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The Association of Social Media Addiction with Physical Activity Levels, Anxiety, and Depression in Young Adults

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1 Background and Aim

Rising social media use has gone hand in hand with a rise in psychological problems, and addictive use has been reported to harm health.

The gap between how people behave online and how they act in real life is thought to set the stage for depressive mood and anxiety.

We examined how social media addiction relates to physical activity level, anxiety, and depression in young adults.

2 Methods

PARTICIPANTS

179 volunteers aged 18–25; students at Kırşehir Ahi Evran University, Vocational School of Health Services. [Mean age ± SD; sex distribution]

MEASURES

Social Media Addiction Scale
Social Media Rumination Scale
DASS-21 (depression, anxiety, stress)
GPAQ (physical activity, MET)

ANALYSIS

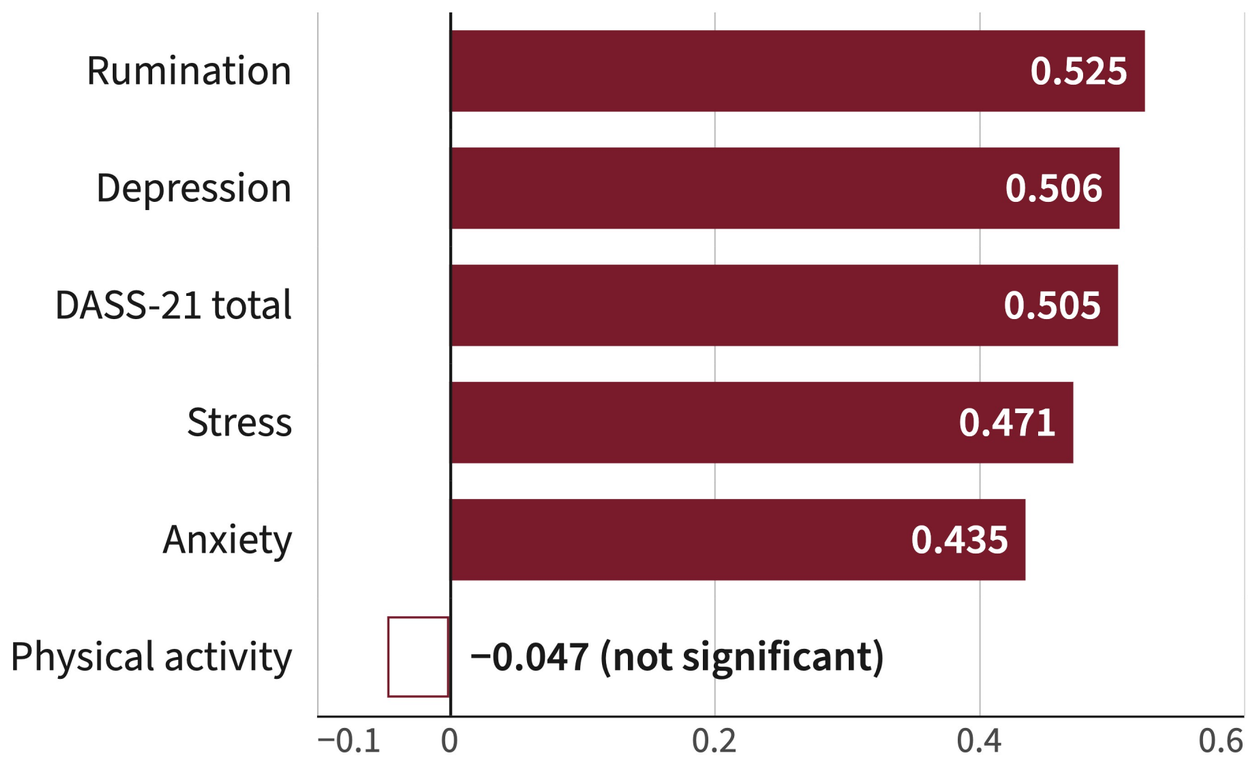
[Pearson / Spearman] correlation and simple linear regression; [statistical software and version]; significance level [$p < 0.05$].

ETHICAL APPROVAL

Kırşehir Ahi Evran University Social Sciences and Humanities Scientific Research and Publication Ethics Committee, 8 January 2025, Decision No. 2025/01/24.

3 Results

Figure 1. Correlation coefficients (r) with social media addiction score



Filled bars: $p < 0.001$. Open bar: $p = 0.533$.

Table 1. Regression models with social media addiction as the predictor

Outcome	B	β	R^2	F	p
Depression	0.550	0.506	0.256	60.559	< 0.001
Anxiety	0.420	0.435	0.189	40.970	< 0.001
Physical activity (MET)	−36.655	−0.047	0.002	0.390	0.533

Each one-point increase in addiction score is associated with a **0.550**-point rise in DASS-21 depression and a **0.420**-point rise in anxiety. Addiction explains **25.6%** of the variance in depression and **18.9%** in anxiety.

4 Conclusion

- Social media addiction is moderately and positively associated with depression, anxiety, and stress.
- No significant association was found with physical activity level.
- **Social media addiction should be taken into account when assessing depression and anxiety in young adults.**

5 References

1. [Social Media Addiction Scale: original / Turkish adaptation reference]
2. [Social Media Rumination Scale: reference]
3. [DASS-21: original scale and Turkish validation reference]
4. [GPAQ: World Health Organization guide / Turkish version reference]

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