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The Relationship Between Netlessphobia and Leisure Satisfaction: A Study on Students of the Faculty of Sports Sciences

Introduction and Objective: The fear of netlessphobia, the fear of not being able to be without the Internet, is increasing day by day in parallel with technological advances. Similarly, the relationship between increased satisfaction with leisure activities and netlessphobia provided the idea for this study. Therefore, in this study, it was aimed to determine the relationship between leisure time satisfaction and fear of netless phobia of students studying at the Faculty of Sport Sciences and to determine the differences according to demographic variables.

Method: The study group of the research, which was designed in accordance with the survey model, one of the quantitative research methods, consists of students studying at Istanbul University-Cerrahpaşa Faculty of Sports Sciences (n=202). Demographic Information Form, First Netlessphobia Scale (FNS) and Leisure Satisfaction Scale (LSS) were used as data collection tools. Confirmatory Factor Analysis (CFA) was conducted to test the fit of the data set with the research group. Parametric tests were used to analyze the data, which were accepted to be normally distributed according to skewness and kurtosis values. The statistical significance level was set as 0.05 in the analyses.

Findings: The mean age of the students was 21.36 (± 5.18) and 50.5% were female. Students' gender, age and weekly leisure time duration variables had no effect on netlessphobia or leisure satisfaction ($p > 0.05$). However, there was a difference between netlessphobia and various sub-dimensions of the LSS according to the variables of class, department, income, academic grade average perception, daily internet usage time and frequently used technological devices during the day ($p < 0.05$). The hypothesis regarding the relationship between netlessphobia and leisure satisfaction developed in line with the purpose of the study was not confirmed ($p > 0.05$).

Conclusion: As a result, a difference was found between the cases according to various independent variables of the students studying at the faculty of sport sciences. However, no relationship was found between netlessphobia and leisure satisfaction. It is recommended to conduct quantitative/qualitative comprehensive research on which factors affect the fear of netlessphobia in leisure.

Keywords: Netlessphobia, Leisure Satisfaction, Sports Sciences