



# The Mediating Role of Life Satisfaction in the Relationship of Coronavirus Anxiety and Social Media Addiction

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## ABSTRACT

The coronavirus pandemic has caused intense anxiety in people and has brought many changes in daily life. Emerging adults, one of the groups experiencing anxiety, also turned to social media tools in order to socialize with others and follow the agenda, and overuse brought an increase in social media addiction. Considering that life satisfaction is a mediating variable in coping with the anxiety experienced during the pandemic and in the use of social media, it is aimed to examine the mediating role of life satisfaction in the relationship between Covid-19 anxiety and social media addiction. It has been observed that there is a moderately positive relationship between coronavirus anxiety and social media addiction, high negative relationship between coronavirus anxiety and life satisfaction, and high negative relationship between social media addiction and life satisfaction. As a result of the mediation analysis, while coronavirus anxiety had positive effect on social media addiction, the indirect effect of coronavirus anxiety on social media addiction was also found to be significant, and life satisfaction partially mediated the effect of coronavirus anxiety on social media addiction. Coronavirus anxiety and life satisfaction explained 41% of the change in social media addiction. As a result of the bootstrapping process, it can be said that life satisfaction has a partial mediating role in the relationship between coronavirus anxiety and social media addiction in emerging adults.

Keywords:

Coronavirus anxiety, social media addiction, life satisfaction, emerging adults.

## 1. Introduction

The Covid-19 pandemic, along with the risks and unknowns brought by the disease, has caused individuals to feel intense anxiety (Kavaklı, et. al., 2020). This anxiety and the measures taken to slow the spread of the disease have made it necessary to change many routines in the daily lives of individuals (Memiş-Doğan & Düznel, 2020). With the increasing social restrictions, people have started to use their social media accounts more in order to communicate with others and be aware of developments (Bozkurt & Bozkurt, 2022). Other activities that enable individuals to get satisfaction from life have become important in coping with their anxiety due to illness and limiting their use of social media (Yorguner, et. al., 2021). This suggests that high life satisfaction during a difficult period such as the pandemic period may be an important variable in coping with Covid-19 anxiety and moving away from social media addictions (Arpacı, et. al., 2021).

Individuals in the risk group experienced a high level of anxiety due to the possibility of getting sick and dying as they saw the number of deaths (Aşkın, et. al., 2020; Sakaoğlu, et. al., 2020; Yıldırım, 2020). It can be said that this intense anxiety experienced due to the coronavirus has traumatic effects on the emotional world of some individuals, affecting their lifestyle and satisfaction with life (Çayırılı, 2017; Kandemir, 2020). It has been determined that emerging adults are among the groups experiencing intense anxiety during the pandemic

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(Acar, et. al., 2020). From this point of view, it is seen that emerging adults who have to continue their education online during the coronavirus pandemic cause unexpected changes and anxiety in their daily lives (Cao, et. al., 2020; Ceviz, et.al., 2020; Çiçek, et. al., 2020; Duman, 2020).

In the period of infectious diseases, individuals avoid contact with outside groups because of the risk of transmission (Ma, 2020). However, socialization is an important need of individuals (Oktaş & Özden, 2013; Şahan, 2008). Individuals who could not leave the house during the pandemic period used social media more to follow the agenda, be aware of developments and socialize (Çerçi, et. al., 2020; Subölen, 2020; VannderMeer & Verhoeven, 2013). On the other hand, constantly receiving information about the disease from social media may cause more anxiety in individuals (Çiçek & Almalı, 2020). In the studies conducted before the pandemic, the social media usage purposes of the emerging adults were evaluated in terms of their addiction levels, duration of use, and the applications they used, and it was determined that the area that took the most time in internet use was social media (Aydın, 2016; Baz, 2018; Çiftçi, 2018; Dikme, 2013; İnce & Koçak, 2017). It is thought that during the pandemic process, emerging adults constantly following the agenda with the fear of missing the news and their efforts to socialize with others virtually may cause social media addiction (Kovan & Ormanlı, 2021). In a study, it was found that those who spend more time on social media experience more anxiety than others, and their life satisfaction is lower than others (Avçin & Erkoç, 2021).

Life satisfaction defines the subjective well-being in the area that covers all the life situations the individual is in and the state of positive emotions being more than negative emotions in daily life (Erdoğan, 2018). Life satisfaction refers to a cognitive judgmental process. In other words, it depends on how much the individual is satisfied with the current situation, the level of meeting the standards he has set for himself, his personality structure and the use of habitual coping methods (Diener, et. al., 1985; Özdemir, et.al., 2015). Studies have shown that individuals who are more resistant to worrisome situations and are more successful in coping with challenging situations have higher life satisfaction and anxiety has a negative relationship with life satisfaction (Arslan, 2019; Baykal, 2020; Deniz, et. al., 2009; Kabasakal & Uz-Baş, 2013; Kermen, et. al., 2016; Türkel & Dilmaç, 2019).

The level of life satisfaction may be related to the socialization of individuals (Akboğa & Gürkan, 2019). Life satisfaction through social media, together with excessive use of social media, reveals the concept of addiction, which is defined as the inability to stop maintaining an object or behavior, and addiction to social media tools can cause serious negative effects on individuals' relationships, school or work life (Borak & Abdulkakim, 2021; Uğurlu, et. al., 2012). It is thought that social isolation, especially during the Covid-19 pandemic, causes individuals to have more free time in their daily routines, and as the duration of stay at home increases, the duration of their stay in social media also increases (Gülyüz, et. al., 2020). It has been stated that social media accounts are an important factor for individuals to express themselves better, and anxious individuals with low life satisfaction tend to use social media more to increase their life satisfaction (Bozkurt & Bozkurt, 2022; Çelenk, 2020). However, in the case of increased addiction and communication-oriented intensive internet use, it has been observed that life satisfaction is low in these individuals (Batgün & Kılıç, 2011; Şahin, 2016). Based on all these, it is thought that the anxiety caused by the Covid-19 disease affects the social media addiction of individuals, this relationship may also be a mediator in life satisfaction. In this study, it was aimed to examine the mediating role of life satisfaction in the relationship between social media addiction and Covid-19 anxiety. The main purpose, answers to the following questions were sought:

- Are there significant relationships between students' coronavirus anxiety, social media addictions and life satisfaction?
- Does life satisfaction have a mediating role in the relationship between emerging adults' coronavirus anxiety and social media addictions?

## 2. Methodology

### 2.1. Research Model

This research was designed according to the structural equation model in order to examine the mediating role of life satisfaction in the relationship between the coronavirus anxiety experienced by emerging adults and social media addiction. The structural equation model (SEM) is particularly used in social and behavioral

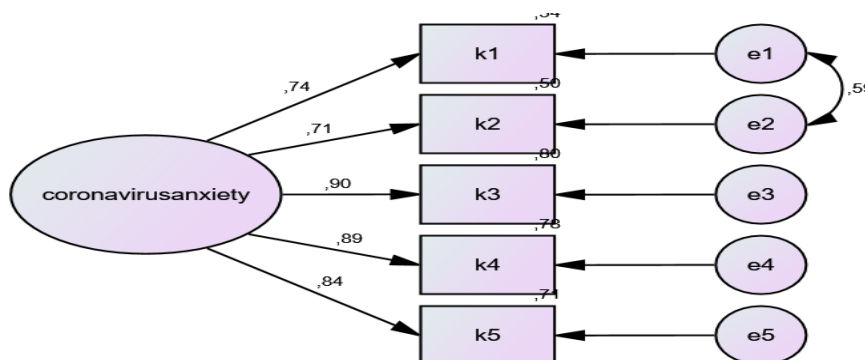
science research (Bentler & Yuan, 1999). SEM is a statistical method used to test causal relationships between observed and unobserved variables (Sumer, 2000; Yılmaz, 2004). SEM is rely on two bases: structural model testing and measurement model testing. In the scope of SEM, the measurement model is made with the confirmatory factor analysis method. The variables in the research hypothesis are latent variables and the scales chosen by the researcher correspond to the latent variable (Aksay & Ünal, 2016). SEM is safe if parameter values can be estimated (Jayaram, et. al., 2004). It is frequently used by researchers because it is a method that helps to reveal the direct effects from one variable to the other and the indirect effects that occur together with the mediating variable (MacKinnon, et. al., 2007; Raykov & Marcoulides, 2006).

**2.2. Research Sample**

The universe of the research consists of emerging adults continuing their education in various universities in Turkey. The study was applied to 277 emerging adults who could be reached with easily accessible sampling method. Of the participants, 192 (69.3%) were female students and 85 (30.7%) were male students. Of the students, 108 (39%) contracted coronavirus disease and recovered, and 169 (61%) did not have coronavirus until the time they participated in the research. Considering the internet usage time of the students participating in the research, 4 (1.4%) students use the internet for 0-1 hours, 88 (31.8%) students use the internet for 1-3 hours, and 125 (45%) use the internet for 3-6 hours. ,1) students and 60 (21.7%) students who use the Internet for more than 6 hours. The students continue their education at various universities and participated in the study voluntarily.

**2.3. Data Collection Tools and Procedure**

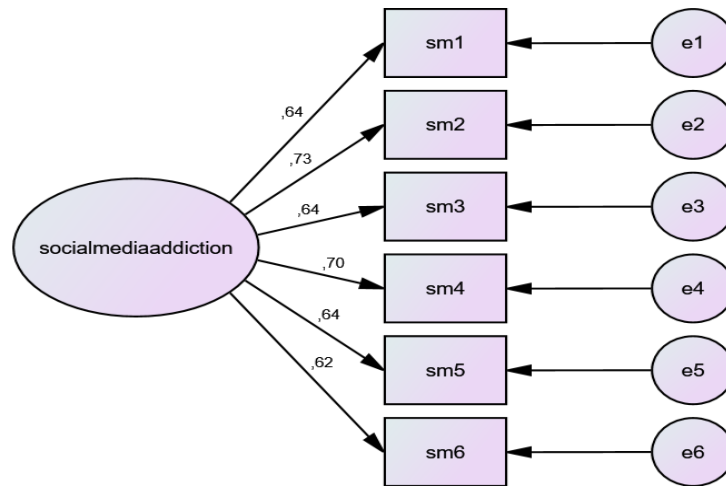
*Coronavirus Anxiety Scale(CAS)*: It is a scale developed by Lee (2020) to briefly and reliably describe possible dysfunctional anxiety cases and the severity of anxiety symptoms that may be seen together with the psychological reactions caused by the presence of the disease in the Covid-19 pandemic, which has become a global crisis. The CAS was adapted into Turkish by Koç & Arslan (2021). The scale was used to measure participants' coronavirus anxiety. The scale consists of 5 items. It was aimed to measure the level of negative emotions and bodily reactions experienced after the news about the coronavirus or after thinking about the coronavirus. It was seen that the coherence values obtained as a result of the confirmatory factor analysis performed to examine whether the scale had construct validity for this study were not acceptable [ $\chi^2 (5) = 104,604$ ;  $p < .001$ ;  $\chi^2 / df = 20,92$ ;  $RMSEA = .27$ ;  $IFI = .91$ ;  $CFI = .91$ ;  $GFI = .87$ ;  $AGFI = .61$ ;  $SRMR = .06$ ]. Considering the modification suggestion suggested by the program, it was seen that it was suggested to establish a relationship between the error covariances of Items 1 and 2. Considering that both items measure physical symptoms as a result of coronavirus anxiety, the relationship between error covariances between the two items was released and confirmatory factor analysis was renewed. The obtained values [ $\chi^2 (4) = 5,431$ ;  $p > .05$ ;  $\chi^2 / df = 1,358$ ;  $RMSEA = .04$ ;  $IFI = .99$ ;  $CFI = .99$ ;  $GFI = .99$ ;  $AGFI = .97$ ;  $SRMR = .01$ ] were found to be acceptable at a very good level.



**Figure 1.** Confirmatory Factor Analysis Diagram of the Coronavirus Anxiety Scale

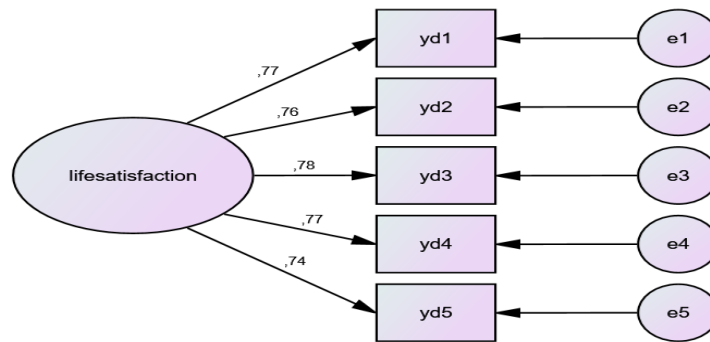
*Bergen Social Media Addiction Scale(BSMAS)*: BSMAS was adapted into Turkish by Demirci (2019). This scale, developed by Andreassen et al. (2016), consists of six items. The confirmatory factor analysis performed to examine whether the scale has construct validity for this study, coherence values obtained from the data were found to be in good agreement with the model [ $\chi^2 (9) = 28,220$ ;  $p < .001$ ;  $\chi^2 / df = 3,136$ ;  $RMSEA = .08$ ;  $IFI = .96$ ;  $CFI = .96$ ;  $GFI = .96$ ;  $AGFI = .92$ ;  $SRMR = .03$ ]. The Cronbach's alpha coefficient of BSMAS for this study was

0.82 and internal consistency was high.



**Figure 2.** Confirmatory Factor Analysis Diagram of Bergen Social Media Addiction Scale

*Life Satisfaction Scale (LSS)*: The original structure developed by Diener, et. al. (1985) and the Turkish by the LSS was adapted into by Dağlı & Baysal (2016). As a result, coherence values obtained from the data were found to be well compatible with the model [ $\chi^2 (5) = 5,791$ ;  $p > .05$ ;  $\chi^2 / df = 1,158$ , RMSEA = .02; IFI = .99; CFI = .99; GFI = .99; AGFI = .97; SRMR = .01]. The Cronbach Alpha coefficient of the Satisfaction with Life Scale for this study was 0.87, and the internal consistency was high. The reliability and validity coefficients of the scale were calculated with the study conducted on a group of emerging adults. In the study conducted with 547 participants aged 17-28 (201 males, 346 females), the scale was translated into Turkish by 2 independent translators who spoke Turkish and were native English speakers before the study started; to check the accuracy of the translation, 2 native English-speaking psychologists reviewed the scale.



**Figure 3.** Confirmatory Factor Analysis Diagram of Satisfaction with Life Scale

#### 2.4. Data Analysis

Forms that were not filled in accordance with the instructions before the data were analyzed or that were left blank too much were not included in the study. In order to examine the suitability of the data for parametric tests, kurtosis, skewness, Z score, Mahalanobis extreme value analyzes were performed and 32 data were excluded. It was observed that the values of skewed were between -.06 and 1.68, and the values of oblate were between -.28 and 1.53. Since the values were seen to be between -2 and +2, it was assumed that the distribution showed a normal distribution (George & Mallery, 2010). In order to be able to analyze with the structural equation model, the normality condition should be met, there should be no multicollinearity problem between the variables, and the multiple normality assumption should be met (Kline, 2015). When the variance increase factors (VIF) and tolerance values (TV) of the variables in the model are examined to investigate whether there is a linkage problem (Çokluk, et.al., 2010), if  $VIF \geq 10$  and  $TV \leq 0.10$ , it is mentioned that there is a

multicollinearity problem, and the VIF values of the variables in this model are 1.40 TV. values were found to be 0.71. The obtained VIF and TV values indicated that there was no multicollinearity problem between the variables. Mardia's multivariate standardized kurtosis coefficient was calculated, and standardized kurtosis value was calculated as 4.6 and it was seen that the multiple normality assumption was met. Before starting the analysis, it is important to test the measurement model and to examine whether the theoretical background is verified. Based on the verified theoretical infrastructure, the theoretical model will be tested, the cause-effect relationships between the variables will be revealed through the paths created, and the significance of these paths will be examined with the values of goodness of fit (Kline, 2015). In this study, chi-square ( $\chi^2$ ) and degrees of freedom ratio and GFI, CFI, AGFI, IFI, SRMR and RMSEA values were used as goodness of fit indices. Baron & Kenny (1986) suggestions were taken into account to determine whether life satisfaction plays a mediating role in the relationship between coronavirus anxiety and social media addiction. In addition, the Bootstrapping method proposed by Hayes was used to determine whether the mediating effect of life satisfaction was significant. With this method, the significance of direct and indirect effects is tested (Inoue, et. al., 2017; MacKinnon, 2008; Preacher & Hayes, 2008). In this context, a new data set is created by randomly selecting n numbers of data obtained by the bootstrapping method, and analysis is performed on the new data set created. In this research process, the number of n was determined as 5,000 and the bootstrap coefficient and confidence intervals were calculated by resampling. In order to decide the significance of the direct and indirect effects established in the model, the lower and upper limits of the confidence intervals of the bootstrap coefficient calculated should not cover zero (Hayes, 2013). AMOS 24.0 program was used in the analysis.

## 2.5. Ethical

Prior to the research, ethics committee approval was obtained from the Social and Human Sciences Research Ethics Committee of İstanbul University-Cerrahpaşa with the approval number of G6hKH25Z. All ethical rules were taken into consideration during the data collection, implementation and writing phase of the study, and there was no conflict of interest between the authors.

## 3. Findings

The results of the correlation analysis conducted to examine the relationships between coronavirus anxiety, social media addiction and life satisfaction, which are one of the sub-objectives of the research, and descriptive statistics of scale scores are presented in Table 1.

**Table 1.** Descriptive Values of Scale Scores and Pearson Correlation Analysis Results

Variables	N	Min.	Max.	Avg.	Ss	1.	2.	3.
1-Coronavirus Anxiety	277	5	17	6,7	,18	1,00		
2-Social Media Addiction	277	6	28	14,5	,29	,45**	1,00	
3-Life Satisfaction	277	5	25	16,1	,26	-,57**	-,54**	1,00

\*\* $p < 0,01$ ;  $N = 277$

When the relationships presented in Table 1 and which are significant as a result of the analysis are examined, the relationship between coronavirus anxiety scale scores and social media addiction scores ( $r = .45$ ;  $p < 0.01$ ) is moderately positive, and between coronavirus anxiety and life satisfaction scale scores. The relationship between social media addiction and life satisfaction scores ( $r = -.54$ ;  $p < 0.01$ ) was calculated to be highly negative. Then, the mediation analysis, which is the second sub-objective of the research, was started and beforehand, it was examined whether the necessary conditions were met in order to conduct a mediation analysis.

The result of the structural equation model developed to test the direct effect of coronavirus anxiety on social media addiction after it was seen that all the necessary conditions for mediation analysis were met are shown in Figure 4 and the goodness of fit values of the model are shown in Table 2.

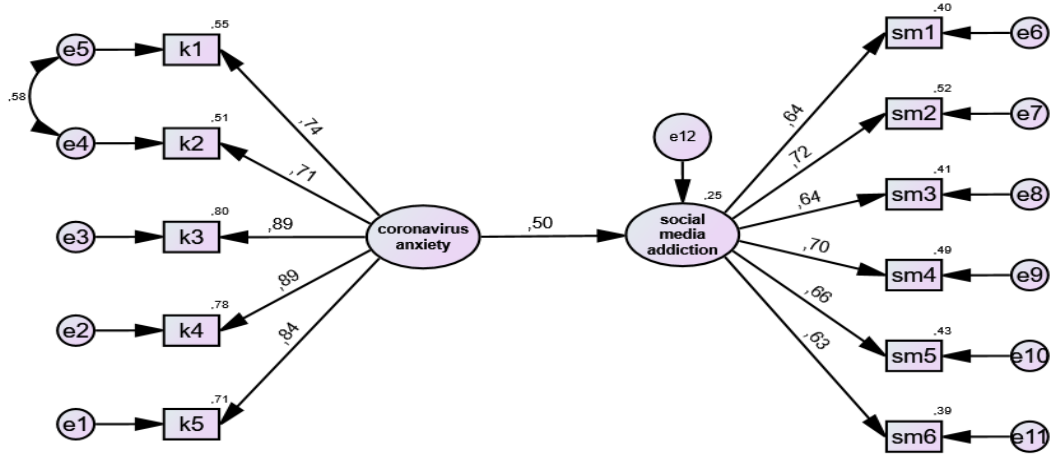


Figure 4. Structural Equation Model Developed to Test the Direct Effect of Coronavirus Anxiety on Social Media Addiction

Table 2. Fit Values of the Model Developed to Test the Direct Effect of Coronavirus Anxiety on Social Media Addiction

Criterion	Good Fit	Acceptable Fit	Obtained Values
( $\chi^2$ /sd)	$\leq 3$	$\leq 4-5$	1,68
RMSEA	$\leq 0,05$	0,06-0,08	0,05
SRMR	$\leq 0,05$	0,06-0,08	0,04
CFI	$\geq 0,95$	0,90-0,94	0,98
IFI	$\geq 0,95$	0,90-0,94	0,98
GFI	$\geq 0,90$	0,89-0,85	0,96
AGFI	$\geq 0,90$	0,89-0,80	0,93

When Table 2 is examined, it is seen that the model in Figure 4, which examines the direct effect of Coronavirus Anxiety on Social Media Addiction, is in good coherence with the data obtained [ $\chi^2$  (42) = 70,669,  $p < 0.01$ ,  $\chi^2 / df = 1,683$ , RMSEA = .05, IFI = .98, CFI = .98, GFI = .96, AGFI = .93, SRMR = .04]. Coronavirus anxiety has a positive effect on social media addiction ( $\beta = .50$ ;  $t = 6.666$ ;  $p < 0.001$ ). 25% of the change in social media addiction is explained by coronavirus anxiety. The results indicated that the first condition was met in order to test the mediation effect (Bollen, 1989; Byrne, 1989; Hu & Bentler, 1998; Jöreskog & Sörbom, 1993; McDonald & Marsh, 1990; Tanaka & Huba, 1985). The goodness of fit values of the model in Figure 5, which examines the mediating effect of life satisfaction in the relationship between coronavirus anxiety and social media addiction, are presented in Table 3.

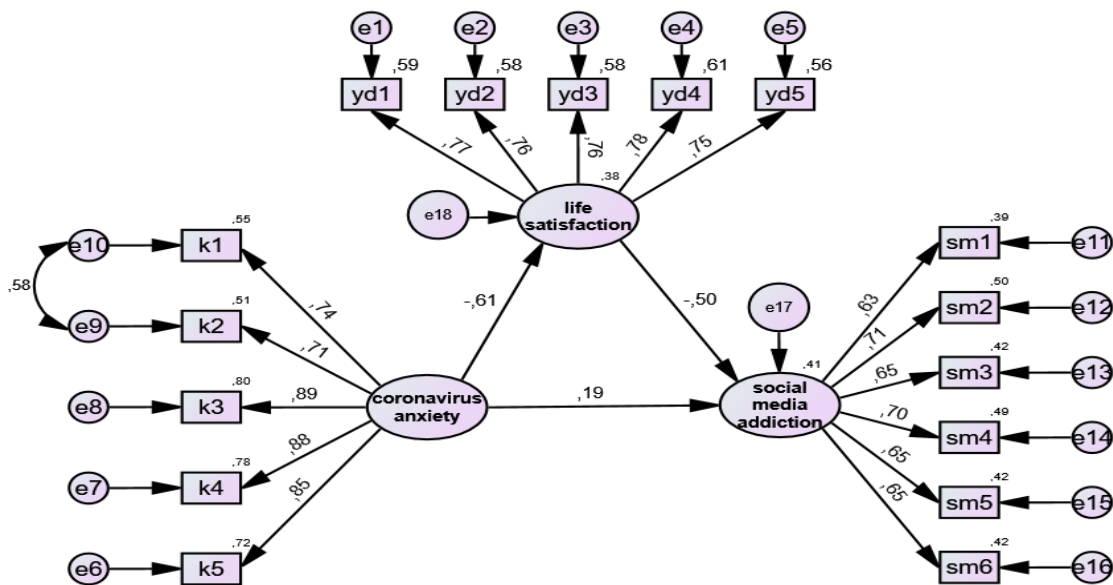


Figure 5. Structural Equation Model Developed to Test the Mediation Effect of Life Satisfaction on the Relationship Between Coronavirus Anxiety and Social Media Addiction

Looking at Figure 5, which examines the mediating effect of life satisfaction in the relationship between coronavirus anxiety and social media addiction, is in good coherence with the data obtained [ $\chi^2(100) = 151,822, p < 0.01, \chi^2 / df = 1,518, RMSEA = .04, IFI = .98, CFI = .98, GFI = .94, AGFI = .91, SRMR = .04$ ].

The direct effect of coronavirus anxiety on life satisfaction was also found to be statistically significant ( $\beta = -.61; t = -9,123; p < 0,001$ ). When the result obtained is examined, it is stated that the second condition specified for the mediation test is also met. When life satisfaction is included in the analysis, life satisfaction partially mediates the effect of coronavirus anxiety on social media addiction ( $\beta = .19; p < 0,05$ ). Coronavirus anxiety and life satisfaction explained 41% of the change in social media addiction.

Bootstrapping Process: In order to provide additional evidence as to whether the partial mediation model is directly or indirectly significant, the bootstrapping coefficient and the lower and upper limits of the 95% confidence intervals (G.A.) were calculated as a result of the bootstrapping process performed through 5000 resampling, and the results are given in Table 4.

**Table 3.** Bootstrapping Results of Partial Mediator Model

Model Paths	$\beta$	%95 C.I.		p
		Lower limit	Upper limit	
<b>Direct Effect</b>				
Coronavirus anxiety-Life satisfaction	.19*	-.71*	-.51*	.000
Coronavirus anxiety-Social media addiction	-.61*	.02*	.37*	.000
Life satisfaction-Social media addiction	-.50*	-.68*	-.32*	.000
<b>Indirect Effect</b>				
Coronavirus anxiety-Life satisfaction-Social media addiction	.31*	.19*	.46*	.000

\* $p < .001$

It is stated that the effect examined is significant when the lower and upper limits of the confidence interval do not contain zero as a result of the bootstrapping process (Preacher & Hayes, 2008). When Table 3 is examined, it can be concluded that all of the effects in the model are significant. The bootstrapping confidence intervals for both direct and indirect effects do not include zero lower and upper bounds ( $\beta = .31$  %95 GA [.19-.46],  $p < .01$ ). Therefore, in the bootstrapping analysis, it can be said that life satisfaction has a partial mediating role in the relationship between coronavirus anxiety and social media addiction in emerging adults.

#### 4. Conclusion and Discussion

Along with the restrictions during the Covid-19 pandemic, students had to maintain their social interactions on digital platforms and were worried about the possible harms of the pandemic (Yorguner, et. al., 2021). Individuals used social media as an escape to avoid the negative mood they experienced, and they thought that they got away from their problems in this way, but losing control over the use of social media caused them to experience different problems (Gökler & Turan, 2020; Király et. al., 2020). Their anxiety has led to an increase in social media addiction (Brailovskaia & Margraf, 2021). It has been stated that if individuals find situations and activities that make them happy, their life satisfaction will increase and their social media addiction will decrease as their life satisfaction increases (Longstreet & Brooks, 2017). On the other hand, it has been determined that the more they become addicted to social media, the less their life satisfaction becomes (Şahin, 2017). In this study, whether life satisfaction has a mediating role in the effect of covid anxiety of emerging adults on social media addiction, the relationship between covid anxiety and social media addiction, the level and direction of this relationship were examined.

The research, it was found that the relationship between social media addiction and coronavirus anxiety was moderately positive. In studies with results similar to this one, it has been found that there is a positive relationship between the time individuals spend on social media and their coronavirus anxiety, and the coronavirus anxiety of individuals who spend time on social media is higher (Özdemir & Arpacioğlu, 2020; Kükrek, 2021). It has been stated that there is a risk of developing an anxiety disorder in those who use social media frequently during the pandemic (Gao et.al., 2020). In a study conducted in China, it was determined that the time spent on the Internet after the pandemic increased compared to the pre- pandemic and the presence of addiction was associated with an increase in the level of anxiety (Duan et.al., 2020). These similar

findings suggest that the behavior of following the social media constantly with the fear of missing the agenda about the coronavirus may increase anxiety (Kovan & Ormancı, 2021); It can be explained by individuals with high anxiety spending time on social media or cyberchondria as a way of coping with their anxiety (Hashemi et. al., 2020).

As another result of the study, it was revealed that the relationship between coronavirus anxiety and life satisfaction scale scores was highly negative. In studies with similar results, it has been stated that when anxiety about coronavirus increases, life satisfaction of individuals decreases and there is a negative relationship between them (Avçin & Erkoç, 2021; Çiçek & Almalı, 2020; Çırak, 2021; Dobrakowski, et. al., 2021; Li, et. al., 2020; Rogowska, et.al., 2020). In another study, it was found that fear of coronavirus has a low negative relationship with life satisfaction (Peker, et. al., 2021). In another study, no relationship was found between fear of coronavirus and life satisfaction levels (Aksoy & Atılğan, 2021). In studies in which the results supporting the results of this study were seen, it was determined that social media addiction and life satisfaction were negatively related (Avcu, et. al., 2019; Dilsiz & Kandemir, 2020; Yukay-Yüksel, et. al., 2020;). In another study, it was stated that reducing the use of social media increases life satisfaction (Hinsch & Sheldon, 2013). In the study based on the Facebook application, it was determined that there is a positive relationship between social media use and life satisfaction (Grieve, et. al., 2013). It has been revealed that individuals with low life satisfaction use social media more (Çelenk, 2020). As a result of another study, it was stated that there was no relationship between the duration of social media use and life satisfaction (Gölcü, et. al., 2019). In another study, it was stated that there was a low level of negative relationship between life satisfaction and social media addiction, and 2% of the total variance in life satisfaction was caused by social media addiction (Eren, 2020). In the study examining the relationship between internet addiction and life satisfaction, it was found that as internet addiction increases, life satisfaction decreases (Ergün & Meriç, 2020).

In the mediation analysis, it is seen that coronavirus anxiety has a positive effect on social media addiction. 25% of the change in social media addiction is explained by coronavirus anxiety. Supporting the research finding, the study showed that social media addiction predicted coronavirus anxiety levels in emerging adults in the coronavirus pandemic (Jiang, 2021). In another study, it was concluded that social media addiction had an effect on coronavirus anxiety (Özdemir & Arpacıoğlu, 2020). It has been stated that individuals turn to social media in order to get more news with the fear of coronavirus (Dikmen, 2021). It has been revealed that social media addiction increases as the level of anxiety caused by Covid increases (Brailovskaia & Margraf, 2021).

When life satisfaction is included in the analysis, life satisfaction partially mediates the effect of coronavirus anxiety on social media addiction. Coronavirus anxiety and life satisfaction explained 41% of the change in social media addiction. Studies with similar results have shown that life satisfaction predicts social media addiction negatively, and social media addiction decreases as life satisfaction increases (Avcu, et. al., 2019; Baltacı, 2019; Dilsiz & Kandemir, 2020). It was determined that life satisfaction predicted problematic internet use negatively and life satisfaction mediated the effect of fear of coronavirus on problematic internet use (Peker, et. al., 2021). On the other hand, it was stated that social media addiction negatively predicted life satisfaction (Şahin, 2017). There is also a study stating that there is no relationship between social media addiction and life satisfaction (Hawi & Samaha, 2017). In another study, it was found that state anxiety caused by Covid-19 has a direct positive effect on social media addiction (Arpacı et. al., 2021). In another study, it was stated that social media addiction predicted anxiety positively, while anxiety predicted life satisfaction negatively (Foroughi, et. al., 2021). The direct effect of coronavirus anxiety on life satisfaction was also found to be statistically significant. Studies supporting the study revealed that anxiety, fear and depression caused by covid-19 have a negative effect on life satisfaction (Gori, et. al., 2020; Zhang, et. al., 2020). In another study, it was stated that, contrary to the expectations, under the direct influence of Covid-19 anxiety, it positively predicted life satisfaction, and that this result could recognize the real values of life such as work-life balance while experiencing physical distance from other individuals in the perception of covid-19, and they may have been satisfied with it (Duong, 2021). According to the research conducted on healthcare workers, it has been determined that death anxiety caused by Covid-19 has a negative effect on life satisfaction (Karabağ-Aydın & Fidan, 2022).

In our study, it was determined that anxiety caused by coronavirus reduces life satisfaction and increases social media addiction in emerging adults. In addition, it has been revealed that low life satisfaction causes



more use of social media. Life satisfaction has high negative relationships with social media addiction and coronavirus anxiety, and moderate positive relationships with social media addiction and coronavirus anxiety. It is predicted that planning and conducting studies that will increase the life satisfaction of individuals or directing individuals to activities that increase their life satisfaction will be effective in reducing anxiety and social media addiction from the negative effects of the coronavirus, and it is thought that the findings obtained from the study will contribute to the literature.

## 5. Limitations

This study is limited to 277 emerging adults studying at various universities in Turkey in 2022 and determined by the convenience sampling method. The study is limited to the items measured by the Coronavirus Anxiety Scale, the Social Media Addiction Scale, and the Life Satisfaction Scale. This study is limited to the answers given by the students who answered the scale questions. Although the sample size in the study is sufficient to perform structural equation modeling and provides the necessary prerequisites, reaching a limited number of people may be a limitation of this study.

## 6. Recommendations

According to the results obtained in the study, the increase in life satisfaction can protect people in social media addiction. In order to prevent people with covid-19 anxiety from becoming social media addicts, it is recommended that studies that increase their life satisfaction should be carried out by mental health experts. In order to reduce social media addictions and Covid-19 concerns of emerging adults, it is recommended that educators guide students in organizing psychoeducational programs and directing them to activities that can increase their life satisfaction. If life satisfaction mediates the effect of Covid-19 anxiety on social media addiction, more information can be obtained about what can be done to increase life satisfaction with qualitative research methods. In this respect, it is recommended to conduct qualitative studies with similar variables to other researchers.

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