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### Web Weavers or Leisure Seekers? Attitudes toward Leisure from the Perspective of Social Media Addiction, Fear of Missing Out and Sense of Belonging\*

Andaç AKÇAKESE<sup>1</sup>, Mehmet DEMİREL<sup>2</sup>

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<sup>1</sup> Faculty of Tourism, Necmettin Erbakan University, [akcakese.10@gmail.com](mailto:akcakese.10@gmail.com),

 <https://orcid.org/0000-0002-2954-5632>

<sup>2</sup> Faculty of Tourism, Necmettin Erbakan University, [mehmetdemirel78@gmail.com](mailto:mehmetdemirel78@gmail.com),

 <https://orcid.org/0000-0003-1454-022X>

## Web Weavers or Leisure Seekers? Attitudes Toward Leisure from the Perspective of Social Media Addiction, Fear of Missing Out and Sense of Belonging

Andaç Akçakese<sup>1</sup>, Mehmet Demirel<sup>2</sup>

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### ABSTRACT

The pervasive use of social media has become a defining characteristic of contemporary society, particularly among young adults. This widespread adoption has introduced new challenges, including the potential for social media addiction, which can disrupt traditional leisure activities and adversely impact mental well-being. The phenomenon of social media addiction is closely linked with the fear of missing out (FoMO) and a heightened need for social connection, both of which can significantly alter individuals' perceptions and engagement with leisure. Recognizing these complex dynamics, this study explores the intricate relationship between social media addiction, FoMO, and the sense of belonging, focusing on their impact on attitudes toward leisure among university students. It employs a cross-sectional survey design, collecting data from university students (N = 220). The data were analyzed through frequency analysis, normality distribution analysis, and regression analysis. The findings reveal that social media addiction significantly predicts FoMO and the need to belong, highlighting the importance of addressing these psychological needs to promote healthier leisure engagement. By understanding these dynamics, this study aims to provide insights into fostering balanced social media use and developing strategies to mitigate its adverse effects on leisure activities.

**Keywords:** Interactionist Perspective, Leisure Behavior, Need to Belong, Social Connectedness, Social Networking



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## INTRODUCTION

The pervasive use of social media has been accompanied by significant changes in how individuals perceive and engage in leisure activities. With over 4.8 billion social media users globally as of 2023 (Statista, 2024), this digital landscape has become deeply integrated into daily life, shaping behaviors and attitudes toward leisure. Leisure, traditionally viewed as a time for relaxation and personal growth (Shaw, 1985), is increasingly influenced by the compulsive nature of social media use (Albrechtslund & Albrechtslund, 2014). This shift is largely attributed to the phenomenon of social media addiction, which is characterized by an uncontrollable urge to engage with social media platforms excessively (Kuss & Griffiths, 2017). Concurrently, FoMO, a pervasive apprehension that one might miss rewarding experiences others are having, has emerged as a critical factor affecting social media behavior and leisure perceptions (Przybylski et al., 2013). As social media platforms like Facebook, Instagram, and Snapchat continue to gain popularity, understanding the psychological impacts of their use becomes increasingly important. The intricate relationship between social media addiction, FoMO, and individuals' sense of belonging highlights a complex dynamic that is yet to be fully understood. This study aims to explore these interconnections and examine how they influence attitudes towards leisure activities.

This study is essential due to the increasing prevalence of social media use and its profound impact on individuals' daily lives and well-being. The compulsive nature of social media usage often leads to addiction, negatively affecting leisure time quality and mental health (Alonzo et al., 2021; Huang, 2022). Social media addiction is known to disrupt everyday life, leading to decreased productivity and social withdrawal, particularly among young adults and adolescents (Rozgonjuk et al., 2020). Moreover, FoMO exacerbates this issue by fostering anxiety and stress related to potentially missing out on social interactions or events, thus disrupting leisure activities (Uram & Skalski, 2022). The sense of belonging, another crucial psychological factor, is intricately linked with social media usage patterns, where individuals often seek validation and community online (Fabris et al., 2020). By investigating these elements, this research addresses a significant gap in understanding how these variables interact and affect leisure perceptions, thus offering insights into fostering healthier social media habits.

The study is pertinent given the current trends indicating a rise in social media addiction and its correlation with FoMO and the need for belonging. Multiple studies have shown that FoMO is a substantial predictor of social media addiction, as it compels individuals to stay constantly connected, fearing they might miss significant social interactions or events (Franchina et al., 2018; Varchetta et al., 2020). This trend is particularly pronounced among adolescents and young adults, for whom social media serves as a primary means of communication and social validation (Yin et al., 2021). Moreover, the role of social media as a tool for meeting belongingness needs has been increasingly recognized, with research indicating that it significantly influences FoMO levels and addiction tendencies (Malouf, 2022). Multiple studies have found that individuals with higher levels of FoMO tend to exhibit greater social media addiction symptoms, leading to impaired well-being and disrupted daily life (Dorani, 2021; Rozgonjuk et al., 2020). These trends underscore the urgency of addressing the psychological impacts of social media use, as these influences continue to grow alongside technological advancements.

The variables of social media addiction, FoMO, and sense of belonging are of interest because they provide a comprehensive framework for understanding the psychological impacts of social media on leisure activities. Social media addiction often disrupts healthy leisure activities, leading to negative outcomes such as reduced productivity and increased stress (Keleş et al., 2020). FoMO, in particular, serves as a mediator that exacerbates these negative outcomes by increasing users' dependency on social media to satisfy their social needs (Buglass

et al., 2017). Multiple studies suggest that individuals experiencing FoMO are more likely to engage in maladaptive social media behaviors, such as excessive checking and constant engagement, which disrupt leisure activities (Duman & Özkara, 2021; McKee et al., 2022). The sense of belonging influences these dynamics by affecting how individuals interact with and perceive their online communities (Liu et al., 2018). A strong need for belonging can drive individuals to seek validation through social media, exacerbating FoMO and addiction tendencies (Yin et al., 2021). This research aims to address the specific problem of how these intertwined factors alter attitudes towards leisure, providing valuable insights for developing strategies to mitigate social media's adverse effects on leisure activities. The problem statement is thus defined as: "How do social media addiction, FoMO, and sense of belonging collectively influence attitudes toward leisure activities?" This investigation seeks to contribute to a deeper understanding of these dynamics and promote healthier, more balanced interactions with social media platforms.

## LITERATURE REVIEW

The current literature reveals significant gaps in understanding the comprehensive interplay between social media addiction, FoMO, and the sense of belonging, especially concerning attitudes toward leisure. While numerous studies have explored these phenomena individually (Alabri, 2022; Yin et al., 2021), the interconnected effects of these variables on leisure activities remain underexplored. Existing research has primarily focused on the impact of FoMO and social media addiction on psychological well-being and daily functioning (Fabris et al., 2020; Harzman, 2022). However, little attention has been given to how these factors jointly influence leisure perceptions and behaviors (Argan et al., 2024; Tomczyk & Selmanagic-Lizde, 2018). Moreover, the role of the need to belong as a mediator in these relationships has been often overlooked, despite its potential to offer deeper insights into individuals' social media use and its effects on leisure (Duman & Özkara, 2021). Thus, this study aims to fill these gaps by examining the interactive effects of these variables on attitudes toward leisure.

The theoretical framework for this study is grounded in the interactionist perspective, which suggests that individuals' behaviors and attitudes result from the interaction between personal dispositions and environmental influences (Conger & Donnellan, 2007). Social media addiction, FoMO, and the need to belong are conceptualized as interacting forces that shape individuals' engagement with leisure activities. Social media addiction is considered a compulsive behavior driven by an unmet need for social connection and belonging (Tandon et al., 2021). FoMO is viewed as a motivational factor that exacerbates the compulsive use of social media, leading individuals to prioritize digital interactions over traditional leisure activities (Blackwell et al., 2017). It is hypothesised that the need to belong is correlated with these constructs and leisure attitudes, providing a framework for understanding how social needs influence leisure engagement. These theoretical considerations form the basis for the study's hypotheses.

Social media platforms are designed to keep users engaged (Veale et al., 2015), and individuals who experience high levels of FoMO are more likely to develop addictive behaviors towards these platforms (Blackwell et al., 2017). The desire to remain constantly updated and connected with others is a key characteristic of FoMO, which reinforces social media addiction as individuals attempt to avoid feelings of exclusion or missing out on social experiences (Hetz et al., 2015). For instance, studies have indicated that FoMO significantly predicts the level of social media engagement, suggesting that users driven by FoMO are more prone to addictive behaviors (Beyens et al., 2016). This compulsive need to stay connected drives users to engage excessively with social media, creating a cycle that perpetuates both FoMO and addiction.

Thus, the following hypothesis is proposed: *H1. There is a positive relationship between social media addiction and FoMO.*

Individuals who have a strong desire for social connection and acceptance are more likely to use social media excessively as a means to fulfill these needs (Andreassen et al., 2017). Social media platforms offer a sense of community and belonging (Lyu & Kim, 2020), making them attractive to those seeking social validation and connection (Ellison et al., 2011). Research has demonstrated that individuals with a higher need to belong are more susceptible to developing addictive behaviors related to social media use, as these platforms provide a space for fulfilling social needs (Yin et al., 2021). The addictive nature of social media can be partly attributed to its ability to meet these social needs, encouraging continuous use and dependency. This relationship highlights the psychological mechanisms underlying social media addiction and emphasizes the role of belongingness needs in driving online behavior. Thus, the following hypothesis is proposed: *H2. There is a positive relationship between social media addiction and the need to belong.*

Individuals with a strong need to belong are more susceptible to experiencing FoMO, as they are highly motivated to stay connected and involved in social activities (Malouf, 2022). FoMO acts as a psychological response to unmet belongingness needs, prompting individuals to engage with social media to maintain social connections and avoid feelings of isolation (Hetz et al., 2015). Furthermore, studies have shown that the need to belong enhances the experience of FoMO, which in turn leads to increased social media use and addiction (Alabri, 2022), highlighting the interconnectedness of these variables. Thus, the following hypothesis is proposed: *H3. There is a positive relationship between FoMO and the need to belong.*

Individuals experiencing FoMO may perceive leisure activities as less fulfilling, as they are preoccupied with digital interactions and FoMO on online experiences (Rozgonjuk et al., 2020). This shift in focus from physical to digital leisure activities can impact how individuals perceive and engage with leisure, leading to a preference for activities that allow for social media engagement (Bloemen & De Coninck, 2020). The impact of FoMO on leisure attitudes is particularly pronounced among adolescents and young adults, who often prioritize online interactions over traditional leisure pursuits (Argan et al., 2024; Wu-Ouyang, 2023). This phenomenon underscores the need to understand how FoMO influences leisure perceptions and the broader implications for well-being. Thus, the following hypothesis is proposed: *H4. There is a positive relationship between FoMO and attitudes towards leisure.*

Social media platforms provide opportunities for individuals to connect with others and fulfill their belongingness needs, leading to a preference for leisure activities that incorporate social media use (Albrechtslund & Albrechtslund, 2014). Multiple studies have indicated that individuals with a high need to belong are more likely to engage in leisure activities that allow for social interaction and validation, as these experiences fulfill their desire for connection and acceptance (Alt, 2018; Tewari et al., 2024). This preference for socially oriented leisure activities highlights the role of belongingness needs in shaping leisure perceptions and behaviors (Demirel et al., 2023). Understanding this relationship can provide insights into how social needs influence leisure engagement and the potential for social media to impact traditional leisure pursuits. Thus, the following hypothesis is proposed: *H5. There is a positive relationship between the need to belong and attitudes towards leisure.*

The review of the literature suggests several unexplored areas and highlights the need for more comprehensive research. Firstly, the specific mechanisms through which FoMO and the need to belong influence social media addiction and leisure attitudes require further exploration. Although previous studies have established associations between these variables, the underlying processes that drive these relationships remain unclear. There is a need to examine how cognitive and emotional factors, such as self-esteem and perceived social support,

mediate these interactions. Moreover, while FoMO has been identified as a significant factor in social media use, its role in shaping attitudes toward leisure activities remains underexplored. Few studies have investigated how FoMO impacts leisure engagement and the potential for social media to disrupt traditional leisure pursuits. Addressing these gaps will enhance the understanding of the psychological dynamics involved and contribute to the development of more effective interventions for promoting balanced social media use and healthier leisure practices.

## METHOD

### Research Design

This study employs a cross-sectional survey design, which is well-suited for examining the current state of social media addiction, FoMO, and the sense of belonging among university students. The survey method allows for the collection of data at a single point in time, enabling the analysis of relationships between these psychological constructs and their impact on leisure attitudes. The cross-sectional nature of the study provides a snapshot of the population, allowing researchers to identify prevalent trends and associations without inferring causation. The research aims to explore how these factors collectively influence students' perceptions and engagement with leisure activities, providing insights that could inform interventions aimed at promoting healthier social media habits and leisure practices.

### Sampling and Data Collection

The study population comprises university students in Turkey, with the sample drawn from 220 students enrolled at the Necmettin Erbakan University in Konya. Convenience sampling was employed to select participants, given its practicality and efficiency in accessing a specific subset of the student population. Data collection was conducted through structured questionnaires distributed to students during class sessions and campus activities. The questionnaire included validated scales to measure social media addiction, FoMO, and the need to belong, alongside questions assessing attitudes toward leisure. The data collection process ensured participant anonymity and voluntary participation, adhering to ethical research standards.

### Measurement Instruments

**Measurement of Attitudes Toward Leisure:** The Leisure Attitude Scale (LAS) was employed for the purpose of measuring attitudes toward leisure. The LAS is a scale developed by Ragheb and Beard (1982), and consists of three sub-dimensions (cognitive, affective, behavioural) and a total of 36 statements. The LAS is based on a five-point Likert-type scale ranging from (1) strongly disagree to (5) strongly agree. As a result of the reliability analysis conducted, the overall internal consistency coefficient of the scale was  $\alpha = 0.94$ ,  $\alpha = 0.93$  in the affective sub-dimension,  $\alpha = 0.91$  and  $\alpha = 0.89$  in the cognitive and behavioural sub-dimensions respectively. The short form of the LAS was developed by Teixeira and Freire (2013) and its Turkish validity and reliability was conducted by Önal and Bedir (2023). The short form of the LAS consists of three sub-dimensions (cognitive, affective, behavioural) and a total of 18 statements. Teixeira and Freire (2013) first performed confirmatory factor analysis (CFA) to ensure validity, and as a result of this analysis, it was seen that the short form model provided good fit (RMR = 0.03; RMSEA = 0.05; GFI = 0.93; AGFI = 0.93; CFI = 0.98; NFI = 0.97; NNFI = 0.98;  $\chi^2/df = 2.19$ ). In addition, the internal consistency coefficients obtained from the scale (cognitive subscale  $\alpha = 0.81$ , affective subscale  $\alpha = 0.85$ , behavioural subscale  $\alpha = 0.76$ , total scale  $\alpha = 0.88$ ) revealed that the scale was reliable. As a result of the analyses conducted by Önal and Bedir (2023), it was seen that the CFA fit values of the scale consisting of 18 statements in the three-subfactor

distribution were at a sufficient level. It was concluded that the reliability data in the sub-dimensions of the scale were reliable as cognitive attitude  $\alpha = 0.91$ , affective attitude  $\alpha = 0.94$  and behavioural attitude  $\alpha = 0.89$ .

**Measurement of Social Media Addiction:** The Bergen Social Media Addiction Scale (BSMAS) was employed for the purpose of measuring social media addiction. The BSMAS is a one-dimensional scale consisting of a total of 6 statements developed by Andreassen et al. (2016), and its Turkish validity and reliability was conducted by Demirci (2019). The BSMAS is answered according to a five-point Likert-type scale ranging from (1) very rarely to (5) very often. The total score of the BSMAS varies between 6-30. The internal consistency coefficient was found to be  $\alpha = 0.88$ . Each statement in the BSMAS meets six basic addiction criteria: mental labour, mood change, tolerance, withdrawal, conflict and unsuccessful quit attempt. Within the scope of the study conducted to determine the Turkish validity of the BSMAS, the CFA revealed that the model provided a good fit (RMSEA = 0.04; CFI = 0.99; TLI = 0.98;  $\chi^2/df = 11.98$ ). As a result of the reliability analysis, the internal consistency coefficient of the scale was found to be .83.

**Measurement of Fear of Missing Out:** The Fear of Missing Out Scale (FoMOS) was employed for the purpose of measuring FoMO. The FoMOS is a one-dimensional scale consisting of a total of 10 statements developed by Przybylski et al. (2013), and its Turkish validity and reliability was conducted by Gökler et al. (2016). The FoMOS is answered on a five-point Likert-type scale ranging from (1) not true at all to (5) extremely true. As a result of the reliability analysis conducted by Przybylski et al. (2013), the overall internal consistency coefficient of the scale was found to be  $\alpha = 0.90$ . In the Turkish validity analysis of FoMOS, a unidimensional structure was revealed in exploratory factor analysis (EFA), and it was determined that the unidimensional structure of the scale explained 39.4% of the total variance in EFA. As a result of the reliability analysis, the internal consistency coefficient of the scale was found to be  $\alpha = 0.81$ .

**Measurement of Sense of Belonging:** The Need to Belong Scale (NTBS) was employed for the purpose of measuring sense of belonging. The NTBS is a one-dimensional scale developed by Leary et al. (2013) and consists of a total of 10 statements. The NTBS is answered on a five-point Likert-type scale ranging from (1) not at all appropriate to (5) completely appropriate. In the NTBS, statements 1, 3, and 7 are reverse scored. Scores that can be obtained from the scale range from 1 to 50, with higher values emphasising a high level of need for belonging. As a result of the reliability analysis, the internal consistency coefficient of the scale was found to be  $\alpha = 0.87$ . In the Turkish validity analysis of the NTBS by Akin et al. (2014), the CFA results showed that the unidimensional model with 10 statements provided a good fit ( $\chi^2 = 52.67$ ,  $df = 33$ , RMSEA = 0.04, GFI = 0.96, CFI = 0.93, AGFI = 0.94, IFI = 0.94 and SRMR = 0.05). The internal consistency reliability coefficient of the scale was found to be  $\alpha = 0.63$ .

## Data Analysis

The data collected in this study were analysed using IBM SPSS software, which is widely used for statistical analyses. SPSS was used for complex data manipulation and analysis. Our analysis process consisted of three main steps: frequency analysis, normality distribution analysis, and regression analysis.

## FINDINGS

### Characteristics of the Sample

The sample (Table 1) consisted of 220 students from Necmettin Erbakan University, with a gender distribution of 56.8% female and 43.2% male. Daily social media usage varied, with 30.4% of participants using social media for 1 to 2 hours, 46.8% for 3 to 4 hours, and 22.7% for 5 hours or more. These findings suggest a significant portion of the sample engages with social media for moderate to extensive periods, indicating potential for social media addiction. The gender distribution is slightly skewed towards female participants, but the overall sample provides a balanced view of university students' social media habits in this setting.

**Table 1**

*Descriptive Results for the Sample*

Variable	Frequency	Percentage
<b>Gender</b>		
Female	125	56.8
Male	95	43.2
<b>Daily Social Media Usage</b>		
1 or 2 hours	67	30.4
3 or 4 hours	103	46.8
5 hours or more	50	22.7
<b>Total</b>	<b>220</b>	<b>100.0</b>

### Normality Distribution

The analysis of skewness and kurtosis for the study (Table 2) variables indicates acceptable normality for most measures, based on Kline's (2023) guidelines, where skewness values should ideally be within  $\pm 3$  and kurtosis values within  $\pm 10$ . The cognitive attitudes toward leisure variable showed a skewness of -1.23 and kurtosis of 2.17, suggesting a slight negative skew, indicating that respondents generally had positive cognitive attitudes towards leisure. Affective attitudes had a skewness of -1.12 and kurtosis of 1.64, also showing a mild negative skew, reflecting positive emotional responses towards leisure activities. Behavioral attitudes showed near-normal distribution with skewness at -0.09 and kurtosis at -0.28. Social media addiction (skewness = 0.11, kurtosis = -0.49), FoMO (skewness = 0.29, kurtosis = -0.45), and sense of belonging (skewness = -0.08, kurtosis = -0.50) were all within acceptable limits, indicating normal distribution. These distributions suggest the data is appropriate for parametric statistical analyses.

### Hypotheses Testing

The regression analysis (Table 3) reveals several significant relationships among the study variables, providing insights into the complex interplay between social media addiction, FoMO, sense of belonging, and attitudes toward leisure. Social media addiction was found to positively predict FoMO, indicating that higher levels of social media use are associated with increased FoMO. Similarly, social media addiction significantly predicted the sense of belonging, suggesting that individuals with higher social media addiction scores perceive a stronger need to belong. FoMO was significantly related to behavioral attitudes toward leisure, highlighting that higher FoMO is associated with changes in how individuals engage in leisure activities. Additionally, the sense of belonging was a strong predictor of FoMO and attitudes toward leisure. These results underscore the significant role of psychological needs and



compulsive social media use in shaping leisure perceptions and emphasize the importance of addressing these factors to promote healthier leisure engagement.

**Table 2**  
*Skewness-Kurtosis Distribution Results*

Variables	$\bar{X}$	SD	Skewness	Std. Error	Kurtosis	Std. Error
Cognitive attitudes toward leisure	4.10	.78	-1.23	.16	2.17	.33
Affective attitudes toward leisure	4.02	.82	-1.12	.16	1.64	.33
Behavioural attitudes toward leisure	3.45	.82	-.09	.16	-.28	.33
Social media addiction	2.82	.92	.11	.16	-.49	.33
FoMO	2.46	.83	.29	.16	-.45	.33
Sense of belonging	2.87	.88	-.08	.16	-.50	.33

**Table 3**  
*Regression Results*

Independent Variable	Dependent Variable	$\beta$	SE	t	p	LLCI	ULCI
Social media addiction	FoMO	.25	.05	4.24	< .00	.13	.37
Social media addiction	Sense of belonging	.20	.06	3.65	< .00	.10	.35
FoMO	Attitudes toward leisure	.05	.05	1.00	.31	-.05	.17
FoMO	Behavioral ATL	.17	.06	2.64	< .00	.04	.30
Sense of belonging	FoMO	.50	.05	9.35	< .00	.40	.61
Sense of belonging	Attitudes toward leisure	.15	.05	2.37	< .00	.02	.23

Note. ATL: Attitudes toward leisure

## DISCUSSION

In addressing the significant findings of the current study, it's essential to contextualize them within the existing literature, particularly focusing on the established relationships between social media addiction, FoMO, sense of belonging, and attitudes toward leisure. The discovery of a significant relationship between social media addiction and FoMO corroborates findings from previous studies, such as those by Tomczyk and Selmanagic-Lizde (2018), Tandon et al. (2021), and Bakioğlu et al. (2022), which highlighted the direct correlation between excessive social media use driven by FoMO and the development of addictive behaviors. This alignment supports the notion that FoMO is a critical factor in understanding social media addiction's psychological mechanisms. Furthermore, our study's findings resonate with the insights from Chang et al. (2023) and Mao and Zhang (2023), who emphasized the mediating role of FoMO between various psychological traits and social media addiction. These parallels not only validate our results but also reinforce the argument that interventions targeting FoMO could significantly mitigate social media addiction's adverse effects.

Regarding the relationship between social media addiction and the sense of belonging, the present study's outcomes are in line with the theoretical framework proposed by Baumeister & Leary (1995) and empirical findings by Savci et al. (2021) and Wang (2021). These studies underscore the intrinsic human motivation for interpersonal attachments as a pivotal driver behind the compulsive use of social media platforms. The current research contributes to the existing literature by quantitatively examining the relationship between the sense of belonging and social media addiction. While previous studies have explored this relationship (Miranda et

al., 2023; Pang, 2020), this study further clarifies the extent to which the sense of belonging influences social media addiction. By providing robust quantitative evidence, the research offers a more comprehensive understanding of this connection, laying the groundwork for future studies to explore targeted interventions that address this underlying motivational factor.

Our study uniquely contributes to the recreation canon by establishing a nuanced relationship between FoMO, sense of belonging, and attitudes toward leisure, especially when considering the behavioral aspect of attitudes toward leisure. This differentiation advances the discourse beyond the findings of Argan et al. (2024) and Dursun et al. (2023), who explored the broader impacts of social media use habits and FoMO on leisure activities without distinguishing between the cognitive and behavioral dimensions of attitudes toward leisure. By identifying that behavioral leisure attitude are significantly associated with FoMO, this research offers a more detailed lens through which recreation practitioners can develop interventions. Such insights are invaluable for professionals aiming to design recreational activities or digital wellness programs that specifically counteract the negative impacts of FoMO and social media addiction on leisure engagement, promoting healthier leisure behaviors among individuals prone to these issues.

### **Conclusion**

This study fills a critical gap in the existing literature by integrating the relationship between need to belong, FoMO, and attitudes toward leisure into a cohesive framework. Previous research has often explored these elements in isolation or in less comprehensive pairings. By demonstrating significant relationships across these variables, our study not only provides empirical evidence to support theoretical models proposed by scholars like Bui et al. (2021) and Shodiq et al. (2020) but also extends these models by incorporating attitudes toward leisure into the equation. This holistic approach enables a deeper understanding of the complex interplay between social media addiction, FoMO, need to belong, and attitudes toward leisure. It underscores the necessity for multidimensional strategies in addressing the psychological impacts of social media use, offering a broader perspective for both academics and practitioners focused on enhancing well-being through recreational activities. This contribution is vital for the recreation field, as it equips providers with a nuanced understanding of the factors influencing attitudes toward leisure and behaviors in the digital age, enabling the development of more targeted and effective recreational programs.

### **Recommendations**

Future research should aim to address the limitations of the current study by expanding the sample to include a broader demographic and geographic range, thereby enhancing the generalizability of the findings. Additionally, longitudinal studies could provide deeper insights into the causal relationships between social media addiction, FoMO, the need to belong, and attitudes toward leisure. Exploring the role of emerging social media platforms and technologies in shaping these relationships would also be valuable. Moreover, there is a need for intervention-based studies that examine the effectiveness of strategies aimed at reducing social media addiction and improving leisure satisfaction, contributing to a healthier and more balanced lifestyle for individuals.

### **Limitations**

This study, while offering valuable insights, is not without its limitations. The research was conducted among undergraduate students in Konya, Turkey, using a simple random sampling method. The specific demographic and geographic context of the sample may limit the generalizability of the findings to other populations and regions. Furthermore, the reliance on survey measurements may affect the accuracy of the data collected. Future studies could

benefit from a more diverse sample that includes different age groups and cultural backgrounds, as well as the use of objective measures to assess social media addiction and leisure activities.

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