

number of the studies on social media addiction is quite few although many things have been said about it in Turkey (Hazar, 2011; Otrar and Argin, 2014; Şahin, 2017). Similarly, few studies have been found about the relationships between social media addiction and narcissistic personal trait and self-esteem (Andreassena, Pallesen, and Griffiths, 2017). In this sense, the current study is thought to contribute to the literature and to provide groundwork for future studies. This study seeks answers to the question: "To what extent do vocational school students' self-esteem and narcissism levels predict their social media addiction?"

Method

In this study, a relational screening model was applied to examine the relationships between self-esteem and narcissism levels, and social media addiction of teacher candidates attending a vocational school. The study sample consisted of 520 students studying at different departments at Ahi Evran University Social Sciences Vocational School. A total of 548 students (232 females and 316 males) participated in the study. Owing to missing and incorrect data, 28 students were excluded from the sample. Thus, the analysis was conducted with the data obtained from 520 students (238 females and 282 males). In the data analysis process, the "Pearson Product-Moment Correlation Coefficient" was used to determine the relationship between social media addiction and independent variables, and the "multiple regression analysis" technique was used to determine to what extent the independent variables predicted the dependent variable.

Findings

To the study findings, there was a weak and negative relationship between social media addiction and self-esteem ($r = -.19, p < .01$), and a weak and positive relationship between social media addiction and narcissism ($r = .08, p < .01$). According to stepwise multiple regression analysis, both variables predicted social media addiction significantly. First, self-esteem was included into the analysis, and it predicted 9% of social media addiction. Secondly, narcissism was included, and it brought an 8% increase. Both variables explained 17% of the total variance of social media addiction. Following the control of "β" coefficients in terms of the predictive effect of independent variables on the dependent variable in the final model, it was found that self-esteem ($\beta = -.32$) and narcissism ($\beta = .19$) significantly predicted the social media addiction ($p < .01$), respectively.

Conclusion and Recommendations

In general, the current study found that there were significant relationships between narcissism, self-esteem and social media addiction, and that both narcissism and self-esteem predicted social media addiction while it also possessed specific limitations. It was conducted with only 520 students studying at a public vocational school, and it only used the screening method. Also, the study data was limited to the information obtained from the Rosenberg Self-esteem Scale and Narcissistic Personality Inventory.

Considering the study results the following implication can be made: a study can be conducted with different samples from different departments or universities. This study was conducted with randomly chosen students. Thus, it can be planned to be conducted with specific samples of which social media addiction is high.