

Araştırma Makalesi ♦ Research Article

**Genç Yetişkinlerin Aile Aidiyeti ve Sosyal Medya Bağımlılığı İlişkisinde
Yalnızlığın Aracı Rolü**

***The Mediating Role of Loneliness in the Relationship between Family Belonging and
Social Media Addiction among Young Adults***

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ABSTRACT

Family relationships, which play a crucial role in the mental health development of individuals, also pose a risk factor for young people's social media use. In this context, the current study examines the mediating role of loneliness in the impact of family belongingness on social media addiction. The sample group of the study consisted of 526 participants aged 18-20 who were unmarried and from all over Turkey. Three different scales were used as data collection tools: the Family Belongingness Scale, the Bergen Social Media Addiction Scale, and the UCLA Loneliness Scale. The analysis process of the data collected through an online survey was conducted using the SPSS program. Descriptive, regression, and correlation analyses were employed during the analysis process. The PROCESS Macro program was used to examine the mediation relationship for multiple regression. As a result of the research, it was determined that loneliness plays a mediating role in the negative impact of family belongingness on social media addiction. In conclusion, family belongingness and loneliness were identified as factors influencing social media addiction. In this context, increasing awareness regarding the importance of family in social media usage is crucial. Emphasizing research aimed at strengthening family relationships and social support in young individuals is of significant importance.

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