



RESEARCH ARTICLE / ARAŞTIRMA YAZISI

# Social Media Addiction and Sources of Spirituality Among University Students During the COVID-19

## Covid-19 Sürecinde Üniversite Öğrencilerinde Sosyal Medya Bağımlılığı ve Manevi Kaynaklar

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### Abstract:

The aim of this study is to investigate the correlation between the fear of COVID-19, social media addiction, and sources of spirituality among university students. A total of 626 university students, 355 (56.7%) being female and 271 (43.3%) male, participated in the study. The Bergen Social Media Addiction Scale (BSMAS), which was developed by Andreassen and his colleagues and adapted into Turkish by Demirci, the Fear of COVID-19 Scale (FCV-19S) which was developed by Ahorsu and his colleagues and adapted into Turkish by Bakioğlu and his colleagues, and the Trait Sources of Spirituality Scale (TSSS), which was developed by Westbrook and his colleagues and adapted into Turkish by Ekşi and his colleagues, along with a socio-demographic information form, were used in the study. The data were collected using a web-based survey system. SPSS 20.0 statistics program was used for the statistical analysis of the data obtained from the scales. Of parametric tests, independent sample t-test and one-way analysis of variance (ANOVA) were used. The relationship between dependent and independent variables was tested using Pearson correlation. The findings of the research revealed that the fear of COVID-19 among university students differs based on gender and the increase in the daily use of social media platforms during the COVID-19. The sources of spirituality of university students were also found to differ based on age, gender, and social media use. Additionally, a moderately positive and significant correlation was found between university students' social media addiction and their fear of COVID-19, as well as a weakly positive and significant relationship with their humanitarian spirituality.

**Keywords:** Social Media Addiction, Sources of Spirituality, COVID-19

\*This study was produced from Büşra Koca's master's thesis titled "Social Media Addiction, Self-Control-Self-Management and Spiritual Resources in University Students During The COVID-19 Period" prepared under the supervision of Assoc. Prof. Dr. Sema Eryücel.

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## Öz:

Bu araştırmanın amacı, üniversite öğrencilerinin COVID-19 korkusu, sosyal medya bağımlılığı ve manevi kaynaklar arasındaki ilişkiyi incelemektir. Araştırmaya, 355'i (%56.7) kadın, 271'i (%43.3) erkek olmak üzere toplam 626 üniversite öğrencisi katılmıştır. Çalışmada Andreassen ve arkadaşları tarafından geliştirilen ve Demirci tarafından Türkçeye uyarlanan Bergen Sosyal Medya Bağımlılığı Ölçeği, Ahorsu ve arkadaşları tarafından geliştirilen Bakioğlu ve arkadaşları tarafından Türkçeye uyarlanan Koronavirüs (COVID-19) Korkusu Ölçeği ve Westbrook ve arkadaşları tarafından geliştirilen ve Ekşi ve arkadaşları tarafından Türkçeye uyarlanan Manevi Kaynaklar Ölçekleri ile sosyo-demografik bilgi formu kullanılmıştır. Araştırma verileri web tabanlı anket sistemi kullanılarak toplanmıştır. Ölçeklerden elde edilen verilerin istatistiksel analizi için SPSS 20.0 bilgisayar programı kullanılmıştır. Parametrik testlerden bağımsız örneklem T-Testi ve tek yönlü varyans analizi-Anova kullanılmıştır. Bağımlı ve bağımsız değişkenler arasındaki ilişki Pearson korelasyon ile test edilmiştir. Araştırma sonuçlarına göre üniversite öğrencilerinin COVID-19 korkularının cinsiyet ve COVID-19 sürecinde günlük olarak sosyal medya platformlarını kullanma oranındaki artış durumuna göre farklılaştığı belirlenmiştir. Üniversite öğrencilerinin manevi kaynaklarının yaşa, cinsiyete, sosyal medya hesabı kullanma durumuna göre farklılaştığı belirlenmiştir.

**Anahtar Kelimeler:** Sosyal Medya Bağımlılığı, Manevi Kaynaklar, COVID-19 Korkusu.

## Introduction

Today, internet use is rapidly expanding and occupies a significant role in contemporary human life. Social media, one of the many facets of internet use, has become an especially prominent platform. However, problematic internet use poses a health risk for people of all ages, particularly children and young people. Social media usage increased considerably during the COVID-19 pandemic, a time marked by widespread uncertainty. Spirituality is recognized in the literature as an essential coping resource. In this context, an individual's spiritual resources serve as unique preventive and supportive tools, helping to reduce anxiety, provide comfort, foster a sense of control, and offer meaning and adaptability in times of increased fear and uncertainty. Additionally, numerous studies highlight a negative correlation between spiritual resources and addiction. Nevertheless, research specifically examining the connection between spiritual resources and social media addiction remains limited. Investigating this relationship, particularly in the COVID-19 period when social media use surged, could offer valuable insights for the literature.

### Fear of COVID-19

The Coronavirus (COVID-19) was first reported as an outbreak of unknown origin in December 2019 in the city of Wuhan in the Hubei Province of China. Owing to the large number of deaths caused by this outbreak, the World Health Organization declared a pandemic on March 12, 2020. To date, the world has paid a heavy price in terms of human lives lost, economic repercussions, and increased poverty due to this pandemic (Ciotti et al., 2020). In our country, Turkey, the first case of COVID-19 was officially reported on March 11, 2020 (Republic of Turkey, Ministry of Health, 2022). The Coronavirus pandemic has led to numerous uncertainties and changes in people's lives. The risk of contracting the disease, transmitting it to others, and adapting to the resulting changes have caused fear and anxiety in individuals (Gündogan, 2021; Peteet, 2020).

Spirituality has been seen to make a significant contribution to people's subjective well-being during COVID-19, as it does in many crises (Rathakrishnan et al., 2022). It can be said that individuals, by using sources of spirituality, can maintain their psychological resilience, cope with the stress

and anxiety generated by this uncertainty more easily, and also reduce anxiety and fear levels during the Coronavirus pandemic, where individuals experience uncertainty (Bulut & Koç, 2022; Kasapoğlu, 2020). In short, spirituality is an important factor that protects the mental health and subjective well-being of the individual in times of crisis. (Bonelli et al., 2012). This is because spirituality helps individuals better cope with the challenges of life and enables them to adopt a more positive outlook on life (Fardin, 2020).

### Social Media Addiction

Social media is a platform that "offers various ways for individuals to maintain their existing relationships, establish new ones, create and share their own content, and to some extent, make their social networks observable by others" (Sayan, 2021; Treem et al., 2016). Social media addiction is a situation where internet use, especially on social networks, becomes compulsive. The users that most actively use social media for purposes such as education, communication, and entertainment are young people (Bilgili, 2018). The presence of social media in the lives of young individuals and its excessive use can have negative effects on their physical, psychological, and social development (Hacikelesoglu, 2021). This situation emphasizes the importance of research on social media addiction and its prevalence (Demir & Kumcağız, 2019).

### Sources of Spirituality

Spirituality is defined as an active personal investment in transcendent beliefs and practices experienced in daily life and relationships (Hill & Pargament, 2008). In the literature, the concepts of spirituality and religion/religiosity tend to be used interchangeably (Köse & Ayten, 2015; Tunç, 2021). Spirituality is a power that exists beyond an individual's personality and creation. It is the effort of individuals to comprehend and internalize themselves, the meaning of life, their ties with other people, and their position in the world (Boztilki & Ardıç, 2017).

Sources of spirituality, on the other hand, is defined as a category of personal resources derived from interaction with the sacred, including personal beliefs, practices, and experiences related to the sacred. Sandage and Harden have

developed a relational model of spirituality that shapes individuals' relationships and spiritual experiences. According to this model, spirituality has four main sources: personal beliefs, nature, humans, and the transcendent/supreme (Sandage & Harden, 2011). These serve as sources of strength for individuals to cope with challenging situations and problems they encounter (Elkins et al., 1988). *Theistic spirituality* often emerges within the context of theistic spirituality that includes a sense of closeness with God. For example, a Muslim may feel a vibrant connection with Allah while performing prayers (Worthington Jr, 2012). *Nature spirituality* involves a connection and unity with nature. A connection with nature can be established through some practices and behaviors such as hiking, watching the sky, gardening, watching the sunset, swimming, or feeling a closeness to other living beings. Within the scope of *human spirituality*, a person can develop a sense of unity and closeness with humans by participating in practices related to social justice, such as helping the poor or working for charitable organizations (Elkins et al., 1988). In *transcendent/supreme spirituality*, an individual establishes a connection with something other than the material environment (Piedmont, 1999). In summary, sources of spirituality are an individual's tendency to establish a relationship with or a sense of closeness to the sacred in various ways. Each of these sources can potentially be viewed by individuals as the source of everything spiritual. Therefore, they should be considered not only from a sacred perspective but also as areas where an individual can experience spirituality (Westbrook et al., 2018).

## Methods

### Research Questions

1. What is the relationship between the sources of spirituality and fear of COVID-19, social media addiction among university students?
2. What is the relationship between the sources of spirituality and social media addiction among university students?
3. Do the fear of COVID-19, social media addiction, and sources of spirituality vary among university students in terms of socio-demographic variables?

### Participants

The universe of the research consists of undergraduate students studying at Akdeniz University in the 2021-2022 Academic Year. The sample consists of 626 volunteer students, 355 female and 271 male, who were randomly selected. The research sample was determined according to the purpose of the research, taking into account the ability to reach suitable people easily.

### Data Collection Tools

#### Personal Information Form:

In this section, participants were asked questions related to their gender, age, and situations thought to influence the spirituality and social media addiction levels of students.

#### The Fear of COVID-19 Scale (FCV-19S)

The Fear of COVID-19 Scale (FCV-19S), developed by Ahorsu et al. (2020) and adapted into Turkish by Bakioğlu et al. (2021), is a unidimensional, seven-item, five-point Likert-type scale. The internal consistency (Cronbach's alpha) coefficient of the scale was measured as 0.82. Confirmatory factor analysis (CFA) and item analysis were conducted during the adaptation of the scale into Turkish.

In the current study, the internal consistency (Cronbach's alpha) coefficient of the Fear of COVID-19 Scale (FCV-19S) was determined as 0.89.

#### Bergen Social Media Addiction Scale (BSMAS)

Developed by Andreassen et al. (2017) and adapted into Turkish by Demirci (2019), the Bergen Social Media Addiction Scale is a unidimensional, six-item, five-point Likert-type scale. The internal consistency (Cronbach's alpha) coefficient of the scale was measured as 0.88. In the current study, the Bergen Social Media Addiction Scale's Cronbach's Alpha reliability coefficient was determined as 0.80.

#### Trait Sources of Spirituality Scale (TSSS)

Developed by Westbrook et al. (2018) and adapted into Turkish by Ekşi et al. (2019), the Trait Sources of Spirituality Scale (TSSS) is a 24-item, five-point Likert-type scale. The scale consists of four sub-scales: theistic, nature, human, and transcendent, each comprising six items. The internal consistency (Cronbach's alpha) coefficients for the overall scale and its sub-scales were measured as 0.79, 0.95, 0.91, 0.88, and 0.95, respectively. In the current study, Cronbach's Alpha reliability coefficients for the Trait Sources of Spirituality Scale were determined as 0.94 for the total scale, 0.95 for theistic spirituality, 0.94 for nature spirituality, 0.93 for human spirituality, and 0.97 for transcendent spirituality.

#### Procedure

First of all, an "ethically appropriate" decision numbered 205 dated 01.07.2021 was taken from Akdeniz University Social and Human Sciences Scientific Research and Publication Ethics Board for the research. Data collection for the research was carried out online via Google Forms between June 2021 and January 2022, considering the pandemic conditions. No identity information was requested from the participants during the application of the forms. In the submitted consent form, the researcher made a detailed explanation and shared his e-mail address. In this way, the participants were provided with a response to any questions that may arise in their minds.

#### Data Analysis

The statistical analysis of the data obtained in the research was conducted using the SPSS 20.0 (Statistical Package for Social Sciences, Chicago, Illinois, United States) program. For descriptive statistics, counts and percentages were used in categorical data, while arithmetic mean, standard deviation, minimum, and maximum values were used in numerical data. Independent Samples T-Test and One-Way Analysis of Variance (ANOVA) were used for the comparison of quantitative data. Pearson correlation analysis was used to test the significance of the relationship between dependent and independent variables. The findings were evaluated at a 95% confidence interval with a significance level of 5%. The Kolmogorov-Smirnov test and Skewness-Kurtosis values were examined to determine whether the data were normally distributed for inferential statistics. It has been found that social media addiction skewness,050 kurtosis -,463; the fear of covid 19 skewness 1.010, kurtosis ,598 for the theistic sub-dimension of the spiritual resources scale, skewness -1,191 kurtosis ,622 for the nature spirituality sub-dimension skewness -,133 kurtosis -,837 for the human spirituality sub-dimension, skewness -,299 kurtosis -,673 for the transcendent spirituality sub-dimension skewness -,419 kurtosis -,885. Skewness-Kurtosis values between +- 1.5 are accepted as normal distribution values. The results revealed that the data were normally distributed and that parametric analyses were appropriate for inferential statistics.

**Findings**

**Table 1.** The t-test results for the sub-scales and total scores of Social Media Addiction, Fear of Coronavirus (COVID-19), and Trait Sources of Spirituality Scale according to the participants' gender.

Sub-scales	Gender	N	M ± Sd	t	p
<b>Social Media Addiction Scale Total</b>	Female	355	17,18±5,69	,430	,667
	Male	271	16,98±5,47		
<b>The Fear of COVID-19 Scale Total</b>	Female	355	15,23±6,35	3,490	<b>,001*</b>
	Male	271	13,40±6,63		
<b>Trait Sources of Spirituality Scale</b>					
<b>Theistic spirituality</b>	Female	355	25,03±6,08	3,274	<b>,001*</b>
	Male	271	23,33±6,80		
<b>Nature spirituality</b>	Female	355	20,16±6,66	-,328	,743
	Male	271	20,33±6,33		
<b>Human spirituality</b>	Female	355	21,54±6,12	,767	,444
	Male	271	21,15±6,35		
<b>Transcendent spirituality</b>	Female	355	21,68±7,76	2,412	<b>,016*</b>
	Male	271	20,25±7,05		

\*Statistically significant difference at  $p \leq 0.05$  level

Table 1 includes an independent samples t-test conducted to determine whether there is a significant difference in total scores of the scale and sub-scale scores based on the participants' gender. According to the analysis results, a statistically significant difference was found in the total score of The Fear of Coronavirus (COVID-19) Scale and in the theistic and transcendent sub-scales of the Trait Sources of Spirituality Scale ( $t=3.490$   $p<0.05$ ), ( $t=3.274$   $p<0.05$ ), ( $t=2.412$   $p<0.05$ ). Therefore, the mean total score

of The Fear of Coronavirus (COVID-19) Scale is higher for females ( $\bar{x}= 15.23$ ) than males ( $\bar{x}= 13.40$ ). The average theistic score for females ( $\bar{x}= 25.03$ ) is also higher than males ( $\bar{x}= 23.33$ ). Similarly, the transcendent score average for females ( $\bar{x}= 21.68$ ) is higher than for males ( $\bar{x}= 20.25$ ). There is no gender-based differentiation in the total score of the Bergen Social Media Addiction Scale and the nature and humanitarian sub-scale scores of the Trait Sources of Spirituality Scale.

**Table 2.** Analysis of variance (ANOVA) results for sub-scale and total scores of Social Media Addiction, The Fear of Coronavirus (COVID-19), and Trait Sources of Spirituality Scales based on the time participants spend on social media sites daily.

Sub-scales	Time spent on social media sites daily	N	M ± Sd	F	p	Difference
<b>Social Media Addiction Scale Total</b>	Less than 1 hour (a)	75	<b>13,16±5,29</b>	50,540	<b>,000*</b>	d>a,b,c c>a,b b>a
	1-3 hours (b)	339	<b>16,03±5,07</b>			
	4-6 hours (c)	185	<b>19,76±4,87</b>			
	More than 7 hours (d)	27	<b>23,11±4,75</b>			
<b>The Fear of Coronavirus (COVID-19) Scale Total</b>	Less than 1 hour (a)	75	13,80±5,88	1,112	,344	-
	1-3 hours (b)	339	14,27±6,50			
	4-6 hours (c)	185	14,76±6,60			
	More than 7 hours (d)	27	16,18±8,00			
<b>Trait Sources of Spirituality Scale</b>						
<b>Theistic spirituality</b>	Less than 1 hour (a)	75	25,20±6,67	1,915	,126	-
	1-3 hours (b)	339	24,19±6,40			
	4-6 hours (c)	185	23,80±6,65			
	More than 7 hours (d)	27	26,48±4,29			
<b>Nature spirituality</b>	Less than 1 hour (a)	75	20,65±6,40	,450	,717	-
	1-3 hours (b)	339	20,38±6,43			
	4-6 hours (c)	185	19,78±6,52			
	More than 7 hours (d)	27	20,37±7,98			
<b>Human spirituality</b>	Less than 1 hour (a)	75	21,36±5,91	2,424	,065	-
	1-3 hours (b)	339	21,21±6,36			
	4-6 hours (c)	185	21,22±5,99			
	More than 7 hours (d)	27	24,51±6,29			
<b>Transcendent spirituality</b>	Less than 1 hour (a)	75	22,25±7,60	2,685	<b>,046*</b>	d>b,c
	1-3 hours (b)	339	<b>20,85±7,20</b>			
	4-6 hours (c)	185	<b>20,50±7,81</b>			
	More than 7 hours (d)	27	<b>24,22±7,72</b>			

\* Statistically significant difference at  $p \leq 0.05$  level

Table 2 includes one-way analysis of variance (ANOVA) conducted to determine whether there is a significant difference between total scores and sub-scale scores of the scales based on the daily time participants spend on social media sites. According to the analysis results, a statistically significant difference was observed in the Social Media Addiction Scale ( $F= 50.540$   $p<0.05$ ) total score and transcendent sub-scale of the Trait Sources of Spirituality Scale ( $F= 2.685$   $p<0.05$ ). According to this, university students participating in the study who spend more than 7 hours daily on social media sites have higher scores in the Social Media Addiction Scale ( $\bar{x}= 23.11$ ) compared to those spending less than 1 hour ( $\bar{x}= 13.16$ ), 1-3 hours ( $\bar{x}= 16.03$ ), and 4-6 hours ( $\bar{x}= 19.76$ ). Participants spending 4-6 hours daily on social media sites have higher scores in the Social Media Addiction Scale

( $\bar{x}= 19.76$ ) compared to those spending less than 1 hour ( $\bar{x}= 13.16$ ) and 1-3 hours ( $\bar{x}= 16.03$ ). Participants spending 1-3 hours daily on social media sites have higher scores in the Social Media Addiction Scale ( $\bar{x}= 16.03$ ) compared to those spending less than 1 hour ( $\bar{x}= 13.16$ ). The transcendent sub-scale scores ( $\bar{x}= 24.22$ ) of university students participating in the study who spend more than 7 hours daily on social media sites are higher than those spending 1-3 hours ( $\bar{x}= 20.85$ ) and 4-6 hours ( $\bar{x}= 20.50$ ). No statistically significant difference was found between the daily time spent on social media sites by university students participating in the study and the total scores of The Fear of Coronavirus (COVID-19) Scale, as well as the sub-scale scores of the Trait Sources of Spirituality Scale (theistic, nature, and human sub-scales).

**Table 3.** Correlation analysis results regarding the relationship between participants' mean scores of Social Media Addiction, The Fear of Coronavirus (COVID-19), and Trait Sources of Spirituality Scale sub-scales.

		SMAS Total	FCV-19S	Theistic	Nature	Human	Transcendent
<b>Social Media Addiction Scale (SMAS) Total</b>	<b>r</b>	1					
	<b>p</b>						
	<b>n</b>	626					
<b>The Fear of COVID- 19 Scale (FCV-19S) Total</b>	<b>r</b>	,221**	1				
	<b>p</b>	,000					
	<b>n</b>	626	626				
<b>Theistic spirituality</b>	<b>r</b>	-,053	-,049	1			
	<b>p</b>	,187	,226				
	<b>n</b>	626	626	626			
<b>Nature spirituality</b>	<b>r</b>	,040	,131**	,263**	1		
	<b>p</b>	,319	,001	,000			
	<b>n</b>	626	626	626	626		
<b>Humanity spirituality</b>	<b>r</b>	,087*	,069	,331**	,442**	1	
	<b>p</b>	,030	,084	,000	,000		
	<b>n</b>	626	626	626	626	626	
<b>Transcendent spirituality</b>	<b>r</b>	,003	,077	,608**	,415**	,466**	1
	<b>p</b>	,943	,054	,000	,000	,000	
	<b>n</b>	626	626	626	626	626	626

\*\* $p\leq 0,01$  \* $p\leq 0,05$

According to Table 3, there is a positive and significant correlation between participants' total scores on the Social Media Addiction Scale and Fear of Covid-19 Scale ( $r=,221$ ;  $p\leq 0,01$ ) and the humanity sub-scale score of the Trait Sources of Spirituality Scale ( $r=,087$ ;  $p\leq 0,05$ ). There is a positive and significant correlation between the total score on the Fear of Covid-19 Scale and the nature sub-scale score of the Trait Sources of Spirituality Scale ( $r=,131$ ;  $p\leq 0,01$ ). There is a positive and significant correlation between participants' theistic sub-scale score and the nature sub-scale score of the Trait Sources of Spirituality Scale ( $r=,263$ ;  $p\leq 0,01$ ).

**Discussion**

In this study, the relationship between the fear of COVID-19, social media addiction, and sources of spirituality among university students was examined. According to the findings of the research, it was found that the level of social media addiction among university students did not vary according to gender, which is considered parallel with the literature (Ağırtaş & Güler, 2020; Atlı et al., 2021; Şahin et al., 2022). However, it was found that COVID-

19-related fear was higher among females than males, a result in line with the literature (Atay Tekin et al., 2020; Babaarslan, 2021; Göktaş & Varlı, 2023). Regarding the Trait Sources of Spirituality Scale, it was observed that females scored significantly higher than males in the theistic and transcendent sub-scales, while there was no significant difference in the nature and humanity spirituality scales. This finding is also considered in line with the literature (Çetintaş et al., 2021; Karslı, 2019; Tunç, 2021).

The study found a significant relationship between spending more than seven hours a day on social media and a high score on the Social Media Addiction Scale. This result is considered to be anticipated and consistent with the literature (Güler Özgür et al., 2019; Özdemir, 2019). However, there was no significant difference between the sources of spirituality and the time spent on social media in terms of theistic, nature, and human sub-scales of sources of spirituality. On the contrary, a significant relationship was found between spending more than seven hours daily on social media and the transcendent sub-scale

of sources of spirituality. Although this finding may seem unexpected at first glance, the experience of transcendent among addicted individuals is frequently mentioned in the literature (Burger, 2006). Nevertheless, it is considered beneficial to conduct more experimental studies on this matter.

A significant relationship was found between participants' social media addiction and fear of coronavirus in the research, which is in line with the literature. Studies indicate a positive relationship between internet addiction levels among university students and fear of COVID-19 (Babaarslan 2021: 42). They also show a positive relationship between fear of coronavirus and problematic internet use among social media users (Hashemi et al. 2020) and suggest that high levels of problematic social media use in microblog users increase COVID-19 fear (Huang et al. 2020). Furthermore, research on Generation Z social media users indicates that excessive exposure to COVID-19-related information on social media increases both social media addiction and fear of COVID-19 (Liu et al. 2021). However, it's worth noting that there is a negative relationship between religiosity and internet addiction (Nadeem et al. 2019), and a good relation to God is associated with reduced internet use and addiction (Bărcăcianu and Goga 2019). Moreover, studies on university students suggest that spirituality is negatively related to COVID-19 fear and stress, highlighting the beneficial role of religiosity/spirituality in prevention and reducing fear and anxiety (Wood et al. 2016).

In the research, a significant relationship was found between social media addiction and the humanity sub-scale of sources of spirituality. Social media increases interpersonal communication and interaction, stretches boundaries, and reduces prejudice. It is considered that being in communication with people with various differences contributes to human spirituality (Çakmak, 2021). In the study, a significant relationship was found between the fear of coronavirus and the nature sub-scale of sources of spirituality. Sources of spirituality are different ways of experiencing closeness and connection through establishing a relationship with the sacred. Nature can be a source of spirituality related to life and balance, and it can also be seen as a reflection of God (Westbrook et al., 2018). In the literature, there are findings suggesting

that individuals with fear of coronavirus have a spirituality associated with nature, and their relationship with nature is better (Carey et al. 2024; Paksoy, 2020). The finding is considered in line with the literature.

The coronavirus pandemic has led to many uncertainties and changes in people's lives. University students have faced this crisis as young people. Fear and addiction are two important concepts that need to be addressed during this process. Sources of spirituality are beneficial in managing this process. In this sense, it is considered that it would be beneficial to nurture the sources of spirituality of young people and to increase the number of spiritual counseling centers.

### Limitations

This study is limited to the individual opinions and responses of Akdeniz University undergraduate students who voluntarily participated in the study in the 2021-2022 Fall semester to the social media addiction, coronavirus fear, and spiritual resources scales.

### Declarations

#### Ethics Approval and Consent to Participate

Ethics approval for this study was obtained from Akdeniz University Social and Human Sciences Scientific Research and Publication Ethics Board on July 1, 2021 (Decision No: 205). Prior to their participation, participants were provided with and approved informed consent forms.

#### Consent for Publication

Not applicable

#### Availability of Data and Materials

Not applicable.

#### Competing Interests

The author declares that no competing interests in this manuscript.

#### Funding

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#### Authors' Contributions

SE carried out the proposal of the main idea of the research, BK contributed to the collection of data, and analysis. SE carried out revision of the article content. All authors have read and approved the final article.

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