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Relationship between Leisure Satisfaction and Addiction to Social Media: Case Study on Sports Students of Lebanese French University

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Związek między satysfakcją z wolnego czasu a uzależnieniem od mediów społecznościowych: studium przypadku studentów sportu Libańskiego Uniwersytetu Francuskiego

Streszczenie

W epoce cyfrowej, kiedy co druga osoba ma dostęp do internetu, istnieje wysokie prawdopodobieństwo spędzania zbyt długiego czasu na surfowaniu. Ostatnio, w związku z wirusem COVID-19, po raz pierwszy ogół społeczeństwa stanął w obliczu całkowitego lockdownu. W efekcie internet stał się jedynym źródłem rozrywki i komunikacji. W tej sytuacji, związanej z pandemią, podobnie jak inni studenci, studenci sportu spędzali bardzo dużo czasu w mediach społecznościowych, po-

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nieważ nie mieli innej alternatywy w postaci np. wyjść i wspólnego spędzania czasu z rówieśnikami. Niniejsze badanie zostało przeprowadzone, aby znaleźć związek między satysfakcją z wypoczynku a uzależnieniem od mediów społecznościowych. Badaną populację stanowili studenci Libańskiego Uniwersytetu Francuskiego w Erbil zaangażowani w jakiegokolwiek zajęcia sportowe. Próba składała się z 224 studentów (107 mężczyzn i 117 kobiet). Dane zostały zebrane od uczniów za pomocą ustrukturyzowanego kwestionariusza. W celu sformułowania wniosków zastosowano T-Test i test ANOVA. Stwierdzono, że płeć i wiek uczniów wpływają na poziom satysfakcji z wypoczynku. Okazało się, że studentki były bardziej zadowolone z czasu wolnego niż studenci. Jednak wśród studentów uniwersytetu stwierdzono negatywny istotny związek między satysfakcją z wypoczynku a uzależnieniem od mediów społecznościowych.

Słowa kluczowe: uzależnienie, internet, czas wolny, satysfakcja, sport.

Abstract

In this digital age, when every second person has access to the internet, one is more likely to spend too much time surfing. Recently, due to the Covid-19 virus, the general public faced a total lockdown for the first time. As a result, the Internet has become the only source of entertainment and communication. In this pandemic situation, along with other students, sports students spent a lot of time on social media because they had no choice but to sit at home and not go out and play. This study was conducted to find a relationship between leisure satisfaction and addiction to social media. The study population consisted of students engaged in any sports activity from the Lebanese French University, Erbil. The sample counted 224 (107 male and 117 female) students. Data was collected from the students with the help of a structured questionnaire. To reach a conclusion, T-Test and Anova were used. It was found out that the students' gender and age affect their levels of leisure satisfaction. It turned out that the female students were more satisfied with their leisure time than their male counterparts. However, among university students, a significant negative relationship was found between leisure satisfaction and addiction to social media.

Keywords: addiction, Internet, leisure, satisfaction, sports.

Introduction

Rapid economic development and improved living conditions have made leisure an indispensable part of the lives of urban people. They are no longer happy to experience temporary monotonous rewards. In their place, they favor pursuing long-term, multifaceted advantages that they achieve while participating in leisure activities (Zhou, Tian, & Qiu, 2017). In a situation when a person devotes a noteworthy portion of their daily life to everyday duties and continues their life in that way for 20–25 years, it is vital for their mental and physical health to find enjoyment in life (Telman & Unsal, 2004). Among many factors, leisure is recognized as an important area that has an impact on overall happiness (Liu & Da, 2019). Leisure activities are explained as no-work and non-compulsory activities founded on an individual's joy and their interests in free-time activities (Ragheb & Tate, 1993, Holder, Coleman, & Sehn, 2009). They provide emotional, physical, and social benefits (McLean & Hurd, 2015). Leisure activities have cer-

tain positive outcomes, including stress relief, participants' relaxation in an enjoyable environment and the formation of new social relationships while participating in leisure activities (Li, 2010). Ample studies have proven that participating in leisure doings can provide an individual with multiple advantages. They include psychological, communal, physical, and self-development benefits for an individual as well as their intellectual development (Hou et. al., 2018), promotion of health (Labbe, Miller, & Ng, 2019) and family relationships (Zhang et. al., 2017). The whole concept is related to the theme of developmental and economic benefits (Schnohr., 2018).

Review of Literature

Today, the satisfaction of individuals lies in the number of leisure activities they take up, which helps them to enhance their life quality and carry on with their everyday lives in a healthy mode while facing everyday difficulties (Demiral, 2018). Satisfaction is a term that was first coined in the 13th century. The word originated from the Latin word "satis" denoting satisfaction (Kaya, 2013). Satisfaction represents a situation that only people concerned can recognize (Isican & Timuroglu, 2007). Leisure satisfaction is an individual's constructive assessment derived from their involvement in leisure activities (Ragheb & Tate, 1993). It is an essential function of leisure (Sarturk, Akyuz, & Karata, 2017). It denotes the subjective feeling of being satisfied with general leisure experience, which is replicated in positive emotions (Pohl, Borrie, & Patterson, 2000). It is built on the comprehension of an individual's positive emotions or leisure activities and is defined as a positive feeling that a person gets as an outcome of taking part in leisure activities and fulfilling their requirements (Du, 2002). Leisure satisfaction is considered in 6 aspects and is associated with or interacts with diverse factors that improve/reduce life quality. For instance, it marks people's perception of overall life fulfillment (Choi & Yoo, 2017). Factors contributing to leisure satisfaction include psychological and social ones, physical fitness, relaxation, activity characteristics, and educational value development. Moreover, the research shows that participation in leisure activities has a constructive impact on overall life satisfaction (Ahn & Chon, 2018).

The Merriam-Webster dictionary presents social media as "forms of electronic communication (like Web sites for social networking and blogging) through which users create online communities to share information, ideas, personal messages, and other content (e.g. videos)." Social media is an online environment that allows individuals to familiarize themselves with such a social environment and share their concepts, opinions, pictures, videos, stories, memories, and additional things with others (Colak, 2020). Digital communication

technologies, mobile apps and social media are slowly becoming a share of day-to-day lives of billions and billions of individuals globally. According to the latest statistics for January 2021, 4.66 billion of people are actively using the internet, which is 59.5% of the world's populace (Statista, 2020a). The use of social media has become an internal part of many individuals' lives around the globe. In 2020, 3.6 billion of individuals were active users of social media around the world. This number is projected to rise to nearly 4.41 billion by 2025 (Statistica, 2020b).

Superior technology has succeeded in attracting young people, which turns into addiction (Savci & Aysan, 2017). Excessive social media engagement has been suggested to be mediated by the fear of missing out and addiction to the smartphone (Oberst et. al., 2017). Addiction to social media is people's tendency to lose control of their utilization of social media, which ultimately poses psychological, academic, social, or professional difficulties in their lives (Kaur, Sharma & Manu, 2016). Divya and Manju (2021) surveyed 140 college students on social media addiction and found that boys are more addicted to social media than their female counterparts. Ozlem and Neslihan (2019) collected data from 596 students and found a significant relationship between students of Turkish high schools' everyday net usage average time and addiction to social media. Khan & Abdullah, (2019) conducted a survey on 63 students of the Lebanese French university, found them to be addicted to using social media, and concluded that the students find it easy to use social media to exchange messages. They find social media helpful in completing their homework and assignments. On the contrary, Khan, Sultan and Alsamarai (2019) in their research conducted on students found out that their addiction to social media is a waste of time and a distracting element.

Life satisfaction is crucial in reducing social media addiction (Longstreet & Brooks, 2017). Tennur (2013) found a constructive direct relationship between leisure satisfaction and life satisfaction. Along the same lines, Murat (2019) found a positive link between life satisfaction and every sub-variable of leisure satisfaction. Siyahtas (2020) concluded that leisure satisfaction along with life satisfaction are crucial for people to stay happy, peaceful, not stressed or depressed. Thus, it becomes essential to explore leisure time satisfaction, which creates a crucial impact on addiction to social media among younger humans, especially students. After examining ample literature, it was found out that a good number of studies were conducted on leisure satisfaction but no studies were carried out in this region of Iraq to find the effect of leisure satisfaction on addiction to social media, especially in sports students. Hence, this research was carried out.

Research Objective

To investigate the relationship between leisure satisfaction obtained from the activities performed by the students from the Lebanese French university and addiction to social media.

Methodology

A survey technique was used to gather primary data for the present investigation. This data was administered through SPSS (version 24) to reach conclusions. The data was collected from the respondents with the help of a questionnaire. The questionnaire consisted of questions on personal information (for example, gender, age, year of study, period of using social media), leisure satisfaction and social media addiction.

A scale for measuring leisure satisfaction built by Beard and Ragheb (1980) was used. It has 24 items consisting of 6 sub-dimensions such as Psychological and Social ones, Education, Relaxation, Physiological and Esthetic ones. A scale for measuring addiction to social media was built by Tutgun & Deniz (2015). It consists of 26 items with 3 sub-dimensions, i.e. social isolation, functional deterioration, and control difficulty and deprivation. These questions from the leisure satisfaction and social media addiction scales were evaluated on a 5-point Likert scale. The reliability of the data was tested to check its internal consistency using Cronbach's Alpha (Cronbach, 1951). The coefficient for Cronbach's alpha should exceed .6 (Nunnally, 1978). The study validity of the scale was obtained through factor analysis. The respondents' demographic profile was analyzed using the percentage and frequency method. After considering the normality of the Kolmogorov-Smirnov normality test data, the T-Test, ANOVA, & Pearson correlation tests were applied to reach conclusions. For the analysis in question the level of significance was set to .05.

A total of 224 students involved in sports activities from the Lebanese French university in Erbil participated in the study. A total of 250 feedback forms were distributed. 236 students returned their feedback forms. However, the responses of 12 students were discarded as they were not sports students. Therefore, 224 students constituted the research sample for the study. They were selected with the help of a simple random sampling technique. The data was gathered in October 2022.

Results

Table 1

Statistics of the Demographic Profile

	Gender	Age	Stage	Department	Period of using social media	Frequency of using social media
N	Valid	224	224	224	224	224
	Missing	0	0	0	0	0

Source: Output of SPSS.

Table 1 illustrates non-missing terms and hence all the data was used to draw a meaningful conclusion for the research work.

Table 2

The participants' demographic profile

		Frequency	Percentage
Gender	Male	107	47.77
	Female	117	52.23
Age in years	18–21	72	32.14
	22–25	84	37.5
	26–29	51	22.77
	30 and above	17	7.59
	Year 1	69	30.80
Stage (Year)	Year 2	83	37.05
	Year 3	48	21.43
	Year 4	24	10.72
	Tourism Administration	59	26.34
Department	Business Administration	48	21.43
	Accounting	35	15.63
	Health	39	17.41
	Marketing	19	8.48
	Legal Administration	24	10.71
	Period of social media usage	1–6 Months	3
6 months to 1 year		9	4.02
1 to 3 years		18	8.04
3 to 5 years		91	40.62
5 years and more		103	45.98

Table 2 (cont.)

		Frequency	Percentage
Frequency of using social media (per day in hours)	Less than an hour	8	3.57
	1–3	47	20.98
	4–7	87	38.84
	8–12	69	30.80
	More than 12	13	5.81

Source: Survey output.

Table 2 presents the demographic profile of the respondents. The table above shows that there were more female students (52.23%) among the respondents. The biggest number of the survey respondents were from year 2 of their graduate program. The table clearly shows that a little less than 70% were less than 25 years of age. In the survey, tourism administration students were the most numerous. Of the total of 224 respondents, 59 students were from this department. 103 students have experienced using social media for more than 5 years. This is roughly 50% of the total sample size. Most of the participants use social media for 4 to 12 hours daily. This implies that they are familiar with using social media daily.

Table 3

Result of T-Test between Leisure Satisfaction Scale & Scale for Addiction to Social Media concerning the respondents' gender

		N	Mean	Std. Dev.	Sd	t	p-value																																																																				
Scale for Leisure Satisfaction	Male	107	4.05	0.59	193	-.397	.691																																																																				
	Female	117	4.09	0.58				Psychological	Male	107	4.06	0.59	193	.998	.318	Female	117	3.99	0.69	Educational	Male	107	4.05	0.67	193	-2.77	.041	Female	117	4.13	0.69	Social	Male	107	3.97	0.65	193	-.409	.681	Female	117	4.12	0.64	Relaxation	Male	107	4.06	0.79	193	-.871	.395	Female	117	4.19	0.85	Physiological	Male	107	4.03	0.59	193	.579	.579	Female	117	3.97	0.66	Aesthetic	Male	107	4.07	0.69	193	-3.589	.000*
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	Female	117	3.99	0.69				Educational	Male	107	4.05	0.67	193	-2.77	.041	Female	117	4.13	0.69	Social	Male	107	3.97	0.65	193	-.409	.681	Female	117	4.12	0.64	Relaxation	Male	107	4.06	0.79	193	-.871	.395	Female	117	4.19	0.85	Physiological	Male	107	4.03	0.59	193	.579	.579	Female	117	3.97	0.66	Aesthetic	Male	107	4.07	0.69	193	-3.589	.000*	Female	117	4.12	0.71								
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	Female	117	4.12	0.71																																																																							

Table 3 (cont.)

		N	Mean	Std. Dev.	Sd	t	p-value
Social Media Ad- diction Scale	Male	107	3.72	0.54	193	-.332	.739
	Female	117	3.77	0.41			
Social Isolation	Male	107	4.24	0.97	193	-.039	.973
	Female	117	4.25	0.88			
Functional Deteri- oration	Male	107	4.02	0.53	193	-.448	.658
	Female	117	4.06	0.59			
Control Difficulty & Deprivation	Male	107	4.06	0.65	193	-2.67	.796
	Female	117	4.11	0.68			

Source: Output of SPSS.

Table 3 demonstrates the results of the T-test on the scale of leisure satisfaction and the scale of addiction to social media according to the respondent's gender. It is clear from the table above that 4 sub-dimensions, i.e. psychological, physiological and social ones as well as relaxation are not statistically significant differences between the leisure satisfaction scale of individuals and their gender. The researchers have reached this conclusion as the said four sub-dimensions of the leisure satisfaction scale have a p-value exceeding 0.05. At the same time, it was found out that education and aesthetics were the two sub-dimension scales that were statistically significantly different. These (education and aesthetics) sub-dimensions had a p-value < .05.

However, from the outcome obtained, it was clear that there was no statistically significant change in addiction to social media concerning the respondents' gender. All the sub-dimensions of the social media addiction scale had a p-value of more than 0.05.

Table 4

Result of Anova between Leisure Satisfaction Scale & Scale for Addiction to Social Media concerning the respondents' age

		N	Mean	Std Dev.	F	P	Diff.
Leisure Satis- faction Scale	18 – 21	72	4.26	.45	6.409	.002*	1-2
	22 – 25	84	3.92	.65			
	26 – 29	51	3.98	.61			
	30 and above	17	4.06	.56			
Psychological	18 – 21	72	4.23	.61	4.371	0.015*	1-2
	22 – 25	84	3.93	.65			
	26 – 29	51	3.95	.67			
	30 and above	17	4.03	.60			

Table 4 (cont.)

		N	Mean	Std Dev.	F	P	Diff.
Educational	18 – 21	72	4.32	.57	6.411	.002*	1.2
	22 – 25	84	3.91	.76			
	26 – 29	51	3.89	.74			
	30 and above	17	4.15	.65			
Social	18 – 21	72	4.19	.48	2.811	.087	
	22 – 25	84	3.90	.72			
	26 – 29	51	3.92	.69			
	30 and above	17	3.91	.65			
Relaxation	18 – 21	72	4.31	.68	5.253	.007*	1-2
	22 – 25	84	3.92	.89			
	26 – 29	51	3.90	.88			
	30 and above	17	4.29	.67			
Physiological	18 – 21	72	4.17	.61	1.581	.124	
	22 – 25	84	3.95	.60			
	26 – 29	51	3.89	.60			
	30 and above	17	3.91	.65			
Aesthetic	18 – 21	72	4.31	.57	6.559	.000*	1-2
	22 – 25	84	3.90	.76			
	26 – 29	51	3.92	.71			
	30 and above	17	4.17	.61			
Social Media Addiction Scale	18 – 21	72	3.58	.63	4.385	.015	1-2
	22 – 25	84	3.89	.41			
	26 – 29	51	3.78	.43			
	30 and above	17	3.68	.58			
Social Isolation	18 – 21	72	4.04	1.13	1.435	.246	
	22 – 25	84	4.49	.79			
	26 – 29	51	4.45	.71			
	30 and above	17	4.16	.87			

Table 4 (cont.)

		N	Mean	Std Dev.	F	P	Diff.
Functional Deterioration	18 – 21	72	4.24	.45	6.772	0.001	1-2
	22 – 25	84	3.93	.63			
	26 – 29	51	3.92	.71			
	30 and above	17	4.07	.55			
Control Difficulty and Deprivation	18 – 21	72	4.28	.54	4.769	0.011	1-2
	22 – 25	84	3.91	.67			
	26 – 29	51	3.98	.61			
	30 and above	17	4.09	.58			

Source: Output of SPSS.

Table 4 shows the results of Anova test depicting a significant difference between the sub-dimensions of the leisure satisfaction scale and sub-dimensions of the addiction to social media scale concerning the respondents' age. The said table demonstrates a significant difference between the sub-dimensions of the leisure satisfaction scale (f value is 6.409 and the p-value is less than 0.05) and the respondents' age. These sub-dimensions are psychological, educational, aesthetic ones and relaxation. The p-values for these four variables are 0.015, 0.002, 0.000, and 0.007 respectively. However, social and physiological factors were not found to be significantly different as their p-value was greater than 0.05.

A noteworthy difference was established between the social media addiction scale and the participants' age. The sub-dimensions of the addiction to social media scale such as functional deterioration and control difficulty and deprivation were found to be statistically significant, and only social isolation was not statistically significant as its p-value was .246, which is greater than 0.05.

Table 5

Connection between Leisure Satisfaction and Addiction to social media

		Social Media Addiction	Social Isolation	Functional Deterioration	Control Difficulty & Deprivation
Leisure Satisfaction	R	-.308	-.117	-.327	-.223
	P	.000	.004	.010	.007
Psychological	R	-.342	-.208	-.223	-.309
	P	.000	.000	.000	.032
Education	R	-.348	-.362	-.348	-.219
	P	.005	.004	.022	.022

Table 5 (cont.)

		Social Media Addiction	Social Isolation	Functional Deterioration	Control Difficulty & Deprivation
Social	R	-.291	-.211	-.261	-.156
	P	.000	.000	.000	.000
Relaxation	R	-.311	-.374	-.206	-.257
	P	.000	.007	.003	.000
Physiological	R	-.253	-.339	-.356	-.281
	P	.024	.000	.000	.000
Aesthetic	R	-.301	-.309	-.260	-.257
	P	.021	.000	.013	.001

Source: Output of SPSS.

Table 5 illustrates the correlation between the sub-dimensions of leisure satisfaction and the sub-dimensions of addiction to social media. It demonstrates a significant but negative relationship ($p < 0.05$) between leisure satisfaction and sub-dimensions of the addiction to social media scale as well as a significant negative relationship ($p < 0.05$) between leisure satisfaction and addiction to social media ($r = -.308$).

Conclusion

The advancement of technologies and good-speed internet connectivity glued us to our smartphones. When we talk about sports students, they are not away from this habit of using the internet on mobile phones either. However, the students use social media more than any other users. Thus, this research work was carried out to find the relationship between leisure satisfaction obtained from sports activities performed by the students from the Lebanese French university and social media addiction. The researchers found out that two sub-dimensions from the leisure satisfaction scale, i.e. education and aesthetics were significantly different while taking into account the respondents' gender. Hence, it can be added that the major difference between the said two sub-dimensions (education and aesthetics) can be said to be in favor of the female students who are more satisfied with their leisure than male students. Secondly, a noteworthy difference between such sub-dimensions of the leisure satisfaction scale as psychological, educational, aesthetic ones and relaxation concerning the respondents' age was found. The other two sub-dimensions for leisure satisfaction, i.e. social and physiological factors were found to be statistically insignificant. Two sub-dimensions from the addiction to social media scale

(functional deterioration and control difficulty and deprivation) were found to be significant and only social isolation was not statistically significant. Finally, a noteworthy negative relationship was revealed between leisure satisfaction and addiction to social media.

STATEMENT OF ETHICS

This study was conducted in accordance with the World Medical Association Declaration of Helsinki. The study protocol was reviewed and approved by the Research Ethics Committee of the Department of Business Administration (25 May 2023, Quality Assurance, LFU, Erbil, Iraq). All participants provided written informed consent to participate in this study.

DECLARATION OF CONFLICTING INTERESTS

The authors declared no potential conflicts of interests with respect to the research, authorship, and/or publication of the article *Relationship between Leisure Satisfaction and Addiction to Social Media: Case Study on Sports Students of Lebanese French University*.

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