

Extended Summary

Internet Addiction, Values, and Religiosity as Predictors of Life Satisfaction among Adolescents: A Quantitative Study on High School Students*

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Abstract

The main aim of this study is to examine the links among adolescents' religiosity, predisposition toward ethical values, Internet addiction, and life satisfaction levels. Furthermore, it also aims to determine whether the dependent variables (religiosity, ethical values, and Internet addiction) are predictors of life satisfaction among high school students. The participants of the study consist of 471 adolescents (236 males and 235 females) receiving their education in different high schools in Istanbul province during the 2017-2018 academic year. Research data have been collected using the survey method. A questionnaire form, the Religiosity Scale, Sensitivity to Ethical Values Scale, Young's Internet Addiction Test- Short Form, and Life Satisfaction Scale have been used in addition to a demographic information form. The findings from the research indicate a positive correlation to exist among religiosity, ethical values, and life satisfaction and a negative correlation to exist among Internet addiction, ethical values, and life satisfaction. The findings additionally show ethical values, Internet addiction, and religiosity to be significant predictors of life satisfaction.

Keywords

Religiosity • Life satisfaction • Ethical values • Internet addiction • Young's Internet Addiction Test

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Life satisfaction and well-being are some of the most studied subjects in psychology, especially after the emergence of positive psychology. Life satisfaction has also been studied in terms of its relation to religiosity in the field of psychology of religion (Aytan, 2016; Aytan, 2018). Numerous studies have been carried out on many different samples such as the Judeo-Christian culture, Muslim culture, and other cultures with regards to the relationship between life satisfaction and religiosity (Abdel-Khalek & Singh, 2014; Fiori, Browni, Cortina, & Antonucci, 2006; Suhail & Chaudry, 2004). Internet and values have also been related to life satisfaction in many different studies. Abundant findings have revealed Internet addiction to be one of the main reasons for decreases in life satisfaction, well-being, and happiness and increases in depression and anxiety (Twenge, 2018). Various studies are found in the literature regarding the relationship among Internet addiction, religiosity, and values. Alongside the vast research that has been carried out in Western countries are several studies on the links among Internet addiction, religiosity, and values in Muslim countries, particularly Turkey (Charlton, Soh, Ang, & Chew, 2013; Ekşi & Çiftçi, 2016; Kerimov, 2016).

The most important aim of the study is to explain whether or not religiosity, ethical values, and Internet addiction are predictors of life satisfaction and generalized anxiety. Based upon this question and the findings of other studies, several hypotheses (H_{1-7}) have been constructed as shown below:

H_1 : Religiosity has a positive correlation with life satisfaction.

H_2 : Ethical values have a positive correlation with life satisfaction.

H_3 : Internet addiction has a negative correlation with life satisfaction.

H_4 : Religiosity has a negative correlation with Internet addiction.

H_5 : Religiosity has a positive correlation with ethical values.

H_6 : Ethical values have a negative correlation with Internet addiction.

H_7 : The independent variables (religiosity, Internet addiction, ethical values) predict participants' life-satisfaction levels.

Method

Participants

The current research has been carried out over 471 students randomly selected from 10 high schools in Istanbul during the 2017-2018 academic year. Of the students, 49.9% are female ($n = 235$) and 50.1% are male ($n = 236$). The study participants' average age is 16 years ($SD = 1.24$) and range from 13 to 19 years; 36 % ($n = 173$) are from Imam-Hatip high schools, 20% ($n = 96$) are from vocational high schools,

18% ($n = 86$) are from art and sports high schools, 9% ($n = 44$) are from science high schools, 7% ($n = 35$) are from social sciences high schools, and 8% ($n = 37$) are from private high schools.

Measures

Background Information. Participants responded to several demographic questions that provided data on age, gender, and faculty type.

Religiosity. The current study measures respondents' religiosity using the Brief Islamic Religiosity Measure developed by Ayten (2009), which has 10 items and two dimensions (religious faith and consequence and religious ritual and knowledge). All items are measured on a 5-point Likert scale. The Kaiser-Mayer-Olkin parameter and Bartlett test show the data to be suitable for factor analysis ($KMO = .83$, $\chi^2 = 2325.27$; $p = .000$). Cronbach's alphas in that study are acceptable for the two sub-dimensions, .743 and .742 respectively. In this study, Cronbach's alpha for the overall scale has been found as .90.

Life Satisfaction. Satisfaction with life has been assessed using the Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985). The SWLS is composed of five items (e.g., "I am satisfied with my life"). The scale was adapted to Turkish by Ayten (2012), who found the Kaiser-Mayer-Olkin parameter and Bartlett test to be sufficient for showing the suitability of data for factor analysis ($KMO = .81$; $\chi^2 = 323.367$; $p = .000$). Cronbach's alphas in that study were acceptable ($\alpha = .810$). Participants are asked to indicate their level of agreement with each item on a 7-point scale ranging from 1 (*strongly disagree*) to 7 (*strongly agree*). Scores from this scale are averaged. Higher scores on this scale mean a greater sense of life satisfaction. In this study, Cronbach's alpha was found as .80 for this scale.

Ethical Values. The students' levels of being inclined toward ethical values have been measured using the Scale for the Predisposition to Ethical Values. The reliability and validity analyses were conducted by Kaya (2015). The scale contains 16 items and three sub-dimensions (love-respect, justice-honesty, and cooperation). The Kaiser-Mayer-Olkin parameter and Bartlett test show the data to be suitable for factor analysis ($KMO = .88$; $\chi^2 = 1593.630$; $p = .000$). Kaya found Cronbach's alpha coefficient for the scale to be .90. This study has found Cronbach's alpha to be .82 for this scale and the scale to consist of 12 items and only one dimension.

Internet Addiction. In order to measure participants' inclination toward Internet addiction Young's Internet Addiction Test-Short Form has been used. It was adapted to Turkish by Kutlu, Savcı, Demir, and Aysan (2016), who found the Kaiser-Mayer-Olkin parameter and Bartlett test sufficient for showing the suitability of data for factor analysis ($KMO = .81$; $\chi^2 = 1176.26$; $p < .001$). Cronbach's alpha in the

adaptation study was acceptable ($\alpha = .86$). Participants indicate how frequently they experience each item on a 5-point scale ranging from 1 = Never to 5 = Always. In this study, Cronbach's alpha for the overall scale has been found as .80.

Procedure

This study's data were collected between October and November 2017 from high school students studying in different types of high schools in Istanbul. The sample was recruited using the non-random snowball sampling technique. Questionnaires were distributed to the participants in their classrooms. The researcher informed the participants about the objectives of the study and what their participation would entail. The researcher also answered participants' questions regarding the study and the questionnaire if needed. Completion of the questionnaire took approximately 15 minutes and was based on voluntary participation. Pearson correlation and multiple regression (stepwise method) analyses have been utilized to reveal the links between main variables of the study.

Results

Correlations among Life Satisfaction, Internet Addiction, Ethical Values, and Religiosity

A correlation matrix that includes the study's main variables is presented in Table 1. Significant positive correlations have been observed among religiosity ($r = .211$; $p < .01$), ethical values ($r = .326$; $p < .01$) and life satisfaction. A significant negative correlation has been observed between Internet addiction and life satisfaction ($r = -0.227$; $p < .05$).

Table 1
Correlation Matrix ($N = 471$)

Variables	1	2	3	4
1. Life Satisfaction ($M = 4.41$; $SD = 1.264$; $range = 1-7$)	1			
2. Internet Addiction ($M = 2.29$; $SD = .636$; $range = 1-5$)	-0.227**	1		
3. Ethical Values ($M = 3.95$; $SD = .526$; $range = 1-5$)	.326**	-0.264**	1	
4. Religiosity ($M = 3.63$; $SD = .870$; $range = 1-5$)	.211**	-0.032	.331**	1

** $p < .01$.

Regression Analyses

Multiple regression analysis (stepwise method) has been performed to assess the predictors of life satisfaction. In Step 1, the factor of *ethical values* is entered alone. In Step 2, the two predictors (ethical values and Internet addiction) are entered simultaneously. In the last step, the three predictors (ethical values, Internet addiction, religiosity) are entered simultaneously. The dependent variable is life satisfaction. The multiple regression analysis is presented in Table 2.

Table 2
Predictors of Satisfaction with Life (Stepwise Multiple Regression Analysis)

		β (p)	ΔR^2
Step 1	Ethical values	.326 (.000)	.105
Step 2	Ethical values	.286 (.000)	.124
	Internet addiction	-0.151 (.001)	
Step 3	Ethical values	.243 (.000)	.136
	Internet addiction	-0.159 (.000)	
	Religiosity	.126 (.006)	

Table 2 indicates ethical values, Internet addiction, and religiosity to be significant predictors of life satisfaction. In Step 1, ethical values by itself accounts for 10% of the variance in life satisfaction ($\Delta R^2 = .105$; $p = .000$). In Step 2, ethical values and Internet addiction together account for 12% of the variance in life satisfaction ($\Delta R^2 = .124$; $p = .000$). Furthermore, in Step 3, ethical values, Internet addiction, and religiosity together account for 13.5% of the variance in life satisfaction. With respect to the beta coefficients, a positive correlation has been found among ethical values, religiosity, and life satisfaction. However, the findings show a negative correlation to exist between Internet addiction and life satisfaction (see Step 3). Based upon this finding, ethical values and Internet addiction can be said to have more effect on life satisfaction than religiosity. The finding also supports H_6 , which states the independent variables (ethical values, Internet addiction, and religiosity) will predict participants' levels of life satisfaction.

Discussion and Conclusion

The main aim of this paper has been to examine the relationship among religiosity, Internet addiction, ethical values, and life satisfaction over a sample of high school students. Moreover, its aim has been to find the role of Internet addiction, ethical values, and religiosity in students' life satisfaction. The study has aim to contribute to and fill the existing gap in the literature regarding the main study variables in relation to traditions outside Judeo-Christian cultures.

This study has hypothesized a negative correlation to exist between religiosity and Internet addiction. However, the findings indicate no significant correlation to exist between religiosity and Internet addiction. These findings are consistent with the rare studies concerning the links between religiosity and Internet addiction over Turkish samples (Çoban, 2013; Ekşi & Çiftçi, 2016). However, some other studies carried out over Muslim samples have shown a significant correlation to exist between these two variables (Almenayes, 2015; Armfield & Holbert, 2003; Charlton, Soh, Ang, & Chew, 2013; Kerimov, 2016).

With respect to the research hypothesis H_5 , the findings indicate a positive and statistically significant relationship to exist between religiosity and ethical values. This finding is consistent with many studies for both Muslim and non-Muslim samples (Arslan, 2006; Emre, 2013; Karaca, 2008; Kavun, 2016; Kaya & Aydın, 2011; Mehmedoğlu, 2006; Özcan & Erol, 2017).

The study findings indicate a negative correlation to exist between Internet addiction and ethical values, which supports hypothesis H₆. Consistent with the current study's findings, Özcan & Sengir (2016), Ekşi & Çiftçi, (2016), and Zhang et al. (2014) have found similar findings concerning the connection between Internet addiction and ethical values. The current study has also found a statistically negative correlation to exist between Internet addiction and life satisfaction.

Many previous studies have shown a negative relationship to exist between Internet addiction and life satisfaction (Cao, Sun, Wan, Hao, & Tao, 2011; Çetin, 2014; Durak-Batgün & Kılıç, 2011; Soydan, 2015; Twenge, 2018; Wang, Chen, Lin, & Wang, 2008). The current study's findings indicate Internet addiction, ethical values, and religiosity to be significant predictors of life satisfaction. These findings also are consistent with the findings from many other studies (Aytan & Ferhan, 2016; Fiori, Browni, Cortina, & Antonucci, 2006; Park, Roh, & Yeo, 2012).

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