UNIVERSITY STUDENTS' FREE TIME MANAGEMENT AND EXAMINATION OF THE RELATIONSHIP BETWEEN DIGITAL GAME ADDICTION LEVELS

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ABSTRACT

This research aims to examine the relationship between university students' leisure time management and digital game addictions. In the study, a descriptive scanning model was used. University students, and the sample consists of 205 students selected by random sampling method from different departments at Gümüşhane University School of Physical Education and Sports. As data collection tools, demographic information form developed by the researchers, "Leisure Time Management Scale" Wang et al. (2011) developed and adapted into Turkish by Akgül and Karakücük (2015), and "Digital Game Addiction Scale for University Students" developed by Hazar and Hazar (2019) were used. In the study, the assumption of normality was first examined with the Kolmogorov-Smirnov and Shapiro-Wilk test in the statistical evaluation of the data ($P > 0.05$). In the study, the effect of gender and sporting status on the total scores of the scale was determined using Student's t-test, and the difference in age, monthly spending, playing platform and daily leisure time was determined by Tukey's multiple comparison test and One-Way Analysis of Variance. Statistical operations were performed with SPSS 22.0 statistical package program, and the results were given as mean, standard deviation, and n(%) values and were considered significant at the $p < 0.05$ level. As a result, it is seen that the frequency of playing games of male participants is higher than the female participants, while the participants who do sports in their spare time are higher than those who do not do sports, 1100 TL - 2000 TL according to their monthly expenditure, compared to other income groups of those who spend (850-1000, 2100 TL). and above) higher, leisure time management and digital game addiction total scores were found to be significantly different. However, no significant relationship was found according to age groups, daily free time hours, and game-playing platform.

Keywords: Athlete, Leisure management, Video game addiction, University students.