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Original Article

The Relationship Between Happiness and Smart Phone Addiction in Regular Physical Exercises

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Abstract

The purpose of this study is to determine the happiness and smartphone addiction levels of individuals who do regular physical exercise, and to evaluate the relationship between the level of happiness with smartphone addiction and sociodemographic variables. This study has been planned as a descriptive relational. The average age of the participants is 25.57 ± 7,033, 62.7% of them are male, 39.7% are high school graduates, 81.7% are single, 42.1% perceive their income as good,% It was determined that 39.7% perceived their health status as good, 54.0% did not have any chronic disease and 61.9% had children. In the study, it was observed that women were happier than men, married women were single, university graduates than primary and high school graduates, and those who perceived good income and health status were happier than those who perceived poor and medium health, and the difference was statistically significant.

1. Introduction

The concept of happiness, which has been explored by many fields including philosophy throughout history, can simply be defined as experiencing more positive affect than negative affect (Diener, 2000). Happiness is a biological and psychological condition that creates self-satisfaction and affects interpersonal relationships that individuals strive to achieve (Aluş and Selçukkaya, 2015). It is observed that happy individuals are spiritually resilient in the face of the negativities they experience, have high self-confidence, can easily cooperate, have healthy relationships and have strong social ties with others (Ryff, 2003, Akyüz et al., 2018).

Especially in parallel with today's technological developments, the use of

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smart phones is increasing due to the widespread use of the internet and easy access to social networks and because it offers more than a mobile phone to its user. The smartphone, which is estimated to have 2.17 billion users worldwide, brings the concept of addiction with it and negatively affects life due to the inability to control the behavior (Kim et al., 2016; Liu et al., 2017; Statista, 2019). Smartphone addiction is similar to internet addiction in terms of its features and meets internet addiction criteria (Kwon et al., 2013).

According to the literature, smartphone addiction is defined as uncontrollable excessive use of the phone, being aware of the consequences and showing withdrawal symptoms when trying to prevent and prevent use (Wu et al., 2013; Mok et al., 2014). The living conditions of human beings are changing in parallel with technology and industrialization, and with this change, they may be in different quests to feel happy, good and healthy. People who aim to be happy in life sometimes spend more time on the internet and social networks to achieve this goal, but this situation cannot help them relax and feel happy (Sezer, 2013). Kozan et al. (2019) determined in their study with university students that there is a negative relationship between smartphone addiction and happiness. Some individuals turn to activities such as sports and arts in order to be mentally well and to cope with the difficulties brought by professional and social life (Tekin, Amman & Tekin, 2009). There are many studies that show that regular physical exercise affects health positively (Paffenbarger, Blair & Lee, 2001; Boyce et al., 2008; Arslan, Güllü & Tutal, 2011). For this reason, physical exercise emerges as an important tool to protect and improve health. In addition, we see that physical exercise has a positive effect on feeling happy (Huang and Humphreys, 2012; Uğurlu, Şakar & Bingöl, 2015) and has a negative relationship with smartphone addiction (Chan, 2013; Kozan et al., 2019).

2. Material and methods

Purpose of research and questions of the research

In this study, it is aimed to determine the happiness and smartphone addiction levels of individuals who do regular physical exercise, and to examine the relationship between the level of happiness with smartphone addiction and sociodemographic variables.

1. What is the happiness level of individuals who do regular physical exercise?

2. What is the smartphone addiction level of individuals who do regular physical exercise?

3. Does the level of happiness change according to the socio-demographic characteristics of individuals who do regular physical exercise?

4. Does the level of smartphone addiction change according to the socio-demographic characteristics of adult individuals?

5. Is there a relationship between physical activity level and loneliness?

Type of research

This study is descriptively planned as relational.

The place and features of the research

The study was carried out in a sports center located in the Selçuklu District of Konya.

Study group of the research

The sample size in the research was calculated using G * Power 3.1.9.2 analysis program. With 0.29 effect size, 90% power, 5% margin of error, Kozan et al. (2019), it was calculated as 126 by taking into account the "Smartphone Addiction mean score (30.60 ± 10.62).

The inclusion criteria of the study consisted of individuals who are registered to the sports center in Selçuklu district of Konya province, who exercise regularly.

Data collection technique and tools

The data of the research were collected through Google Forms between April 1-15, 2021. The questionnaires were delivered to the participants via social media; After reaching the sufficient number of samples, the data collection process was terminated. In collecting data; Personal information form, Oxford Happiness Scale and Smartphone Addiction Scale, which questioned socio-demographic characteristics and prepared by the researchers, were used.

Oxford Happiness Scale; Happiness Scale consists of 7 items in total and is 5-Likert type. The Turkish validity and reliability study of the scale, originally developed by Hills and Argyle (2002), was conducted by Doğan and Çötok (2011). Some sample items were stated as "I am aware of the beauties around me" and "I do not have happy memories about the past". The factor analysis made revealed that the scale has a single factor structure. The internal consistency coefficient of the scale was .74 and the test-retest reliability coefficient was .85. High scores from the scale show that the level of happiness is high (Doğan and Sapmaz 2012).

Smartphone Addiction Scale; Smartphone Addiction Scale was developed to measure individuals' addiction to their smartphones. The original of the scale was developed by Kwon et al. (2013) and the Turkish validity and reliability study of the scale was conducted by Noyan et al. (2015). The scale, which consists of 10 items in total, is 6-point Likert type. Some examples are "I disrupt my planned work because of using a smartphone" or "I use my smartphone longer than I intended. The scale shows a single factor structure and the scores range from 10-60. An increase in scores is interpreted as an increase in smartphone addiction. The internal consistency coefficient of the whole scale was found to be .87. Test-retest reliability coefficient is .93 (Noyan et al., 2015).

Data Evaluation

The data of the study were evaluated using the SPSS for Windows 22.0 (Statistical Package for Social Science) statistical package program. Unit number (n), percentage (%), mean ± standard deviation (mean (SD) values will be used as summary statistics. Normal distribution of data was evaluated by Shapiro-Wilk test and Q-Q graph. Since the data conformed to normal distribution, t test was used for independent groups for paired groups and Anova test for groups more than two. In addition, Pearson correlation analysis was used to evaluate the relationship between the two scales. Results will be evaluated at 95% confidence interval and $p < 0.05$

significance level.

Ethical Procedure

Ethical permission was obtained from the Faculty of Sport Sciences Ethics Committee (Date: 25.03.2021, Decision number: 53) for the ethical permission of the study. Before starting the research, the informed consent form of the individuals was taken online. The purpose of the study, its duration and the procedures to be performed during the research were briefly explained in a language they would understand, the principle of "Informed Consent", the principle of "autonomy" by stating that individuals could withdraw from the study at any time, and the principle of "Protection of Confidentiality and Confidentiality" by stating that individual information would be protected after being shared with the researcher.

3. Results and Discussions

The average age of the participants is 25.57 ± 7.033, 62.7% are male, 37.3% are female, 39.7% are high school graduates, 38.9% are university graduates and 21.4% are secondary school graduates. , 81.7% were single, 18.3% were married, 42.1% perceived their income situation as good, 32.5% as bad, 25.4% as medium, 39.7% ' It was determined that 34.1% perceived their health status as good, 26.2% as poor, 54.0% did not have any chronic disease and 61.9% had children.

The happiness scale mean score of the participants was calculated as 21.36 ± 4.32 and the smartphone addiction scale average score was calculated as 31.99 ± 9.29 (Table 1).

Table 1. *Distribution of Participants' Mean Scores of Happiness and Smartphone Addiction Scales*

Scales	Mean±SD	Min-Max
Happiness Scale Average Score	21.36±4.32	15-46
Smartphone Addiction Scale Average Score	31.99±9.29	14-49

When the sociodemographic characteristics and happiness levels of the participants were examined, it was determined that the average score of the happiness level of women was higher than the average score of the happiness level of men and the difference was statistically significant ($p < 0.05$). A statistically significant difference was found between educational status and happiness level, and it was seen that the difference stems from university graduates ($p < 0.05$). It was determined that the mean score of the happiness level of married people is higher than the average score of the happiness level of singles, and the difference is statistically significant ($p < 0.05$). A statistically significant difference was found between perceived income status and happiness level, and it was observed that the difference stems from those who perceive their income well ($p < 0.05$). A statistically significant difference was found between the perceived health status and the level of happiness, and it was observed that the difference stems from those who perceive their health well ($p < 0.05$) (Table 2).

Table 2. *Assessment of Happiness Level Scores of the Participants by Sociodemographic Characteristics*

Variables	Happiness Scale Mean±SD	Test value P value
Gender		
Female	24.45±4.79	t: 0.179
Male	18.30±4.04	p:0.03*
Education Status		
Primary education	20.81±4.72	F: 0.210
High school	22.50±4.01	p:0.04*
University	20.49±4.23	
Marital status		
The married	23.22±3.56	t: 1.055
Single	20.17±4.47	p:0.010*
Perceived Income Level		
Good	24.47±4.29	F: 0.264
Middle	20.78±4.54	p:0.006*
Bad	18.66±4.25	
Perceived Health Level		
Good	26.30±4.63	F:1.132
Middle	19.63±4.04	p:0.004*
Bad	18.09±4.29	

F: One Way Anova, t: t test, *p<0.05

Table 3. *Assessment of Smartphone Addiction Mean Scores of Participants by Sociodemographic Characteristics*

Variables	Smartphone Addiction Scale Mean±SD	Test value P value
Gender		
Female	31.13±9.13	t:1.359
Male	33.45±9.49	p:0.003*
Education Status		
Primary education	28.74±8.81	F: 5.208
High school	30.65±8.22	p:0.007*
University	35.06±9.79	
Marital status		
The married	31.43±8.67	t: 1.776
Single	32.12±9.47	p:0.185
Perceived Income Level		
Good	32.70±8.57	F: 0.261
Middle	31.50±10.14	p:0.771
Bad	31.46±9.68	
Perceived Health Level		
Good	29.90±8.87	F:4.757
Middle	31.33±10.41	p:0.010*
Bad	36.03±7.11	

F: One Way Anova, t: t test, *p<0,05

When the sociodemographic characteristics of the participants and the mean scores of the smartphone addiction scale were examined, it was determined that the mean score of smartphone addiction of men was higher than the average score for smartphone addiction of women, and the difference was statistically significant ($p < 0.05$). A statistically significant difference was found between the educational status and the average score of smartphone addiction, and it was observed that the difference was due to university graduates ($p < 0.05$). No statistically significant difference was found between marital status and smartphone addiction average score ($p > 0.05$). No statistically significant difference was found between the perceived income level and the average score for smartphone addiction ($p > 0.05$) (Table 3).

When the relationship between the happiness level of the participants and smartphone addiction was evaluated, it was found that there was a strong negative relationship between happiness and smartphone addiction (r: -0.772, $p < 0.05$) (Table 4). As the smartphone addiction level of the participants increases, their level of happiness decreases.

Table 4. *Comparison of Participants' Level of Happiness and Smartphone Addiction*

Scales	**Happiness Scale Level**	**Smartphone Addiction**
Happiness Scale Level	1,00	
Smartphone Addiction	r:-0.772 p:0.001*	1.00

r: Pearson Correlation Analysis, *p<0,05

Discussions

In this study, it was found that the average happiness score of individuals who do regular physical exercise is at a moderate level. Başar and Sarı (2018) stated that individuals who exercise regularly have a high level of happiness and that regular exercise contributes positively to the mental health of individuals. Demir and Duman (2019) determined in a study they conducted that exercise had a positive effect on the level of happiness. According to the literature, physical exercise has a positive effect on an individual's psychological well-being and feeling happy (Delextrat et al., 2016; Khazaee-pool et al., 2015; Uğurlu et al., 2015). These findings are parallel to the findings obtained. It can be said that regular physical exercise has positive effects on mental health as well as its contributions to physical health, that the individual feels happier as the person is active, and exercise strengthens the individual's well-being.

When some sociodemographic characteristics of the individuals included in the study and their happiness score averages are examined; A statistically significant difference was found between his gender and the happiness scale total score average. The average happiness score of men is lower than that of women. It is seen that doing sports contributes positively to the happiness level of women. However, according to the literature, regular exercise is effective on the happiness level of both genders (Huang and Humphreys, 2012). It was determined that there

is a statistically significant difference between the marital status of individuals who exercise regularly and the total score average of the happiness scale, and the difference is due to married individuals. Similarly, Hayo and Seirfert (2003) stated in their study that married people are happier than those who are single, widowed, and those who live separately. Marriage and family satisfaction can be considered to be one of the determinants of happiness.

In this study, a statistically significant difference was found between individuals' perception of income and their happiness scale total score average. It has been observed that the average score of those with good income perception is higher than the others. According to the literature, it is seen that individuals with high income are happier than those with low income (Tiliouine, Cummins & Davern, 2006, Wang and VanderWeele, 2011). At this point, although we think that the level of income does not have a direct effect on the happiness of the individual, it can be thought that the individual's position in society, power and the convenience it provides in meeting their needs such as nutrition and shelter may have an effect. It was determined that there is a statistically significant difference between the perception of health status of individuals who exercise regularly and the total score average of the happiness scale, and the difference is due to individuals who perceive their health as good. It is known that there is a two-way relationship between happiness and health (Graham, 2008). Considering the effects of regular exercise on physical and mental well-being, it can be said that it supports the individual to perceive himself and feel happy.

When some of the sociodemographic characteristics of the individuals included in the study and their smartphone addiction total score averages were examined; A statistically significant difference was found between the gender and the smartphone scale total score average. The average total score of the smartphone addiction scale of men is higher than that of women. Aycan and Üzüm (2020) stated in their study that there is no significant difference between the internet addiction level of individuals who do sports according to their gender, but the internet addiction average of men is higher than that of women. We can explain this situation by the fact that men are more interested in high-tech gadgets such as smartphones, they are gender-specific, and they have easy access to the internet. In this study, it was determined that there is a negative and strong relationship between the average score of happiness and smartphone addiction of individuals who do regular physical exercise. In other words, as the happiness score average of individuals increases, the average score for smartphone addiction decreases. Similarly, Kozan et al. (2019) stated in a study they conducted with university students that there was a negative relationship between happiness and smartphone addiction. Chan (2013) emphasized that there is a negative relationship between smartphone use and subjective well-being in his study, which examined the relationship between smartphone use and subjective well-being. In parallel with these findings, it can be said that unhappy individuals are prone to smartphone addiction.

4. Conclusions

In line with the results obtained from the study; In terms of happiness, men, singles, people with low education level, those who perceive their health as bad and medium, and those who perceive their income level as bad and medium are in the risk group. In terms of smartphone addiction, men, singles, people with a high level of education, those who perceive their health as bad and medium, and those who perceive their income level as bad and medium were in the risk group. It can be said that as the happiness levels of individuals who do sports increase, their smartphone addiction levels decrease. In line with these results, it may be recommended to raise awareness of the importance of physical exercise in increasing the happiness of individuals and preventing smartphone addiction, providing easy access to sports centers and individual / group interviews by mental health professionals.

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