A Study to Determinate Internet Addictions and Recreational Activity Preferences of Individuals, Ankara Provincial Example

Hüseyin ÖZKAYA [a] iD   **Seda ERKEKLİ** [b] iD

[a]Ankara Hacı Bayram Veli Üniversitesi, Lisansüstü Eğitim Enstitüsü, Ankara /Türkiye. (ozkayahuseyin45@gmail.com)

[b]Ankara Hacı Bayram Veli Üniversitesi, Turizm Fakültesi, Ankara /Türkiye. (seda.erkekli@hbv.edu.tr)

Extensive Summary

Introduction

When the literature is examined; It is seen that internet addiction and recreational activity preferences are examined in different ways, but it is seen that the studies in which these two concepts are examined together are limited in number. With the intense use of the internet, which is today's problem, it is seen that people adapt to a sedentary life, both physically and mentally, individuals forget themselves and lose their identities, and as a result, they become uniform. It is seen that while the internet facilitates the individual's life rapidly, they are also lagging behind in human relations and individual activities. The study aims to make people realize the phenomenon that affects their lives and quality of life and to make suggestions to increase their quality of life.Within the scope of the research, the model will be introduced for its application and purpose.

H1 There are differences in the weekly leisure time of the individuals participating in the research according to their age.

H2 There is a relationship between the passive activity preferences of the individuals participating in the research and internet addiction.

H3: Internet addiction of individuals participating in the research has an effect on passive activity preferences.

H4: There are differences in the passive activity preferences of individuals according to their internet addiction.

H5: There are differences in the forms of participation in sports activities of individuals according to their internet addiction.

H6: There are differences in the dance and game activity preferences of individuals according to their internet addiction.

H7: There are differences between individuals' preferences for outdoor activities, depending on their internet addiction.

H8: There are differences in the dance and game activity preferences of individuals according to their internet addiction.

Methodology

The aim of this research is to determine the effects of internet addiction on recreational activity preferences by determining individuals' internet addictions and recreational activity preferences. For this reason, the subject of the study is; The relational survey model, which aims to determine the existence or degree of change between two or more variables, was used (Karasar, 2014).The population of the research consists of adult individuals living within the borders of Ankara province. While determining the sample number of the research, the sample size of 384, which is valid for the population size of one million and above at the 0.05 significance level of Yazıcıoğlu E. (2004), was taken as the basis. The sample of the study was determined as shopping malls, city centers and parks in Çankaya, Keçiören and Yenimahalle districts, which have the highest population and density in Ankara. Within the scope of the sample size of 384 taken as a basis, the questionnaires were applied directly by the researcher to the individuals over the age of eighteen. Before the application of the questionnaire, necessary explanations were made about the questionnaire and the questionnaires were distributed to the individuals who participated in the application. At the end of the application, 335 completely and completely filled questionnaires were obtained and incomplete and incorrect questionnaires were not included in the analysis. The questionnaire forms used in the research consist of three parts. The first one is; It was created by the researcher to provide the participant's demographic information (gender, age, education status). In the second part, there are statements (such as your weekly free time, your free time activities) determined to determine the leisure time of the individuals participating in the research and the activities they prefer during this period. In the last part of the questionnaire, the internet addiction scale consisting of 35 questions and 4 sub-dimensions was used in the master's thesis named "Developing the internet addiction scale and examining the relationships between some demographic variables and internet addiction" by Genç S. The first 11 questions regarding the sub-dimensions of the scale were prepared for the

'Deprivation' sub-dimension, the difficulty of control in individuals between questions 12-21, the 'impairment in functionality' sub-dimension between the questions 22-28 and the 'social isolation' sub-dimension between the questions 29-35. . The scale was created in a five-point Likert type, which was formed as "strongly agree, agree, undecided, disagree, strongly disagree." Scale items were scored from 1 to 5, and 1 point corresponds to "strongly disagree" and 5 points to "strongly agree". In order to determine the internet addiction levels of individuals in the research, the internet addiction levels were divided into four groups, adhering to the scale used by Genç S. These groups are "risk group, threshold group, dependent group non-dependent". .

Conclusion

According to the information obtained as a result of the analyzes made within the scope of the research, it was determined that the weekly free time of the individuals was between 6-10 hours and the internet addiction levels of the participants were found to be at the threshold level. In this context, it was observed that the participants under the age of 24 had more free time compared to other age groups, and it was determined that the activities they did were mostly passive activities. However, it was observed that the participants preferred active recreational activities more individually, socio-cultural and non-spatial activities, and if the arrangement and improvement studies to be done on this situation, the rate of individuals to prefer active recreational activities will increase, and the addiction level of individuals will change as they move away from passive activities. is considered.