

**KİTAP İNCELEMESİ / BOOK REVIEW**

**SOCIAL MEDIA ADDICTION AND RELIGIOSITY RELATIONSHIP  
IN UNIVERSITY STUDENTS: THE CASE OF BATMAN**

**Sena PARLAR**

**(Kahramanmarař: SAMER Publications, 1<sup>st</sup> Edition, 2023, 150 pages, ISBN:  
9786257617512)**

**ÜNİVERSİTE ÖĞRENCİLERİNDE SOSYAL MEDYA BAĞIMLILIĞI  
VE DİNDARLIK İLİŐKİŐİ: BATMAN ÖRNEĐİ**

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**ABSTRACT**

The number of academic studies on the relationship between social media addiction and religiosity in university students has been increasing in recent years. One of them is Sena Parlar's work titled "Social Media Addiction and Religiosity Relationship in University Students: The Case of Batman". In this study, the issue of "social media and religiosity" was examined in the case of university youth studying in Batman, a list of questions including social media and religiosity questions was answered by the subject students through the interview technique, and the issue of social media and religiosity was analyzed based on the findings obtained. There have been academic studies on social media addiction, screen addiction or social media addiction among university students. However, this study is very important in terms of establishing the relationship between social media phenomenon and religiosity. In the study, which has been prepared with a rich academic literature by using the main sources on the subject in the field; the issues are handled in a concise manner and examined from an academic perspective in various aspects.

**Keywords:** Social Media, Batman, Addiction, Religiosity, University Students

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## ÖZET

Üniversite öğrencilerinde sosyal medya bağımlılığı ve dindarlık ilişkisi konusunda yapılan akademik çalışmaların sayısı son yıllarda giderek artmaktadır. Bunlardan biri de Sena Parlar'ın kaleme almış olduğu “Üniversite Öğrencilerinde Sosyal Medya Bağımlılığı ve Dindarlık İlişkisi: Batman Örneği” başlıklı eseridir. Çalışmada; “sosyal medya ve dindarlık” konusu Batman’da okuyan üniversite gençliği özelinde incelenmiş, sosyal medya ve dindarlık sorularını içeren sorular listesi, mülakat tekniği ile denek öğrenciler tarafından cevaplandırılmış, elde edilen bulgular üzerinden sosyal medya ve dindarlık konusu analiz edilmiştir. Sosyal medya bağımlılığı, ekran bağımlılığı veya üniversiteli gençlerde sosyal medya bağımlılığı konulu akademik çalışmalar yapılmıştır. Ancak çalışma, sosyal medya olgusunun dindarlıkla olan ilişkisinin kurulması açısından oldukça önem taşımaktadır. Alanında konuyla ilgili temel kaynaklar kullanılarak zengin bir akademik literatürle hazırlanmış olan çalışmada; konular özlü bir şekilde ele alınmış, çeşitli yönleriyle akademik bir perspektiften incelenmiştir.

**Anahtar Kelimeler:** Sosyal Medya, Batman, Bağımlılık, Dindarlık, Üniversite Öğrencileri

Today, due to the development of communication technologies, social media is present in every aspect of our lives. However, social media, which has increased its place in human life exponentially, can now penetrate every aspect of our lives as a result of intense and unconscious use, can cause academic or work-related problems, and can lead to many psychological disorders. Due to these developments, experts in the field consider social media addiction as a serious health problem.

While social media and the internet were designed to fulfill needs faster and provide practical opportunities, today many side activities have become the main activity. In this case, especially the younger generations spend too much time in this field and become addicted to these virtual spaces. This leads to addiction issues that are now divided into many branches. Since addiction is the emergence of spiritual and psychological contact as a state of physical positioning and orientation, its relationship with religion and religiosity, which is the most decisive element of people's will and self-control, is therefore important. Therefore, in this study, which will be examined, it is aimed to examine social media addiction, which is open to all kinds of guidance, and to determine its relationship with religiosity.

This study, which was prepared as a Master's Thesis under the supervision of Prof. Dr. İbrahim Gürses in the Department of Psychology of Religion at Uludağ University Institute of Social Sciences in 2022, was later revised and turned into a book and presented to the benefit of the world of science.

The work we will examine consists of an introduction, two chapters, conclusion and recommendations.

In the introduction (pp. 8-13); issues such as the purpose of the study, its importance, and the reason for writing the work are discussed.

In Chapter One (pp. 14-78); “*Addiction, Social Media, Religion and Addiction Relationship*” and topics such as what addiction is, types of addiction, psycho-social factors in tending towards addiction, the dimensions of social media addiction, and the relationship between religion and addiction are examined. Here, we will touch upon “the dimensions of social media addiction” due to its importance.

Social media addiction is defined as “a person's desire to spend most of the time during the day on social media platforms and the difficulty in controlling this desire”. With the widespread use of the Internet, social media has started to take place in every aspect of our lives. Although social media has started to be used in almost every age range, it has been used especially by young people and they have become addicted to social media. Social media addiction, just like other types of addiction (gaming addiction, shopping addiction, alcohol addiction, smoking addiction, substance addiction, internet addiction), is taking its place as a psychological problem.

Especially considering that the younger generation spends more and more time on the internet every day, it can be said that social media creates a potential anxiety. This can lead to addiction, stress, anxiety and anti-socialization in individuals. Social media has become an area where some people avoid socializing, prefer to be alone and hide. Social media addiction leads to asocialization, isolation from family ties, being the subject of judicial incidents through these media, and the obligation to organize all future and general vision accordingly.

Young people who spend a lot of time addicted to social media are not aware of the time they spend on these channels and are increasingly ignoring the responsibilities of real life. Social media has also changed the way young people make friends. Young people who cannot make friends in real life have many “virtual” friends on social media. Thanks to social media platforms, young people fulfill their need to control everything and over time, they go beyond their real identities and switch to other identities, that is, other selves.

Social media addiction has been found to be a damaging psychological problem like smoking, alcohol and gambling addiction. A study conducted at the Chicago Booth School of Business University found that social media addiction is more addictive than other addictive substances. While it is possible to get rid of substance addiction through treatment, it seems quite difficult to get rid of social media, which is almost indispensable in daily life and used in almost many jobs.

Social media addiction causes loss of time as well as some psychological disorders. According to research, people with social media addiction generally suffer from social phobia, anxiety, depression, sleep disorders, feelings of inadequacy, etc. In addition, starting to use social media from an early age and spending a lot of time on social media causes “attention deficit” in people.

Chapter Two (pp. 79-129) is titled “*Study Findings*” and in this chapter, the findings obtained after the answers given by the subjects in the study are discussed. According to the findings obtained from the answers given by the participants to the interview questions; a significant portion of the student subjects have social media accounts; they follow social media applications such as Instagram, WhatsApp, Youtube, Twitter, Telegram, they spend more time on social media in stressful times, social media partially interferes with their worship; they spend time on social media in addition to being busy with worship on religious days and nights; they listen to religious conversations on social media and these conversations have a positive effect on their religious lives; they share religious content on social media; and unrealistic posts on social media are haram.

Accordingly, studies can be prioritized to identify the underlying causes of university students' social media addiction and to help them use social media in a positive and timely manner. At this point, it is important to inform university students about the healthy use of social media and the risks of spending too much time on social media channels. In this context, digital literacy should be integrated into the education system before university, thus limiting the use of social media for leisure and entertainment purposes and encouraging uses such as obtaining information, supporting education and sharing information with social added value. Thus, by raising the level of awareness about the purposes of using social media from an early age, the problem of social media addiction, which threatens individuals and society, can be taken under control.

In the Conclusion section (pp. 130-139), the study is concluded with a general evaluation of the study based on the findings obtained in the research.

As a result, the study makes an important contribution to the field in terms of being one of the important studies in the field, being prepared by using a rich academic literature, dealing with the issues in a holistic and systematic way, the author's mastery of the subject and original evaluations, being a qualitative field research, examining social media addiction in university students and determining its relationship with religiosity and providing suggestions for eliminating the negative effects of this addiction. On the other hand, the findings acquired in the study are very important in terms of determining the relationship between social media addiction and religiosity.