is not a sufficient factor, it is also important for what purpose it is used. The individual tries to eliminate the need for socialization in real life by socializing in the virtual environment. In addition, according to the studies conducted, there is a cause and effect relationship between depression and internet addiction (Günüç & Kayri, 2010).

Thanks to the advancements in Web 2.0 technologies, the broad access to social media applications and addiction problems caused by their excessive use are among the topics discussed in recent studies. A significant reason for the internet and social media technology to find a central place in the life of the individual is undoubtedly its ability to meet the psychological needs of the individual. Social media use, which is sometimes a remedy for feeling lonely, sometimes a tool to share joy and sadness, sometimes enables social and political participation, and meets many moral and emotional needs, also feeds dependence on social media tools (Babacan M. E., 2016).

According to Andreassen, social media addiction is another type of internet addiction. Addiction problems have arisen due to excessive social media use. Based on this idea, he developed the Facebook addiction scale. Considering internet addiction, it was examined whether the individual is dependent on the content or the platform. According

to the changing needs, individual characteristics and online activities of individuals, addiction studies can be analyzed. People who tend to be active on social networking sites score high in narcissism. Social networks enable individuals to present themselves positively in accordance with their own self (Andeassen, 2012).

Social media tools cannot be considered independent from the internet, as they are operated on the internet. There are various social network apps such as Facebook, Instagram, Twitter, and the user profiles of these applications also differ. For this reason, efforts have been made to develop a measurement tool that cover wider media platforms in order to measure social media addiction without relying solely on Facebook (Tutgun Ünal, 2015).

Addiction refers to the state in which people generally lose control over a substance use or behavior and are unable to live without it. Similarly, social media addiction can be defined as an individual's excessive use of any social network and his/her losing control over this use (Tekin, 2019).

Internet addiction can be said to occur in parallel with the growth in internet access. It can be said that this addiction occurs more in countries where internet access is widespread and technology is developed. It is identified with depression and social isolation, and mood, anxiety, impulse control, and substance use disorders are common. Although the etiology is unknown, it is predicted to include psychological, cultural, and neurobiological factors. In this regard, receiving therapy, reading books on the subject, and bans on internet access can be effective. There is no proven drug therapy for the treatment of this addiction (Shaw & Black, 2008).

Feeling worried in case of inaccessibility to social media, a craving for social media even during an important job, taking up most of the daily time, shortening working time due to the need to constantly check tools such as Facebook or Instagram may indicate

addiction. In addition, after uploading a photo to a social media such as Facebook or Instagram, a constant desire to check may arise, as it releases some dopamine in the body whenever it is liked. Missing the value of the moment thinking that the things experienced are worth uploading to the internet, creating a routine as the first and last thing done during the day, and being away from the family are situations that may require consideration in terms of social media addiction (Bergen Social Media Addiction Scale, 2018).

2.3. COVID-19

Pandemic: It is a common name attached to epidemic diseases which spread and demonstrate their effects in an extensive territory consisting of at least two countries or continents around the world.

Epidemic: It is the state of a more-than-expected increase in the number of people suffering from a contagious disease in a certain period of time in a certain population.

There are multiple factors effective in examining the impact of the pandemic at the community level. Many features such as immunity status of individuals, contact, infection characteristics in the society, immunity levels of individuals, climate, health services affect the pandemic. Since the pandemic affects the social life where it is located, the usual flow of life is affected and losses are experienced. These losses can cause deaths and social and economic losses. Businesses and educational institutions can also be adversely affected in this context. The pandemic has the potential to harm all sectors. In this context, the stakeholders of the whole society should be able to act in cooperation. Planned action is required for the continuation of basic services in society. Otherwise, problems may occur in basic systems such as food supply, drinking water, waste, electricity, natural gas and burial services (T.C. Sağlık Bakanlığı Halk Sağlığı Müdürlüğü, 2019).

This emergency and chaos may occur in the entire system, as well as cause stress and anxiety in individuals. The collective execution of individual and social orders during the pandemic process, and the fact that the spread can be dealt with in a planned way allow the systems in the society to work more efficiently, not in a panic state. However, diseases and disasters can have different effects on societies and individuals, as well as create a state of anxiety.

COVID-19 is a contagious disease that a novel type of coronavirus caused. Mild to moderate respiratory disorders are observed in most individuals that caught COVID-19 and they got better without needing any extraordinary sort of treatment. Older individuals and individuals having an accompanying disease tend to develop a severe disease. A perfect method to avoid and diminish infection is to keep informed about the COVID-19 virus and how it spreads. It is recommended to protect yourself and other people from being infected by washing your hands or using sanitizer regularly and not touching your face. COVID-19 is spread mainly via saliva or nasal discharge when an infected individual coughs or sneezes (World Health Organization, 2020).

Coronaviruses (CoV) are a big group of viruses which can lead to more severe infections, i.e. Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). There are various subtypes of coronaviruses that may spread from one individual to another with ease. They mostly cause cold. On December 31, 2019, China Country Office of the World Health Organization announced cases of pneumonia of unknown etiology in Wuhan. On January 7, 2020, the agent was discovered to be as a novel coronavirus (2019-nCoV) that had not previously been observed in people. Then, the 2019-nCoV disease was renamed as COVID-19, and the virus was named SARS-CoV-2 because of its resemblance to SARS CoV. The World Health Organization announced the COVID-19 outbreak as an "international public

health emergency" on January 30. When COVID-19 cases were observed in other 113 countries, the COVID-19 was identified as a global epidemic (pandemic) on March 11 because of its spread and severity. In our country, works on the COVID-19 started on January 10, and the Scientific Advisory Board of the Ministry of Health assembled on January 22 for the first time, and the first COVID-19 case was identified on March 11, following Europe and our neighboring countries like Iran (T.C. Sağlık Bakanlığı Bilimsel Danışma Kurulu Çalışması, 2020).

2.3.1. Anxiety

Anxiety is a state of mind that we all know and experience in the flow of daily life. It is natural to be worried and curious about various events (Kennerley, 2017). Vigilius Haufniensis, or Soren Kierkegaard as we know, likens anxiety to the dizziness we feel when standing at the edge of a cliff (Akış, 2015). This state, which is quite natural as long as it is not excessive and continuous, can be stimulating or encouraging at times, and also plays an auxiliary role in preventing dangers or solving problems. Anxiety is a biological protection system of the organism.

"Anxiety is a psychological state of mood showing physical and mental symptoms that are revealed in a person's life, especially in negative situations or situations that put the person in a difficult situation. Anxiety is also a safety signal for people. Anxiety is an emotional response and it is future-oriented. Fear and anxiety that every person feels especially at certain times is of great importance. Measuring the level of anxiety is important for psychology, psychiatry, and educators. The information obtained from such measurements can be useful in the preparation of psychological treatment or education programs" (Çakmak, 2018).

2.3.2. COVID-19 Anxiety

The coronavirus has affected many areas including work, social life and home life. Some studies showed that in parallel with the increase in the time spent at home, the increase in housework shows that the anxiety scores of females are higher than males. Besides, the rates of being forced to take unpaid leave due to the epidemic and increasing domestic unrest are also higher in females. It is thought that taking more responsibility at home and decreasing social support from the family might be effective in the high anxiety scores in females. It is observed that females, whose mean anxiety scores were higher than males, also had higher rates of taking precautions than males. In addition, studies in the literature have stated that being married increases psychological resilience. As a result, although the coronavirus outbreak affected the daily life of the participants, it did not cause serious anxiety in general (Gürocak, 2020). The COVID-19 pandemic disturbs both physical and mental health. With effective and continuous information, adequate protective equipment, levels of anxiety can be reduced. Taking hygienic measures all the time can be effective in reducing contamination (Altun, 2020).

Studies indicate that psychological problems, including depression, stress and anxiety, have been experienced more with this epidemic. Situations such as isolation, loss of income, social distancing, separation from loved ones, restrictions on freedom, fear of getting sick, uncertainty and boredom also affect individuals psychologically. Media is very effective in this process and in all the sources that individuals obtain information from. In addition, concerns about food shortages, deaths, intensified media information flows, and the increase in the number of cases are effective on the society. Individuals should watch, read, and listen to news sources that lead them to worry and feel anxiety less. They should also obtain information from reliable sources and take steps to protect

themselves and their relatives by making plans to this end. Getting information at certain times and not being exposed to the news too much is also important for controlling anxiety (Biçer, Çakmak, Demir, & Kurt, 2020).

2.3.3. COVID-19 Pandemic and Social Media

Determining the activities to perform in individuals' lesiure time, which is generally expressed as the period of time left over from the activities that a person has to do in order to live by, belongs entirely to them. However, different factors such as individuals' financial status, leisure time and gender play an important role in the selection of leisure time activities (Sabbağ & Aksoy, 2011).

The recession of life in many areas in Turkey during the pandemic process has also affected how individuals use the time they spend at home. In this process, tools such as social media started to be used more not only for entertainment but also to follow the agenda and obtain news. Research shows that the duration of social media usage in Turkey has increased in this period. The purpose of social media use is a factor that affects social media addiction, and there is an increase in addiction due to the increase in the use of technological communication tools by young adults in the process of social isolation (Güteryüz, Esentaş, Yıldız, & Güzel, 2020).

Pandemic diseases have been one of the factors that negatively affect social life. In order to prevent the spread of the virus, arrivals in and departures from many countries, including Turkey, and cities have been halted, and human circulation in public spaces has been restricted. Among the significant effects of COVID-19 on people are that those staying at home due to coronavirus are affected by anxiety and stress, their physical activity is limited and their physical activity levels decrease. Although it is important to actively evaluate the concept of mobility and time, it has been stated that before the virus epidemic, people used to travel in their social circles, meet with their friends, and

participate in social-cultural-artistic activities indoors and outdoors. It can be said that there is an increase in physical inactivity as a result of individuals declaring their own quarantine due to the pandemic. As a result, the study aimed to raise awareness towards recreational activities that can improve the quality of life of individuals in psychological, physical and social ways, especially during the COVID-19 pandemic period (Güzel, Yıldız, Esentaş, & Zerengök, 2020).

Although it is inevitable that the COVID-19 pandemic creates a state of fear that affects many people, even the world, it is important to keep our anxiety at a reasonable level, to take actions to reduce risks, to balance this epidemic process that paralyzes our lives via motivating activities. Although it is not known how long this process will last and how it will result, measures are taken through vaccination. Individuals can maintain a logical balance in this process to overcome emotions such as fear and anxiety. Knowing that everyone is going through this process, and going on with your life by setting some goals may prove more beneficial. "Understanding and reminding ourselves that we are all going through something together can sometimes help us feel less lonely" (Achenbach, 2020).

The emergence of the Internet has led to the emergence of a great deal of inaccurate news. Social media, in particular, is a means of spreading fake news and this could lead to negative consequences. The fact that those who believe in the fake news spread it further causes the false information to reach even more people. Because of the anxiety created by the COVID-19 pandemic, individuals shared information on social networks and messaging platforms in panic, stress and uncertainty without questioning and confirming its accuracy. The World Health Organization defines this information pollution that occurs in social media with the term "infodemic". This situation could be as dangerous for individuals as the disease itself. Especially in the pandemic period, the

frequency of the spread of fake news through WhatsApp and similar tools has spread widely, and such news constitutes an important problem and requires struggle in order to manage the anxiety and stress of individuals correctly. It is particularly important in this struggle to prevent the spread of fake news among the public and to enlighten them about the epidemic in order to protect public health (Aydın, 2020).

The COVID-19 pandemic is affecting people all over the world, and the most vulnerable group is the elderly and those with chronic diseases. The fact that elderly people have to stay at home longer in this process has led to an increase in their digital participation. They use social media more to be able to socialize, communicate with their relatives, and reduce their feelings of loneliness. Therefore, it is possible to consider social media as a new communication tool that spreads to all areas of social life and becomes an important part of daily life (Uysal & Tan Eren, 2020).

There is a close relationship between social disconnection and perceived isolation, and between perceived isolation and emotional problems. Older adults are at greater risk of anxiety during this period. Preventing the perception of social disconnection and isolation among elderly people and providing them with social support can be effective in preventing anxiety and depression. Struggle with social disconnection of the elderly is important in affecting the perception of isolation and indirectly in reducing anxiety (Santini et al., 2020).

CHAPTER III

3. METHOD

Obtaining information systematically from the units that make up a universe or sample underlies the survey method. For this purpose, written or oral questions are asked to obtain answers (Odabaşı, 1999). In social studies, the source of the data is human and one of the methods of obtaining information is the survey method. Survey is a systematic and direct method of collecting data from the primary source. Web Based Surveys are preferred due to the accessibility of web applications from anywhere. In cases where it is suitable for the purpose of the study, collecting data via questionnaires on the internet is a method that offers advantages, but on the other hand, it has some limitations (Özüsağlam, Atalay, & Toprak, 2009). In this study, the survey method was adopted as the data collection method, and the demographic form and the questionnaire consisting of 2 scales were uploaded to Google Forms, and distributed to the participants over the internet considering the pandemic conditions. The study data include those obtained in December 2020. The Coronavirus Anxiety Scale (Lee, 2020) and the Bergen Social Media Addiction Scale (Andreassen, et al., 2016) were applied in addition to the demographic form created by the researcher. Necessary permissions were obtained from the researchers who adapted the scales in question to Turkish. (Biçer, Çakmak, Demir, & Kurt, 2020) (Demirci, 2019)

3.1. The Purpose of the Study

The purpose of this study is to examine the relationship between COVID-19 anxiety and social media addiction in adults and to reveal the differences between groups

depending on demographic variables. To this end, the Coronavirus Anxiety Scale and the Bergen Social Media Addiction Scale were applied. With the demographic form applied in both scales, the intergroup differences between the two scales were evaluated. Thus, it is aimed to provide data for the studies to be carried out.

3.2. Research Questions

The research questions are grouped under 3 main headings:

1- Is there a difference between coronavirus anxiety scores according to demographic characteristics and some habits in adults?

- a. Do coronavirus anxiety scores differ by gender?
- b. Do coronavirus anxiety scores differ by age?
- c. Do coronavirus anxiety scores differ by marital status?
- d. Do coronavirus anxiety scores differ by educational status?
- e. Do coronavirus anxiety scores differ by occupational group?
- f. Do coronavirus anxiety scores differ by whether participants have children?
- g. Do coronavirus anxiety scores differ by living environment?
- h. Do coronavirus anxiety scores differ by whether participants have a chronic disease?
- i. Do coronavirus anxiety scores differ by whether participants smoke?
- j. Do coronavirus anxiety scores differ by the frequency of daily hand washing?
- k. Do coronavirus anxiety scores differ by the frequency of mask replacement in a day?
- l. Do coronavirus anxiety scores differ by daily social media usage?

2- Is there a difference between social media addiction scores in adults according to sociodemographic characteristics and some habits?

- a. Do social media addiction scores differ by gender?
- b. Do social media addiction scores differ by age?
- c. Do social media addiction scores differ by marital status?
- d. Do social media addiction scores differ by educational status?
- e. Do social media addiction scores differ by occupational group?
- f. Do social media addiction scores differ by whether participants have children?
- g. Do social media addiction scores differ by living environment?
- h. Do social media addiction scores differ by whether participants have a chronic disease?
- i. Do social media addiction scores differ by whether participants smoke?
- j. Do social media addiction scores differ by the frequency of daily handwashing?
- k. Do social media addiction scores differ by the frequency of mask replacement in a day?
- l. Do social media addiction scores differ by daily social media usage?

3- Is there a correlation between the total scores of the social media addiction scale and the COVID-19 anxiety scale?

- a. Is there a correlation between coronavirus anxiety scores and age in adults?
- b. Is there a correlation between social media addiction scores and the number of children in adults?

3.3. Participants

Of the study group, 50.1% were female. Those who were in the 18-29 age group (30.0%), who were married (62.5%), and who had a bachelor degree (62.5%) constituted the most crowded groups. Of the participants, 57.8% have children, and those with 1 child have the biggest share in this group. Among those who were employed, who make up 62.7% of the whole group, wage earners are the most crowded group. When analyzed according to their living environment, those living with their partners and children had a share of 42.2%. Details are presented in Table-3.1.

Characteristic		Frequency	%
Gender	Female	242	50.1
	Male	241	49.9
	Total	483	100.0
Age Group	18-29	145	30.0
	30-39	116	24.0
	40-49	64	13.3
	50-59	119	24.6
	60-69	39	8.1
	Total	483	100.0
Marital Status	Single	181	37.5
	Married	302	62.5
	Total	483	100.0
Educational Status	High School	55	11.4
	Associate's Degree	51	10.6
	Bachelor's Degree	302	62.5
	Graduate Degree	75	15.5
	Total	483	100.0
	Yes	279	57.8

Having a Child	No	204	42.2
	Total	483	100.0
Number of Children	0	204	42.2
	1	131	27.1
	2	127	26.3
	3	21	4.3
	Total	483	100.0
Employment Status	Yes	303	62.7
	No	180	37.3
	Total	483	100.0
Occupation	Unemployed	39	8.1
	Retired	109	22.6
	Student	62	12.8
	Self-employed	65	13.5
	Wage-earning	208	43.1
	Total	483	100.0
Living Environment	Alone	53	11.0
	With a partner	92	19.0
	With a partner and children	204	42.2
	Separated from his/her partner with his/her child/children	14	2.9
	With parents	120	24.8
	Total	483	100.0

Table-3.1. Distribution of Participants by Some Sociodemographic Characteristics

Of the participants, 18.2% reported that they have a chronic health problem. Of the whole group, 36.4% smoke and 43.3% drink alcohol. Those who wash their hands 10 or more times a day due to the coronavirus correspond to 38.7%, and those who change their masks once or twice a day have a share of 53.0%. Details are given in Table-3.2.

Characteristic		Frequency	%
Chronic Disease	Yes	88	18.2
	No	395	81.8
	Total	483	100.0
Smoking	Yes	176	36.4
	No	307	63.6
	Total	483	100.0
Drinking Alcohol	Yes	209	43.3
	No	274	56.7
	Total	483	100.0
Frequency of Washing Hands Due to Coronavirus	1-2	19	3.9
	2-5	78	16.1
	5-10	178	36.9
	10 and more	187	38.7
	Very frequently because I am a healthcare professional	21	4.3
	Total	483	100.0
Frequency of Daily Mask Replacement Due to Coronavirus	1	136	28.2
	1-2	256	53.0
	3-5	78	16.1
	6 and more	13	2.7
	Total	483	100.0

Table-3.2. Distribution of Participants by Some Health-related Characteristics

Of the study group, 56.5% reported that there had been a change in their habits of social media use since the coronavirus infection broke out. Those who reported their daily social media usage time as 2-4 hours constituted the most crowded group (41.8%). When the frequency of going out is examined, the rate of those who go out 2-3 days a week to shop for grocery and food was 37.3%, and those who go out once every 15 days to meet with their friends constituted the most crowded groups with 41.4%. Of the participants, 21.9% stated that they go out once in 15 days to take their children on an

outing, 51.6% go out once in 15 days for non-food shopping. Of the study group, 67.1% go out at least once a week to do sports/go for a walk. While 73.5% of the participants go out for doctor/pharmacy visits and health-related issues, 23.8% of the whole group go out every day due to work. Those who stated that they had had the habit of doing all their shopping online, if possible, since the coronavirus infection broke out constituted 20.1% of all participants. On the other hand, 24.8% of the participants stated that they had not normally done online shopping prior to COVID-19, but started to do so afterwards, and 28.2% stated that they did online shopping twice as much as they had normally done. Details are presented in Table-3.3.

Characteristic		Frequency	%
The Habit of Using Social Media Since the Beginning of Coronavirus Infection	Decreased a lot	6	1.2
	Decreased	18	3.8
	Not changed	210	43.5
	Increased	201	41.6
	Increased a lot	48	9.9
	Total	483	100.0
Daily Social Media Usage Time	Never	12	2.5
	1-2 hours	167	34.6
	2-4 hours	202	41.8
	4-6 hours	73	15.1
	6-8 hours	17	3.5
	More than 8 hours	12	2.5
	Total	483	100.0
Frequency of Going Out for Grocery and Food Shopping	Never	24	5.0
	Once in 15 days	45	9.3
	Once a week	164	34.0
	2-3 times a week	180	37.3
	3-6 times a week	31	6.4
	Every day	39	8.1
	Total	483	100.0

Frequency of Going Out To Meet Friends	Never	89	18.4
	Once in 15 days	200	41.4
	Once a week	107	22.2
	2-3 times a week	66	13.7
	3-6 times a week	7	1.4
	Every day	14	2.9
	Total	483	100.0
Frequency of Going Out to Take Children for an Outing	Never	248	51.3
	Once in 15 days	106	21.9
	Once a week	76	15.7
	2-3 times a week	28	5.9
	3-6 times a week	14	2.9
	Every day	11	2.3
	Total	483	100.0
Frequency of Going Out for Non-food Shopping	Never	158	32.7
	Once in 15 days	249	51.6
	Once a week	43	8.9
	2-3 times a week	23	4.8
	3-6 times a week	8	1.7
	Every day	2	0.4
	Total	483	100.0
Frequency of Going Out To Do Sports/Go for a Walk	Never	76	15.7
	Once in 15 days	83	17.2
	Once a week	111	23.0
	2-3 times a week	119	24.6
	3-6 times a week	41	8.5
	Every day	53	11.0
	Total	483	100.0
Frequency of Going Out For	Never	128	26.5
	Once in 15 days	252	52.2
	Once a week	69	14.3

Doctor/Pharmacy Visits and Health- related issues	2-3 times a week	26	5.4
	3-6 times a week	5	1.0
	Every day	3	0.6
	Total	483	100.0
Frequency of Going Out To Work	Never	132	27.3
	Once in 15 days	84	17.4
	Once a week	32	6.6
	2-3 times a week	68	14.1
	3-6 times a week	52	10.8
	Every day	115	23.8
	Total	483	100.0
Habit of Online Shopping Since the Beginning of Coronavirus	Never	91	18.8
	Had not done before, but started doing so	120	24.8
	Twice as much as they had done	136	28.2
	3-4 times as much as they had done	39	8.1
	All their shopping if possible	97	20.1
	Total	483	100.0

Table-3.3. Participants' Frequency of Going Out and Their Social Media Usage Habits

3.4. Data Collection Tools

In this study, 3 data collection tools were used: Demographic Data Form, the Coronavirus Anxiety Scale and the Bergen Social Media Addiction Scale.

3.4.1. Demographic Information Form

It is the form created by the study team, in which questions regarding participants' age, gender, marital status, whether they have children, their number of children, educational status, employment status, living environment and habits are asked.

3.4.2. Coronavirus Anxiety Scale (CAS)

As the globalizing COVID-19 crisis continued, individuals began to live with fear and anxiety in their economic and daily lives. The Coronavirus Anxiety Scale is a scale created by Sherman Lee (2020) to describe dysfunctional anxiety cases associated with the psychological responses caused by coronavirus disease in individuals during the pandemic process. CAS total score ≥ 9 indicates dysfunctional anxiety associated with coronavirus. Consisting of 5 items with a 5-point Likert type rating, the scale was developed with data collected from 483 adults accessed through an online questionnaire.

Cronbach alpha of this scale was .86 in the present study. This scale has five items. Each item is scored on a 5-point scale using anchors of 0: Never and 4: Almost everyday in the last 2 weeks.

3.4.3. The Bergen Social Media Addiction Scale (BSMAS)

The Bergen Social Media Addiction Scale (BSMAS), a six-item self-report scale that is a brief and effective psychometric instrument for assessing at-risk social media addiction on the Internet (Andreassen, et al., 2016). The Bergen Social Media Addiction Scale was developed from the Bergen Facebook Addiction Scale with a simple

modification of the term Facebook to Social media. It's a short survey used in psychological research that has been widely accepted by the psychology community (Bergen Social Media Addiction Scale, 2018).

It was observed that the scale can be used in the Turkish population as a reliable and valid assessment tool (Demirci, 2019).

Cronbach alpha of this scale was .82 in the present study. This scale has six items. Each item is scored on a 5-point scale using anchors of 1: Very rarely and 5: Very often.



CHAPTER IV

4. RESULTS

Statistical analyzes were performed via IBM SPSS version 21.0 (IBM Corp. Released 2012. Armonk, NY, USA) package program. Descriptive statistics were given as mean, standard deviation, median, first and third quarters, frequency, and percentage. The suitability of the measurements of continuous variables to normal distribution was evaluated using the Shapiro Wilk test. Intergroup comparisons of continuous variables were made according to the distribution of the measurements of the variables and the number of groups using the Mann-Whitney U and Kruskal Wallis tests. When a statistically significant difference was found between the groups in the comparisons made with the Kruskal Wallis test, the Mann–Whitney U test with post hoc Bonferroni correction was used to determine which group or groups caused the difference. The linear relationship between the variables was evaluated using the Spearman correlation test. A p value of <0.05 was considered statistically significant.

1- Analysis of the differences in coronavirus anxiety total scores in adults in terms of sociodemographic characteristics and some habits

When the total scores of the "Coronavirus Anxiety Scale" were compared according to gender, age group, marital status, educational status, occupational group, having children and living environment, a statistically significant difference was found between the groups only in terms of gender. Females have statistically significantly higher scores than males ($p<0.05$). In the other comparisons, no statistically significant difference was found between the groups ($p>0.05$). Details are provided in Table-4.1.

		n	Median (1.-3. Quarter)	U / χ^2	p
Gender	Female	242	1 (0-4)	20131.5	<0.001*
	Male	241	0 (0-1)		
Age Group	18-29	145	0 (0-3)	7.608	0,106**
	30-39	116	0 (0-3)		
	40-49	64	1 (0-3)		
	50-59	119	0 (0-2)		
	60-69	39	0 (0-2)		
Marital Status	Single	181	0 (0-3)	26197.5	0,408*
	Married	302	0 (0-2)		
Educational Status	High School	55	0 (0-2)	7.009	0,072**
	Associate's Degree	51	0 (0-1)		
	Bachelor's Degree	302	1 (0-3)		
	Graduate Degree	75	0 (0-2)		
Occupation	Unemployed	39	1 (0-3)	1.805	0,772**
	Retired	109	0 (0-2)		
	Student	62	0 (0-3)		
	Self-employed	65	1 (0-2)		
	Wage-earning	208	0 (0-2)		
Having Children	Yes	279	0 (0-2)	26401	0,141*
	No	204	1 (0-3)		
Living Environment	Alone	53	0 (0-2)	5.604	0,231**
	With a partner	92	0 (0-2)		
	With a partner and children	204	0 (0-2)		
	Separated from his/her partner with his/her child/children	14	0 (0-0,25)		
	With parents	120	1 (0-3)		

*Mann Whitney U test ** Kruskal Wallis test

Table-4.1 Comparison of the Total Scores of the Coronavirus Anxiety Scale
According to Some Socio-demographic Characteristics of the Participants (N=483)

When the total scores of the "Coronavirus Anxiety Scale" were compared according to the participants' chronic diseases, whether they smoke, their frequency of daily hand washing due to coronavirus, frequency of daily mask replacement due to coronavirus and the duration of daily social media use were compared, a statistically significant difference was found between the groups in the comparison of the frequency of daily hand washing due to coronavirus, the frequency of daily mask replacement due to coronavirus and the duration of daily social media use. Those who wash their hands once or twice a day have statistically significantly lower scores than those who wash 10 or more times, those who replace their mask once scored lower than those who replace them once/twice or 3-5 times a day, those who use social media for 1-2 hours daily have statistically significant lower scores than those who use it for 2-4 hours. In the other comparisons, no statistically significant difference was found between the groups ($p>0.05$). Details are given in Table-4.2.

		n	Median (1.-3. Quarter)	U / χ^2	p
Chronic Disease	Yes	88	1 (0-3)	16066.5	0.229*
	No	395	0 (0-2)		
Smoking	Yes	176	1 (0-3)	25017	0.142*
	No	307	0 (0-2)		
Frequency of Daily Hand Washing Due to Coronavirus	1-2	19	0 (0-1)a	29.162	<0.001**
	2-5	78	0 (0-2)		
	5-10	178	0 (0-2)		
	10 and more	187	1 (0-4)b		
	Very frequently because I am a healthcare professional	21	0 (0-0,5)		
Frequency of	Once	136	0 (0-1)a	17.333	0.001**
	1-2	256	1 (0-3)b		

Daily Mask Replacement Due to Coronavirus	3-5	78	1 (0-3)b		
	6 and more	13	0 (0-0)		
Duration of Daily Social Media Use	Never	12	0 (0-0,75)	12.305	0.031**
	1-2 hours	167	0 (0-2)a		
	2-4 hours	202	1 (0-3.25)b		
	4-6 hours	73	0 (0-3)		
	6-8 hours	17	1 (0-2)		
	More than 8 hours	12	1 (0-3)		

* Mann Whitney U test, ** Kruskal Wallis test, Mann Whitney U test with Posthoc Bonferroni correction (a < b, p < 0.05)

Table-4.2. Comparison of the Total Scores of the Coronavirus Anxiety Scale According to Chronic Diseases and Some Habits of Participants (N=483)

2- Analysis of the differences in social media addiction total scores of adults in terms of sociodemographic characteristics and some habits

Descriptive statistics of the participants' total scores in the "Bergen Social Media Addiction Scale" are given in Table 4.3.

Total Scale Score	Mean±SD	Median	Lowest-Highest
Bergen Social Media Addiction	12.87± 5.24	12	6-30

SD= Standard Deviation

Table-4.3. Descriptive Statistics of the Participants' Total Scores of the Bergen Social Media Addiction Scale (N=483)

When the total scores of the "Bergen Social Media Addiction Scale" were compared according to gender, age group, marital status, educational status, occupational group, having children and living environment, statistically significant difference was found

between the groups in all comparisons. Females, those between 18-29, singles, bachelor's degree graduates, students, those without children, and those living with their parents have statistically significant higher scores than males, those between 50-59, married people, high school graduates, other occupational groups, those with children, those living with their partners and children, respectively ($p < 0.05$). Details are provided in Table-4.4.

		n	Median (1.-3. Quarter)	U / χ^2	p
Gender	Female	242	13 (9.75-17)	24932	0.006*
	Male	241	11 (8-15)		
Age Group	18-29	145	14 (10-18)b	21.720	<0.001**
	30-39	116	12 (9-16)		
	40-49	64	12 (9-16)		
	50-59	119	11 (8-14)a		
	60-69	39	11 (8-14)		
Marital Status	Single	181	14 (10-18)	22006.5	<0.001*
	Married	302	12 (8-15)		
Educational Status	High School	55	11 (7-14)a	8.226	0.042**
	Associate's Degree	51	11 (7-16)		
	Bachelor's Degree	302	13 (9-17)b		
	Graduate Degree	75	12 (8-15)		
Occupation	Unemployed	39	12 (7-18)a	26.484	<0.001**
	Retired	109	12 (8.5-14)a		
	Student	62	15 (11.75-19)b		
	Self-employed	65	11 (7.5-14)a		
	Wage-earning	208	12 (9-16)a		
Having Children	Yes	279	12 (8-15)	24054.5	0.004*
	No	204	13 (10-17,75)		
	Alone	53	13 (9-15)		
	With a partner	92	12 (9-14,75)		

Living Environment	With a partner and children	204	12 (8-15)a	17.212	0.002**
	Separated from his/her partner with his/her child/children	14	14.5 (12.75-22)		
	With parents	120	14 (10-18)b		

* Mann Whitney U test, ** Kruskal Wallis test, Mann Whitney U test with Posthoc Bonferroni correction (a < b, $p < 0.05$)

Table-4.4. Comparison of Bergen Social Media Addiction Scale Total Scores According to Some Sociodemographic Characteristics of Participants (N = 483)

When the total scores of the "Bergen Social Media Addiction Scale" were compared according to whether the participants have a chronic disease, smoke, their frequency of daily hand washing due to coronavirus, frequency of daily mask replacement due to coronavirus and duration of daily social media use, a statistically significant difference was found between the groups in the comparison of the frequency of daily mask replacement due to coronavirus and the duration of daily social media use. Those who changed their mask 6 times a day had statistically significantly lower scores than the other groups ($p < 0.05$). Those who did not use social media had statistically significantly lower scores than those who used more than 2 hours a day; those using 1-2 hours a day than those using for more than 2 hours; and those using 2-4 hours a day than those using for 4-6 hours and more than 8 hours ($p < 0.05$). No statistically significant difference was found between the groups in other comparisons ($p > 0.05$). Details are given in Table-4.5.

		n	Median (1.-3. Quarter)	U / χ^2	p
Chronic Disease	Yes	88	12 (9-14)	16303	0.362*
	No	395	12 (9-16)		
Smoking	Yes	176	12 (9-16)	25488.5	0,299*
	No	307	12 (9-16)		
Frequency of Daily Hand Washing Due to Coronavirus	1-2	19	11 (7-16)	2.063	0.724**
	2-5	78	13 (9.75-15.25)		
	5-10	178	12 (9-16)		
	10 and more	187	12 (9-16)		
	Very frequently because I am a healthcare professional	21	13 (9-16)		
Frequency of Daily Mask Replacement Due to Coronavirus	1	136	13 (9-18)b	17.239	0.001** a<b
	1-2	256	12.5 (9-16)b		
	3-5	78	12 (9-15)b		
	6 and more	13	6 (6-9.5)a		
Duration of Daily Social Media Use	Never	12	6 (6-9.75)a	94.235	<0.001** a<c,d,e,f b<c,d,e,f c<d,f
	1-2 hours	167	10 (7-13)b		
	2-4 hours	202	13 (10-16)c		
	4-6 hours	73	16 (12.5-21)d		
	6-8 hours	17	15 (11.5-19)e		
	More than 8 hours	12	19.5 (14-24.5)f		

* Mann Whitney U test, ** Kruskal Wallis test, Mann Whitney U test with Posthoc Bonferroni correction (p<0.05)

Table-4.5 Comparison of the Total Scores of the Bergen Social Media Addiction Scale According to Chronic Disease and Some Habits of the Participants (N = 483)

3- Is there a correlation between the total scores of the social media addiction scale and the COVID-19 anxiety scale?

A positive, weak-moderate, statistically significant correlation was found between the total scores the participants obtained from the "Coronavirus Anxiety Scale" and the "Bergen Social Media Addiction Scale" ($p < 0.05$). Details are given in Table-4.6.

Total Scale Score		Bergen Social Media Addiction
Coronavirus Anxiety Scale	rs	0.264
	p	<0.001

rs = Spearman's rank correlation coefficient

Table-4.6. Correlations Between the Participants' Total Scores of Coronavirus Anxiety Scale and Bergen Social Media Addiction Scale (N=483)

When the correlations between the participants' ages and the total scale scores of "Coronavirus Anxiety" and "Bergen Social Media Addiction" were examined, only a negative, weak, statistically significant correlation was found between age and the total scale score of "Bergen Social Media Addiction" ($p < 0.05$). The negative weak correlation found between age and the total score of the "Coronavirus Anxiety Scale" is not statistically significant ($p > 0.05$). Details are given in Table-4.7.

Total Scale Score		Age
Coronavirus Anxiety Scale	rs	-0.075
	p	0.100
Bergen Social Media Addiction	rs	-0.205
	p	<0.001

rs = Spearman's rank correlation coefficient

Table-4.7. Correlations Between Participants' Ages and Total Scores of Coronavirus Anxiety and Bergen Social Media Addiction Scale (N=483)

When the correlations between the number of children the participants have and the total scale scores of "Coronavirus Anxiety" and "Bergen Social Media Addiction" were examined, only a negative, weak, statistically significant correlation was found with the total scale score of "Bergen Social Media Addiction" ($p < 0.05$). The negative weak correlation found with the total score of the "Coronavirus Anxiety Scale" is not statistically significant ($p > 0.05$). Details are provided in Table-4.8.

Total Scale Score		Number of Children
Coronavirus Anxiety Scale	rs	-0.053
	p	0.248
Bergen Social Media Addiction	rs	-0.152
	p	0.001

rs = Spearman's rank correlation coefficient

Table-4.8. Correlations between the Number of Children of Participants and the Total Scores of the Coronavirus Anxiety and Bergen Social Media Addiction Scale (N=483)

CHAPTER V

5. DISCUSSION

As a result of the study, 56.5% of the study group stated that there was a change in their social media usage habits, especially with the outbreak of coronavirus disease. Of this group, 51.5% stated their social media use increased or increased a lot. The results show that the group that reported their duration of social media usage as 2-4 hours is the most crowded group (41.8%) in terms of social media use. As for another topic of discussion, it was observed that those who had preferred to do all their shopping online as much as possible since the coronavirus broke out constituted 20.1% of all participants. On the other hand, 24.8% of the participants stated that they had not done shopping online before coronavirus broke out, but started doing so afterwards, and 28.2% of the participants stated that it increased twice as much as they normally shop online. While 51.6% stated that they went out once in 15 days for non-food shopping, 67.1% stated they went out at least once a week to do sports/go for a walk. Considering the daily hand washing and mask replacement habits, those who washed their hands 10 times or more per day in the relevant period have the highest share with 38.7% and those who changed their mask once or twice a day with 53%.

As a result of the study, it was found that the only factor that showed a significant difference between sociodemographic characteristics and total scores of the Coronavirus Anxiety Scale was gender. In terms of coronavirus anxiety scores, it is possible to say that females have higher anxiety than males, as the former have statistically significantly higher scores than the latter. The anxiety scores of females were found to be high in the literature, and this was associated with that females take more responsibility at home and social support they receive from their families decreases. In addition, it is stated in the literature that being married also increases

psychological resilience (Gürocak, 2020). Considering the frequency of hand washing and changing masks, a significant relationship was found between the increase in the frequencies and the level of anxiety. Those who wash their hands once or twice a day and those who change their masks once a day have significantly lower scores than those washing their hands 10 or more times, and those changing their masks 1-2 or 3-5 times a day, respectively. Considering the duration of daily social media use, it can be concluded that the participants who use social media for 1-2 hours a day have statistically significantly lower scores than those who use social media for 2-4 hours, that is, the former has lower coronavirus anxiety levels. Since social media is a significant tool used to receive news and information, it has a significant effect on individuals' anxiety levels through the news made during the coronavirus period. Based on this, this result constitutes a separate discussion and research topic. There are studies in the literature showing that the news made in this period affect the anxiety levels of individuals via social media. "A global misinformation spreading rapidly through social media tools and other institutions negatively affects the epidemic. In terms of public health, misinformation poses a potential problem as it spreads faster than the virus itself, causing people to make wrong decisions. The World Health Organization declared that misinformation and fear are one of the biggest challenges in the fight against the novel coronavirus and advised governments to share accurate information in a transparent and timely manner in order to reduce social anxiety" (Aydın, 2020).

The literature holds that social media use addiction is positively associated with anxiety and low depression levels in women, singles, and at younger ages. (Andreassen, et al., 2016). When the total scores of the "Bergen Social Media Addiction Scale" were compared according to the participants' gender, age group, marital status, educational status, occupational group, living environment, and whether they have children,

statistically significant difference was found between the groups in all comparisons. When the high social media addiction total scores were compared, it was observed that females had higher scores than males. When analyzed in terms of age, it was concluded that the social media addiction scores of young adults between the ages of 18-29 were higher than those between the ages of 50-59. As a result of the analysis conducted in terms of educational status, it can be said that the social media addiction scores of bachelor's degree graduates are higher than those of high school graduates. The higher social media addiction scores of the students compared to other occupational groups indicates that they use social media more actively. The fact that social media addiction scores are higher in singles than married people and in those who do not have children than those with children can be considered an important data for those who are to conduct social media studies. That a negative, significant and weak relationship was found between the number of children of the participants and the scores of the Bergen Social Media Addiction scale in the correlation analysis, and that social media addiction decreased as the number of children increased provide information for prospective social media studies on individuals with children. According to the results obtained regarding the living environment of the participants, the individuals living with their parents have higher social media addiction scores than those living with their partners and children, which confirms the previous finding. When the total scores of social media addiction and the duration of daily social media use were examined, the increase in the addiction total score as the duration of social media use increases confirms the present study.

The final finding of this study is about the relationship between "Coronavirus Anxiety Scale" and "Bergen Social Media Addiction Scale". Accordingly, a positive, weak-moderate, statistically significant correlation was found between the participants' total

scores of "Coronavirus Anxiety Scale" and "Bergen Social Media Addiction Scale". This result is also consistent with the answers of 51.5% of the participants that stated their social media usage habits had increased since the coronavirus infection broke out.

5.1. Conclusion

This study yielded results that can benefit all researchers working on both coronavirus and social media addiction, as it includes data on the relationship between sociodemographic characteristics and these two subjects. It was found that females possessed higher coronavirus anxiety compared to males, and it is believed that considering future coronavirus anxiety studies in terms of gender differences may produce more meaningful results. The Cronbach's alpha value of the coronavirus anxiety scale developed after the pandemic in 2020, which was applied in this study, was 0.86. In addition to the fact that the Turkish version of this scale had previously been found valid in the Turkish population, it was once more proved in this study that it was a valid and reliable scale. As a result of the study, significant intergroup differences were found between social media addiction and gender, age group, marital status, educational status, occupational group, having a child and living environment, which is of significance in terms of all prospective social media studies and in developing social media tools. Another remarkable finding is that social media addiction levels of individuals with children are lower than those without children, and the number of children has a negative but significant relationship with social media addiction, and it is thought that this constitutes another area that can be addressed in future studies on social media and the relationship between social media addiction and having children and the number of children. One of the results obtained in the study is related to the effect of coronavirus on individuals' shopping habits. Those who had never shopped online before, but started to do so after the coronavirus broke out

correspond to 24.8% of the participants, and it can be argued that there has been an increase in internet shopping in this period. This result can be taken as a reference to all related studies to be done. As a result, when the relationship between coronavirus anxiety level and social media addiction is considered, it can be said that there is a positive significant relationship. However, since this relationship is weak, it is recommended to be repeated in future studies in order to include data from a certain period.



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APPENDICES

APPENDIX A- Demographic Information Form

Değerli Katılımcılar,

Doç. Dr Gonca Kızılkaya danışmanlığında yapmış olduğum Yeditepe Üniversitesi Bilgi Teknolojileri ve Sosyal Medya bölümü yüksek lisans tez çalışmam için fikirlerinize ihtiyaç duymaktayız. Verdiğiniz bilgiler araştırma çerçevesinde etik kurallara uygun olarak kullanılacak olup desteğiniz için teşekkür ederiz.

Gizem KARA

Mail: gizemturkerkara@gmail.com

Yaşınız: ☐ 18-20 ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50-59

☐ 60-69 ☐ 70-79 ☐ 80-89

Cinsiyetiniz: ☐ Kadın ☐ Erkek

Eğitim durumu :

☐ İlkokul ☐ Lise ☐ Önlisans ☐ Lisans ☐ Yüksek Lisans/Doktora

Medeni durum: ☐ Bekar ☐ Evli

Çocuğunuz var mı? ☐ Evet ☐ Hayır

Çocuğunuz varsa kaç tane? ☐ 1 ☐ 2 ☐ 3 ☐ 4 ve üzeri ☐ Çocuğum yok

Şu anda bir işte çalışıyor musunuz? ☐ Evet ☐ Hayır

Meslek Bilgisi: ☐ Serbest Meslek ☐ Ücretli-Kamu Sektörü ☐ Ücretli-Özel Sektör ☐
Emekli ☐ Emekli+Çalışıyor ☐ Ev Hanımı ☐ Öğrenci ☐
Çalışmıyor

Herhangi bir kronik rahatsızlığınız var mı ? ☐ Evet ☐ Hayır

Kronik rahatsızlığınız var ise bu sizi koronavirüs konusunda daha çok endişelendiriyor mu? ☐
Evet ☐ Hayır

Sigara kullanıyor musunuz? ☐ Evet ☐ Hayır

Alkol kullanıyor musunuz? ☐ Evet ☐ Hayır

Yaşama ortamı bilgisi:

☐ Tek başına ☐ Eşi ile ☐ Eşi ve çocuklarıyla ☐ Çocuk/Çocuklar ile eşinden ayrı ☐ Bakıcı ile tek

Koronavirüs sebebiyle günde ellerinizi ne sıklıkla yıkıyor veya dezenfekte ediyorsunuz?

☐ Günde 1-2 kere ☐ 2-5 kez ☐ 5-10 kez ☐ 10 ve üzeri ☐ Sağlık çalışanı olmam sebebiyle çok sık

Koronavirüs başladığından beri sosyal medya kullanımlarınız değişti mi?

- ☐ 1 "Çok azaldı"
☐ 2 "Azaldı"
☐ 3 "Değişmedi"
☐ 4 "Arttı"
☐ 5 "Çok arttı"

Günde ortalama kaç saat sosyal medya kullanımı yapmaktasınız?

- ☐ Sosyal medya kullanmıyorum
☐ Günde ortalama 1-2 saat
☐ Günde ortalama 2-4 saat
☐ Günde ortalama 4-6 saat
☐ Günde ortalama 6-8 saat
☐ Günde 8 saat ve üzeri

Açıklama:

Koronavirüs başladıktan beri alışkanlıklarınızda ve günlük rutinlerinizde ne gibi değişiklikler olduğunu aşağıdaki sorularda sıklıklarıyla belirtmenizi rica ederiz.

Koronavirüs döneminde hangi sebeplerle ve ne sıklıkla dışarı çıkıyorsunuz? (Birden fazla işaretleyebilirsiniz)? Lütfen sıklıklarını belirtiniz.

- | | | | | |
|---|-------------|------------|--------------|--------------|
| ☐ Market ve gıda alışverişi için
*Hergün | *15 günde 1 | *Haftada 1 | *Haftada 2-3 | *Haftada 3-6 |
| ☐ Arkadaşlarımla görüşmek için
*Hergün | *15 günde 1 | *Haftada 1 | *Haftada 2-3 | *Haftada 3-6 |
| ☐ Çocuğumu/çocuklarımı gezdirmek için
*Hergün | *15 günde 1 | *Haftada 1 | *Haftada 2-3 | *Haftada 3-6 |
| ☐ Gıda dışı alışveriş için (Kıyafet vb.)
*Hergün | *15 günde 1 | *Haftada 1 | *Haftada 2-3 | *Haftada 3-6 |
| ☐ Spor/yürüyüş yapmak için
*Hergün | *15 günde 1 | *Haftada 1 | *Haftada 2-3 | *Haftada 3-6 |
| ☐ Doktor/eczane ve sağlık işlemleri için
*Hergün | *15 günde 1 | *Haftada 1 | *Haftada 2-3 | *Haftada 3-6 |
| ☐ İş dolayısıyla/çalışma sebebiyle
*Hergün | *15 günde 1 | *Haftada 1 | *Haftada 2-3 | *Haftada 3-6 |

Koronavirüs başladıktan beri alışverişlerinizi ne ölçüde internet üzerinden yapmaya başladınız?

- ☐ Normalde hiç yapmazken şimdi yapıyorum
- ☐ Normalde yaptığımın 2 katı kadar fazla
- ☐ Normalde yaptığımın 3-4 katı kadar fazla
- ☐ Herşeyimi mümkün oldukça internet üzerinden alıyorum
- ☐ Hiç kullanmıyorum

Yaptığınız alışverişlerde (internet ve gerçek ortam) ürünlere dokunurken ne derece koronavirüs geçeceği kaygısı taşıyorsunuz?

- ☐ Aldığım ürün veya yiyecekler yoluyla virüs geçeceğini düşünmediğimden kaygılanmıyorum.
- ☐ Aldığım ürünleri dezenfekte ediyor veya yıkıyorum ve koronavirüs bulaşması kaygısı taşıyorum.
- ☐ Aldığım ürünleri poşetlerine kadar ayırıyor,gerekirse havalandırıyor,muhakak dezenfekte edip,yıkıyor ve koronavirüs bulaşması konusunda çok kaygı duyuyorum.

APPENDIX B- Coronavirus Anxiety Scale (CAS)

Açıklama: Koronavirüs konusunda aşağıdaki ifadelerden size uygun olanı işaretlemenizi rica ederiz.						
0 (Hiçbir zaman)						
1 (Nadir, bir veya iki günden az)						
2 (Birkaç gün)						
3 (7 günden fazla)						
4 (Son iki haftada neredeyse her gün)						
1.	Koronavirüs ile ilgili haberleri okuduğum veya dinlediğim zaman başımın döndüğünü ve sersemleştigimi hissettim veya bayılacaktım gibi oldum.	0	1	2	3	4
2.	Koronavirüsü düşündüğüm için uykuya dalmada ya da uyumada sorun yaşadım.	0	1	2	3	4
3.	Koronavirüs ile ilgili konuları düşündüğümde ya da bu konulara maruz kaldığımda inme inmiş gibi hissettim veya donup kaldım.	0	1	2	3	4
4.	Koronavirüs ile ilgili konuları düşündüğümde ya da bu konulara maruz kaldığımda iştahım kaçtı.	0	1	2	3	4
5.	Koronavirüs ile ilgili konuları düşündüğümde ya da bu konulara maruz kaldığımda mide bulantısı ya da mide problemleri yaşadım.	0	1	2	3	4

APPENDIX C- The Bergen Social Media Addiction Scale (BSMAS)

Açıklama: Son bir yılınızı düşünerek sosyal medya (Facebook, Instagram, Twitter, vb.) kullanımınız hakkındaki aşağıdaki durumları ne sıklıkla yaşadığınızı belirtiniz. (1) Çok nadir, (2) Nadir, (3) Bazen, (4) Sıkça, (5) Oldukça sık		Çok Nadir	Nadir	Bazen	Sıkça	Oldukça Sık
1	Sosyal medyayı düşünerek ya da sosyal medya kullanmayı planlayarak çok fazla zaman harcadınız mı?	1	2	3	4	5
2	Sosyal medyayı giderek daha fazla kullanma arzusu hissettiniz mi?	1	2	3	4	5
3	Sosyal medyayı kişisel sorunlarınızı unutmak için kullandınız mı?	1	2	3	4	5
4	Sosyal medya kullanmayı bırakma denemeleriniz başarısızlıkla sonuçlandı mı?	1	2	3	4	5
5	Sosyal medya kullanmanız yasaklansaydı rahatsız ve sıkıntılı olur muydunuz?	1	2	3	4	5

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