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ORIGINAL ARTICLE / ARAŞTIRMA YAZISI

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The Effect of FoMO on Physical Symptoms in Nursing Students

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ABSTRACT

Background: Nowadays, the use of social media is increasing with the increase in smartphone and internet access. With the widespread use of social media, fear of missing out (FoMO) may occur in individuals. This condition, which is a problematic attachment style, can cause physical symptoms in individuals.

Objectives: This study was conducted to determine nursing students' fear of missing out on social media and to determine the effect of their fear of missing out on social media on physical symptoms.

Method: The research was conducted as a descriptive study. The population of the study consists of nursing students studying in Turkey in the 2021-2022 academic year. 451 students who agreed to participate and used smartphones and social media were included in the study. The data were collected using the introductory information form and the Fear of Missing Out on Social Media Scale (FoMO Scale).

Results: The total score of the nursing students' FoMO scale was 23.44±7.55. It was determined that there was no statistically significant difference between the socio-demographic characteristics of the nursing students and their total scores on the FoMO scale ($p>0.05$). Moreover, it was concluded that there was a significant relationship between the levels of FoMO and the fatigue and insomnia of nursing students ($p<0.05$). FoMO levels of nursing students were found to be moderate.

Conclusion: FoMO levels of nursing students were found to be moderate. It was concluded that as the FoMO level increased, the fatigue and insomnia levels of nursing students increased.

Keywords: FoMO, nursing, student, physical symptoms

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FoMO'nun Hemşirelik Öğrencilerinde Fiziksel Semptomlara Etkisi

ÖZET

Giriş/Arka plan: Günümüzde akıllı telefon ve internete erişimin artması ile birlikte sosyal medya kullanımı giderek artmaktadır. Sosyal medyanın yaygın kullanımı ile birlikte bireylerde gelişmeleri kaçırma korkusu (FoMO) ortaya çıkabilmektedir. Problemli bir bağlanma şekli olan bu durum bireylerde fiziksel semptomlara neden olabilmektedir.

Amaç: Bu çalışma hemşirelik öğrencilerinin sosyal medyada gelişmeleri kaçırma korku düzeylerinin belirlenmesi ve sosyal medyada gelişmeleri kaçırma korku düzeylerinin fiziksel semptomlar üzerine etkisini belirlemek amacıyla yapılmıştır.

Yöntem: Araştırmanın evrenini Türkiye'de 2021-2022 eğitim öğretim yılında öğrenim gören hemşirelik öğrencileri oluşturmuştur. Çalışmaya katılmayı kabul eden, akıllı telefon ve sosyal medya kullanan 451 öğrenci araştırmaya dahil edilmiştir. Veriler tanıtıcı bilgi formu ve Sosyal Medyada Gelişmeleri Kaçırma Korkusu Ölçeği (GKKÖ) kullanılarak toplanmıştır.

Bulgular: Hemşirelik öğrencilerinin GKKÖ toplam puanı 23,44±7,55'dir. Hemşirelik öğrencilerinin sosyo-demografik özellikleri ile GKKÖ toplam puanları arasında istatistiksel olarak anlamlı bir farklılık görülmediği belirlenmiştir ($p>0.05$). FoMO düzeyleriyle hemşirelik öğrencilerinin yorgunluk ve uykusuzluk yaşama durumları arasında anlamlı bir ilişki olduğu sonucuna ulaşılmıştır ($p<0,05$).

Sonuçlar: Hemşirelik öğrencilerinin FoMO düzeyleri orta düzeyde bulunmuştur. FoMO düzeyi arttıkça hemşirelik öğrencilerinin yorgunluk ve uykusuzluk düzeylerinin arttığı sonucuna ulaşılmıştır.

Anahtar kelimeler: FoMO, hemşirelik, öğrenci, fiziksel semptomlar

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With the rapid development of technology, the communication methods used have also changed greatly. One of the most common communication methods today is social media (1). Social media is an interactive communication platform where users create online communities to share personal messages, ideas, information and other content (2). The use of social media is increasing all over the world, as access to the internet becomes easier every year the use of smartphones increases (3). The most frequently used social media tools are WhatsApp, YouTube, Instagram, Twitter, Snapchat, Facebook and Tiktok (2).

Especially young people can spend most of their time by sharing on social networks and updating their social media posts. This continuous updating and monitoring behavior fed by social networks is called FoMO. It has been translated into Turkish as the fear of missing out (4,5). FoMO is also defined as a pervasive concern that others may be experiencing more rewarding experiences in the absence of the individual. It is characterized by a desire to constantly stay in touch with what others are doing (6).

As the use of smartphones increases, individuals spend more time on social media for fear of missing something (5). Similarly, as the FoMO level increases, the duration and frequency of smartphone use increase (7). Excessive use of smartphones and computer-like technological devices can cause depression, anxiety, sleep problems and other physical health problems (8). Furthermore, it can cause neck and eye disorders and disorders in the musculoskeletal system (9).

Studies report that nursing students use social media and smartphones intensively (5,10,11). There are concerns that long-term use of smartphones and computer-like technological devices by nursing students negatively affects the physical health of students (12). This situation can negatively affect nursing education and patient care quality. It is necessary to determine the factors associated with the fear of missing out, which is one of the situations that increases the duration of smartphone use by nursing students. Since the concept of fear of missing out is very new, not many studies have been found on this subject. This study was conducted to determine the effect of nursing students' fear of missing out on social media on physical symptoms.

DESIGN AND METHODS

Type of the Research

The research was conducted as a descriptive cross sectional study to determine the effect of nursing students' fear of missing out on social media on physical symptoms. The Strengthening the Reporting of Observational Studies in Epidemiology (STROBE) Statement was used to report data (13).

Population and Sample of the Research

The population of the study consists of nursing students studying in Turkey in the 2021-2022 academic year. The minimum sample size of the study was calculated with an online sample size calculation engine (https://www.questionpro.com). Since the population size was not known exactly, the population was >5,000, the confidence interval was 95%, the margin of error was 5%, and the estimated sample size was 384. It was thought that there might be missing data, therefore, 20% more than the minimum sample number was reached. In line with this calculation, the study was completed with 451 people who met the inclusion criteria. The inclusion criteria consisted of nursing students who used smartphones and social media and volunteered to participate in the study.

Data Collection Form and Tools

The data were collected using the introductory information form and the Fear of Missing Out on Social Media Scale.

Introductory Information Form: The form, which was prepared by the researchers using the literature, consists of 11 questions that include some sociodemographic characteristics of the students such as age and gender, the characteristics of smartphone and social media usage situations, and the physical symptoms they experience due to social media use (1,2,5).

The Fear of Missing out Scale: The FoMO scale was developed by Przybylski. Moreover, Turkish validity and reliability were done by Gökler et al. (2016) (4,6). The scale is a five-point Likert-type scale and consists of 10 items: "1=Not at all True, 2=Slightly True, 3=Moderately True, 4=Very True, 5=Extremely True". The lowest score that can be obtained from the scale is 10 and the highest score that can be obtained is 50. The scale has no cut-off point. As the score obtained from the scale increases, the probability of experiencing the fear of missing out on developments also increases. The original scale Cronbach's alpha value is 0.95 (6). The Cronbach's alpha value for the Turkish version of the scale was calculated as 0.81 (4). In this study, the Cronbach's alpha value of the scale was calculated as 0.85.

Data Collection

The data of the study were collected online between May and June 2022. The online questionnaire form was shared

via Google Forms and collected digitally. Before the study, 10 students were pre-applied to test the intelligibility of the forms, but the students who had pre-applied were not included in the sample. After it was understood that there was no problem in electronic terms, the survey form was shared on many social media platforms (Instagram, telegram, WhatsApp and Facebook). In the shares, the subject of the research and the criteria for inclusion in the study were explained. The informed consent form was added to the first part of the online questionnaire and it was stated that they could participate in the study voluntarily. The first question of the online questionnaire was "Do you voluntarily agree to participate in the study?" thus the consent of the students was obtained in this way. Furthermore, no gifts or fees were given to the students who participated in the study. The online questionnaire consisted of 22 questions in total. After the students entered the survey, they were able to see the questions in two parts, and after the first part, they clicked the "next" button and went to the other part. The first part consisted of the informed consent form and the electronic consent question, the second part consisted of the Introductory Information Form and f the Fear of Missing Out on Social Media scale. Nursing students answered the questionnaire in about 5 minutes. Since the answer to the previous question was required for the continuation of the answers to the online survey questions, no missing data occurred. There was a Google sign-in requirement to prevent the same respondents from filling out surveys again.

Evaluation of Data

Analysis of the study data was done with the Statistical Package for the Social Sciences (SPSS) 22.0 statistical program. Reliability analysis was applied to the FoMO scale, which was used as a measurement tool in the research. As a result of the analysis, the scale was found to be reliable, and the study was started. Shapiro-Wilk normality test was applied to decide on the analyzes to be applied and the level of significance was determined as $p<0.000$ after the test. Q-Q graphs were evaluated and the distribution was found to be not normal. Therefore, it was decided to use nonparametric tests. Data are expressed as a percentage (%), standard deviation, mean, and mean rank. The Mann-Whitney U Test was used to determine whether there was a difference between the FoMO scale total score and the two independent groups. Whether there was a difference between more than two independent groups was examined with the Kruskal-Wallis Test. In cases where there was a difference between the groups, Tamhane's T2, which is one of the Post Hoc analyses, was used to determine the group that caused the difference. The statistical significance level for this study was accepted as $p<0.05$.

Ethical Dimension of the Research

Ethical approval of the study was obtained from the XXX Ethics Committee (Decision No: 58/1, Date: 25.05.2022). The research was conducted in accordance with the principles of the Declaration of Helsinki. Informed consent of the nursing students participating in the study was obtained online in the first part of the questionnaire.

FINDINGS

The data of 451 nursing students were evaluated in the study. The total FoMO score of the nursing students participating in the study was determined as 23.44±7.55 (Table 1).

In Table 2, the sociodemographic characteristics of the participants and the relationship between their sociodemographic characteristics and the FoMO total score are presented. It was determined that there was no statistically significant difference between the perceptions of age, gender, class, or income status of nursing students and their FoMO total scores ($p>0.05$).

TABLE 1. Nursing students' FoMO on social media scores (n=451)

Variables	Mean	SD	Min.	Max.	α
Fear of Missing Out on Social Media Scale	23.44	7.55	10.00	50.00	0.854

SD= Standard Deviation; Min= Minimum; Max= Maximum; α= Cronbach's Alpha reliability coefficient

In the study, a statistically significant difference was found between the year of using smartphones and social media and the total FoMO score (x2= 9.136; x2= 8.084; p<0.05, respectively). According to these findings, the fear score levels of students who have been using smartphones and social media for 11 years or more were significantly higher than the scores of students who have been using smartphones and social media for less. In addition, a statistically significant difference was found between the daily social media usage time and the frequency of checking social media notifications and the total score of the FoMO scale (respectively x2= 18.066; x2= 13.352; p<0.05). The fear score levels of the students who use social media for 6 hours or more and who check the notifications every hour were significantly higher than the score levels of the students who use social media for fewer hours and check social media notifications less (Table 2).

TABLE 2. The relationship between the FoMO levels of nursing students and their sociodemographic characteristics (N= 451)

Variables	**N (%)**	**FoMO Total Score,** Mean Rank
Gender		
Female	446 (98.9)	226.80
Male	5 (1.1)	154.60
Z;p		U=758.000 p=0.218
Grade		
1st grade	133 (29.5)	247.07
2nd grade	146 (32.4)	216.35
3rd grade	93 (20.6)	218.49
4th grade	79 (17.5)	217.20
X^2;p		X^2=4.955 p=0.175
Perception of income status		
Income equal to expenses	262 (58.1)	220.55
Income less than expenses	148 (32.8)	233.40
Income more than expenses	41 (9.1)	234.10
X^2;p		X^2=1.095 p=0.578
Smartphone usage time		
1-5 years (a)	175 (38.8)	204.96
6-10 years (b)	254 (56.3)	236.36
11 years and above (c)	22 (4.9)	273.77
X^2;p		X^2=9.136 **p=0.010 Difference: c-b.a**
Social media usage time		
1-5 years (a)	242 (53.7)	210.02
6-10 years (b)	188 (41.7)	243.08
11 years and above (c)	21 (4.7)	257.19
X^2;p		X^2=8.084 **p=0.018 Difference: c-b,a**
Daily social media usage time		
0-1 hour (a)	4 (0.9)	211.63
1 hour (b)	8 (1.8)	193.98
2 hours (c)	90 (20.0)	211.11
3 hours (d)	138 (30.6)	201.74
4 hours (e)	59 (13.1)	245.88
5 hours (f)	84 (18.6)	267.39
6 hours or more (g)	68 (15.0)	309.50
X^2;p		X^2=18.066 **p=0.006 Difference: g-f,e,a,c,d,b**
Frequency of checking social media notifications		
Every hour	239 (53.0)	245.45
Several times a day	178 (39.5)	198.53
At least once a day	34 (7.5)	233.09
X^2;p		X^2=13.352 **p=0.001 Difference: a-c,b**
Age (year)	**Mean ± SD (Min-Max)**	**r; p**
	20.95±2.03 (18.00-36.00)	r=-0.032 p=0.493

x^2=Kruskal Wallis Test; U=Mann-Whitney U Test; Difference=Tamhane's T2; Min=Minimum; Max=Maximum; SD=Standard Deviation; r=Spearman's rho Correlation Coefficient; p= Significance Level

In the study, the relationship between the total FoMO score of nursing students and the physical symptoms they experience is examined in Table 3. It was determined that there was no statistically significant difference between the cases of experiencing headaches, burning eyes, feeding problems and neck-extremity pain due to social media use of nursing students and their FoMO total score (p>0.05). Furthermore, a statistically significant difference was found between the fatigue and insomnia related to social media use and the FoMO total score (respectively x2= 20284.500; x2= 21201.000; x2= 18609.500; p<0.05). According to these findings, the fear score levels of students who experience fatigue and insomnia due to social media use were significantly higher than the scores of students who do not experience fatigue and insomnia due to social media use.

In the study, it was determined that there was no statistically significant difference between the number of social media accounts used by nursing students and the total FoMO score (p>0.05).

Table 4 examines the relationship between nursing students' social media usage characteristics and the physical symptoms they experience. In the study, a statistically significant difference was found between daily use of social media and insomnia, feeding problems and experiencing neck-extremity pain (x2= 14.500; x2= 19.203; x2= 16.109; x2= 10.929; p<0.05). According to the findings of the research, the students whose daily social media usage time is 3 hours or more were significantly higher than the students whose daily social media usage time is less than 3 hours. Besides, students who check their social media notifications every hour had significantly higher insomnia and neck extremity pain than students who check their social media notifications less frequently.

TABLE 3. The relationship between the FoMO levels of nursing students and the physical disorders they experience (N= 451)

Variables	N (%)	**FoMO Total Score,** Mean Rank
Headache due to social media use		
Yes	208 (46.1)	234.90
No	243 (53.9)	218.38
Z;p		U=23420.000 p=0.179
Fatigue due to social media use		
Yes	177 (39.2)	243.22
No	274 (60.8)	214.88
Z;p		U=21201.000 **p=0.024**
Insomnia due to social media use		
Yes	157 (34.8)	254.47
No	294 (65.2)	210.80
Z;p		U=18609.500 **p=0.001**
Burning eyes due to social media use		
Yes	177 (57.0)	231.98
No	274 (43.0)	218.07
Z;p		U=23391.500 p=0.261
Nutritional problems due to social media use		
Yes	25 (5.5)	273.14
No	426 (94.5)	223.23
Z;p		U=4146.500 p=0.063
Neck and extremity pain due to social media use		
Yes	192 (42.6)	238.97
No	259 (57.4)	216.38
Z;p		U=22373.500 p=0.069

N= Number of people; %= Percentage; X2=Kruska-Wallis Test; U=Mann-Whitney U Test; p= Significance Level

TABLE 4. The relationship between the social media usage characteristics of nursing students and the physical disorders they experience (N= 451)

Variables	Headache		Fatigue		Insomnia		Burning eyes		Nutritional problems		Neck and extremity pain	
	Yes N (%)	No N (%)	Yes N (%)	No N (%)	Yes N (%)	No N (%)	Yes N (%)	No N (%)	Yes N (%)	No N (%)	Yes N (%)	No N (%)
Social media usage time												
1-5 years	114 (25.2)	129 (28.5)	103 (22.7)	140 (30.9)	81 (17.9)	162 (35.8)	140 (30.9)	103 (22.7)	15 (3.3)	228 (50.3)	95 (21.0)	148 (32.7)
6-10 years	88 (19.4)	101 (22.3)	69 (15.2)	120 (26.5)	70 (15.5)	119 (26.3)	109 (24.1)	80 (17.7)	10 (2.2)	179 (39.5)	88 (19.4)	101 (22.3)
11 years and above	8 (1.8)	13 (2.9)	7 (1.5)	14 (3.1)	8 (1.8)	13 (2.9)	10 (2.2)	11 (2.4)	0 (0.0)	21 (4.6)	9 (2.0)	12 (2.6)
X^2;p	X^2=0.608 p=0.738		X^2=1.885 p=0.390		X^2=0.725 p=0.696		X^2=0.819 p=0.664		X^2=1.442 p=0.486		X^2=2.423 p=0.298	
Daily social media usage time												
0-1 hour	3 (0.7)	1 (0.2)	2 (0.4)	2 (0.4)	3 (0.7)	1 (0.2)	2 (0.4)	2 (0.4)	2 (0.4)	2 (0.4)	4 (0.9)	0 (0.0)
1 hour	4 (0.9)	4 (1.9)	5 (1.1)	3 (0.7)	1 (0.2)	7 (1.5)	3 (0.7)	5 (1.1)	0 (0.0)	8 (1.8)	1 (0.2)	7 (1.5)
2 hours	35 (7.7)	55 (12.1)	33 (7.3)	57 (12.6)	25 (5.5)	65 (14.3)	46 (10.2)	44 (9.7)	3 (0.7)	87 (19.2)	34 (7.5)	56 (12.4)
3 hours	68 (15.0)	71 (15.7)	51 (11.3)	88 (19.4)	54 (11.9)	85 (18.8)	87 (19.2)	52 (11.5)	3 (0.7)	136 (30.0)	50 (11.0)	89 (19.6)
4 hours	21 (4.6)	38 (8.4)	22 (4.9)	37 (8.2)	11 (2.4)	48 (10.6)	34 (7.5)	25 (5.5)	2 (0.4)	57 (12.6)	27 (6.0)	32 (7.1)
5 hours	42 (9.3)	43 (9.5)	32 (7.1)	53 (11.7)	32 (7.1)	53 (11.7)	43 (9.5)	42 (9.3)	5 (1.1)	80 (17.7)	40 (8.8)	45 (9.9)
6 hours or more	37 (8.2)	31 (6.8)	34 (7.4)	34 (7.4)	33 (7.2)	35 (7.7)	45 (9.7)	24 (5.3)	10 (2.2)	58 (12.8)	36 (7.9)	29 (7.0)
X^2;p	X^2=7.512 p=0.276		X^2=6.688 p=0.351		X^2=19.203 p=0.004		X^2=7.658 p=0.264		X^2=16.109 p=0.013		X^2=10.929 p=0.091	
Frequency of checking social media notifications												
Every hour	117 (25.8)	124 (27.4)	102 (22.5)	139 (30.7)	104 (23.0)	137 (30.2)	143 (31.6)	98 (21.6)	17 (3.8)	224 (49.4)	105 (23.2)	136 (30.0)
Several times a day	79 (17.4)	99 (21.9)	63 (13.9)	115 (25.4)	44 (9.7)	134 (29.6)	97 (21.4)	81 (17.9)	7 (1.5)	171 (37.7)	66 (14.6)	112 (24.7)
At least once a day	14 (3.1)	20 (4.4)	14 (3.1)	20 (4.4)	11 (2.4)	23 (5.1)	19 (4.2)	15 (3.3)	1 (0.2)	33 (7.3)	21 (4.6)	13 (2.9)
X^2;p	X^2=1.109 p=0.574		X^2=2.095 p=0.351		X^2=15.361 p=0.000		X^2=1.003 p=0.606		X^2=2.376 p=0.305		X^2=7.420 p=0.024	

X^2= Kruskal-Wallis Test; p= Significance Level

DISCUSSION

In recent years, the use of social media has increased, especially among young people, due to the increase in the use of smartphones and access to the Internet (14). The constant updating behavior of individuals in social networks has caused a new behavioral disorder called FoMO (15). While social media tools connect individuals with constantly incoming notifications, they also brought some problems with problematic smartphone use (1). In this study, the effect of the fear of missing out on social media on the physical symptoms of nursing students, who use social media and smartphones, was investigated.

In our study, no significant relationship was found between the age, gender, class and income status of nursing students and their FoMO levels. Similar to our findings, Hizarcı's (2018) study with postgraduate students stated that age, gender and income level did not affect FoMO levels (16). Oral et al., in their study with medical faculty students, found that there was no relationship between FoMO levels and gender and income levels (1). Similarly, Kargın et al. found that there was no relationship between nursing students' FoMO levels and gender and income levels (5). The fact that age was not an effective factor in

our study can be explained by the fact that the ages of the students were very close since the study was conducted with undergraduate students. In addition, the fact that smartphone usage and internet access do not change according to gender and there are purchasing opportunities according to every budget can be explained as the reason why the scale scores do not differ according to gender and income level.

In this study, it was determined that the FoMO levels of nursing students increased as the number of years of social media and smartphone use, daily social media usage time and the frequency of checking social media notifications increased. In the study by Coşkun and Muslu, it was found that FoMO levels increased as the number of years of smartphone use, frequency and duration of social media usage increased, similar to our study (17). Similarly, Barry et al found a positive relationship between the frequency of checking social media and FoMO levels in their study with adolescents (18). As the FoMO score increases, it is expected that the frequency of checking social media notifications increase and the daily use of social media increase, and these situations can trigger each other (7,17,18). As individuals' fear of missing out increases, the frequency of checking notifications and the increase in daily social media usage hours become inevitable (7).

In this study, it was determined that as the FoMO levels of nursing students increased, the cases of headache, burning in the eyes, feeding problems and neck-extremity pain due to using social media were not affected, while the cases of fatigue and insomnia due to social media use increased. As the FoMO levels increase, the increase in the fatigue and insomnia levels of the students is expected as the duration of phone use related to social media use increases. Besides, the fact that headache, burning in the eyes, feeding problems and neck-extremity pain were not affected by FoMO levels were unexpected results, but this may be due to the fact that the FoMO level of our study group was not very high. When we look at the literature, in a study conducted with nursing students with higher FoMO levels, it was found that more than half of the students experienced headaches and nearly half of them had insomnia (7). As the fear of missing the news can cause habits that negatively affect sleep hygiene, such as taking the phone to bed, sleep problems may increase as the FoMO level increases.

In our study, it was concluded that those who use social media for more than 3 hours daily experience more insomnia, feeding problems and neck-extremity pain than those who use less than 3 hours. Moreover, it was determined that students who check social media notifications every hour were more likely to experience insomnia and neck extremity pain than students who check social media notifications less frequently. Similar to our findings, Günal and Pekçetin found in their study with university students that as the daily mobile phone usage time increased, the pain in the upper extremities and cervical region increased (19). Gupta et al., in their study with medical faculty students, found that students could be busy on the phone even while eating. They also found that students who spend a long time with their smartphones have problems such as difficulty waking up (20). Similarly, Levenson et al., in their study with young adults, found that the frequency of sleep problems increased as the duration of social media use increased (21). These findings support our results. As the daily smartphone usage time increases and smartphones are used inappropriately, the daily routine of individuals may change and sleep time may be shortened (20). It is thought that another factor affecting sleep quality is that participants check notifications more frequently due to the fear of missing out on developments.

Implication for nursing practice

As a result of the study, it was determined that nursing students' fear of missing out on social media was moderate. It was determined that FoMO levels were not affected by socio-demographic characteristics such as age, gender and income status. It was determined that the FoMO levels of nursing students who had a high frequency of checking social media usage year, smartphone usage year, daily social media usage time and social media notifications were high. In addition, as the FoMO levels of the students increased, it was concluded that although the states of experiencing insomnia and fatigue increased, the state of experiencing headache, burning in the eyes, feeding problems and neck extremity pain were not affected.

In line with these results, it is recommended to give seminars to increase the awareness of nursing students about the physical symptoms that may be caused by the use of smartphones and social media, to encourage the correct use of social media and smartphones, and to support the literature by conducting studies in this area.

Limitations of the Research

The data of the research were collected by online survey method, since the data were collected through social media networks, students who were not social media users could not be included in the sample. This is among the limitations of the study.

Author Contributions

Study design: AA, HA; Data collection: AA, HA; Data analysis: AA, HA; manuscript preparation: AA, HA.

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Conflict of Interest

The authors do not have any conflict of interest.

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Declarations

The study was not presented in any congress.

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