On the health of staff of the provincial directorate of youth and sports during the COVID-19 epidemic: Researching the levels of physical activity and social media addiction

Hulusi Böke

Yaşar Öncan Secondary School, Malatya, Turkey

Abstract. *Study Objectives:* The aim of this study was to find out the physical activity and social media addiction levels of the personnel affiliated to the provincial directorate of youth and sports, while in the isolation conditions of the COVID-19 pandemic and to determine the correlation between these levels. *Methods:* A total of 271 individuals, including 166 women and 106 men, voluntarily participated in the study. T-test and Pearson's correlation test were used to determine the direction and amount of the correlation for the dual data groups which show normal distribution, and the One-Way Anova test was applied to analyse the data sets with three or more groups. The Kruskal-Wallis test was used to analyse the data sets that have three or more groups that do not show normal distribution. SPSS and Jamovi package software's were used in the analysis of the data obtained. *Results:* It was found out that the mean score of physical activity of the personnel was slightly above average and the social media dependency score was slightly below average. On the other hand, a significant and inverse correlation was found between means scores of physical activity and social media addiction. While the gender variable was found to be significant in both score types, it was understood that the job location variable was significant in terms of social media addiction score. *Conclusion:* It is recommended to organize activity and training programs in order to improve the physical activity level of the personnel and to decrease the social media consumption as well.

Key words: Ministry of Youth and Sports, Health, Physical Activity, Social Media

Introduction

In December 2019, a public health emergency was initiated in Wuhan City, Hubei Province, China, due to the novel beta coronavirus outbreak called the novel coronavirus (SARS-CoV-2). This pandemic has been reported to have a high mortality rate (1,2). The consequences of COVID-19 on our global civilization are just beginning to emerge, and will likely continue to be so for the next few decades. We'll probably experience more than we can comprehend or imagine right now (3).

COVID-19 is a severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which is highly contagious through human (and animal) contact. The virus is n RNA coronavirus transmitted from person-to-person through respiratory contact (respiratory droplets or people in close contact with each other when an infected person coughs or sneezes) and, to a lesser extent, from virus-covered surfaces or contact with objects. It is known by health and political authorities that preparing for epidemics/pandemics and reducing the risk of global spread is essential. The literature emphasizes that public communal meetings pose a great risk for public health and governments. Preventive measures to reduce the risk of infection include social distancing and the closure of commercial

activities to avoid community meetings (1,2,4,5). The first case of COVID-19 in Turkey was recorded on March 11th, 2020. Since then, the number of people infected with the virus and the number of deaths has increased rapidly. It is reported that for the COVID-19 disease, in those who are older with having concomitant diseases (such as asthma, diabetes, heart disease), the virus has the risk of causing severe disease. In Turkey, many preventive measures have been taken to alleviate the devastating effects of the coronavirus and to reduce the number of infected patients. One of the measures taken is "Social isolation" (6).

In order to respond to this crisis, unprecedented physical and social distancing measures had to be implemented, including the closure of unnecessary businesses, travel restrictions, homestay, and isolation regulations (7). During social isolation, it can be predicted that individuals turn to different activities they can do at home. In this process, it is known that people spend time with social media tools (mobile phones, tablets, computers, etc.) as well as engage in hobbies (reading books, painting, horticulture, etc.). When we look at the studies in the literature, it can be seen that with the development of smartphone and tablet technology, the rate of social media consumption is increasing day by day (8,9). Social media is the fastest developing technology in the context of internet and communication technologies (10). Social media refers to the way users who have similar thoughts and ideas communicate with each other using web services (11). Examples of popular communication apps include WhatsApp, Facebook Messenger, and Gmail (12). Popular social apps include Facebook, Instagram, and TikTok. Non-social application usage is defined as time spent using any other smartphone application (eg. games, tools, travel applications, audio-visual media players) (13).

As the restrictions and isolation process take longer, researchers highlighted the potential adverse effects of these measures on health, especially in vulnerable individuals (14–16). During the pandemic process, it has been constantly stated by the scientists that nutrition, sports, and quality sleep increase body resistance as support for disease prevention (17). According to those expositions, it can be seen that exercising is an important responsibility both in terms of keeping the body fit and in terms of emotional

recovery, and ultimately in getting through the pandemic process with health intact. It can be said that we should integrate some physical activities into this process. Physical activity is an international term used to describe body movements using energy. In its purest definition, it is that the body's movements to spend energy. Physical activity can be defined as activities that occur with energy consumption by using our muscles and joints in daily life which increase heart and respiratory rate and result in fatigue of different intensities. Various sports that include all or some of the basic body movements such as walking, running, jumping, swimming, cycling, squatting and standing, arm and leg movements, head and torso movements, dance, exercise, games, and other activities during the day, can be accepted as physical activities. Exercise is a regular physical activity. Exercise includes regular and repeated body movements (6).

With the Presidential Decree numbered 2020/4 and 2020/11 in our country, public employees in some institutions and organizations were subjected to the remote working processes. With these decrees, the process of working remotely in public institutions is coordinated by the senior managers of public institutions and organizations. With the same decree, apart from working from home or working remotely, the process of being considered on administrative leave will also come into force. Thus, rotating employees will be considered on administrative leave when they are not taking office (18,19). The Ministry of Youth and Sports stated that all projects and activities in this process were transferred to the digital environment, and announced that education, culture, arts, and training activities of young people will be carried out online (20). With current data, it is known that the disease has a severe course in 10-15% of the cases and results in death in approximately 2% of the cases. In addition, with the project initiated by the Ministry with the slogan "Stay home but don't stay still" during the epidemic process, it is encouraged that we should not lose our physical activity in order to protect our health during the isolation process, and attention is drawn to the physiological and psychological positive effects of physical activity (21).

We see that the Ministry has taken precautions and carried out projects against the worrying progress of the process. In this period of isolation conditions, it is a matter of curiosity how the projects that

"encourage mobility" find a response in terms of the ministry's personnel and how much these personnel internalizes these projects. In addition, it should be revealed whether the ministry's personnel tend to engage in physical activity or social consumption in isolation conditions. It is thought that this study will be beneficial for the administrators and personnel working in the central government and local administrations under the Ministry of Youth and Sports. We have not come across a study in literature, in which physical activity and social media addiction levels are studied and the relationship between them is revealed for the personnel of the Ministry of Youth and Sports.

The aim of this study was to determine the physical activity and social media addiction levels of the personnel affiliated with provincial directorate of youth and sports, during the isolation conditions for the COVID-19 pandemic and to determine the correlation between these levels.

Methods

Research Model

In this study, the correlational survey model, which is one of the general survey models, has been adopted. Survey models are approaches that aim to describe a past or an ongoing situation as it is. Correlational survey models are research approaches that describe the level of the correlation between variables, as they are, without a cause-effect relationship, and provide information about the correlation of variables in terms of strength and direction (Büyüköztürk, 2018; Karasar, 2009). What is the degree of co-change between two or more variables?, or are there significant differences when the level of an investigated phenomenon is compared in terms of certain variables? Such questions can be resolved with relational survey research designs (22).

Population and Sampling

The research universe of the study consists of 813 people who work in different units in Malatya Youth and Sports Provincial Directorate in 2020, who were selected based on the current staff list

article (80764699-E.724175). The stratified sampling method for different units was used, which primarily aims to ensure that these units are represented in the sample and the ratio of the number of personnel within themselves. Then, 260 people were calculated from these strata within the formula determined by the random sampling method and used by Bartlett et al. (year)??? to determine the sample size (23).

It consists of personnel working in units, dormitories, youth centres, and provincial/district directorates affiliated to the Malatya Youth and Sports Provincial Directorate. One hundred eighty-seven of them work in units, 444 in dormitories, 29 in youth centres, and 153 in provincial / district directorates. From each stratum formed by units with similar characteristics, 271 persons were selected, separately, using a simple, random sampling method and proportional distribution.

Data Collection Tools

In the study, the "Cognitive Behavioral Physical Activity Questionnaire" scale developed by Schembre et al. was used to determine physical activity levels (24). This scale was adapted into Turkish under the name of "Cognitive Behavioral Physical Activity Scale" by Eskiler et al. (2016), who also conducted its validity and reliability studies (25). Eskiler et al. reported a total variance of 54.12%. The Cronbach Alpha internal consistency coefficient was calculated as .84. In addition, to determine the level of social media addiction, the "Social Media Addiction Scale" was used, which was developed by Şahin and Yağcı (2017) who also demonstrated its validity and reliability (26). Şahin and Yağcı calculated the Cronbach Alpha internal consistency coefficient as .94 and the test-retest reliability coefficient as .93 for the overall scale. "Cognitive Behavioral Physical Activity Scale" has 15 statements and 3 sub-dimensions, and is of 5-Likert type. The scale includes 10 positive and 5 negative statements. In addition, this scale was rated as "strongly agree (5), "agree (4), "neutral (3), "disagree (2), "strongly disagree (1). While the lowest possible score on the scale is -2.40, the highest score possible is 9. The "Social Media Addiction Scale" consists of 20 statements and 2 sub-dimensions. The scale includes 18 positives and 2 negative statements. In addition, this scale was rated as "very suitable for me (5)," suitable for me (4), "neutral (3)," not suitable

for me (2), "not suitable for me at all (1). While the lowest possible score on the scale is 20, the highest score possible is 100. Average scores of the scale were used to do the analyses. The high score obtained from the Cognitive Behavioral Physical Activity and Social Media Addiction Scale reflects a high level of physical activity and social media addiction.

Statistical Analysis

The data were analyzed using IBM SPSS 22 and Jamovi 1.2.22 statistical package software. Frequency and percentage values were used to determine the demographic characteristics of the personnel affiliated with the provincial directorate of youth and sports based on age, gender, marital status, total years of service, and place of service variables. In addition, arithmetic mean and standard deviation data were presented to determine the physical activity and social media addiction levels of the personnel. Since the parametric test conditions of the physical activity level scores were met, the analyses were made with t-test and One-way ANOVA. Considering the social media addiction level scores, it was decided to use the t-test for gender, marital status, place of employment that met the parametric test conditions, and the Kruskal-Wallis test for the variables of age and years of service that did not meet this condition (27). In order to test whether the difference between the two unrelated sample averages was significant in terms of variables of gender, marital status, and place of service, a t-Test was conducted. In addition, in order to determine whether there is a significant difference between age and total years of service variables, one-way variance analysis was used to test whether there was a difference between the mean scores of the groups (28). Pearson correlation coefficient was calculated to determine the direction and amount of the correlation between physical activity and social media addiction levels of the personnel

Results

When Table 1 is examined, it can be seen that the physical activity scale mean score of 271 personnel participating in the study is 4.63, the standard deviation is 1.71, the lowest score obtained from the scale is 1.20 and the highest score is 8.80 When the skewness and kurtosis coefficients of the distribution formed by the total scores are examined, it can be seen that these coefficients remain within ± 1 limits and the total scores do not deviate excessively from the normal distribution (29). It can be seen that the social media addiction scale mean score of 271 personnel participating in the study is 2.36, the standard deviation is .70, the lowest score obtained from the scale is 1.00 and the highest score is 4.70. When the skewness and kurtosis coefficients of the distribution formed by the total scores are examined, it can be seen that these coefficients remain within ± 1 limits and the total scores do not deviate excessively from the normal distribution (30). As a result of correlation analysis to determine the correlation between physical activity and social media addiction, a negatively significant correlation was found. (r=0.030; p<0.05).

Looking at Table 2, it can be seen that most of the personnel participating in the study are between ages 36 and 45 (41.3%). When the gender variable is examined, it can be seen that 166 of the participants (61.3%) are female and 105 (38.7%) are male. When the marital status variable is examined, it can be seen that 186 of the participants (68.6%) are married and 85 (31.4%) are single. When the location of the service variable is examined, it can be seen that 243 of the participants (89.7%) were located in the province and 28 of them (10.3%) were located in the district. It was also observed that the majority of the personnel who participated in the study has served between 0 to 5 years (54.2).

Table 1. Data regarding the sum of scores obtained from the physical activity and social media dependency scale

	N		SS	Min.	Max.	Kurtosis	Skewness	Correlation (r)
Physical activity level	271	4.63	1.71	1.20	8.80	.212	-.138	-0,132*
Social media addiction	271	2.36	.70	1.00	4.70	.677	.788	

Table 2. Findings on the demographic characteristics of the individuals participating in the study

Variables	Group	f	%
Age	18-25	24	8,9
	26-35	96	35,4
	36-45	112	41,3
	46-60	38	14,0
	61 and up	1	0,4
	Total	**271**	**100,0**
Gender	Male	105	38,7
	Female	166	61,3
	Total	**271**	**100,0**
Marital status	Married	186	68,6
	Single	85	31,4
	Total	**271**	**100,0**
Location of service	Province	243	89,7
	District	28	10,3
	Total	**271**	**100,0**
	Total	**271**	**100,0**
Years of service	0-5	147	54,2
	6-10	65	24,0
	11-15	22	8,1
	16-20	14	5,2
	21 and more	23	8,5
	Total	**271**	**100,0**

Findings on Physical Activity

Age and physical activity scores of 271 personnel consisting of four different groups and the mean physical activity scores of the groups formed according to age were compared with single-way variance analysis for unrelated samples. At the end of the test, there was no statistically significant difference between the mean score of the 18-25 age range (X_{18-25} = 5.40), the mean score of the group in the 26-35 age range (X_{26-35} = 4.69), the mean score of the group in the 36-45 age range (X_{36-45} = 4.45), the mean score of the group in the 46-60 age range (X_{46-60} = 4.52) and the mean score of the group in the 61 and above age range ($X_{61\ and\ above}$ = 5.60). [$F_{(4-266)}$ = 0.204, p> .05]. In the study, the effect size statistic was calculated for the current variable and when the eta-square value of the physical activity scale

is examined, it is seen that the effect size ($\eta2$ = .025) in terms of the age variable is low (31,32).

A t-test was conducted to reveal whether there is a statistically significant difference between the physical activity score averages of men and women in the personnel group consisting of 105 men and 166 women. As a result of the test, a statistically significant difference was found between the physical activity scores of men (X: 5.00) and the scores of women (X: 4.40) [$t_{(269)}$ 3.044; p < .05]. It can be said that gender has a statistically significant effect on physical activity scores among the studied groups. In the study, the effect size statistics were also calculated for the current variable, and it was observed that the effect size was low (d = .380) in terms of the gender variable related to the physical activity scale (33).

In order to reveal whether there is a statistically significant difference between the physical activity score averages of married and single individuals in the personnel group consisting of 186 married and 85 single participants, a t-test was conducted. As a result of the test, no statistically significant difference was found between the scores of the married individuals (X: 4.57) and the scores of the single individuals (X: 4.77) [$t_{(269)}$ 0.794; p> .05]. It can be said that marital status does not have a statistically significant effect on physical activity scores among the studied groups. In the study, the effect size statistic was also calculated for the current variable, and it was found that the effect was weak (d = .117) in terms of the marital status variable related to the physical activity scale (33).

T-test was conducted to reveal whether there is a statistically significant difference between the physical activity score averages of the 271 personnel residents in the province (243) and the district (28). As a result of the test, no statistically significant difference was found between the scores of those working in the province (X: 4.57) and those working in the district (X: 4.77) [$t_{(269)}$, 056; p> .05]. It can be said that the location of service does not have a statistically significant effect on physical activity scores among the studied groups. In the study, the effect size statistic was also calculated for the current variable, and it was found that the effect size was weak (d = .012) in terms of the location of the service variable for the overall physical activity scale (33).

The mean of physical activity scores of the groups formed according to the years of service among the 271 personnel consisting of four different groups were compared with single-way variance analysis for unrelated samples. As a result of the test, no statistically significant difference was found between the average score of the group between 0-5 years (X_{0-5} = 4.63), the average score of the group between 6-10 years (X_{6-10} = 4.49), the average score of the group between 11-15 years (X_{11-15} = 4.79), the average score of the group between 16-20 years (X_{16-20} = 4.72) and the average score of the group with 21 years and over (X_{21} and above = 4.85). [$F_{(4-266)}$ = 0.260, p> .05]. In the study, the effect statistic was also calculated for the current variable, and when the eta-square value of the physical activity scale was examined, it was seen that the effect size ($\eta2$ = .004) in terms of service year variable was low (31,32).

Findings on Social Media Addiction

When the ranges of age are examined depending on the social media addiction levels, 18-25 age range ($\chi2$ = 32.320; p <.01), 26-35 age range ($\chi2$ = 28.169; p <.01), 36-45 age range ($\chi2$ = 14.116); p < .01), 46-60 age range (2 = 12.522; p < .01) and 61 and older age range ($\chi2$ = 27.589; p < .01) scores were provided. As a result of the analysis performed for the groups, it was seen that age ranges did not have a significant effect on social media addiction levels (p> .05). In the study, the effect size statistic was also calculated for the current variable, and when the eta-square value of the physical activity scale was examined, it was seen that the effect ($\eta2$ = .031) was low in terms of service year variable (31).

A t-test was conducted to reveal whether there is a statistically significant difference between the social media addiction mean scores of females and males in a personnel group of 271 people consisting of 105 male and 166 female individuals. As a result of the test, a statistically significant difference was found between the social media addiction scores of men (X: 2.53) and the scores of women (X: 2.26) [$t_{(269)}$ 2.26; p <0.05]. It can be said that gender has a statistically significant effect on social media addiction scores among the studied groups. In the study, the effect size statistic was also calculated for the current variable, and it was observed that the effect size was low (d = .391) in terms of the gender variable, for the overall social media addiction scale (33).

A t-test was conducted to reveal whether there is a statistically significant difference between the social media addiction mean scores of married and single individuals in the 271-personnel group consisting of 186 married and 85 single individuals. As a result of the test, no statistically significant difference was found between the scores of the married (X: 2.32) and single (X: 2.46) individuals [$t_{(269)}$ 1.479; p> .05]. It can be said that marital status does not have a statistically significant effect on social media addiction scores among the studied groups. In the study, the effect size statistic was also calculated for the current variable, and it was found that the effect size was weak (d = .194) in terms of the marital status variable related to the overall social media addiction scale (33).

A t-test was conducted to reveal whether there is a statistically significant difference between the social media addiction mean scores of the personnel residing in the province and the district. As a result of the test, a statistically significant difference was found between the scores of those working in the province (X: 2.40) and those working in the district (X: 2.03) [$t_{(269)}$, 2.675; p < .05]. It can be said that the location of service has a significant effect on the social media addiction scores among the study groups. In the study, the effect size statistic was also calculated for the current variable, and it was understood that the effect size was medium (d = .534) for the social media addiction scale in terms of the location of the service variable (33).

Examining the years of service according to social media addiction levels, scores for 0-5 years (2 = 32.320; p <.01), 6-10 years ($\chi2$ = 28.169; p <.01), 11-15 years ($\chi2$ = 14.116; p <. 01), 16-20 years (2 = 12.522; p <.01) and 21 years and above ($\chi2$ = 27.589; p <.01) were provided. As a result of the analysis performed for the groups, it was understood that the years of service variable does not have a significant effect on social media addiction levels (p> .05).

Discussion and Conclusion

This study, it was aimed to determine the physical activity and social media addiction levels of the

personnel affiliated with the provincial directorate of youth and sports during the isolation conditions of the COVID-19 pandemic. The findings of the study were discussed with the support of the literature.

The average physical activity level score of the personnel was calculated as 4.63. When we consider the average score (-2.40 / 9.00) that can be obtained from the scale as 3.3, it can be seen that the physical activity level score of the staff is slightly above average. It was also understood that physical activity scores differed significantly in terms of the gender variable.

Previous research has emphasized the importance of maintaining physical activity during periods of isolation in terms of both physical and mental health (14,34,35). The sudden decrease in physical activity due to the necessity of living with the family is not only for active individuals who make a habit of recreational sports, but also for those who walk or cycle to work, and those who engage in physical activity due to their work. For health reasons, the World Health Organization recommends for adults, a minimum of 150 minutes of moderate-intensity aerobic physical activity per week or less than 75 minutes of vigorous aerobic physical activity per week, or equivalent moderate and vigorous activity. In addition, the organization reports that 31% of individuals aged 15 and over are physically inactive and that approximately 3.2 million deaths occur annually due to this unhealthy lifestyle (5).

Kırbaş (2020) did not find a statistically significant difference between the physical activity levels and the quality of life of the personnel of the Youth and Sports Provincial Directorate, in his research (36). In addition, it was stated in the study that physical activity levels and quality of life did not vary according to gender, age, education status, and marital status variables. Karadoğan (2017), in his study for the personnel in Tekirdağ Youth Services and Sports Provincial Directorate, stated that female participants were more active than males and that the majority of males working in the institution suffered from weight problems, females on the other hand were more active in terms of work-related activities, while males were more active in leisure time and sports-related activities. He also stated that the personnel could not exhibit sufficient performance in terms of physical fitness (37).

Hammami et al. (2020) point out that staying active at home with aerobic exercises, bodyweight training, dance, and active video games can help eliminate the harmful physical and mental side effects of COVID-19 isolation regulations (38). Pinto et al., 2019 found that a lack of physical activity and not attending physical education classes increase loneliness (39). Thompson et al., 2020 revealed a significant correlation between social isolation and a less healthy lifestyle in parents with adolescent children (40). Researchers state that physical activity has known positive effects on all diseases and especially on diseases that are considered risk factors for severe COVID-19 reaction, also has immediate mood-improving immunological benefits and stress relief, and long-term mental health-enhancing effects (41,42). Robins et al. (2018) stated that higher level of physical activity in older adults living in the community is associated with lower levels of social isolation (43). Schrempft et al. (2019) found that the time spent in sedentary behavior was significantly higher and the time spent participating in moderate to vigorous physical activity was significantly lower in men and women aged 50-81 years who reported being socially isolated, compared to those who reported not being isolated (44).

A statistically significant difference between physical activity levels by gender can also be seen in the literature. In studies showing that men are more active than women, point out reasons such as general lack of energy, insufficient financial situation, gender-related prejudices, and cultural expectations for women, as common causes of physical inactivity for women (45–47). In addition, physical activity levels for the personnel in different sectors were examined. Kalkavan et al., (2016) revealed that the physical activity and obesity statuses of academicians showed significant differences according to variables such as gender, age, marital status, years of service, and academic title (48). Tuncel et al., (2016) stated in a study on the personnel working in colleges that the level of physical activity awareness is high, however, the rate of exercising should be improved in order to gain a healthy lifestyle (49). Karadağ et al., (2018) stated that there was a difference in the physical activity levels of academicians according to gender variable and that the physical activity scores of male academicians were higher than those of women (50).

Korkmaz & Demirkan (2017) examined the physical activity levels of healthcare personnel according to variables of gender, age, marital status, number of children, consumption of alcohol, and smoking status (51). As a result of the research, a significant difference was found between the scores of men and women in terms of moderate, severe physical activity. Kılınç (2018) found out that 48% of nurses had low physical activity levels and only 19.9% had adequate physical activity levels (52). He also revealed that the physical activity level of male nurses who were single and between ages 20-30 was higher and the difference between the groups was statistically significant. Yıldırım et al. (2019) found that 63.9% of physicians and 36.1% of nurses had high levels of physical activity scores and that the physical activity score of physicians is significantly higher than the physical activity scores of nurses (53). They also examined the physical activity levels of the administrative and academic staff of a university and found both groups relatively active. They also revealed that men are more active than women, and married participants are more active than single ones.

The average score of social media addiction for the personnel was calculated as 2.36. If we consider the average score that can be obtained from the scale as 2.5 (1/5), it can be seen that the social media addiction levels of the personnel are slightly below average. It was also understood that social media addiction scores differ significantly in terms of gender and location of service variables.

In addition to the studies reporting that there are significant differences between men and women in terms of smartphone usage levels, there are also studies showing that there is no difference at all (54–61). Balcı et al., (2019), in their study with people between the ages of 18-60, consisting of different occupational backgrounds, concluded that the average score for the social media addiction of the participants was low (62). In studies conducted with university students, it was revealed that there was no significant difference between men and women in terms of social media addiction (63–65). The findings of the research conducted by Seferoğlu and Yıldız (2013) also support this result (66). Gazi et al., (2017) found that female students were more dependent on social media compared to males, in their study (67). Kaya (2018) on

the other hand, concluded that social media addiction does not differ significantly by gender (68).

In a study conducted by Baz (2018) with university students, it was found that there was no significant difference between social media addiction in terms of age (64). Schou Andreassen et al. (2016) stated that age is inversely proportional to addiction, and reached similar results (69). The study by Azizi et al., (2019) is consistent with this study (70). Çayırlı (2019) found in his study that participants aged thirty and younger used social media more than those over 30 years old (71). In the study conducted by Sağar (2019) on social media addiction among young people, it was found that there was no significant difference between social media addiction and age in terms of virtual tolerance, virtual communication, and social media addiction total scores (72).

Research by Tiryaki (2015) examined Facebook addiction, a social media tool based on the marital status of participants, and found that single people had more Facebook addictions than married ones (73). According to the research findings of Ateş (2018), no correlation was found between marital status and social media addiction (74). Schou Andreassen et al. (2016) concluded that single individuals have higher social media addiction scores compared to individuals who were in a relationship (69).

As a result, it has been revealed that the physical activity level of the personnel is slightly high, and social media addiction is slightly low. In our time, when it comes to human health, the importance of activity and regular sports is quite obvious. Provincial directorate of youth and sports is the institution that ensures the development of the young population and the execution of sports through various organizations and activities in our country. In line with its mission, the Ministry underlines those sports that will be maintained in the best way possible while reshaping the understanding of the life of children and young people. However, how much could the ministry staff reflect the principles of the institution to which they are affiliated, into their own lives? Although the result shows that the level of physical activity is above average, it can be said that a higher level should be expected from the ministry's staff, which is the locomotive for the development of sports in Turkey. It can also be

stated that the personnel of this institution should be at a higher level in terms of physical activity, in order to be an institution that undertakes the administration and direction of sports and encourages doing sports. On the other hand, personnel's social media addiction level was found to be below average. Given that most of the personnel involved in the study were in the adult category, we can explain the reason for such a result. When we consider the free time, interests, and needs of young people compared to adults, we can sense that youngsters' use of social media will be at a higher level. This way, the result is expected.

Designing an application that will improve the physical activity levels of employees by the "Strategic Development Directorate and General Directorate of Personnel" units under the Ministry of Youth and Sports is recommended. Also in future studies, the research can be expanded to cover all other youth and sports provincial directorates throughout the country. The physical fitness levels (height, weight, etc.) of the personnel can also be measured and recorded in any future studies.

References

1. Guan W, Ni Z, Hu Y, Liang W, Ou C, He, JX et al. Clinical characteristics of 2019 novel coronavirus infection in China. MedRxiv. 2020;382:1708–20.

2. Pradhan P, Pandey A, Mishra A, Gupta P, Tripathi P, Menon M, et al. Uncanny similarity of unique inserts in the 2019-nCoV spike protein to HIV-1 gp120 and Gag. bioRxiv. 2020;

3. Gilat R, Cole BJ. COVID-19, medicine, and sports. Arthrosc Sport Med Rehabil. 2020;2(3):175–6.

4. Barabasi AL. Network science. Cambridge University Press; 2015.

5. World Health Organization. Coronavirus disease (COVID-19) outbreak. 2020.

6. Turkey Republic Health Ministry. COVİD-19. 2020.

7. Gostin LO, Wiley LF. Governmental public health powers during the COVID-19 pandemic: stay-at-home orders, business closures, and travel restrictions. Jama. 2020;323(21):2137-2138.

8. Kuyucu M. Gençlerde akilli telefon kullanimi ve akilli telefon bağimliliği sorunsali:"Akıllı telefon (kolik)" üniversite gençliği. Glob Media J TR Ed. 2017;7(14):328–59.

9. Sevgi L. Teknoloji, toplum ve sağlık: cep telefonları ve elektromanyetik kirlilik tartışmaları [Internet]. 2013. Available from: https://www.emo.org.tr/ekler/e73a9a0d37efb96_ek.pdf

10. Kang M, Schuett MA. Determinants of sharing travel experiences in social media. J Travel Tour Mark. 2013;30(1–2):93–107.

11. Lietsala, K., & Sirkkunen E. Social media. Introduction to the tools and processes of participatory economy. Tampere University Press; 2008. 29–53 p.

12. Wikipedia. List of most-downloaded Google Play applications. 2020.

13. Norbury A, Liu SH, Campaña-Montes JJ, Romero-Medrano, L., Barrigon ML, Smith E, A. Artes E, et al. Social media and smartphone app use predicts maintenance of physical activity during Covid-19 enforced isolation in psychiatric outpatients. medRxiv. 2020;

14. G. Lippi BM, Henry C, Bovo F, Sanchis-Gomar. Health risks and potential remedies during prolonged lockdowns for coronavirus disease 2019 (COVID-19). Diagnosis. 2020;7:85–90.

15. Galea SRMM, Lurie N. The mental health consequences of COVID-19 and physical distancing: The need for prevention and early intervention. (2020), /jamainternmed.2020.1562. JAMA Intern Med. 2020;180(6):817–8.

16. Lancet T. Redefining vulnerability in the era of COVID-19. Lancet. 2020;395:1089.

17. Karagün E. Travmatik yaşanti covid-19 sürecinde ruh sağliğin korunmasi ve egzersiz desteği. In: Karagün E, Yılmaz O, editors. Spor bilimlerinde güncel konular ve araştirmalar-2 COVID-19 pandemisiyle 2020. Ankara: Çizgi Kitabevi Yayınları.; 2020. p. 6–34.

18. Official Gazette. https://www.resmigazete.gov.tr/eskiler /2020/08/20200826.pdf. 2020.

19. Offical Gazette. https://www.resmigazete.gov.tr/eskiler /2020/08/20200826-5.pdf. 2020.

20. Republic of Turkey Ministry of Youth and Sports. Gençlik ve spor bakanlığından yıldızları bir araya getiren "evde kal, hareketsiz kalma" filmi. 2020.

21. Republic of Turkey Ministry of Youth and Sports. Bakan kasapoğlu 81 ilin gençlik ve spor müdürleriyle toplantı gerçekleştirdi. 2020.

22. Gürbüz S, Şahin F. Sosyal bilimlerde araştirma yöntemleri. Ankara: Seçkin Yayıncılık; 2016.

23. Barlet J, Kotrlik J, Higgins C. Organizational research: Determining appropriate sample size in survey research appropriate sample size in survey research. Inf Technol Learn Perform J. 2001;19(1):43–50.

24. Schembre S, Durand C, Blissmer B, Greene G. Development and validation of the cognitive behavioral physical activity questionnaire. Am J Heal Promot. 2015;30(1):58–65.

25. Eskiler E, Küçükibiş F, Gülle M, Soyer F. The cognitive behavioral physical activity questionnaire: A study of validity and reliability bilişsel davranişçi fiziksel aktivite ölçeği: Geçerlik ve güvenirlik çalişmasi. J Hum Sci. 2016;13(2):2577–87.

26. Şahin C, Yağci M. Sosyal medya bağimlılığı ölçeği-yetişkin formu: Geçerlilik ve güvenirlik çalişmasi. (KEFAD), 18(1), 523-538. Ahi Evran Üniversitesi Kırşehir Eğitim Fakültesi Derg. 2017;18(1):523–38.

27. Tabachnick BG, Fidell LS. Using multivariate statistics. 6th ed. Boston: Pearson; 2013.

28. Büyüköztürk Ş. Sosyal bilimler için veri analizi el kitabı. Ankara: Pegema; 2009.

29. Mertler CA, Vannatta RA. Advanced and multivariate statistical methods. California: Pyrczak; 2016.

30. Can A. SPSS ile bilimsel araştırma sürecinde nicel veri analizi. Ankara: Pegem Akademi Yayınları; 2016.

31. Cohen J. Statistical power analysis for the behavioral sciences. 2nd ed. Hillsdale: NJ Lawrence Earlbaum Associates; 1988.

32. Richardson JT. Eta squared and partial eta squared as measures of effect size in educational research. Educ Res Rev. 2011;6(2):135–47.

33. Cohen L, Manion L, Morrison K. Research methods in education. 7th ed. New York: Routledge; 2011.

34. F. W. Booth, Roberts CK, Thyfault JP, Ruegsegger GN, Toedebusch RG. Toedebusch, Role of inactivity in chronic diseases: Evolutionary insight and 97 pathophysiological mechanisms. Physiol Rev. 2017;1351.

35. Fiuza-Luces C, Santos-Lozano A, Joyner M, Carrera-Bastos P, Picazo O, Zugaza JL, et al. Exercise benefits in cardiovascular disease: beyond attenuation of traditional risk factors. Nat Rev Cardiol. 2018;15:731–743.

36. Kırbaş Ş. Gençlik ve spor il müdürlüğü personelinin fiziksel aktivite düzeyi ile yaşam kalitesi arasındaki ilişkinin incelenmesi. Gazi Beden Eğitimi ve Spor Bilim Derg. 2020;25(3):2013–224.

37. Karadoğan Ö. Tekirdağ gençlik hizmetleri ve spor il müdürlüğünde çalışan personelin fiziksel aktivite düzeyleri, bazı fiziksel özellikleri ve fiziksel uygunluk seviyelerinin tespiti [Yüksek Lisans Tezi]. İstanbul Gelişim Üniversitesi; 2017.

38. Hammami A, Harrabi B, Mohr M, Krustrup P. Physical activity and coronavirus disease 2019 (COVID-19): specific recommendations for home-based physical training. Manag Sport Leis. 2020;1–6.

39. Pinto A, Asante K, Barbosa S, Nahas M, Dias D, Pelegrini A. Association between loneliness, physical activity, and participation in physical education among adolescents in Amazonas, Brazil. J Heal Psychol. 2019;

40. Thompson T, Rodebaugh T, Bessaha M, Sabbath E. The association between social isolation and health: an analysis of parent–adolescent dyads from the family life, activity, Sun, health, and eating study. 2020;48(1):18–24. Clin Soc Work J. 2020;48(1):18–24.

41. Burtscher J, Burtscher MB. Run for your life: tweaking the weekly physical activity volume for longevity. J Sport Med Mon. 2019;54 (13):1-2.

42. Nieman DC, Went LM. The compelling link between physical activity and the body's defense system. J Sport Heal Sci. 2019;8(3):201–2017.

43. Robins L, Hill K, Finch C, Clemson L, Haines T. The association between physical activity and social isolation in community-dwelling older adults. Aging Ment Heal. 2018;22(2):175–82.

44. Schrempft S, Jackowska M, Hamer M, Steptoe A. Associations between social isolation, loneliness, and objective physical activity in older men and women. BMC Public Health. 2019;19(1):74.

45. Öztürk M. Üniversitede eğitim-öğretim gören öğrencilerde uluslararası fiziksel aktivite anke-tinin geçerliliği ve güvenirliği ve fiziksel aktivite düzeylerinin belirlenmesi. [Ankara]: Hacettepe Üniversitesi; 2005.

46. World Health Organization. A global public health concern physical ınactivity: a global public health problem. 2015.

47. Wu X, Tao S, Zhang Y, Zhang S, Tao F. Low physical activity and high screen time can in-crease the risks of mental health problems and poor sleep quality among. Chinese Coll stu-dents PLoS One. 2015;10:1–10.

48. Kalkavan A, Özkara AB, Alemdağ C, Çavdar S. Akademisyenlerin fiziksel aktiviteye katılım düzeyleri ve obezite durumlarının incelenmesi. Int J Sport Cult Sci. 2016;4(Special Issue 1):329–39.

49. Tuncel F, Tuncel S, Yüksel HS, Mavi Var S. Ankara Üniversitesi kolejlerinde çalışan personelin sağlıklı yaşam alışkanlıkları ve fiziksel aktivite bilinç düzeyleri. Ankara Üniversitesi Spor Bilim Fakültesi. 2016;14(1):109–19.

50. Karadağ M, Çınar V, Öner S. Fırat üniversitesi'nde çalışan akademik personelin fiziksel aktivite düzeylerinin belirlenmesi. Electron Turkish Stud. 2018;13(11).

51. Korkmaz N, Demirkan N. Hastanede çalışan sağlık personellerinin fiziksel aktivite düzeyinin değerlendirilmesi. Sport Sci. 2017;14(4):52–62.

52. Kılınç F. Hemşirelerde fiziksel aktivite düzeyi ile yaşam kalitesi arasındaki ilişkinin değerlendirilmesi [Yüksek Lisan Tezi]. [Gaziantep]: Hasan Kalyoncu Üniversitesi; 2018.

53. Yıldırım Dİ, Yıldırım A, Eryılmaz MA. Sağlık çalışanlarında fiziksel aktivite ile yaşam kalitesi ilişkisi. Cukurova Med J. 2019;44(2):325–33.

54. Ajam V, Bolle C, Hegner S, Kommers P. Modeling habitual and addictive smartphone behavior: The role of smartphone usage types, emotional intelligence, social stress, self-regulation, age, and gender. Comput Hum Behav. 2015;45:411–20.

55. Aker S, Sahin MK, Sezgin S, Oguz G. Psychosocial factors affecting smartphone addiction in university students. J Addict Nurs. 2017;28(4):215–9.

56. Choi S-W, Kim D-J, Choi J-S, Ahn H, Choi E, Song W, et al. Comparison of risk and protective factors associated with smartphone addiction and internet addiction. J Behav Addict. 2015;4:308–14.

57. Demirci K, Akgönül M, Akpinar A. Relationship of smartphone use severity with sleep quality, de-pression, and anxiety in university students. J Behav Addict. 2015;4(85–92).

58. Doğan U, Tosun N. Lise öğrencilerinde problemli akıllı telefon kullanımının sosyal kaygı ve sosyal ağların kullanımına aracılık etkisi. Adıyaman Üniversitesi Sos Bilim Enstitüsü Derg. 2016;1:99–128.

59. Heo J, Oh J, Subramanian S, Kim Y, Kawachi I. Addictive internet use among Korean adoles-cents: A national survey. 2014; 9:1-8. PLoS One. 2014;9:1–8.

60. Hwang K-H, Yoo Y-S, Cho O-H. Smartphone overuse and upper extremity pain, anxiety, de-pression, and interpersonal relationships among college students. J Korea Contents Assoc. 2012;12:365–75.

61. Noyan C, Enez Darçin A, Nurmedov S, Yilmaz O, Dilbaz N. Akıllı Telefon Bağımlılığı Ölçeğinin Kısa Formunun üniversite öğrencilerindeTürkçe geçerlilik ve güvenilirlik çalışması. Anadolu Psiki-yatri Dergis. 2015;16:71–83.

62. Balcı Ş, Bekiroğlu O, Karaman SY. Sosyal medya bağımlılığının bir belirleyicisi olarak öz saygı: konya örneğinde bir araştırma. İletişim Kuram ve Araştırma Derg. 2019;(48):35–64.

63. Aktan E. Üniversite öğrencilerinin sosyal medya bağımlilik düzeylerinin çeşitli değişkenlere göre incelenmesi. Erciyes İletişim Derg. 2018;5(4):405–401.

64. Baz FÇ. Sosyal medya bağımliliği: Üniversite öğrencileri üzerine çalişma. OPUS Uluslararası Toplum Araştırmaları Derg. 2018;9(16):275295.

65. Gül Ş, Diken HE. Fen bilgisi öğretmeni adaylarinin sosyal medya bağımliliklarinin incelenmesi. Kafkas Üniversitesi, e – Kafkas Eğitim Araştırmaları Derg. 2018;5(1):41–50.

66. Seferoğlu SS, Yıldız H. Dijital çağın çocukları: ilköğretim öğrencilerinin Facebook kullanımları ve internet bağımlılıkları üzerine bir araştırma. İletişim ve Diplomasi. 2013;2:31–48.

67. Gazi MA, Çetin M, Çakı C. The research of the level of social media addiction of university students. Int J Soc Sci Educ Res. 2017;3(2):549–59.

68. Kaya G. Sosyal medya bağımlılığı ile internet kullanım amaçları arasındaki ilişki üzerine bir araştırma [Yüksek lisans tezi]. [Mersin]: Mersin Üniversitesi; 2018.

69. Schou Andreassen C, Billieux J, Griffiths M., Kuss D., Demetrovics Z, Mazzoni E, et al. The relationship between addictive use of social media, narcissism, and self-esteem: Findings from a large national survey. Psychol Addict Behav. 2016;30(2):252–62.

70. Azizi SM, Soroush A, Khatony A. The relationship between social networking addiction and academic performance in Iranian students of medical sciences: a cross-sectional study. BMC Psychol. 2019;7(28):1–8.

71. Çayırlı ME, Sağar ME. No Title. Sağlık Bilim Eğitim Derg. 2019;2(1):29–42.

72. Sağar ME. Yetişkin bireylerde sosyal medya bağımlılığının irdelenmesi. Sağlık Bilim Eğitim Derg. 2019;2(1):29–42.

73. Tiryaki S. Toplumsal yaşamda facebook bağımlılığı: Konya örneğinde bir saha araştırması [Doktora Tez]. [Konya]: Selçuk Üniversitesi; 2015.

74. Ateş P. Üniversite öğrencilerinde duygusal zekânın sosyal medya bağımlılığına etkisi [Yüksek Lisans Tezi]. [İstanbul]: Üsküdar Üniversitesi; 2018.

———

Correspondence:
Hulusi Böke
Yaşar Öncan Secondary School, Malatya, Turkey
Email: yakamoz8386@gmail.com