Social Media Addiction and Lie Concept from a Psychological Perspective

Psikolojik Bakış Açısıyla Sosyal Medya Bağımlılığı ve Yalan Kavramı

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ABSTRACT

The act of lying is considered a multidimensional and complex problem that is shaped by cognitive and social factors underlying individuals' behaviors and has important social consequences in society. Lying may be triggered by factors such as personal gain, desire for social acceptance, desire to maintain social relations, or it may be based on psychological and psychopathological foundations. With the rapid development of digital technologies and the widespread use of social media platforms, individuals' efforts to exist in the virtual environment have increased their tendency to distort the truth in order to make themselves more attractive or interesting. While social media allows individuals to interact with other users continuously, it also creates an atmosphere of competition that can be called "social competition" in this environment. This situation triggers behaviors such as making themselves look different than they are, exaggerating their achievements or living conditions, and makes it easier to lie on these platforms. The increasing tendency to lie in social media posts can also affect individuals' mental health and psychological states. As the dissonance between online identities and real-life selves increases, individuals may develop depression, anxiety disorders and even narcissistic tendencies. Thus, the proliferation of lying on digital platforms is not only an individual problem, but also carries risks for the mental health of society. The aim of this study is to draw attention to the relationship between social media addiction and lying and to discuss how social media addiction may increase the tendency to lie in individuals in the light of scientific studies in the existing literature.

Keywords: Social media, social media addiction, internet addiction, lying

ÖZ

Yalan söyleme eylemi, bireylerin davranışlarının altında yatan bilişsel ve sosyal etkenlerle şekillenen, toplum içinde önemli sosyal sonuçları olan, çok boyutlu ve karmaşık bir sorun olarak değerlendirilir. Bireyin yalan söylemesi, kişisel çıkar elde etme, toplumsal kabul görme arzusu, sosyal ilişkileri sürdürme isteği gibi faktörlerle tetiklenebileceği gibi, psikolojik ve psikopatolojik temellere de dayanabilir. Dijital teknolojilerin hızlı gelişimi ve sosyal medya platformlarının yaygınlaşması ile birlikte, bireylerin sanal ortamda var olma çabası, kendilerini daha cazip veya ilginç göstermek adına doğruyu saptırma eğilimlerini arttırmıştır. Sosyal medya, kişilerin diğer kullanıcılarla sürekli bir etkileşim halinde bulunmasına olanak tanırken, aynı zamanda bu ortamda "sosyal rekabet" olarak adlandırılabilecek bir yarış havası yaratmaktadır. Bu durum, kişilerin kendilerini olduğundan farklı gösterme, başarılarını veya yaşam koşullarını abartma gibi davranışları tetiklemekte ve bu platformlarda yalan söylemenin kolaylaşmasına yol açmaktadır. Sosyal medya üzerinden yapılan paylaşımlarda yalan söyleme eğiliminin artması, bireylerin ruh sağlığını ve psikolojik durumlarını da etkileyebilmektedir. Kişilerin çevrimiçi kimlikleri ile gerçek hayattaki benlikleri arasındaki uyumsuzluk arttıkça, bireylerde depresyon, kaygı bozuklukları ve hatta narsisistik eğilimlerin gelişebileceği görülmektedir. Böylelikle, dijital platformlarda yalan söylemenin yaygınlaşması, yalnızca bireysel bir sorun olarak kalmamakta, aynı zamanda toplumun ruh sağlığı açısından da riskler taşımaktadır. Bu çalışmanın amacı, sosyal medya bağımlılığı ve yalan söyleme arasındaki ilişkiye dikkat çekmek ve mevcut literatürde yer alan bilimsel çalışmalar ışığında sosyal medya bağımlılığının bireylerde yalan söyleme eğilimini nasıl artırabileceğini tartışmaktır.

Anahtar sözcükler: Sosyal medya, sosyal medya bağımlılığı, internet bağımlılığı, yalan

Introduction

The concept of "social network" was first defined by Barnes in 1954 as "a social network is a map of relationships ranging from casual acquaintants between individuals to family ties". (Durmuş et al. 2010, Karaoğlu 2015, Deligöz 2019, Deligöz 2020). The oldest known social network in the literature is called "SixDegrees" and it is mentioned that it was founded in 1997 (Toprak et al. 2009, Altunay 2015). The concept of "social media" can be expressed as "society, society-related" with the word "social" and "communication environment, communication tools" with the word "media". (Akyazı and Kara 2013, Aktaş and Aktan 2014). Generally, the way social media

users exist in digital settings; identity representation can be mentioned as performance, creating a profile account, observation, exposure, creating a virtual body, organization, initiating an action in digital settings and transferring it to offline daily life (Toprak et al. 2009, Buluş et al. 2016).

Today, the use of social media is known for the various conveniences it provides to users, such as ease of access, availability of communication partners, lack of time and space constraints, advantageous in terms of cost, and meeting the elements of communication (Fulk et al. 1987, Uluçay and Uzun 2017). In social media applications, users can join virtual groups with common goals, and in these groups, users can learn about each other's hobbies, interests, musical tastes, romantic relationship status, education, and work situations through each other's profiles within their common interests (Ellison et al. 2007, Bekiroğlu and Hülür 2016).

According to Google and YouTube, thirteen hours of video are uploaded to databases every minute (Niedzviecki 2010). While the Instagram application only allowed users to take and share photos when it was first released, it later added video recording to its features, and 5 million videos were uploaded by users in just 24 hours (Çetinkaya and Özdemir 2014). It is said that social media users are so immersed in virtual applications that they decide where to go on vacation by calculating whether it will provide a good backdrop for photos (Niedzviecki 2010).

Digital storytelling, a feature that emerged later in digital environments, can be mentioned as a 24-hour presentation process of sound, graphics, pictures, music, images, fun and funny filters, and text-based narratives in an interactive environment (Turgut and Kışla 2015, Kırık and Yazıcı 2017). It has been noted that while the account names used in social media environments sometimes reflect the real identity of the person, sometimes posts are made with a fictitious, fake account name. That is, people sometimes use their real identities more in the posts in digital environments, and they can generally talk about their real identities when they meet groups to which they feel they belong (Arslan 2014). It can be said that people who are dissatisfied with themselves in everyday society, on the one hand, jealously peek into the lives of others in social media environments, and on the other hand, they can expose their idealized selves in digital environments, and social media environments provide users with the opportunity to hide behind anonymous identities (Bozkurt 2018). Extroverted individuals upload more photos, make status updates, and have more views on their profiles; it is said that introverts make more likes, comments, and shares (Lee et al. 2014, Karaoğlu 2015).

The purpose of this study is to address the relationship between social media addiction and lying based on previous scientific publications in the literature that include the concepts of social media addiction and lying, and to state that the tendency to lie may increase in social media environments.

Social Media

In social media environments, it becomes more important for users to make themselves known to more people, to be liked and approved of by others, and to share flawless life stories and images without flaws (Uğurlu 2015, Koç 2017). The concept of the "halo effect" is expressed in the fact that attractive, beautiful, and handsome people are assumed by others to have many positive skills and high social skills and intelligence (Brand et al. 2012, Karaoğlu 2015).

Social media services, mobile phone cameras, free applications on the Internet, and photo and video sharing sites that exist in every environment, which we can call digital anonymity, have changed people's understanding of what should be public and what should be private (Lyon and Bauman 2013, Çelik and Özçağlayan 2014). According to the results of research in the literature, more than 60% of university students tend to check other people's Facebook profiles and see what others are doing on the Internet (Lampe et al. 2006, Joinson 2008, Tüfekçi 2008, Şener 2010, Tokunaga 2011, Marwick 2012, Ünal 2017).

Users can connect to the Internet in almost any environment, such as walking, going to work, traveling on transportation, at school, at work, in traffic, regardless of location, and the rate of social media is increasing. It can be said that it strengthens interpersonal relationships and allows one to enter new environments (Çaycı and Karagülle 2014). In particular, the use of digital environments and social media channels by adolescents and young people affects their approach to these environments and causes young people to experience many psychological processes (Heim et al. 2007, Boz 2012).

One study found that social media profiles do not have the defining characteristics of real people, and since these people share happier, more interesting, entertaining, and intelligent posts, they make both the profile owners, their friends, and other users unhappy (Chou and Edge 2011, Kross et al. 2013, Şengün 2014). The ability of the new generation of mobile technologies to connect to social media and can take pictures has caused the act of

taking pictures to shift to digital environments (Özdemir 2016, Kırık and Yazıcı 2017). Nowadays, viewers who are passive in front of the television are very active and engaged with social media tools, and they can share their stories with other users in digital environments (Akbayır 2016, Kırık and Yazıcı, 2017).

Definition of Lie (Etymology)

As in philosophy, psychology and other fields, researchers have had difficulties in defining lie and have tried to clarify the concept of "lie" by expressing different views on this issue. Since the concept of "lie" has many forms and derivatives in the literature, it is difficult to give a general definition (Üretmen 2008, Uzun 2011, Ulusoy 2020). There are many studies that explain when the behavior of "lying" started to be observed, what kind of development it has, what cognitive-social factors influence it, and what kind of lies are told in which situations (Talwar and Lee 2008, Popliger et al. 2011). The concept of "lying" can be explained as the act of deliberately, consciously, and voluntarily changing an existing situation by the person telling it or expressing a situation that does not exist as if it existed (Minkler and Miceli 2004, Saygılı 2004, Druzin and Li 2011, Kulak 2017, Işık 2018, Çolak et al. 2018).

Since there are many types of the concept of "lie", it is associated in the literature with expressions such as deceiving, bluffing, deceiving, hiding, and since it is included in facial expressions, actions, and verbal communication, it is mentioned that it can be expressed as a message in writing or through symbols (Bok 1978). The concept of "lying," as it is referred to in the literature as "deception," can also be expressed as a knowing, intentional, deliberate action, such as changing something known to be true or correctly conveying information known to be false (Knapp and Comadena 1979, Zuckerman et al. 1981, Ekman 1996, DePaulo and Kashy 1998).

The word "lie" in Turkish, which is expressed with the word "kizb" in Arabic and "lie" in Latin, means hiding-distorting the truth, deceiving someone, unfounded, fabricated, fiction, diversion, and an attitude or behavior that means words that are not true and fabricated (Köknel 1998, Püsküllüoğlu 2004), "knowingly conveying information that is known to be false to other people as if it were true, an attempt to openly mislead someone in order to be rewarded or to harm someone" (Zuckerman et al. 1981, DePaulo and Kashy 1998, Yavuzer 2000) can be expressed as fabricating, covering up, bluffing, exaggerating, hiding, deceiving, white lying, covering up, lying, cheating, deceiving to express lying and its derivatives (Püsküllüoğlu 2004).

"Lying" refers to the efforts of one or a few people to create misconceptions in others about what is happening about an event (Goffman 1967), and nearly 50 terms can be used to explain lies and their types: fabrication, little lie, misleading, faking, snitching, deception, cheating, etc. Lee and Ross (1997) explained that lying has three components: the statement is false, the speaker knows the statement is false, and the speaker intentionally deceives the other person.

Types of Lies

Goffman (1967) classified the types of lies as "utilitarian" lies that are harmless and acceptable; those that are harmful and unacceptable are called "self-serving" lies. In classifying the lie, Lewis (1993) emphasizes the intention of the person telling the lie and who it benefits; he defined it as "self-deception". In their study, DePaulo et al. (1996) found three different types of lies based on their interviews with adult participants; they defined them as overt lies, exaggerated lies, and cunning lies. Depaulo et al. (2004) explained four different types of lies as serious lies, petty lies, egoistic lies and other-oriented lies. According to Aydın's (2020) study, lie types are classified as "prosocial lie" and "negative lie" and explained as types of lies, and "altruistic prosocial lie", "egoistic negative lie", "antisocial lie", "true lie", the concepts of "white lie", "ambiguous gray lie" and "legitimate gray lie" were clarified.

According to Ulusoy's (2020) study, the types of lies include "deceptive lies," "pathological lies," and "white lies." In his study, Uzun (2011) describes the types of lies used during adolescence as imaginary lies, imitation lies, social lies, defensive lies, and sublimated lies. In his study, Çetiner-Sağel (2021) clarified the types of lies as lies that people tell for themselves (instrumental lies) and lies that people tell for others (polite lies, lies told to keep secrets).

"Pathological lying", which is considered a symptom of mood disorders; it can be mentioned that there are situations that occur at the subconscious level and involve self-deception, in which defense mechanisms play an active role in the person's statements (Karpman 1949), and the action taken harms the other person and negatively affects the person's development and personality. While people who put the liar in a difficult situation (Ford 1997), who keep lying at the center of their lives, who believe in the reality of lying, and who see lying as

a purpose, may choose to lie for pleasure (Samsakçı 2015), they may choose to lie for reasons other than economic interest or purpose. Individuals may also experience this condition due to some kind of neurological disorder. Lies told with the aim of not offending or harming anyone are described as white lies (positive social lies), as opposed to antisocial lies (Oğuz and Kara 2018).

A person may hide or deny events without realizing it, but body language never lies (Peker 1995). It is not necessary for people to use words to lie. Experiencing negative emotions, less eye contact and body orientation, lack of expression in facial features, withdrawal symptoms, the person makes extra mental effort to resolve the feeling of conflict (Vrij 2008), increased need to think about the word the person will say during the conversation, suddenly it can be expressed as evaluating the possibilities of encountering a question, searching for a word or idea. Behavioral lie detection can include changes in facial expression, body movement, voice change, throat clearing, deep or shallow breathing, and a long pause between words (Ekman 1996). Although nonverbal cues such as eye contact, facial expressions, smiles, and body movements are important in the study of lying behavior (Uzun 2011), lying generally involves the suppression and denial of correct information.

Although it involves producing a response, such a practical accomplishment requires cognitive processes in addition to those used in truth telling (Williams et al. 2013).

Social Media and Addiction

Internet addiction (Griffiths 1996, Young 1998, Kj 2001, Shapira et al. 2003, Uzun et al. 2016, Aydoğmuş and Demir 2017), social media addiction (Kuss and Griffiths 2012, Griffiths 2013, Ünal- Tutgun 2015, Van den Eijnden et al. 2016) express smartphone addiction (Kwon et al. 2013, Lin et al. 2014) in the class of behavioral addictions. Behavioral addictions are mostly behavior-based addictions that do not depend on a physical substance, such as food addiction, game addiction, sex addiction, computer addiction, smartphone addiction, television addiction, shopping addiction, and Internet addiction (Kim and Kim 2002, Greenfield 2002, Ektiricioğlu et al. 2020). Individuals who exhibit addictive behavior generally have difficulty controlling their behavior, and it can be said that they continue to exhibit their actions despite negative consequences (Henderson 2001, Griffiths 2005, APA 2013).

The presence of effects such as sound and image that allow interaction within the functions of technological tools can increase the addiction tendency of individuals (Griffihs 1999, Günüç and Kayri 2010). It can be mentioned that the Internet and the activities performed on the Internet are also a source of addiction (Griffiths and Szabo 2014, Ektiricioğlu et al. 2020). Concepts under the heading of behavioral addiction, such as social media addiction, digital game addiction, smartphone addiction, can be expressed as addictions in which the active ingredient is the Internet (Kwon et al. 2013, Van den Eijnden et al. 2016). In the literature, it is possible to evaluate the concepts of internet addiction, social media addiction, digital game addiction and smartphone addiction under the title of technological addictions (Kuss and Griffiths 2012, Ektiricioğlu et al. 2020).

In the literature, the term "technology addiction" is associated with the use of the Internet and technological devices. Excessive use, failure to satisfy the desire to use, neglect of daily activities, damage to social and interpersonal relationships due to excessive use, seeing it as a means of escape from negative emotions and life stress, having problems reducing use, feeling tense and angry when there is no access to the Internet, duration of use it is defined as a pattern accompanied by lying behavior about the amount and quantity (Griffiths 1995, Young 1997, Kwon et al. 2013, Karabulut and Gökler 2023).

It can be said that considering the concept of "addiction" only within the framework of diagnostic criteria for chemical substance addiction would be an incomplete approach, and that it is important to use diagnostic criteria that include technology addiction and its symptoms in the diagnosis of addiction (Griffiths 1995, (Griffiths 2005, Kuss et al. 2014). In the study of Ekitiricioğlu et al. (2020), the diagnostic criteria of the concept of "technology addiction" were determined just like chemical substance addictions; salience, mood alteration, tolerance, withdrawal symptoms, conflict, expressed as relapse stages.

Internet gaming disorder is expressed in DSM-5 with nine-item diagnostic criteria: preoccupation, tolerance, withdrawal symptoms, continuity, displacement, continued excessive use despite knowing its harms, and inability to stop, lying, escaping, and conflict (Ektiricioğlu et al. 2020). Nine proposed diagnostic criteria for Internet gaming disorder (IGD) Excessive preoccupation with Internet games, experiencing withdrawal symptoms when not playing games, playing games for prolonged periods of time to achieve desired arousal, attempts to quit or cut down with unsuccessful results, decreased interest in other hobbies and activities, trying to hide how much games are played, lying to others, reportedly playing games to escape from problems or to get rid of negative emotions, decrease in important interpersonal relationships due to participation in Internet

games, and loss of job-education-career opportunities (APA 2013, Nazlıgül-Denizci et al. 2018, Özmen et al. 2021).

Relationship between Social Media and Lying

In the literature, studies examining the relationship between social communication skills and lying have examined the relationship between extraversion and lying success (Riggio and Friedman 1983, Riggio et al. 1987) and between high self-monitoring levels and lying success (Zuckerman et al. 1979, DeTurck and Miller 1990), found that there is a positive relationship. In his study, Uzun (2011) stated that the underlying motives for lying are to save others from harm and shame, to protect oneself or someone else from punishment or disapproval, to influence officials for one's own benefit, to make oneself look better or protect an advantage, to persuade others to do something for one's own benefit. He defined it as hurting someone for personal gain.

In his study (Kam 2003), he grouped the motivations that cause lying into four general categories; these are explained as benefitting oneself, benefitting others, benefitting the relationship, and different motivations are basic rewards, associative rewards, rewards related to self-esteem, and other rewards. In their study (Buller and Burgoon 1996), mentioned three types of motivations related to the intention of the liar: instrumental, relational and identity related.

"Lying" behavior is often included in the psychopathological addiction diagnostic criteria of "internet addiction, social media addiction, smartphone addiction (nomophobia), technology addiction, problematic internet use (PIK), internet gaming disorder (IOD)", the names of which we often hear in the literature (Nazlıgül- Denizci et al. 2018, Ektiricioğlu et al. 2020, Özmen et al. 2021, Karabulut and Gökler 2023).

Excessive use of technology negatively affects the social and psychological world of the individual and can turn into a problematic situation, leading to distress in the lives of adolescents and young people and disruptions in important areas of life, so it is necessary to draw attention to early intervention before it develops into a serious psychopathological condition (Shaw and Black 2008, Odacı and Çıkrıkçı 2017).

The period of adolescence, which mostly involves risky behaviors and continues with curiosity in such behaviors, is a critical period for technological addictions such as internet addiction, social media addiction, digital game addiction, and smartphone addiction, which are considered as attractive innovations for young people (Lemmens et al. 2009). Because the use of technologies such as the Internet, social media, smartphones, digital environments, and digital games is common among adolescents, this often makes young people vulnerable and defensive to technological addictions (Valkenburg and Peter 2011).

In a study, (Kaess et al. 2014) the prevalence of internet addiction was found to be %4 among 11,356 adolescents and young people with an average age of 14.9 years from 11 European countries including Austria, Estonia, France, Germany, Hungary, Ireland, Israel, Italy, Romania, Slovenia and Spain. The prevalence of problematic Internet use was found to be 13.4%. A study (Tsitsika et al. 2014) found that the prevalence of internet addiction was %1.2 and the risk of internet addiction was %12.7 among 13,284 adolescents aged 14-17 years in seven European countries. It is noted that the age group with the highest rates of internet and technology use is the 11-15 age group in adolescence (TUIK 2018).

In the 2018 Household Information Technologies Usage Survey report of the Turkish Statistical Institute (TSI), when the internet usage rate is examined by age group, it is found that the internet usage rate among adolescents and young people is %90.7, and according to the 2013 data, the computer usage rate of the 6-15 age group is %73.1, the internet usage rate is %65.1, and the mobile phone usage rate is %37.9. According to research (Taylan and Işık 2015), the prevalence of internet addiction among adolescents was %4.1, while the risk of internet addiction was %28.5. According to the results of the study conducted by (Öner and Arslantaş 2018) with adolescent high school students, the rate of those showing a limited risk of internet addiction was %2.1, while the rate of those showing a risk of pathological internet addiction was %0.4. According to the results of another study conducted around the world, the prevalence of addiction to digital games varies between %0.6 and %15 (Van Rooij et al. 2011, Poli and Agrimi 2012).

According to a study (Irmak- Yalçın 2014), the rate of digital game addiction among 865 adolescents and young people was found to be %28.8, which reminds us that adolescents should be carefully evaluated in terms of the risks they carry. When the studies on smartphone use are examined according to the participants, it is stated that the studies generally focus on adolescents and young individuals, and according to these results, the rate of phone use in adolescents is generally over %90 (Noyan et al. 2015, Aktaş and Yılmaz 2017).

Finally, in this research, national and international multidisciplinary studies were discussed from a psychological perspective, especially with the keyword's social media, social media addiction, internet addiction, lie, and were presented to valuable academicians as a compilation article. It is intended to be a guiding compilation article for future studies, especially within the concepts of "social media", "social media addiction", "internet", "internet addiction", "lying". Nowadays, it can be said that the rate of using social networks, i.e., social media, is increasing as individuals in society can connect to the internet in any environment, in short, while walking, going to work, traveling in transportation, at school, at work, in traffic, regardless of the place (Çaycı and Karagülle 2014).

It can be said that lying among social media users is on the rise, especially today, and the exposure of being online more than ever before, circulated through social media and the Internet, influences this (Selim 2022). If the concept created by users in digital environments as "virtual identity" is not evaluated as a lie and deception, but as a form of self-expression, it can be seen that those who prefer to exist in social media may have two identities and one of them is the real identity containing the real aspects they want to hide and the other is the real identity they have in real life. This can be expressed as a virtual identity that does not have the characteristics that the person dreams about (Ögel 2012, Bozkur and Gündoğdu 2017). They can be mentioned as environments in which the ruling classes can turn into tools of manipulation (Babacan 2016).

The negative situations created by social media and digital environments include the threat to personal privacy, the difficulty of filtering useful information from the mass of information, the rapid spread of manipulative and fake news, social media addiction, socially isolated lifestyles can be mentioned as acute problems (Çömlekçi and Başol 2019). As individuals can master the concepts of space and time while participating in social media and digital environments, they may experience negative situations such as anger, tension, lying, and withdrawal from social life due to failure and disruption of their work (Ceyhan 2008, Koca- Büyükgebiz and Tunca 2020). In Koca- Büyükgebiz and Tunca's (2020) study, 12 categories created from the framework of Internet and social media were "mental effort, usage restriction, social media account, reason for use, communication, behavior, performance, health, lie, phone, anxiety, education". It was revealed as "portal".

In order to participate in social media and digital environments, adolescents and young people largely withdraw from the social environment, become introverted, do not want to leave the house and go to environments without Internet, talk and meet with their friends through the Internet, reduce face-to-face social activities, often lie about what they do or he tries to hide what he did (Koca- Büyükgebiz and Tunca, 2020). In the study of Koca- Büyükgebiz and Tunca (2020), it has been found that students, teenagers, and adolescents are constantly busy with the Internet even if their families restrict their use of the Internet, that they express themselves better in the virtual environment in terms of communication and chatting, and that they use social media. It has been concluded that when they do not have access to the Internet, they experience behavioral disorders, show aggressive attitudes, experience anxiety, and lie by trying to say less about the hours they spend on the Internet and social media.

Studies conducted in Turkey (Hazar 2011, Babacan 2016, Aydın and Balım 2021) talk about issues such as lying behavior, social media addiction, and the spread of lies in these environments. Studies (Ceyhan 2008, Hazar 2011, Ögel 2012, Çaycı and Karagülle 2014, Babacan 2016, Bozkur and Gündoğdu 2017, Çömlekçi and Başol 2019, Koca- Büyükgebiz and Tunca, 2020, Aydın and Balım 2021, Selim 2022) conducted in Turkish literature have mentioned the relationship between social media addiction and lying and stated that the tendency to lie may increase in social media environments. International studies (Zuckerman et al. 1979, Riggio and Friedman 1983, Riggio et al. 1987, DeTurck and Miller 1990, Buller and Burgoon 1996, Kam 2003, Shaw and Black 2008, Lemmens et al. 2009, Valkenburg and Peter 2011, Van Rooij et al. 2011, Poli and Agrimi 2012, Kaess et al. 2014, Tsitsika et al. 2014, Noyan et al. 2015) in the literature have mentioned the relationship between social media addiction and lying and stated that the tendency to lie may increase in social media environments.

Conclusion

In this study, the relationship between social media addiction and lying behavior was briefly examined. The literature review indicates that social media addiction is closely linked with other psychopathological patterns and can foster lying behavior among social media users. Excessive use of social media, in particular, was found to increase tendencies in individuals to detach from reality and create virtual identities, which may further trigger lying behavior. There is a need for more detailed research into the relationship between social media addiction and lying behavior. Future studies are recommended to address these two phenomena within various disciplines, such as psychology, sociology, communication studies, and digital media studies. Empirical research with a multidisciplinary approach could contribute to a better understanding of the issue and help develop

effective intervention methods. Furthermore, considering these findings in the design and usage policies of social media platforms is essential to implement measures aimed at reducing addiction and lying behavior.

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