

The Impact of Nomophobia and Loneliness on Life Satisfaction in Married Couples

Nomofobi ve Yalnızlığın Evli Çiftlerde Yaşam Doyumuna Etkisi

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Başvuru Tarihi | Date Received: 27.09.2022
Yayına Kabul Tarihi | Date Accepted: 13.12.2022
Yayınlanma Tarihi | Date Published: 30.01.2023

Aslan, M., Kalaman, S. ve Özdemir, F. (2023). The Impact of Nomophobia and Loneliness on Life Satisfaction in Married Couples. *Erciyes İletişim Dergisi*, 10(1), 23-39 <https://doi.org/10.17680/erciyesiletisim.1180829>

Abstract

The development of new technologies and virtual communication has led to substantial increase in usage of personal computers, tablets and smartphones. This has caused significant changes in both daily habits and behaviors of individuals. One of these changes is Nomophobia. Therefore, in this study, it is aimed to reveal the effects of nomophobia and loneliness experienced by married individuals in Türkiye on their life satisfaction and analyse the mediating role of loneliness between nomophobia and life satisfaction. Within the scope of the research, married individuals were reached by questionnaire method for collecting data regarding nomophobia, loneliness and life satisfaction. The population of the research consists of individuals from Türkiye, who got married between 2016 and 2020, and use both smart phones and social media. 1028 married individuals living in different provinces of Türkiye, determined using convenience sampling method, represent the sample of the research. According to the obtained results of the research, nomophobia and loneliness of married individuals affect their life satisfaction. Loneliness experienced by married individuals affects life satisfaction. In addition, the findings show that loneliness mediates nomophobia and life satisfaction.

Keywords: Social Media, Nomophobia, Marriage, Loneliness, Life Satisfaction.

Öz

Yeni teknolojilerin ve sanal iletişimin gelişimi, bireylerin kişisel bilgisayar, tablet ve akıllı telefon kullanımında ciddi bir artış meydana getirmiştir. Bu durum ise, bireylerin hem günlük alışkanlıklarında hem de davranışlarında önemli değişikliklere sebep olmuştur. Nomofobi de bunlardan birini teşkil etmektedir. Bu nedenle çalışmada, Türkiye'deki evli bireylerin yaşadıkları nomofobi ve yalnızlık durumunun onların yaşam doyumunu üzerindeki etkilerini ortaya çıkarmak; bununla birlikte yalnızlığın nomofobi ve yaşam doyumunu arasındaki aracılık rolünü incelemek amaçlanmıştır. Araştırma kapsamında anket yöntemiyle evli bireylere ulaşılmış ve bireylerden nomofobi, yalnızlık ve yaşam doyumunu ile ilgili bilgi toplanmıştır. Araştırmanın evrenini, Türkiye'de yaşayıp hem akıllı telefon hem de sosyal medya kullanan ve 2016-2020 yılları arasında evlenen bireyler oluşturmaktadır. Türkiye'nin farklı illerinde yaşayan ve kolayda örnekleme yöntemi kullanılarak belirlenen 1028 evli birey ise araştırmanın örneklemini temsil etmektedir. Araştırmadan elde edilen sonuçlara göre, evli bireylerin nomofobi ve yalnızlık durumu onların yaşam doyumunu etkilemektedir. Evli bireylerin yaşadığı yalnızlık ise yaşam doyumunu etkilemektedir. Ayrıca bulgular, yalnızlığın nomofobi ve yaşam doyumuna aracılık ettiğini göstermektedir.

Anahtar Kelimeler: Sosyal Medya, Nomofobi, Evlilik, Yalnızlık, Yaşam Doyumu.



Introduction

In the digital modern era, the fact that individuals search for things that they cannot obtain and freely express in real life in the virtual world, as well as having the opportunity to watch, have fun and spend time, cause this digital / virtual life space to be used more and more every day. Smartphones are one of the most effective tools in individuals' daily lives, in their connection with the virtual world, and Türkiye is one of the leading countries in smartphone ownership (Poushter, 2016). In the study conducted by the Pew Research Center, Türkiye ranks first among the countries that experienced a change in smartphone ownership, with an increase of 31% in 2013 (41%) and 2015 (72%) (Poushter, 2016).

Increased use of virtual communication and new technologies, including mobile phones, tablets and personal computers, has brought changes in people's daily behaviors and habits and has led to some bio-psychosocial problems along it. Internet addiction, internet anger, ego surfing, emotion regulation difficulties, academic failure, virtual laziness, unhappiness, loneliness, insomnia, eating disorders, digital hoarding, digital addiction, photolurking, stalking, Youtube narcissism, cheesepodding and anxiety disorders are some of these problems (Batu et al., 2020; Sarıbay & Durgun, 2020, p. 281). One of the most important of these problems is undoubtedly the problems caused by the use of smartphones in the physical, psychological and social life of the person. Cell phone technology, which used to allow people to communicate with each other verbally and in writing, has now turned into a small computer with an internet connection. It has become possible to play online games, use social networks, send e-mails, shop, watch TV series/movies, hold meetings and perform many other applications via smart phones. The intense use of different platforms and the realization of activities by individuals, all through smart phones, have paved the way for some negativities or fears to occur. This new generation of fears is born out of the idea of being deprived of the internet, social media and smartphone trio. Fear of being deprived of the internet in any place expresses netlesphobia, the fear of missing the developments in social media expresses FoMO (fear of missing out), and the fear of being without a phone or going out without a phone in a place expresses nomophobia (Sarıbay & Durgun, 2020).

Nomophobia is formed by the abbreviation of the English words nomophobia (No Mobile Phone Phobia) and is described in clinical psychology qua the involuntary fear experienced when a person cannot access or communicate via a mobile device (Dixit et al., 2010; Yildirim & Correia, 2015). In order to better understand nomophobia, the dimensions related to it were examined and it was determined that the elements of "not being able to communicate, losing connection, not being able to access information and not giving up on comfort" are the dimensions which are commonly used to explain the term "nomophobia". The dimension of "not being able to communicate" expresses the anxiety that arises when individuals cannot communicate instantly. "Losing connection" is associated with individuals' fears of being disconnected from their smartphones and having their online identity (particularly on social media) interrupted. "Not being able to access information" means not being able to get information from smart phones and preventing information searches with smart phones. The dimension of "not giving up on comfort" is defined that the individuals' feelings of giving up on smartphones, and represents the comfort of owning a smartphone and the desire to use a smartphone (Durak, 2019, p. 496). These dimensions are highly correlated with the use of social media and internet. Because smartphones allow individuals to access the internet, and social media anytime and anywhere, they are emerging as a critical tool. In these

networks, the deprivation of opportunities such as socializing, accessing information, having fun, following developments reveals that nomophobia has a feature associated with netlesphobia and FoMO, and therefore with the internet and social media.

Chotpitayasunondh and Douglas (2016, pp. 10-15) and Durak (2019, p. 495) state that the fear of missing important information on social media, the fear of not being able to see the messages instantly, internet addiction and frequently checking their virtual profile cause smartphone addiction. When people become distanced of smart phones, they may exhibit nervous, stress or aggressive attitudes (Polat, 2017, p. 171). In addition, these individuals may adopt dangerous and anti-social behaviors (Billieux, 2012, p. 299). So, nomophobia is based on both socio-demographic such as age, gender, marital status, income status, etc., and psychological factors such as self-esteem, happiness, inability to communicate, anger, feeling of loneliness, etc.

Loneliness arises as a result of not to be supplied with the emotional and social feelings that the individual expects in his social relationships (Russell et al., 2012) and its relationship with nomophobia has been examined as the subject of many studies (Durak, 2018; Kara et al., 2021). The individual who is nomophobic can be alone or the individual who is alone can be nomophobic. For this reason, the relationship/communication network that the individual gets in touch with other people has an effect on his being nomophobic or lonely. Because individuals need both self-communication and interaction/communication with other people in order to maintain their psychological and physical existence. Being together and communicating with other people can prevent the individual from feeling lonely. However, it is possible to say that different factors act a part in the formation of the feeling of loneliness, just as in nomophobia. Loneliness is associated with many factors such as the individual's age, family structure, income status, sociability level, education level, communication skills, and marital status (Russell, 1996, p. 2021; West et al., 1986). Undoubtedly, among these factors, marital status stands out among the factors affecting loneliness (Stack, 1998). So much so that in many studies it is suggested that marriage or cohabitation protects the individual against loneliness (Barreto et al., 2021, p. 1). Undoubtedly, this is the prevailing view in the literature and society. However, with the introduction of social media into human life and the adoption of individualistic culture, this situation has begun to change. Especially in recent studies, it has been concluded that individuals feel lonely even if they get married (Tornstam, 1992). In the study conducted by Halat and Hovardaoğlu (2010, pp. 2335-2336) in Türkiye, it was determined that married women have a sense of social loneliness. Apart from social loneliness, emotional loneliness also leads to a decrease in relationship satisfaction and thus life satisfaction in both men and women.

Life satisfaction, which was defined for the first time in 1961 by the authors Neugarten, Havinghurst, and Tobin, as the pleasure and happiness that an individual gets as a result of comparing his/her expectation with what he/she desires (Bakan & Güler, 2017, p. 2), represents the cognitive aspect of human happiness. Life satisfaction is the evaluation of one's own life in contexts such as physical health, relationships in social life, work life, family life and financial income (Diener & Lucas, 1999). In this respect, it is possible to express the determinants of life satisfaction as emotional, mental health, social, physical, functional, psychological well-being, and effective communication skills, maintaining and initiating social relationships, and having social connections (Cruice et al., 2003, p. 4). Looking at the literature, there are studies on the relationship between individuals' life

satisfaction and mobile phone use (Lepp et al., 2014) or being nomophobia (Yanqing & Wenjie, 2019).

Nomophobia, which emerged with the increasing tendency to constantly control smartphones, which are an indispensable part of our daily lives, causes many psychological problems for individuals (Yildirim & Correia, 2015). Durak (2018) stated that the desire of individuals to be constantly busy with their smartphones can reduce their interest in their social environment by moving away from the physical environment and cause loneliness. In addition, Gezgin et al. (2018) confirmed that there is a positive relationship between nomophobia and loneliness in their study. On the other hand, there are many studies examining the relationship between individuals' nomophobia levels and stress, depression, and anxiety. For example, in their study Han et al. (2017) stated that even being separated from their phones causes great anxiety. Sharma et al. (2019) concluded that nomophobia can cause depression and anxiety in individuals, as well as negatively affect quality of life. Yakut et al. (2022) revealed that increasing in nomophobia levels in individuals negatively affects satisfaction with life. Inspired by the studies in the literature, presented research aims to examine the relationship between nomophobia, loneliness and life satisfaction that married couples in Türkiye. Being founded on the mentioned research's aim, our study will try for catching three targets. The first is to find out the relationship between loneliness, life satisfaction and nomophobia in married couple. The second is to reveal the connection between loneliness and life satisfaction. The thirdly, loneliness of married couples mediate the relationship between nomophobia and plife satisfaction. In this direction, a theoretical framework has been revealed. Therefore, we postulate:

Hypothesis 1: Nomophobia has a significant and positive effect on loneliness.

Hypothesis 2: Nomophobia has a significant and negative effect on life satisfaction.

Hypothesis 3: Loneliness has a significant and negative effect on life satisfaction.

Hypothesis 4: Loneliness mediates the relationship between nomophobia and life satisfaction.

Method

In this section, it has represented that questionnaire information (items, validity and reliability, response scales), participant information, the sampling method, and data analysis methods.

Ethics Committee Permission

Within the framework of the decision taken during the meeting by Ankara Yıldırım Beyazıt University Social and Human Sciences Ethics Committee dated 05/04/2022 and numbered 07; the study does not contain any ethical issues.

Participants and Procedure

Participants' nomophobia, loneliness behaviors, and level of life satisfaction were measured using an online questionnaire. Data was collected couples who married 2016-2020 in Türkiye. We decided to range 2016-2020 for the married date because firstly the first five years since married day, it is accepted critical years for marriage (Yıldırım, 2004); secondly, it is reported that the most case of divorce between couples happen in the first five years in Türkiye (TUIK, 2019). The non-random convenience sampling technique is used in this study (McDaniel & Gates, 2016). One thousand and fifty-five participants

were surveyed. Twenty-seven surveys were discarded due to inconsistencies; hence, 1028 valid surveys were used. It was administered to participants who consented to participate voluntarily in the study.

Table 1. Sample Demographics

Variable name	Value	N	%	Variable name	Value	N	%	
Sex	Female	579	56.4	Income	Less than 3000TL	154	15	
	Male	448	43.6		Between 3001TL-6000TL	356	34.6	
Age	Less than 25 age	161	15.7		Between 6001TL-9000TL	285	27.7	
	Betw. 26-30 age	341	33.2		Between 9001TL-12000TL	155	15.1	
	Betw. 31-35 age	286	27.8		Betw. 12001TL-15000TL	46	4.5	
	Betw. 36-40 age	175	17.0		More than 15001TL	32	3.1	
	More than 41 age	65	6.3		Marriage Date (year)	2016	184	17.9
Education	Middle School D.	237	24			2017	170	16.5
	Associate Degree	206	20			2018	239	23.2
	Bachelor Degree	366	35.6			2019	234	22.8
	Master Degree	118	11.5	2020		201	19.6	
	PhD	91	8.9					

TL: Turkish Lira

The majority of the respondents included in the survey are women (58%). Looking at the age distribution, it is seen that the majority of the participants are under the age of 35. The average age of the participants is 31.2. Majority of participants (56%) makes up the survey individuals who have a university degree and monthly income from 3.000 to 45.000. The data were collected during the second half of 2020. Also, it is presented that sample characteristics and demographics in Table 1 and Table 2.

Table 2. Sample Characteristics

Variable name	Value	N	%
Time spent on mobile phone each day	Less than 1 hours	41	4.0
	Between 1 and 3 hours	372	36.2
	Between 4 and 6 hours	354	34.4
	Between 7 and 9 hours	152	14.8
	More than 9 hours	109	10.6
Time spent on Internet each day	Less than 1 hours	55	5.4
	Between 1 and 3 hours	356	34.5
	Between 4 and 6 hours	334	32.5
	Between 7 and 9 hours	161	15.7
	More than 9 hours	122	11.9
Internet usage purpose	To access social networks (Facebook, Instagram etc.)	253	24.6
	To get information or research	337	32.8
	To surf on the internet.	166	16.1
	To play game	63	6.1
	To distance education (learning or teaching)	82	8.0
	To telecommuting via Zoom, Teams etc.	127	12.3

Variable name	Value	N	%
Number of social-networks using	1	319	31.0
	2	357	34.7
	3	211	20.5
	4	109	10.6
	More than 5	32	3.2
The most purpose that social networks	To share photo, video and my opinion	182	17.7
	To follow my friends	224	21.8
	To keep-up-to-date	467	45.4
	To communicate with my friends	155	15.1
Time spent on social networks each day	Less than 1 hours	346	33.7
	Between 1 and 3 hours	440	42.7
	Between 4 and 6 hours	160	15.6
	Between 7 and 9 hours	66	6.4
	More than 9 hours	16	1.6

Measure

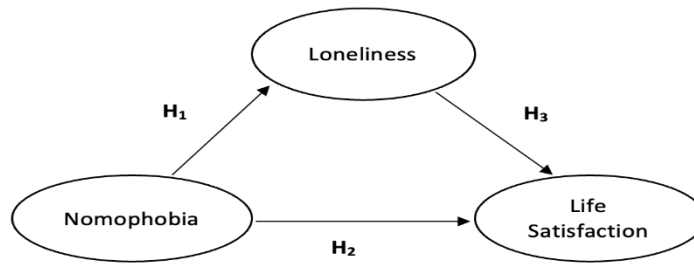
Nomophobia: The Nomophobia Scale (NMF-Q) developed by Yildirim and Correia (2015) and adapted into a Turkish version by Yildirim et al. (2016). The scale contains 20 items (e.g., “I would feel uncomfortable without constant access to information through my smartphone”), In the meantime, the scale has four sub-dimensions. These are “not being able to reach to information” (4 items), “losing connectedness” (5 items), “not being able to communicate” (6 items) and “giving up convenience” (5 items); reliability coefficients of these dimensions were reported as .90, .74, .94 and .91 respectively. All the items were assessed on a 7-point scale, ranging from “1 =strongly disagree” to “7 =strongly agree”.

Loneliness: To measure the loneliness were adapted from the work of Russell (1996). The Loneliness- UCLA scale contains 20 items half of which are reversed in the scoring to counter balance response bias (e.g., “No one really knows me well”). All items were rated on a 4-point scale, ranging from “1 =never” to “4 =always”. For the Turkish sample, Cronbach’s alpha was reported as .93 (Demir, 1989).

Life Satisfaction: The Satisfaction with Life Scale was developed by Diener, Emmons, Larsen and Griffin (1985). This scale, developed to measure life satisfaction, which consists of 5 items (e.g., “I am satisfied with my life”). Answer options ranged from all items were measured on a 7-point Likert scale that ranged from “1 =strongly disagree” to “7 =strongly agree”. For the Turkish sample, Cronbach’s alpha was reported as .85 (Köker, 1991).

Statistics Analysis

The collected data were analyzed by means of the statistical analysis software SPSS and AMOS. We conducted a confirmatory factor analysis (CFA) to evaluate the model-data fit of the measurement model before testing our hypotheses. After confirming the model-data fit, structural equation modelling was applied for analyzing the research framework of this study. Furthermore, PROCESS (Hayes developed this macro for SPSS) was used to examine the mediation effect of loneliness for the structure model (Model 4). The bootstrapping produced 95 % bias-corrected confidence intervals (CIs) based on 5000 resampling iterations in the analyses, and the absence of 0 in the CIs highlights an important effect. Also, we consider underlying mechanisms defining our main relationships (see Figure 1).



H4: Loneliness mediates the relationship between nomophobia and life satisfaction

Figure 1. Conceptual Model

Findings

Firstly, independent sample t-tests are conducted between female and male for each variable in the proposed model. The results demonstrated that there was a important distinction between female (nomophobia: M= 3.269, SD= 1.693; loneliness: M= 2.234, SD= .856, and life satisfaction: M= 3.081, SD= 1.509) and male (nomophobia: M = 3.76, SD= 1.785; loneliness: M= 2.409, SD= .936, and life satisfaction: M= 2.819, SD= 1.443) all of our variable for nomophobia $t = -4.492$, $p = .000$, loneliness $t = -3.074$, $p = .002$ and life satisfaction $t = 2,827$, $p = .013$.

Preliminary Analyses

We conducted the correlations, standard deviations and means of the measures which are showed in Table 3. Prior to evaluating the research hypotheses and research's model, CFA with the AMOS7.0 is conducted to explored the validity of the measures. The model adaptation indices ($\chi^2 = 1117.380$, $df = 942$, $p = .000$, $GFI = 0.95$, $CFI = 0.97$, $NFI = 0.97$, $RMSEA = 0.03$) show that the data has a good adaptation with the factor structure (Hair et al., 2014; Tabachnick & Fidell, 2007).

Table 3. Correlations Matrix and Descriptive Statistics

	M	SD	-1-	-2-	-3-
Nomophobia	3.4818	1.750	1		
Loneliness	2.3091	0.8957	0.739*	1	
Life Satisfaction	3.2465	1.5613	-0.735*	-0.475*	1
* $p < 0.01$					

Convergent validity is exhibited by the significance of AVE, CR and factor's loadings. Firstly, all factor loadings statistically significant because of are greater than 0.6. The AVEs of this study demonstrated that every construct is higher than the squared correlations between constructs. Also, CR and AVE are greater than 0.70 and 0.50, respectively. Thus, the convergent validity and discriminant validity of the model is confirmed by these results (Anderson & Gerbing, 1988; Fornell & Larcker, 1981). Secondly, the study can be considered quite reliable as the reliability coefficient is above 0.70 (Hair et al., 2014). The measurement's results are presented in the Table 4.

Table 4. Reliability and Validity of Measures

Variable name	Value	Factor loadings	AVE	C.R.	Cronbach's alpha
Nomophobia	NMF 1	.871	0.76	0.98	0.96
	NMF 2	.873			
	NMF 3	.883			
	NMF 4	.879			
	NMF 5	.873			
	NMF 6	.876			
	NMF 7	.879			
	NMF 8	.872			
	NMF 9	.870			
	NMF 10	.867			
	NMF 11	.880			
	NMF 12	.874			
	NMF 13	.879			
	NMF 14	.880			
	NMF 15	.883			
	NMF 16	.878			
	NMF 17	.873			
	NMF 18	.876			
	NMF 19	.879			
	NMF 20	.886			
Loneliness	LN 1	.737	0.57	0.96	0.95
	LN 2	.699			
	LN 3	.718			
	LN 4	.745			
	LN 5	.753			
	LN 6	.775			
	LN 7	.789			
	LN 8	.78			
	LN 9	.744			
	LN 10	.761			
	LN 11	.783			
	LN 12	.781			
	LN 13	.795			
	LN 14	.796			
	LN 15	.759			
	LN 16	.755			
	LN 17	.744			
	LN 18	.705			
	LN 19	.756			
	LN 20	.752			
Life Satisfaction	LF 1	.857	0.73	0.93	0.93
	LF 2	.855			
	LF 3	.857			
	LF 4	.861			
	LF 5	.867			
$\chi^2 = 1117.380$, $df = 942$, $p = .000$, $CFI = 0.97$, $GFI = 0.95$, $NFI = 0.97$, $RMSEA = 0.03$					
For all items: $p < 0.001$					

Testing of Hypotheses

After an acceptable fit of the CFA model, the following step was to test the hypothesized model. Testing the study hypotheses was utilized by Structural equation modeling (SEM). In this study, for analyzing the associations among the constructs, the hypotheses which the presented model was examined through structural equation modeling. At first, the model fit indices ($\chi^2(942df) = 1.186$ ($p = 0.00$), GFI = 0.95, NFI = 0.95; CFI = 0.97, RMSEA = 0.028) indicate a good fit between the structural model and the data (Hair et al., 2014; Tabachnick & Fidell, 2007).

In Table 5 are presented, this research shows that nomophobia has a positive influence on loneliness. Thus, the findings in this research validate positive relationships ($\beta = 0.78$, $t = 23.95$, $p < .001$). These findings confirm that nomophobia have negative influences on life satisfaction. Furthermore, H2 is supported ($\beta = -0.98$, $t = -23.63$, $p < .001$). H3 predicts that loneliness has a positive connection on life satisfaction. Thus, the findings validate positive connection ($\beta = 0.24$, $t = 6.77$, $p < .001$).

Table 5. Structural Equation Modelling Results

Hypotheses	Standardized path coefficient	t-value	p-value	Hypothesis status
H1: Nomophobia > Loneliness	0.78	23.95	<.001	Supported
H2: Nomophobia > Life Satisfaction	-0.98	-23.63	<.001	Supported
H3: Loneliness > Life Satisfaction	0.24	6.77	<.001	Non-Supported
Fit statistics: $\chi^2(942df) = 1.186$ ($p = 0.00$), NFI= 0.95, GFI= 0.95, CFI= 0.97, RMSEA= 0.028				

Testing the Mediation Effect

The mediation was revealed using the analysis of Preacher and Hayes (2004). Thus, the mediating influence of loneliness on the connection between nomophobia and life satisfaction was conducted 95 percent confidence interval and using 5000 bootstrap samples. The mediating effect of loneliness was supported because zero isn't involved in the 95% confidence interval for the indirect effect of nomophobia on life satisfaction via loneliness was 0.13 with 95% CI (0.09, 0.17). The mediation analysis are showed in Table 6.

Table 6. Indirect Effect of Nomophobia on Life Satisfaction via Loneliness

Model Manners	IF	S.E.	L	U	Hypothesis status
H4: Nomophobia > Loneliness > Life Satisfaction	0.132**	0.021	0.090	0.176	Supported
N=1028. ** $p < 0.01$ *As per Preacher & Hayes, 2004 method					

Discussion and Conclusion

This study demonstrates evidence of the importance of nomophobia in behavior studies in psychology, sociology, communication, and marketing with significant results. According to past studies, we can state that this is the first empirical examination that measures the effect of loneliness mediating the relationships between nomophobia and life satisfaction in married couples in Türkiye.

Firstly, this study state that nomophobia felt by individual who married directly affects their loneliness. In many studies, it is stated that the duration of smartphone use triggers nomophobia in individuals (Durak, 2019; Shankar et al., 2018) and that nomophobia

isolates individuals (Kara et al., 2021). Nomophobia causes many biopsychosocial problems in individuals. King et al. (2014) conducted their study, it was revealed that individuals without a phone felt loneliness, insecurity and lower self-esteem. The above results also confirm our results.

Secondly, the findings reveal that nomophobia effect on life satisfaction. The obtained finding is similar to previous studies. In fact, in Sagar's (2019) study, it was concluded that nomophobic individuals have lower life satisfaction than individuals who use smartphones less. In the study of Büyükalim (2020, p. 79) on university students, it was concluded that as nomophobia increases, life satisfaction decreases. In the studies of Coşkun and Kaya (2020, p. 534) and Süzer and Koç (2022, p. 13), the connection between life satisfaction and nomophobia of married individuals was examined and it was revealed that married individuals had lower nomophobia levels and higher life satisfaction than singles.

Thirdly, it is attractive to find that loneliness fully mediates the connection between life satisfaction and nomophobia in married couples. However, the previous studies examined that the single influence of loneliness on nomophobia or life satisfaction. In the current study the findings, as different from the previous studies, showed that loneliness significantly mediated the connection between nomophobia and life satisfaction. The mediation analysis conducted in this study indicated a meaningful direct connection between nomophobia and life satisfaction based on the findings, it could be argued that as people who married felt by nomophobia, they feel lonely, and as they feel lonely, they use their phone and their life satisfaction increases. This result could be explained by spending time in internet and social media is more satisfying than share time together in their marriage. Tornstram (1992) stated that there is a high proportion of married people experience loneliness, and loneliness have relationship with deficiencies in the present social networks. In this sense, it can be interpreted that the isolated individual increases his/her life satisfaction by creating himself/herself in the new virtual world and establishing new friendships through virtual social networks.

Other findings revealed the content of the research are about the connection between the nomophobia, loneliness and life satisfaction levels of married individuals in Türkiye and their internet usage patterns. Accordingly, it was explained that married individuals mostly use the internet to do research and gather information, and secondly, to enter social networks (Facebook, Instagram, etc.). However, more than half of married individuals spend at least 4 hours a day on the internet; more than half of them use smartphones for at least 4 hours a day. About half of married individuals spend 1 to 3 hours on social media.

There was a significant difference between gender and its all variables included in the study. First of all, it is seen that nomophobia differs according to gender. According to the studies of Adnan and Gezgin (2016, p. 154) and Kocabaş and Korucu (2018, p. 265), there isn't meaningful difference between men and women from the point of nomophobia levels. However, according to the research of Yılmaz et al. (2018, p. 46), it was determined that women's nomophobia levels were higher than men's. Likewise, in the study of Sarıbay and Durgun (2020, p. 291) on students, it was seen that female students were more nomophobic than male students. Secondly, it is seen that loneliness differs according to gender. Barreto et al. (2021, pp. 2-4) also concluded that men feel more lonely than women. However, in the studies of West, Kellner and Moore-West

(1986), Halat and Hovardaoğlu (2010, p. 2335), Tornstam (1992) and Rokach (2000), it was revealed that women feel lonely than men. Thirdly, life satisfaction differs according to gender. According to the study of Dost (2007, p. 139) and Cenkseven and Akbaş (2007) on university students, Women's lifesatisfaction levels are significantly higher than men. In the study of Kermen et al. (2016, p. 25) on high school students, it was concluded that the life satisfaction of individuals did not differ according to gender.

We have several limitations the findings of this study. First, our study includes only married individuals. In this study, the tested model could be examined with the participation of divorced, single individuals, as well as, other populations frequently handled in studies on nomophobia, loneliness and life satisfaction. In this context, these study only focused on nomophobia and life satisfaction, but not happiness, family life cycle, or smartphone addiction. This situation can be considered as a limitation of the study. In future studies, the importance and differentiation of smartphone addiction in the family life cycle can be addressed, as well as the influences of smartphone-addiction on individual happiness and well-being.

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Nomofobinin Yaşam Doyumu Üzerindeki Etkisi: Evli Çiftlerde Yalnızlığın Aracı Rolü

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Genişletilmiş Özet

Kişisel bilgisayarlar (PC'ler), tabletler ve cep telefonlarını içeren yeni teknolojilerle birlikte dijital ortamda her zamankinden daha fazla iletişim kurulması ve etkileşimde bulunulması, insanların davranışlarında ve hayat rutinlerinde değişimlerin yaşanmasına yol açmıştır. Bu da beraberinde birtakım biyopsikososyal sorunları doğurmuştur. İnternet bağımlılığı, kaygı bozuklukları, yeme bozuklukları, yalnızlık, ego sörfü, internet siniri ve eğitim alanında başarısızlık bunlardan birkaçıdır (Batu ve diğ., 2020; Sarıbay & Durgun, 2020). Bireylerin, topyekûn akıllı telefon aracılığıyla yoğun şekilde farklı platformları kullanmaları ve etkinlikleri gerçekleştirmeleri bir takım olumsuzlukların ya da korkuların meydana gelmesine zemin hazırlamıştır. Bireylerin bu korkuları, internetten, akıllı telefonda ve sosyal medyadan ayrılma ya da uzak olma düşüncesinden kaynaklanmaktadır. İnternete erişememenin yarattığı korku sosyal paylaşım ağlarında yaşanan şeyleri gözden kaçırmanın yarattığı korku FoMO'yu ve telefonda yoksun olmaya dair korku da nomofobiye ifade etmektedir (Sarıbay & Durgun, 2020).

Nomofobi, insanların kendilerine ait mobil cihaza ulaşamadığında yahut mobil cihazı aracılığıyla iletişim sağlayamadığında hissettiği istemsiz korku şeklinde ifade edilmektedir (Dixit ve diğ., 2010; Yildirim & Correia, 2015). Chotpitayasunondh ve Douglas (2016) ve Durak (2019), sosyal medyadaki önemli bilgileri kaçırma korkusu, mesajları anında görememe korkusu, internet bağımlılığı ve sanal profilini sıklıkla kontrol etme durumlarının akıllı telefon bağımlılığına neden olduğunu belirtmektedir. Kişiler, akıllı telefonlardan uzak kaldığında sinir, stres veya agresif tavırlar sergileyebilmektedir (Polat, 2017, s. 171). Bunun yanında bu bireyler tehlikeli ve anti sosyal davranışlar da takınabilmektedir (Billieux, 2012). Bireylerde meydana gelen bu nomofobinin temelinde ise hem sosyo-demografik hem de psikolojik unsurlar yatabilmektedir.

Yalnızlık, bireyin sosyal ilişkilerinde beklediği duygusal ve sosyal hislerin karşılanmaması sonucu ortaya çıkmaktadır (Russell ve diğ., 2012) ve nomofobi ile ilişkisi pek çok çalışmaya konu olarak irdelenmiştir (Durak, 2018; Kara ve diğ., 2021). Nomofobik olan birey yalnız ya da yalnız olan birey nomofobik olabilmektedir. Bu nedenle bireyin diğer insanlarla kurduğu ilişki/iletişim ağı onun nomofobik ya da yalnız olması üzerinde etkili olmaktadır. Çünkü bireyler psikolojik ve fiziksel varlığını sürdürebilmek için hem kendisiyle olan öz iletişimine hem de diğer insanlarla kurduğu etkileşime/iletişime ihtiyaç duymaktadır. Türkiye'de Halat ve Hovardaoğlu (2010) tarafından yapılan çalışmada da evli kadınların sosyal yalnızlık duygusuna sahip oldukları tespit edilmiştir. Sosyal yalnızlığın haricinde duygusal yalnızlık da hem kadınlarda hem de erkeklerde ilişki doyumunun dolayısıyla da yaşam doyumunun azalmasına yol açmaktadır. Yaşam doyumu, fiziksel sağlık, sosyal hayattaki ilişkiler, iş hayatı, aile hayatı ve maddi gelir vb. konularda bireyin kendisine ait hayatını değerlendirmesi anlamına gelmektedir (Diener & Lucas, 1999). Bu doğrultuda, yaşam doyumu belirleyicilerini, fiziksel, sosyal, duygusal, mental sağlık, psikolojik iyi oluş, işlevsel ve etkili iletişim kurma becerisine sahip olma, sosyal ilişkileri başlatabilme

ve sürdürülebilirlik, sosyal bağlantılara sahip olma şeklinde ifade etmek mümkündür (Cruice ve diğ., 2003). Literatürde ortaya koyulan çalışmalar doğrultusunda, bu çalışmada Türkiye’de evli çiftlerin nomofobi, yalnızlık ve yaşam doyumlarının ortaya koyulması amaçlanmıştır.

Çalışma kapsamında katılımcıların nomofobi, yalnızlık ve yaşam doyum düzeyleri çevrimiçi anket kullanılarak ölçülmüştür. Araştırmanın veri toplama araçlarından olan Nomofobi ölçeği, Yıldırım ve Correia (2015) tarafından geliştirilmiştir. Ölçeğin Türkçe geçerlik ve güvenilirliği Yıldırım vd. (2016) tarafından gerçekleştirilmiş ve Cronbach alfa güvenilirlik katsayısı 0,95’tir. Nomofobi ölçeği toplamda 4 faktörden ve 20 sorudan oluşmaktadır. Araştırmanın veri toplama araçlarından ikincisi olan UCLA Yalnızlık Ölçeği ise, Russell ve arkadaşları tarafından 1978 yılında geliştirilmiş, 1980 yılında değiştirilmiş ve son olarak 1996 yılında revize edilmiştir (Russell, 1996). Ölçek 20 sorudan oluşmaktadır. Ölçek, bireylerin yaşamları içerisinde kendilerini ne düzeyde yalnız hissettiklerini ölçmeye yönelik tasarlanmıştır. Ölçeğin güvenilirlik katsayısı .94 olarak bulunmuştur. Araştırmanın veri toplama araçlarından üçüncü Yaşam doyumu ölçeği (Life Satisfaction)’dir. Yaşam doyumu Ölçeği de Diener ve diğ., (1985) tarafından geliştirilmiştir ve 5 sorudan oluşmaktadır. Ölçek, bireylerin yaşamlarından duydukları memnuniyeti ölçmektedir. Ölçeğin Türkçe geçerlik ve güvenilirliği Köker (1991) tarafından gerçekleştirilmiş ve Cronbach alfa güvenilirlik katsayısı 0,85’tir. Araştırmada katılımcıların demografik özelliklerini ortaya konulması amacıyla ise yaş, cinsiyet, eğitim durumu, gelir düzeyi, evlilik yılı, akıllı telefonu günde ortalama kaç saat kullandığı, günlük ortalama internette geçirdiği zaman aralığı, interneti genellikle hangi amaçla kullandığına yönelik sorulara yer verilmiştir.

Araştırmanın örneklemini, Türkiye’de 2016-2020 yılları arasında evlenen bireylerden oluşmaktadır. Çalışmada en fazla beş yıllık evli bireylerin tercih edilmesinin nedeni, evliliğin ilk beş yılının en önemli yıllar olduğunun belirtiliyor olması (Yıldırım, 2004); ikinci olarak, Türkiye’de çiftler arasında en fazla boşanma vakasının ilk beş yılda gerçekleştiğinin bildirilmesidir (TUIK, 2019). Rastgele olmayan kolayda örnekleme tekniği kullanılarak (McDaniel & Gates, 2016) 1055 katılımcıya ulaşılmıştır. Katılımcılar tarafından yarıda bırakılan anketler çalışma dışı bırakıldıktan sonra 1028 katılımcının verdiği cevaplar ile analizler gerçekleştirilmiştir. Elde edilen veriler ise SPSS 23.00 paket programıyla ve Yapısal Eşitlik Modellemesi AMOS programıyla analiz edilmiştir.

Araştırmanın kapsamında, katılımcıların çoğunluğu (%58,0) kadınlardan oluşmaktadır. Örneklemin yaş dağılımına bakıldığında ise, katılımcıların büyük çoğunluğunun 35 yaşın altında olduğunu ve yaş ortalamasınının 31.2 olduğu görülmektedir. Bununla birlikte, katılımcıların büyük çoğunluğunu (%56) üniversite mezunudur ve aylık geliri 3.000 ile 45.000 arasında değişmektedir.

Araştırmanın bulgularına göre, öncelikle evli bireylerin hissettikleri nomofobinin yalnızlıklarını doğrudan etkilediği ortaya konulmuştur. Birçok çalışmada, akıllı telefon kullanım süresinin bireylerde nomofobiyi tetiklediği (Durak, 2019; Shankar ve diğ., 2018) ve nomofobinin de bireyleri yalnızlaştırdığı belirtilmektedir (Kara ve diğ., 2021). Nomofobi bireylerde pek çok biyopsiko sosyal probleme yol açmaktadır. King ve diğ., (2014) tarafından yapılan çalışmada, telefonsuz kalan bireylerin yalnızlık, güvensizlik ve daha düşük benlik saygısı hissettikleri tespit edilmiştir. Yukarıdaki sonuçlar, bizim sonuçlarımızı da doğrular niteliktedir. İkinci olarak, çalışmada nomofobinin yaşam doyumu üzerinde etkili olduğunu ortaya koymaktadır. Ortaya koyulan bu bulgu,

literatürdeki önceki çalışmalarla uyumludur. Öyle ki, Sagar'ın (2019) araştırmasında da nomofobik bireylerin, akıllı telefonları daha az kullanan bireylere göre yaşam doyumlarının daha düşük olduğu sonucuna varılmıştır. Büyükalim'in (2020) üniversite öğrencileri üzerine yaptığı çalışmada da, nomofobinin arttıkça yaşam doyumunun azaldığı sonucuna ulaşılmıştır. Üçüncü olarak ise, çalışma kapsamında evli bireylerde yalnızlığın nomofobi ve yaşam doyumunu aracılık ettiği ortaya koyulmuştur. Tornstram (1992), evlilerin yüksek oranda yalnızlık yaşadığını ve yalnızlığın mevcut sosyal ağlardaki eksikliklerle ilişkisi olduğunu belirtmiştir. Bu anlamda, yalnızlaşan bireyin yeni sanal dünyada kendini var ederek, sanal sosyal ağlar aracılığıyla yeni arkadaşlıklar kurarak yaşam doyumunu arttırdığı şeklinde yorumlanabilir.

Çalışmanın çeşitli kısıtları bulunmaktadır. Öncelikle, çalışmamız sadece evli bireyleri kapsamaktadır. İkinci olarak ise, çalışma sadece nomofobi ve yaşam memnuniyetine odaklanmış, mutluluk, aile yaşam döngüsü veya akıllı telefon bağımlılığına odaklanılmamıştır. Bu nedenle gelecekteki çalışmalarda bireylerin akıllı telefon bağımlılığının evlilik üzerindeki etkileri aile yaşam döngüsü çerçevesinde ya da mutluluk üzerindeki etkileri incelenebilir.

Anahtar Kelimeler: Sosyal Medya, Nomofobi, Evlilik, Yalnızlık, Yaşam Doyumu.

Bu makale **intihal tespit yazılımlarıyla** taranmıştır. İntihal tespit edilmemiştir.

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Bu çalışmada "**Yükseköğretim Kurumları Bilimsel Araştırma ve Yayın Etiği Yönergesi**" kapsamında uyulması belirtilen kurallara uyulmuştur.

In this study, the rules stated in the "**Higher Education Institutions Scientific Research and Publication Ethics Directive**" were followed.

Yazarların çalışmadaki **katkı oranları**; birinci yazar %35, ikinci yazar %35, üçüncü yazar %30.

Contribution rates of the authors in the study; first author 35%, second author 35%, third author 30%.

Çalışma kapsamında herhangi bir kurum veya kişi ile **çakar çatışması** bulunmamaktadır.

There is no **conflict of interest** with any institution or person within the scope of the study.

Etik Kurul İzni | Ethics Committee Permission

Ankara Yıldırım Beyazıt Üniversitesi Sosyal ve Beşeri Bilimler Etik Kurulu'nun 05/04/2022 tarihli toplantısında alınan 07 sayılı karar çerçevesinde çalışma etik açıdan bir sakınca içermemektedir.

Within the framework of the decision taken during the meeting by Ankara Yıldırım Beyazıt University Social and Human Sciences Ethics Committee dated 05/04/2022 and numbered 07; the study does not contain any ethical issues.