

A Qualitative Research on Social Media Addiction in University Preparatory Class Students

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ABSTRACT

This study examines social media addiction among university preparatory students and the effects of this addiction on academic success, social relations and psychological well-being. Social media is a tool that is rapidly becoming widespread among young people and significantly affects their time spending habits. In this context, the research conducted with the qualitative method includes 18 students selected by random sampling method from the preparatory class students of a foundation university. Research results reveal that social media addiction has negative effects on students' time management, academic motivation and social interactions. The study may provide important information in the fields of education and psychological support to understand the effects of social media on students' academic performance, relationships and mental health.

Key Words: Social media addiction, university students, preparatory education, academic success, psychological well-being