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# PROBLEMATIC INTERNET USE, MARITAL ADJUSTMENT, COUPLE BURNOUT AND BASIC PSYCHOLOGICAL NEED SATISFACTION LEVELS OF MARRIED INDIVIDUALS[1]

## ABSTRACT

This study analyzes the relationships among the problematic internet use, marital adjustment, couple burnout and basic psychological needs satisfaction levels according to different variables. It also examines the mediator role of marital adjustment between the basic psychological needs satisfaction levels and the couple burnout variables. The sample of this study, which is descriptive research based on the relational survey model, consisted of 348 married individuals residing in Osmaniye province. The Problematic Internet Use Scale, Marital Adjustment Scale, Couple Burnout Scale and Basic Psychological Needs Scale were used as the data collection instruments of the study. Moreover, the Personal Information Form, which had been developed by the researcher, was used to obtain demographics of the participants as married individuals. As a result of this study, it was seen that there is a positive relationship among problematic internet use and couple burnout, as well as the marital adjustment and the basic psychological needs satisfaction level. However, the relationship between couple burnout and basic psychological needs satisfaction levels; and also the relationship between marital adjustment and couple burnout were found negative. It was found out that the marital adjustment, basic psychological needs satisfaction levels and problematic internet use variables explained 42.8% of the total variance in couple burnout and the marital adjustment played a partial mediator role in the relationship between basic psychological needs satisfaction and couple burnout variables. The results obtained from this study were discussed and interpreted based on a literature review. Finally, certain recommendations are made according to the findings of the study.

**Keywords:** Problematic internet use, marital adjustment, couple burnout, basic psychological needs, married individuals

# EVLİ BİREYLERİN PROBLEMLİ İNTERNET KULLANIMI, EVLİLİK UYUMU, EŞ TÜKENMİŞLİĞİ VE TEMEL PSİKOLOJİK İHTİYAÇLARININ KARŞILANMA DÜZEYLERİ

## ÖZET

Bu çalışma, problemli internet kullanımı, evlilik uyumu, eş tükenmişliği ve temel psikolojik ihtiyaçların karşılanma düzeyi arasındaki ilişkileri farklı değişkenlere göre analiz etmektedir. Ayrıca temel psikolojik ihtiyaçların karşılanma düzeyi ile eş tükenmişliği değişkenleri arasındaki evlilik uyumunun aracı rolünü de incelemektedir. Betimsel araştırma olarak ilişkisel tarama modeline dayanan bu çalışmanın örneklemini Osmaniye ilinde ikamet eden 348 evli birey oluşturmaktadır. Araştırmanın veri toplama araçları olarak Problemli İnternet Kullanım Ölçeği, Evlilikte Uyumu Ölçeği, Eş Tükenmişlik Ölçeği ve Temel Psikolojik İhtiyaçlar Ölçeği kullanılmıştır. Ayrıca araştırmacı tarafından geliştirilen Kişisel Bilgi Formu, evli bireyler olarak katılımcıların demografik bilgilerini almak için kullanılmıştır. Bu çalışmanın sonucunda, problemli internet kullanımı ve eş tükenmişliği ile evlilik uyumu ve temel psikolojik ihtiyaçların karşılanma düzeyleri arasında pozitif bir ilişki olduğu görülmüştür. Ancak eş tükenmişliği ile temel psikolojik ihtiyaçların karşılanma düzeyleri; ve ayrıca eş tükenmişliği ile evlilik uyumu arasındaki ilişkiler negatif bulunmuştur. Evlilik uyumu, temel psikolojik ihtiyaçların karşılanma düzeyi ve problemli internet kullanımı değişkenlerinin, eş tükenmişliğindeki toplam varyansın % 42,8'ini açıkladığı ve evlilik uyumunun temel

psikolojik ihtiyaçların karşılanma düzeyi ve eş tükenmişliği değişkenleri arasındaki ilişkide kısmi aracı rol oynadığı bulunmuştur. Bu çalışmadan elde edilen sonuçlar literatür taramasına dayanılarak tartışılmış ve yorumlanmıştır. Son olarak, çalışmanın bulguları doğrultusunda bazı önerilerde bulunulmuştur.

**Anahtar Kelimeler:** Problemli internet kullanımı, evlilik uyumu, eş tükenmişliği, temel psikolojik ihtiyaçlar, evli bireyler

## 1. INTRODUCTION

The Internet has come into our lives at a dizzying rate. Since then, it has increasingly grown and has constantly been updated. It is considered as an efficient mass medium which allows its users to access any kind of information, amuse themselves and be involved in simultaneous communication with their beloved ones without any special and temporal restriction.

Besides its indispensable features, such as access to information, education, Internet banking etc., the Internet is also used for pleasure and fun through games, chatting and web surfing. However, today it is also widely used for illegal purposes such as gambling and pornography. This pleasure and fun oriented features of the Internet has resulted in the problematic use of it over time.

In general, problematic Internet use (PIU) is defined as "use of the Internet that creates psychological, social, school, and/or work difficulties in a person's life" (Beard and Wolf, 2001).

According to Bayraktutan (2005), the time spent surfing the Internet is not sufficient to identify PIU as the purpose of use also plays a significant role in this matter. Certain studies in the literature identified that the problematic Internet users spend most of their time in movie-music websites, gaming, chat rooms, pornographic sites and community web pages (Leung, 2004); while others often use web sites about news, information, shopping and education (Akman, 2016a; Ceyhan, 2010).

It is observed that some users may limit themselves to satisfy their needs through the Internet, while others that fail to ensure a limitation have occupational and social problems due to excessive use. This challenging pattern of behavior is described as "problematic" because of its impairing character or significantly abnormal results (Caplan, 2002).

According to the literature, those who cannot assert themselves (Caplan, 2005), have impulse control and addiction disorders in their histories (Yellowlees and Marks, 2007), have suffered from social isolation and loneliness (Kraut, Patterson, Lundmark, Kiesler, Mukopadhyay & Scherlis, 2002), have psychosocial problems (Davis, 2001), are in search of an identity (Ceyhan, 2010), externally controlled (Ceyhan and Ceyhan, 2007), have senses of loneliness and embarrassment (Akman and Güven, 2015a; Caplan, 2002; Ceyhan and Ceyhan, 2008; Davis, 2001; Odacı and Kalkan, 2010) show potential for PIU.

Researchers suggested that anxiety disorders are the most common comorbidity among the problematic Internet users (Akman and Güven, 2015b; Kratzer and Hegerl, 2008), Internet addiction is often accompanied by obsessive-compulsive disorder (Jang, Hwang & Choi, 2008) and PIU has a relationship with the obsessive-compulsive disorder (OCD) and depression (Shapira, Goldsmith, Keck, Khosla & McElroy, 2000; Young and Rogers, 1998). Another study identified that problematic Internet users have more thoughts related to suicide and depression (Kim, Lau, Cheuk, Kan, Hui & Griffiths, 2006).

It is seen that the Internet, which has a significant potential to affect attitudes, behaviors and habits, has gradually been changing family, friend and business relationships (Akman, 2016b; Köksalan and Tel, 2009).

Increasing socialization in a virtual life brings about risks such as the decrease and fragmentation of real-life interactions and increases the isolation and alienation from a family environment. According to Çelebi (1999), Internet-addicted individuals spend their time in virtual life, instead of being with their children, friends and partners. They often ignore domestic responsibilities and keep dreaming about computers at work or school. They prefer the imaginary virtual environment to real-life relationships. They are also exposed to critics and warnings from others due to their computer addiction. They cannot give an end to this intense interest in computers and cannot live without them. Even when they can, anger, depression, listlessness and similar situations occur. In addition, there are studies in the literature proving that the Internet results in fragmentation and breakdowns in family relationships and even divorce cases (Henderson, 2001; Park, Kim, Bang, Yoon, Cho & Kim, 2010; Young, 1996).

Normally, people want to marry for different biological and psychosocial reasons such as sexual needs, having children, economic improvement or social expectations. In addition, satisfying certain psychological needs such as love, intimacy, emotional sharing and support can also be mentioned as the reasons for the decision to marry due to their contribution to the overall wellness of people. However, all these marital functions require a strong and healthy relationship between spouses. Marital adjustment is a predictor for a healthy marital relationship. Sabatelli (1988) states than a well-adjusted marriage are "a marriage where spouses can communicate, ensure cohesion in turning points and solve problems in a mutual understanding" (Cited by Sardoğan and Karahan, 2005).

Another domestic problem caused by problematic Internet use is excessive use of the Internet by one of the spouses. He/she may neglect the basic needs of other family members. This may even result in miscommunication within the family.

The main principle of marriage is the mutual support between spouses in biological, social and psychological terms. A successful and well-adjusted marriage depends on the successful implementation of this principle (Sezer, 2004). Considering the regulatory and fundamental role of marriage in social growth and welfare, it can be concluded that spouses should satisfy the psychological and biological needs of one another in order to ensure the sustainability of the marital relationship. Needs satisfaction plays a significant role in marital adjustment (Gökmen, 2001). Loyalty, trust, autonomy, freedom, self-realization, togetherness, being successful, loving, being loved and social inclusion are amongst the other needs that come to mind in relation to psychological needs (Oksal, 1986). People tend to satisfy higher psychological needs such as intimacy, compassion, autonomy, success, being appreciated, relationship and self-realization after addressing the basic needs such as hunger, thirst and safety. These are not vital for survival but highly significant for a valued, happy and peaceful life.

Looking at the literature; Ögel (2012) states that sexual satisfaction is another significant reason for problematic Internet use. People who show problematic Internet use behaviors often satisfy their sexual needs with sexually explicit websites. As a result of extensive Internet use for the aforementioned purpose, spouses feel less energetic and less desire to their partners. Therefore, they often prefer virtual ways of sexual arousal and excitement.

The maladjustment and dissatisfaction caused by the lack of sharing between spouses, the excessive workload on one of them and the weakening family bonds may result in a couple of burnout situation.

Couple burnout is defined as the state of physical, emotional and mental exhaustion caused by incompatibility between expectations and reality in long-term relationships, arising from the intensification of emotional needs (Pines, 1996).

Excessive and problematic use of the Internet by married adults may cause isolation from family life and lay the foundation for resorting to unreal and virtual friendships, living in an imaginary world and escaping from the realities of life (Fortson, Scotti, Cihen, Malone Judith & Kevin, 2007).

Most of the studies about Internet use in Turkey, which has been a popular research subject since 2000, were conducted with adolescents, high school and college students (Ceyhan, 2008; Doğan, Işıklar & Eroğlu, 2008; Esen, 2010; Gençer, 2011; Kelleci and İnal, 2010; Kelleci, Güler, Sezer & Gölbaşı, 2009; Kurtaran, 2008; Taçyıldız, 2010).

However; there are only a limited number of studies in the literature about the problematic use of married individuals (Bayraktutan, 2005; Mesch, 2003; Kraut et al., 2002; Rajani and Chandio, 2004).

Considering its negative effects on families, which serve as a fundamental component of society, the studies conducted in Turkey focus on problematic Internet use of especially adolescents, high school and college students. In line with these studies, the researchers decided to conduct another research focus that examines the frequency of Internet use and its effects on married couples, who are among the groups affected negatively. Furthermore, the researchers planned to base this study on significant predictors of marriage, namely, the marital adjustment, couple burnout and basic psychological need satisfaction variables. This study is particularly significant and unique for the literature as it analyzes the relationship between PIU and the marital adjustment, couple burnout and basic psychological need satisfaction variables.

Findings of the factors affecting PIU behaviors of adults can provide significant inputs for psychological counsellors, family counsellors, psychologists, psychiatrists and academics. They are also of great significance to ensure awareness of married individuals about the situation.

Findings of this study play another important role in the literature by encouraging potential researchers to perform similar studies. In this regard, the study provides significant predictors to be used in analyses of married couples' Internet use behaviors and couple burnout situations. In this way, the study allows researchers to identify current problems in the field and perform comprehensive studies to prevent them.

The purpose of this study is to analyze the relationship between PIU and the marital adjustment, couple burnout and basic psychological need satisfaction situations in terms of certain variables, in consideration of the findings obtained through data collection tools and the literature review. In this way, it is aimed to obtain the latest information about the subject, contribute to the literature and encourage potential researchers to conduct further research in the field.

This study analyzes;

1. The differences between the scores obtained through the scales used in the study, in terms of a number of variables including gender, age, educational status, educational status of spouses, duration of the marriage, number of children, perceived socioeconomic status (SES), duration of Internet usage, Internet usage hours per day, duration of Internet usage per day and spouses' duration of Internet usage per day;

2. The relationship between the scores obtained through the scales;

3. Capability to predict the couple burnout using scores of different scales;

4. The intermediary role of marital adjustment.

## 2.   METHODOLOGY

This study is descriptive research designed according to the relational survey model and analyzes problematic Internet use, marital adjustment, couple burnout levels and basic psychological need satisfaction of married individuals.

The study population are married individuals living in Osmaniye province of Turkey. For this study, the random sampling method was chosen to create the population which consists of 155 female and 193 male volunteers, equal to 348 married individuals in total, who use the Internet.

In order to identify the demographics of the married individuals, the researcher prepared and applied a "Personal Information Form" with 12 different questions about age, gender, residential address, educational status, perceived socioeconomic status (SES), duration of the marriage, number of children, means used to access the Internet, duration of Internet usage, rate of Internet usage and independent variables about Internet usage.

The "Problematic Internet Use Scale" (PIUS), created by Ceyhan, Ceyhan and Gürcan (2007) has 3 dimensions (negative effects of the Internet, social benefit/social welfare and excessive use) and 33 items, and was used to measure problematic Internet use levels of the participant individuals. The 7th and 12th items of this scale were prepared as reversing items. The lowest score is 33 and the highest score that can be obtained by the participants is 165. Within this context, higher scores mean that the relevant participants do not use the Internet properly, the Internet has negative effects on their lives and this may result in Internet addiction (Ceyhan et al., 2007; Ceyhan, 2008; Tutgun, 2009).

In this study, the "Marital Adjustment Scale" (MAS), developed by Locke and Wallace (1959) and translated into Turkish by Tutarel-Kışlak (1999), was applied to measure the marital adjustment. This scale includes 2 different dimensions (Agreement, Style) and 15 items in total. The Marital Adjustment Scale is used to measure the general status of marital adjustment as well as the "level of agreement in issues like a family budget, expression of feelings and life philosophy" and "type of relationship between spouses according to spare time and outdoor activities, conflict solving and feeling of trust".

To measure the couple burnout levels, the "Couple Burnout Scale" (CBS), created by Pines (1996) and translated into Turkish by Çapri (2008), was used. The scale has 21 items in total.

In addition, the "Basic Psychological Need Satisfaction Scale" (BPNSS), developed by Deci and Ryan (2000) and translated into Turkish by Kesici, Üre, Bozgeyikli & Sünbül (2003), was used to measure the basic psychological needs. This scale consists of 21 items and three different dimensions, namely, autonomy (1, 4, 8, 11, 14, 17, 20), efficacy (3, 5, 10, 13, 15, 19) and need for relationship (2, 6, 7, 9, 12, 16, 18, 21). Higher scores in this scale refer to higher levels of psychological need satisfaction, while lower scores mean the higher levels of needs. For instance, higher scores obtained from the autonomy dimension of the scale show that the relevant individual feels a sufficient level of autonomy. The 3rd, 4th, 7th, 11th, 15th, 16th, 18th, 19th and 20th items of the scale are reversing items.

In order to analyze the normality of distribution of the scores obtained from the PIUS, MAS, CBS and BPNSS, the "Kolmogorov-Smirnov test" was applied and the findings are given in Table 3.4.

**Table 1.** Results of the Kolmogorov-Smirnov Test Applied to Control Normality of Distribution of Scores Obtained from the PIUS, MAS, CBS and BPNSS

|  | PIUS N = 348 | | MAS N = 348 | | CBS N = 348 | | BPNSS N = 348 | |
|---|---|---|---|---|---|---|---|---|
|  | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd |
|  | 49.439 | 15.554 | 47.323 | 9.247 | 53.834 | 19.484 | 79.330 | 10.349 |
| **Kolmogorov-Smirnov -Z** | 3.221 | | 1.210 | | 1.024 | | 0.930 | |
| **p** | **0.000** | | **0.107** | | **0.246** | | **0.353** | |

According to Table 1, the results of the Kolmogorov-Smirnov test regarding the MAS, CBS and BPNSS show normality, while the results regarding PIUS show otherwise. Skewness-Kurtosis values of this scale were analyzed and identified in -2 to +2 range. Therefore, the distribution of all scores obtained from the relevant scales were considered normal and parametric statistical methods was used during the study.

## 3. FINDINGS

The raw data obtained through the data collection instruments were computerized using the SPSS-21 software. This section presents findings obtained through the statistical analyses conducted on the raw data created by the study's data collection instruments.

1. A t-test was conducted to identify any significant gender-based difference in scores of married individuals obtained from PIUS, MAS, CBS, BPNSS and their subscales. The findings are given in Table 2.

**Table 2.** Results of the t-test Regarding the Scores of Married Individuals Obtained from PIUS, MAS, CBS, BPNSS and Their Subscales According to the Gender Variable

| Scales | Female n = 155 | | Male n = 193 | | t | P |
|---|---|---|---|---|---|---|
|  | $\overline{X}$ | Sd | $\overline{X}$ | Sd |  |  |
| Impact of the Internet | 21.073 | 6.143 | 22.802 | 8.516 | -2.123 | **0.034*** |
| Social benefit | 13.549 | 4.381 | 14.848 | 6.274 | -2.185 | **0.030*** |
| Excessive use | 12.446 | 4.522 | 13.691 | 4.806 | -2.466 | **0.014*** |
| **PIUS TOTAL** | **47.069** | **12.754** | **51.342** | **17.280** | **-2.568** | **0.011*** |
| Agreement | 34.168 | 6.237 | 35.324 | 8.224 | -1.448 | 0.148 |
| Style | 12.365 | 2.617 | 12.633 | 2.881 | -0.897 | 0.370 |
| **MAS TOTAL** | **46.553** | **7.962** | **47.958** | **10.138** | **-1.430** | **0.154** |
| **CBS TOTAL** | **56.384** | **19.371** | **51.786** | **19.381** | **2.200** | **0.028*** |
| Autonomy | 26.158 | 4.458 | 26.422 | 4.217 | -0.567 | 0.571 |
| Efficacy | 21.295 | 3.122 | 21.688 | 3.329 | -1.125 | 0.261 |
| Need for relationship | 31.416 | 4.374 | 31.589 | 4.199 | -0.375 | 0.708 |
| **BPNSS TOTAL** | **78.870** | **10.470** | **79.700** | **10.263** | **-0.743** | **0.458** |

*p<0.05

According to Table 2, there is a significant difference among scores obtained from PIUS in total and its subdimensions in favor of male participants, while the difference in score averages obtained from CBS is significant in favor of female participants. In other words, it was identified that the most problematic Internet use behaviors belong to men, while women are most affected by couple burnout situations.

However, no significant difference is seen in score averages obtained from MAS, BPNSS and their subdimensions.

2. Another t-test was conducted to identify significant differences in scores of married individuals obtained from PIUS, MAS, CBS, BPNSS and their subscales in terms of the age variable. The findings are given in Table 3.

**Table 3.** Results of the ANOVA Regarding the Scores of Married Individuals Obtained from PIUS, MAS, CBS, BPNSS and Their Subscales According to the Age Variable

| Scales | 20-35 (A) n = 126 | | 36-45 (B) n = 165 | | 46-55 (C) n = 57 | | F | p |
|---|---|---|---|---|---|---|---|---|
|  | $\bar{X}$ | Sd | $\bar{X}$ | Sd | $\bar{X}$ | Sd | | |
| Impact of the Internet | 22.878 | 9.211 | 21.739 | 6.750 | 21.010 | 5.587 | 1.425 | 0.242 |
| Social benefit | 14.605 | 5.906 | 14.021 | 5.233 | 14.249 | 5.642 | 0.396 | 0.674 |
| Excessive use | 13.310 | 4.441 | 12.965 | 4.780 | 13.249 | 5.166 | 0.209 | 0.812 |
| **PIUS TOTAL** | **50.793** | **17.232** | **48.726** | **14.627** | **48.508** | **14.257** | **0.752** | **0.472** |
| Agreement | 34.749 | 6.293 | 34.564 | 8.782 | 35.650 | 5.075 | 0.459 | 0.632 |
| Style | 12.454 | 2.782 | 12.424 | 2.922 | 12.906 | 2.219 | 0.690 | 0.502 |
| **MAS TOTAL** | **47.204** | **8.224** | **46.988** | **10.715** | **48.557** | **6.380** | **0.625** | **0.536** |
| **CBS TOTAL** | **53.733** | **21.411** | **54.661** | **19.066** | **51.661** | **16.048** | **0.503** | **0.605** |
| Autonomy | 26.471 | 4.764 | 26.306 | 4.266 | 25.934 | 3.402 | 0.301 | 0.740 |
| Efficacy | 21.803 | 3.421 | 21.478 | 3.137 | 20.973 | 3.100 | 1.306 | 0.272 |
| Need for relationship | 31.845 | 4.561 | 31.313 | 4.252 | 31.352 | 3.653 | 0.600 | 0.550 |
| **BPNSS TOTAL** | **80.119** | **11.250** | **79.098** | **10.092** | **78.260** | **8.955** | **0.711** | **0.492** |

\*p<0.05

According to Table 3, there is no significant difference among the score averages of PIUS, MAS; CBS and BPNSS and their subdimensions according to the age variable.

3. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from PIUS; MAS, CBS, BPNSS and their subscales in terms of the educational status variable. The findings are given in Table 4.

**Table 4.** Results of the ANOVA Analysis Regarding the Scores of Married Individuals Obtained from PIUS, MAS, CBS, BPNSS and Their Subscales According to the Educational Status Variable

| Scales | Elementary - Secondary School and Below (A) n = 30 | | High School (B) n = 41 | | Bachelor's Degree (C) n = 277 | | F | p | Significant Groups |
|---|---|---|---|---|---|---|---|---|---|
|  | $\bar{X}$ | Sd | $\bar{X}$ | Sd | $\bar{X}$ | Sd | | | |
| Impact of the Internet | 22.819 | 8.983 | 22.611 | 7.908 | 21.861 | 7.399 | 0.349 | 0.705 | |
| Social benefit | 15.334 | 7.364 | 14.678 | 6.438 | 14.094 | 5.170 | 0.803 | 0.449 | |
| Excessive use | 12.453 | 4.690 | 12.694 | 4.227 | 13.276 | 4.791 | 0.615 | 0.541 | |
| **PIUS TOTAL** | **50.607** | **18.957** | **49.984** | **16.586** | **49.232** | **15.044** | **0.134** | **0.875** | |
| Agreement | 35.823 | 6.208 | 36.822 | 6.311 | 34.401 | 7.647 | 2.225 | 0.110 | |
| Style | 12.301 | 3.455 | 12.909 | 2.374 | 12.478 | 2.741 | 0.529 | 0.590 | |
| **MAS TOTAL** | **48.125** | **8.790** | **49.732** | **7.784** | **46.880** | **9.459** | **1.831** | **0.162** | |
| **CBS TOTAL** | **56.674** | **21.521** | **50.465** | **15.828** | **54.025** | **19.741** | **0.944** | **0.390** | |
| Autonomy | 26.296 | 4.479 | 27.195 | 4.417 | 26.174 | 4.291 | 0.997 | 0.370 | |
| Efficacy | 20.853 | 2.963 | 21.561 | 3.981 | 21.577 | 3.151 | 0.681 | 0.507 | |
| Need for relationship | 29.614 | 4.140 | 32.268 | 4.904 | 31.606 | 4.144 | 3.726 | 0.025* | B,C>A |
| **BPNSS TOTAL** | **76.763** | **8.751** | **81.024** | **11.932** | **79.358** | **10.239** | **1.477** | **0.230** | |

\*p<0.05

According to Table 4, there is a significant difference among score averages of participants obtained from the "need for relationship" subdimension of BPNSS according to the educational status variable. In order to identify the reason for this differentiation, the LSD test, which is a post-hoc analysis method, was used and discovered that the differences are between "high school" and "college" graduates and those with education levels in "primary-secondary school and below" category. Herein, the difference

is in favor of "high school" and "college" graduates. In addition, the need for relationship scores of high school and college graduates are higher than the others.

4. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from the PIUS; MAS, CBS, BPNSS and their subscales in terms of the spouses' educational status variable. The findings are given in Table 5.

**Table 5.** Results of the ANOVA Analysis Regarding the Scores of Married Individuals Obtained from the PIUS, MAS, CBS, BPNSS and Their Subscales According to the Spouses' Education Status Variable

| Scales | Elementary School and Below (A) n = 47 | | High School (B) n = 44 | | Bachelor's Degree (C) n = 257 | | F | p | Significant Groups |
|---|---|---|---|---|---|---|---|---|---|
| | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | | | |
| Impact of the Internet | 22.757 | 8.488 | 23.655 | 9.512 | 21.621 | 7.016 | 1.602 | 0.203 | |
| Social benefit | 15.710 | 7.165 | 15.702 | 7.373 | 13.761 | 4.721 | 4.216 | **0.016*** | A,B>C |
| Excessive use | 12.960 | 4.675 | 13.107 | 4.580 | 13.174 | 4.763 | 0.042 | 0.959 | |
| **PIUS TOTAL** | **51.427** | **18.272** | **52.465** | **19.076** | **48.557** | **14.274** | **1.636** | **0.196** | |
| Agreement | 34.842 | 6.924 | 35.617 | 6.285 | 34.665 | 7.694 | 0.309 | 0.734 | |
| Style | 12.468 | 2.845 | 12.750 | 3.066 | 12.482 | 2.706 | 0.183 | 0.833 | |
| **MAS TOTAL** | **47.311** | **8.788** | **48.367** | **8.373** | **47.147** | **9.488** | **0.326** | **0.722** | |
| **CBS TOTAL** | **54.855** | **18.673** | **51.860** | **14.948** | **53.985** | **20.335** | **0.297** | **0.743** | |
| Autonomy | 26.214 | 4.312 | 26.928 | 4.242 | 26.214 | 4.345 | 0.524 | 0.593 | |
| Efficacy | 21.033 | 3.657 | 21.456 | 3.015 | 21.610 | 3.201 | 0.636 | 0.530 | |
| Need for relationship | 30.477 | 4.816 | 31.924 | 4.167 | 31.631 | 4.173 | 1.690 | 0.186 | |
| **BPNSS TOTAL** | **77.725** | **11.178** | **80.310** | **9.320** | **79.456** | **10.367** | **0.780** | **0.459** | |

*p<0.05

According to Table 5, there is a significant difference among the score averages of participants obtained from the "social benefit" subdimension of PIUS according to the spouses' educational status variable. In order to identify the reason for this differentiation, the LSD test, which is a post-hoc analysis method, was used and a significant difference was found between those in "primary-secondary school and below" and "high school" educational status categories and the "college" graduates", in favor of the former. In other words, a majority of the participants who use the Internet for a social benefit are those who have spouses with "primary-secondary school and below" level of educational status.

5. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from the PIUS; MAS, CBS, BPNSS and their subscales in terms of the duration of marriage variable. The findings are given in Table 6.

**Table 6.** Results of the ANOVA Analysis Regarding the Scores of Married Individuals Obtained from the PIUS, MAS, CBS, BPNSS and Their Subscales According to the Duration of Marriage Variable

| Scales | 1-10 years (A) n = 130 | | 11-20 years (B) n = 172 | | 20+ years (C) n = 46 | | F | p |
|---|---|---|---|---|---|---|---|---|
| | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | | |
| Impact of the Internet | 23.176 | 9.596 | 21.547 | 6.229 | 20.611 | 5.108 | 2.660 | 0.071 |
| Social benefit | 14.621 | 6.193 | 14.160 | 5.303 | 13.686 | 4.393 | 0.549 | 0.578 |
| Excessive use | 13.503 | 4.800 | 12.871 | 4.722 | 13.092 | 4.478 | 0.666 | 0.514 |
| **PIUS TOTAL** | **51.302** | **18.220** | **48.579** | **14.185** | **47.389** | **11.496** | **1.600** | **0.203** |
| Agreement | 34.478 | 8.817 | 35.044 | 6.765 | 34.867 | 5.195 | 0.216 | 0.806 |
| Style | 12.328 | 2.685 | 12.681 | 2.913 | 12.413 | 2.416 | 0.637 | 0.530 |
| **MAS TOTAL** | **46.807** | **10.455** | **47.725** | **8.879** | **47.280** | **6.708** | **0.365** | **0.695** |
| **CBS TOTAL** | **53.535** | **20.716** | **54.631** | **19.505** | **51.698** | **15.620** | **0.434** | **0.648** |
| Autonomy | 26.432 | 4.630 | 26.242 | 4.319 | 26.176 | 3.405 | 0.094 | 0.910 |
| Efficacy | 21.512 | 3.155 | 21.531 | 3.399 | 21.447 | 2.917 | 0.012 | 0.988 |
| Need for relationship | 31.961 | 4.531 | 31.033 | 4.241 | 32.032 | 3.438 | 2.152 | 0.118 |
| **BPNSS TOTAL** | **79.906** | **10.891** | **78.808** | **10.450** | **79.657** | **8.292** | **0.441** | **0.643** |

*p<0.05

According to Table 6, there is no significant difference among the score averages of the PIUS, MAS;

CBS and BPNSS and their subdimensions according to the duration of marriage variable.

6. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from the PIUS, MAS, CBS, BPNSS and their subscales in terms of the number of children variable. The findings are given in Table 7.

**Table 7.** Results of the t-test Regarding the Scores of Married Individuals Obtained from the PIUS, MAS, CBS, BPNSS and Their Subscales According to the Number of Children Variable

| Scales | 1 child (A) n = 50 | | 2 children (B) n = 156 | | 3+ children (C) n = 121 | | Childless (D) n = 21 | | F | p |
|---|---|---|---|---|---|---|---|---|---|---|
| | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | | |
| Impact of the Internet | 21.218 | 5.808 | 22.333 | 8.370 | 21.561 | 6.642 | 24.450 | 9.970 | 1.141 | 0.333 |
| Social benefit | 13.178 | 4.155 | 14.506 | 5.994 | 14.241 | 5.373 | 15.280 | 5.875 | 0.974 | 0.405 |
| Excessive use | 12.855 | 3.915 | 13.003 | 4.774 | 13.053 | 5.033 | 15.277 | 3.807 | 1.563 | 0.198 |
| **PIUS TOTAL** | **47.252** | **12.057** | **49.843** | **16.684** | **48.855** | **14.776** | **55.008** | **18.063** | **1.322** | **0.267** |
| Agreement | 36.209 | 10.795 | 34.688 | 7.130 | 34.374 | 6.115 | 34.882 | 6.677 | 0.745 | 0.526 |
| Style | 11.705 | 2.980 | 12.494 | 2.743 | 12.881 | 2.597 | 12.469 | 3.115 | 2.160 | 0.093 |
| **MAS TOTAL** | **47.915** | **12.458** | **47.183** | **9.076** | **47.255** | **7.903** | **47.352** | **9.434** | **0.082** | **0.970** |
| **CBS TOTAL** | **54.900** | **22.731** | **54.735** | **20.703** | **53.121** | **15.874** | **48.706** | **21.138** | **0.698** | **0.554** |
| Autonomy | 27.344 | 4.305 | 26.263 | 4.468 | 26.030 | 4.144 | 25.714 | 4.173 | 1.266 | 0.286 |
| Efficacy | 21.830 | 3.334 | 21.689 | 3.364 | 21.104 | 3.051 | 21.809 | 3.124 | 1.012 | 0.387 |
| Need for relationship | 32.099 | 4.087 | 31.911 | 4.501 | 30.934 | 3.842 | 30.476 | 4.996 | 1.933 | 0.124 |
| **BPNSS TOTAL** | **81.274** | **10.218** | **79.864** | **10.960** | **78.070** | **9.316** | **78.000** | **11.300** | **1.446** | **0.229** |

*p<0.05

According to Table 7, there is no significant difference among the score averages of the PIUS, MAS; CBS and BPNSS and their subdimensions according to the number of children variable.

7. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from the PIUS; MAS, CBS, BPNSS and their subscales in terms of the socioeconomic status variable. The findings are given in Table 8.

**Table 8.** Results of the ANOVA Analysis Regarding the Scores of Married Individuals Obtained from the PIUS, MAS, CBS, BPNSS and Their Subscales According to the Perceived Socioeconomic Status Variable.

| Scales | Low (A) n = 18 | | Middle (B) n = 306 | | High (C) n = 24 | | F | p | Significant Groups |
|---|---|---|---|---|---|---|---|---|---|
| | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | | | |
| Impact of the Internet | 26.140 | 11.346 | 21.791 | 7.487 | 22.024 | 4.088 | 2.819 | 0.061 | |
| Social benefit | 16.857 | 8.217 | 13.985 | 5.362 | 15.954 | 4.792 | 3.523 | **0.031*** | A>B |
| Excessive use | 14.306 | 4.674 | 13.159 | 4.765 | 11.974 | 3.975 | 1.289 | 0.277 | |
| **PIUS TOTAL** | **57.304** | **22.611** | **48.936** | **15.290** | **49.953** | **10.958** | **2.495** | **0.084** | |
| Agreement | 33.725 | 7.804 | 34.979 | 7.358 | 33.461 | 8.000 | 0.667 | 0.514 | |
| Style | 12.801 | 2.554 | 12.574 | 2.709 | 11.535 | 3.478 | 1.676 | 0.189 | |
| **MAS TOTAL** | **46.527** | **9.781** | **47.553** | **9.065** | **44.997** | **11.076** | **0.920** | **0.400** | |
| **CBS TOTAL** | **59.657** | **23.088** | **52.857** | **18.648** | **61.923** | **24.788** | **3.300** | **0.038*** | C>B |
| Autonomy | 25.558 | 5.042 | 26.298 | 4.235 | 26.952 | 4.930 | 0.536 | 0.585 | |
| Efficacy | 21.222 | 3.540 | 21.387 | 3.216 | 23.336 | 2.858 | 4.178 | **0.016*** | B,C>A |
| Need for relationship | 29.666 | 4.690 | 31.609 | 4.232 | 31.662 | 4.335 | 1.781 | 0.170 | |
| **BPNSS TOTAL** | **76.447** | **10.615** | **79.294** | **10.281** | **81.950** | **10.834** | **1.473** | **0.231** | |

*p<0.05

According to Table 8, there is a significant difference among score averages of participants obtained from the "social benefit" subdimension of PIUS, CBS in general and "efficacy" subdimension of BPNSS according to the perceived SES levels. In order to identify the reason for this differentiation, the LSD

test, which is a post-hoc analysis method, was used and a significant difference was found in the "social benefit" subdimension of the PIUS between the participants with low levels and middle levels of perceived income in, in favor of those with lower levels of perceived income, while the difference in the CBS scores was found in favor of higher levels of perceived income. However, the difference in "efficacy" subdimension of BPNSS was identified between the participants with middle and high levels of perceived income, in favor of the former. In other words, those with lower SES use the Internet for social benefit more than others, those with higher levels of SES show higher rates of couple burnout and those with middle and high levels of perceived SES have higher levels of efficacy.

8. Another t-test was conducted to identify significant differences in scores of married individuals obtained from the PIUS; MAS, CBS, BPNSS and their subscales in terms of duration of Internet usage variable. The findings are given in Table 9.

**Table 9.** Results of the t-test Regarding the Scores of Married Individuals Obtained from the PIUS, MAS, CBS, BPNSS and Their Subscales According to the Duration of INTERNET Usage

| Scales | 1-3 years n = 65 | | More than 3 years n = 283 | | t | P |
| --- | --- | --- | --- | --- | --- | --- |
| | $\bar{X}$ | Sd | $\bar{X}$ | Sd | | |
| Impact of the Internet | 21.594 | 5.855 | 22.133 | 7.941 | -0.516 | 0.606 |
| Social benefit | 14.871 | 5.987 | 14.131 | 5.437 | 0.971 | 0.332 |
| Excessive use | 12.269 | 4.088 | 13.336 | 4.833 | -1.649 | 0.100 |
| **PIUS TOTAL** | **48.735** | **12.912** | **49.600** | **16.116** | **-0.404** | **0.686** |
| Agreement | 34.780 | 7.045 | 34.816 | 7.512 | -0.035 | 0.972 |
| Style | 12.778 | 2.640 | 12.453 | 2.794 | 0.852 | 0.395 |
| **MAS TOTAL** | **47.558** | **8.678** | **47.269** | **9.387** | **0.226** | **0.821** |
| **CBS TOTAL** | **54.789** | **17.504** | **53.614** | **19.933** | **0.438** | **0.662** |
| Autonomy | 25.797 | 4.980 | 26.421 | 4.157 | -1.050 | 0.294 |
| Efficacy | 21.088 | 3.566 | 21.611 | 3.159 | -1.173 | 0.242 |
| Need for relationship | 30.709 | 4.927 | 31.696 | 4.095 | -1.684 | 0.093 |
| **BPNSS TOTAL** | **77.595** | **11.902** | **79.729** | **9.939** | **-1.502** | **0.134** |

*p<0.05

According to Table 9, there is no significant difference among the score averages of the PIUS, MAS; CBS and BPNSS and their subdimensions according to the duration of Internet usage.

9. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from the PIUS; MAS, CBS, BPNSS and their subscales in terms of the hours of daily use of the Internet. The findings are given in Table 10.

**Table 10.** Results of the ANOVA Regarding the Scores of Married Individuals Obtained from the PIUS, MAS, CBS, BPNSS and Their Subscales According to the Hours of Daily Use of the Internet

| Scales | 8am - 6pm (A) n = 122 | | 6pm - 10pm (B) n = 185 | | 10pm - 8am (C) n = 41 | | F | p |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| | $\bar{X}$ | Sd | $\bar{X}$ | Sd | $\bar{X}$ | Sd | | |
| Impact of the Internet | 21.829 | 6.996 | 22.500 | 8.529 | 20.525 | 3.697 | 1.205 | 0.301 |
| Social benefit | 14.327 | 5.513 | 14.340 | 5.813 | 13.781 | 4.335 | 0.180 | 0.836 |
| Excessive use | 12.778 | 4.683 | 13.013 | 4.673 | 14.759 | 4.793 | 2.872 | 0.058 |
| **PIUS TOTAL** | **48.935** | **14.990** | **49.854** | **17.015** | **49.066** | **9.254** | **0.141** | **0.869** |
| Agreement | 35.430 | 6.372 | 34.697 | 6.125 | 33.468 | 13.373 | 1.120 | 0.328 |
| Style | 12.620 | 2.781 | 12.606 | 2.737 | 11.780 | 2.801 | 1.642 | 0.195 |
| **MAS TOTAL** | **48.050** | **8.342** | **47.304** | **8.016** | **45.248** | **15.152** | **1.413** | **0.245** |
| **CBS TOTAL** | **52.467** | **20.933** | **53.448** | **18.530** | **59.640** | **18.635** | **2.171** | **0.116** |
| Autonomy | 26.511 | 4.731 | 26.323 | 4.160 | 25.607 | 3.751 | 0.673 | 0.511 |
| Efficacy | 21.596 | 3.391 | 21.685 | 3.255 | 20.487 | 2.511 | 2.374 | 0.095 |
| Need for relationship | 31.847 | 4.341 | 31.445 | 4.253 | 30.816 | 4.157 | 0.941 | 0.391 |
| **BPNSS TOTAL** | **79.955** | **11.027** | **79.454** | **10.290** | **76.911** | **8.185** | **1.358** | **0.259** |

*p<0.05

According to Table 10, there is no significant difference among the score averages of the PIUS, MAS;

CBS and BPNSS and their subdimensions according to the usage of Internet hours per day.

10. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from the PIUS; MAS, CBS, BPNSS and their subscales in terms of the Internet usage hours per day. The findings are given in Table 11.

**Table 11.** Results of the ANOVA Regarding the Scores of Married Individuals Obtained from PIUS, MAS, CBS, BPNSS and Their Subscales According to the Internet Usage Hours Per Day

| Scales | Less than 1 hour (A) n = 143 | | 1-3 Hours(B) n = 178 | | 4+ Hours(C) n = 27 | | F | p | Significant Groups |
|---|---|---|---|---|---|---|---|---|---|
| | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | | | |
| Impact of the Internet | 20.689 | 6.788 | 22.646 | 7.113 | 25.096 | 12.272 | 5.139 | **0.006*** | **A<B,C** |
| Social benefit | 13.164 | 4.865 | 14.962 | 5.715 | 15.558 | 6.826 | 5.084 | **0.007*** | **A<B,C** |
| Excessive use | 11.431 | 4.220 | 14.181 | 4.569 | 15.283 | 5.403 | 18.137 | **0.000*** | **A<B,C** |
| **PIUS TOTAL** | **45.285** | **13.598** | **51.790** | **15.132** | **55.937** | **21.993** | **9.981** | **0.000*** | **A<B,C** |
| Agreement | 34.618 | 6.555 | 35.252 | 7.767 | 32.898 | 9.143 | 1.262 | 0.284 | |
| Style | 12.495 | 2.836 | 12.748 | 2.537 | 11.071 | 3.432 | 4.400 | **0.013*** | **A,B>C** |
| **MAS TOTAL** | **47.114** | **8.575** | **48.000** | **9.302** | **43.969** | **11.642** | **2.307** | **0.101** | |
| **CBS TOTAL** | **53.779** | **18.891** | **52.496** | **19.242** | **62.948** | **22.323** | **3.422** | **0.034*** | **A,B<C** |
| Autonomy | 26.404 | 3.958 | 26.509 | 4.368 | 24.430 | 5.465 | 2.806 | 0 .062 | |
| Efficacy | 21.255 | 3.244 | 21.736 | 3.204 | 21.408 | 3.464 | 0.886 | 0.413 | |
| Need for relationship | 31.483 | 4.286 | 31.674 | 4.319 | 30.593 | 3.902 | 0.755 | 0.471 | |
| **BPNSS TOTAL** | **79.144** | **10.193** | **79.920** | **10.296** | **76.431** | **11.358** | **1.374** | **0.254** | |

*p<0.05

According to Table 11, there is a significant difference among score averages of participants obtained from the PIUS and its subdimensions, the "style" dimension of MAS and the CBS in general according to the Internet usage hours per day. In order to identify the reason for this differentiation, the LSD test, which is a post-hoc analysis method, was used and a significant difference was found in scores obtained from the PIUS and all of its subdimensions among those who use the Internet for "less than 1 hour a day", "1-3 hours" and "more than 4 hours a day", in favor of the "1-3 hours" and "more than 4 hours" categories. The difference in the "style" subdimension of MAS was in favor of those who use the Internet for "less than 1 hour a day" and "1-3 hours a day", and in favor of the "more than 4 hours" category in CBS. In addition, couple burnout levels were found to be significant for those who use the Internet for more than 4 hours per day.

11. An ANOVA analysis was conducted to identify significant differences in scores of married individuals obtained from the PIUS, MAS, CBS, BPNSS and their subscales in terms of daily hours spent by participants' spouses on the Internet. The findings are given in Table 12.

**Table 12.** Results of the ANOVA Regarding the Scores of Married Individuals Obtained from PIUS, MAS, CBS, BPNSS and Their Subscales According to the Daily Hours Spent by Participants' Spouses on the Internet.

| Scales | Less than 1 hour (A) n = 144 | | 1-3 Hours(B) n = 173 | | 4+ Hours(C) n = 31 | | F | p | Significant Groups |
|---|---|---|---|---|---|---|---|---|---|
| | $\overline{X}$ | Sd | $\overline{X}$ | Sd | $\overline{X}$ | Sd | | | |
| Impact of the Internet | 21.598 | 7.459 | 22.571 | 8.107 | 21.042 | 4.561 | 0.935 | 0.394 | |
| Social benefit | 13.785 | 5.412 | 14.796 | 5.750 | 13.583 | 4.785 | 1.575 | 0.208 | |
| Excessive use | 12.470 | 4.721 | 13.754 | 4.581 | 12.789 | 5.120 | 3.041 | **0.049*** | **A<B** |
| **PIUS TOTAL** | **47.853** | **15.348** | **51.122** | **16.134** | **47.415** | **12.263** | **2.036** | **0.132** | |
| Agreement | 35.030 | 6.090 | 35.061 | 8.199 | 32.377 | 8.213 | 1.839 | 0.160 | |
| Style | 12.635 | 2.770 | 12.564 | 2.705 | 11.673 | 3.019 | 1.605 | 0.202 | |
| **MAS TOTAL** | **47.665** | **7.939** | **47.626** | **9.896** | **44.050** | **10.721** | **2.147** | **0.118** | |
| **CBS TOTAL** | **51.957** | **18.846** | **53.731** | **19.575** | **63.121** | **19.871** | **4.271** | **0.015*** | **A,B<C** |
| Autonomy | 26.507 | 4.407 | 26.136 | 4.367 | 26.304 | 3.712 | 0.287 | 0.750 | |
| Efficacy | 21.605 | 3.197 | 21.392 | 3.381 | 21.758 | 2.642 | 0.265 | 0.767 | |
| Need for relationship | 31.793 | 4.166 | 31.043 | 4.338 | 32.823 | 4.136 | 2.844 | 0.060 | |
| **BPNSS TOTAL** | **79.906** | **10.314** | **78.572** | **10.582** | **80.885** | **9.075** | **1.037** | **0.356** | |

*p<0.05

According to Table 12, there is a significant difference between score averages of participants obtained from the "excessive use" dimension of PIUS and the CBS in general according to daily hours spent by participants' spouses on the Internet. In order to identify the reason for this differentiation, the LSD test, which is a post-hoc analysis method, was used and a significant difference was found in scores of those whose spouses use the Internet for "less than 1 hour a day" and "1-3 hours per day" obtained from the "excessive use" dimension of the PIUS. The difference was found in favor of the latter. In CBS, on the other hand, the difference was identified between those whose spouses use the Internet for "less than 1 hour", "1-3 hours" and "more than 4 hours" per day, in favor of the "more than 4 hours per day" category. In other words, married individuals whose spouses use the Internet for more than 4 hours a day experienced significantly high levels of couple burnout.

12. Within the scope of the study, a multi-phase multivariate regression analysis was conducted to identify to what extent the marital adjustment, basic psychological needs and problematic Internet use variables predict the couple burnout situation. Findings are given in Table 13 and Table 14.

**Table 13.** Arithmetic Mean, Standard Deviation and Correlation Matrix of Variables used to Predict the Couple Burnout Situation

| | $\overline{X}$ | Sd | TOTAL_PIUS | TOTAL_ADJUSTMENT | TOTAL_BURNOUT | TOTAL_PSY_NEED |
|---|---|---|---|---|---|---|
| TOTAL_PIUS | 49.43 | 15.55 | 1 | -0.104 | 0.229** | -0.295** |
| TOTAL_ADJUSTMENT | 47.32 | 9.24 | | 1 | -0.597** | 0.398** |
| TOTAL_BURNOUT | 53.83 | 19.48 | | | 1 | -0.462** |
| TOTAL_PSY_NEED | 79.33 | 10.34 | | | | 1 |

Prior to the regression analysis for the last sub-problem of the study, the correlation values were measured and then the multi-phase multivariate regression analysis was performed to reveal to what extent the marital adjustment, basic psychological needs and problematic Internet use variables explain couple burnout in married individuals.

The variables were processed individually by the Multi-Phase Multivariate Regression Analysis for the Couple Burnout situation. In this regard, the first analyzed variable was a marital adjustment, the second was a marital adjustment and basic psychological needs together, and the third step was a marital adjustment, basic psychological needs and problematic Internet altogether use in terms of predictability. The predictability levels of variables were tested by involving them in the process separately. The total contribution of these variables to the variance was significant with 0.01.

**Table 14.** Results of the Regression Analysis Applied to the Couple Burnout Scores

| Variable | Main.Phase | β | SHB | R | R² | Adj.R² | t | F | p |
|---|---|---|---|---|---|---|---|---|---|
| MaritalAdj. | 1 | -0.597 | 0.091 | 0.597 | **0.357** | 0.355 | -13.854 | 191.941 | 0.00 |
| MaritalAdj. | 2 | -0.491 | 0.094 | 0.646 | **0.417** | 0.413 | -10.961 | 123.235 | 0.00 |
| Basic.Psy.Need | | -0.267 | 0.084 | | | | -5.952 | | |
| MaritalAdj. | 3 | -0.493 | 0.094 | 0.654 | **0.428** | 0.423 | -11.087 | 85.646 | 0.00 |
| Basic.Psy.Need | | -0.234 | 0.087 | | | | -5.054 | | |
| Prob.Int.Use | | 0.109 | 0.053 | | | | 2.554 | | |

In the first phase, the marital adjustment variable was processed by the analysis as the strongest predictor or exponent of the variance in couple burnout. In this regard, this variable explained 35.7% of the total variance. The bilateral correlation between the marital adjustment and couple burnout scores was found negative and significant (R = 0.597, R² = 0.357, F = 191.941, p<0.01).

Within the second phase, the basic psychological needs variable was added to the analysis after marital adjustment as a significant predictor of couple burnout. The contribution of this variable was 6% and both of these variables together increased the total variance to 41.7%. The bilateral correlation between

the psychological needs satisfaction and couple burnout scores was found negative and significant ($R = 0.646$, $R^2 = 0.417$, $F = 123.235$, $p<0.01$).

In the third phase, the problematic Internet use variable was entered to the analyses in addition to marital adjustment and basic psychological needs. This variable's contribution was measured as 1.1% and these three variables increased the total combined variance to 42.8%. The bilateral correlation between the problematic Internet use and couple burnout scores was found negative and significant ($R = 0.654$, $R^2 = 0.428$, $F = 85.646$, $p<0.01$).

As a result, it was understood that the marital adjustment, basic psychological needs and problematic Internet use variables explain 42.8% of the total variance in couple burnout scores.

13. Findings of the Intermediary Role of Marital Adjustment Between Basic Psychological Needs Satisfaction and Couple Burnout Variables:

**Table 15.** Findings of Basic Psychological Needs Satisfaction, Couple Burnout and Marital Adjustment Scores of Married Individuals

| | $\overline{X}$ | S.D. | 1. Basic Psychological Needs | 2. Couple Burnout | 3. Marital Adjustment |
|---|---|---|---|---|---|
| 1. Basic Psychological Needs | 79.330 | 9.247 | 1 | -0.462** | 0.398** |
| 2. Couple Burnout | 53.834 | 19.484 | - | 1 | -0.597** |
| 3. Marital Adjustment | 47.323 | 10.349 | - | - | 1 |
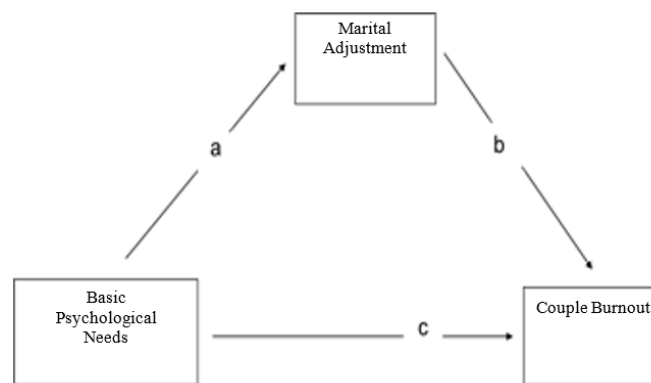


**Figure 1:** Baron and Kenny's (1986) Intermediary Variable Model

The intermediary variable analysis method, which had been suggested by Baron and Kenny (1986), was used to identify the intermediary role of marital adjustment between basic psychological need satisfaction levels and couple burnout. According to this, the independent variable (Basic Psychological Needs) and the mediator (Marital Adjustment) have separate direct effects (b and c) on the dependent variable (Couple Burnout) and there is a significant relationship (a) between the independent variable (Basic Psychological Needs) and the mediator.

Baron and Kenny (1986) suggested that, in order to have an intermediary role, the below conditions should be met:

a) Any change in the independent variable should cause a change in the mediator;

b) Any change in the mediator should cause a change in the dependent variable;

c) Any change in the independent variable should cause a change in the dependent variable;

d) Considering the mediator and the independent variable together, the impact of the independent variable on the dependent variable should either decrease or totally disappear. The disappearance of this impact refers to a strong and single mediator, while a decrease in its mean presence of other mediator variables.

In light of this information, the results of the regression analyses conducted to analyze the relationships in Figure 1 are given in Table 16, 17 and 18:

**Table 16.** Results of the Regression Analysis Between Basic Psychological Needs and Marital Adjustment

| Model | R | R² | Corrected R² | Standard Error |
|---|---|---|---|---|
| 1 | 0.398 | **0.158** | 0.156 | 8.496 |

*a. Independent variable: Basic psychological needs*
*b. Dependent variable: Marital adjustment*

ANOVA

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|
| 1 | Regression | 4694.166 | 1 | 4694.166 | 65.023 | 0.000 |
| | Residual | 24,978.670 | 346 | 72.193 | | |
| | Total | 29,672.836 | 347 | | | |

*a. Independent variable: Basic psychological needs*
*b. Dependent variable: Marital adjustment*

Coefficients

| Model | | Unstandardized Coefficients | | Standardized Coefficients | | |
|---|---|---|---|---|---|---|
| | | B | Std. Error | β | t | Sig. |
| 1 | (Constant) | 19.131 | 3.526 | | 5.426 | 0.000 |
| | Basic Psyc. Needs | **0.355** | 0.044 | 0.398 | 8.064 | 0.000 |

*a. Independent variable: Basic psychological needs*
*b. Dependent variable: Marital adjustment*

Looking at the $R^2$ value in Table 16, the basic psychological needs satisfaction levels explain 16% of the variance in marital adjustment. In addition, the model was found significant in general according to the results of the ANOVA (F= 65.023; p< 0.05). The regression coefficients shown in the last part of the table (B values) reveal that one unit of increase in basic psychological needs' satisfaction level increases the marital adjustment score by 0.355.

**Table 17.** Results of the Regression Analysis Between Marital Adjustment and Couple Burnout

| Model | R | R² | Corrected R² | Standard Error |
|---|---|---|---|---|
| 1 | 0.597 | **0.357** | 0.355 | 15.648 |

*a. Independent variable: Marital adjustment*
*b. Dependent variable: Couple Burnout*

ANOVA

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|
| 1 | Regression | 47,003.638 | 1 | 47,003.636 | 191.941 | 0.000 |
| | Residual | 84,730.531 | 346 | 244.886 | | |
| | Total | 131,734.166 | 347 | | | |

*a. Independent variable: Marital adjustment*
*b. Dependent variable: Couple Burnout*

Coefficients

| Model | | Unstandardized Coefficients | | Standardized Coefficients | | |
|---|---|---|---|---|---|---|
| | | B | Std. Error | β | t | Sig. |
| 1 | (Constant) | 113.396 | 4.380 | | 25.888 | 0.000 |
| | Marital Adjustment | **-1.259** | 0.091 | -0.597 | -13.854 | 0.000 |

*a. Independent variable: Marital adjustment*
*b. Dependent variable: Couple Burnout*

When looking at the $R^2$ value of Table 17, the marital adjustment variable that explains 36% of the variance in couple burnout situation can be seen. In addition, the model was found significant in general according to the results of the ANOVA (F= 191.941; p< 0.05). The regression coefficients given in the last part of the table (B values) reveal that one unit of increase in marital adjustment increases the couple burnout score by 1.259.

**Tablo 18.** Results of the Regression Analysis Between Basic Psychological Needs and Couple Burnout

| Model | R | R² | Corrected R² | Standard Error |
|---|---|---|---|---|
| 1 | 0.462 | **0.214** | 0.211 | 17.303 |

*a. Independent variable: Basic psychological needs*
*b. Dependent variable: Couple Burnout*

ANOVA

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|
| 1 | Regression | 28,134.639 | 1 | 28,134.639 | 93.964 | 0.000 |
| | Residual | 103,599.527 | 346 | 299.421 | | |
| | Total | 131,734.166 | 347 | | | |

*a. Independent variable: Basic psychological needs*
*b. Dependent variable: Couple Burnout*

Coefficients

| Model | | Unstandardized Coefficients | | Standardized Coefficients | | |
|---|---|---|---|---|---|---|
| | | B | Std. Error | β | t | Sig. |
| 1 | (Constant) | 122.854 | 7.180 | | 17.110 | 0.000 |
| | Basic Psyc. Needs | **-0.870** | 0.090 | **-462** | -9.693 | 0.000 |

*a. Independent variable: Basic psychological needs*
*b. Dependent variable: Couple Burnout*

When looking at the $R^2$ value of Table 18, the basic psychological need satisfaction levels that explain 21% of the variance in couple burnout situation can be seen. In addition, the model was found to be significant in general according to the results of the ANOVA (F= 93.964; p< 0.05). The regression coefficients given in the last part of the table (B values) reveal that one unit of increase in marital adjustment decreases the couple burnout score by 0.870.

As a result, this research meets the first three of the conditions suggested by Baron and Kenny (1986).

In order to test the fourth condition, another multiple regression analysis was conducted to include the basic psychological needs satisfaction levels and the marital adjustment together as independent variables. The results of this analysis are given in Table 19.

**Table 19.** Results of the Multiple Regression Analysis Between the Basic Psychological Needs Satisfaction and Marital Adjustment Variables and the Couple Burnout

| Model | R | R² | Corrected R² | Standard Error |
|---|---|---|---|---|
| 1 | 0.646 | **0.417** | 0.413 | 14.923 |

*a. Independent variable: Marital adjustment; Basic psychological needs*
*b. Dependent variable: Couple Burnout*

ANOVA

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|
| 1 | Regression | 54,894.616 | 2 | 27,447.308 | 123.235 | 0.000 |
| | Residual | 76,839.550 | 345 | 222.723 | | |
| | Total | 131,734.166 | 347 | | | |

*a. Independent variable: Marital adjustment; Basic psychological needs*
*b. Dependent variable: Couple Burnout*

Coefficients

| Model | | Unstandardized Coefficients | | Standardized Coefficients | | |
|---|---|---|---|---|---|---|
| | | B | Std. Error | β | t | Sig. |
| 1 | (Constant) | 142.656 | 6.451 | | 22.114 | 0.000 |
| | Basic Psyc. Needs | **-0.502** | 0.084 | **-0.267** | -5.952 | 0.000 |
| | Marital Adjustment | -0.035 | 0.094 | -0.491 | -10.961 | 0.000 |

*a. Independent variable: Marital adjustment; Basic psychological needs*
*b. Dependent variable: Couple Burnout*

According to Table 19, variances in the independent variables, namely, the basic psychological need satisfaction levels and the marital adjustment explain 42% of the total variance in the dependent variable, couple burnout. The ANOVA results show that the model is significant in general (F = 123.235; p< 0.05).

According to the results of the regression analysis conducted to test the last condition of Baron and Kenny (1986), the impact of basic psychological need satisfaction (independent) variable (B= -0.870; B= -0,462) decreases when the marital adjustment is included in the analysis as a mediator (B=-0.502; B= -0.267). Therefore, it can be said that marital adjustment has an intermediary role between basic psychological need satisfaction levels and couple burnout.

It can be observed in the last analysis that the impact of the independent variable on the dependent one does not disappear and this refers to the possibility that other variables may exist in this relationship (Baron and Kenny, 1986). As a result, it is understood that basic psychological needs' satisfaction levels have a "partial intermediary role" in the relationship between couple burnout and marital adjustment situations.

## 4. CONCLUSION AND DISCUSSION

This section discusses and interprets the study results in consideration of the relevant literature.

1. There is a significant difference among scores obtained from the PIUS in total and its subdimensions in favor of male participants, while the difference in score averages obtained from CBS is significant in favor of female participants. However, no significant difference is seen in score averages obtained from the MAS, BPNSS and their subdimensions (See Table 2).

The reason for the significant gender-based difference in the PIU may refer to cultural contexts in which women undertake more responsibilities than men and cannot find sufficient time to use the Internet. The finding that male participants have statistically higher PIU levels than women is consistent with the majority of studies in the literature, where the PIU levels are identified higher in men (Alaçam, 2012; Berber-Çelik and Odacı, 2013; Durak-Batıgün and Kılıç, 2011; Özçınar, 2011; Üneri and Tanıdır, 2011; Zorbaz, 2013). However, in certain studies, no significant gender-based difference was found in PIU levels (Ayaş and Horzum, 2013; Batıgün and Hasta, 2010; Jang et al., 2008;). In addition to this, some studies are suggesting higher rates of PIU in women (Doğan et al., 2008; Odacı, 2011).

There are studies in the literature that support the findings that MA is not affected by gender (Aktaş, 2009; Düzgün, 2009; Hamamcı, 2005; Kublay, 2013; Yeşiltepe, 2011; Zeytinoğlu,2013); while the others suggest a variance in marital adjustment based on gender (Cakmak Tolan, 2015). Some of the studies in the literature state that marital adjustment levels of men are higher than women (Çağ, 2011; Çakır, 2008; Şener and Terzioğlu, 2008; Uşaklı, 2010; Yıldız, 2012); while others claim that the marital adjustment scores of women are higher than those of men (Baba, 2010).

Moreover, some other studies in the literature (Çapri, 2008; Kızıldağ, 2015; Laes and Laes, 2001; Pines, 1996; Pines, Neal, Hammer & Icekson, 2011) suggest that couple burnout rates are higher in women, which is a finding in parallel with findings of this study. Women show higher levels of burnout than men in marital relationships. The reason for women's high burnout rates is considered due to the fact that they have higher expectations from marriage than men, have difficulties in handling wife and mother roles simultaneously and their stress levels are higher than men who undertake the duties of a husband and father (Pines, 2010). However, Can (2013) suggests that there is no significant difference in couple burnout levels according to the gender variable.

Also, there are consistent studies in the literature suggesting that the basic psychological needs are not affected by the gender variable (Çelikkaleli and Gündoğdu, 2005; Halmatov, 2007). According to the literature review, Çivitci (2012) suggested different findings in terms of the relationship between basic psychological needs and gender. In a study conducted at Pamukkale University, it was identified that men have higher levels of "efficacy" and "autonomy" than women. However, Cihangir Çankaya (2009) suggests that there is no significant difference in "autonomy" and "efficacy" levels of students according to the gender variable, while the "need for relationship" variable differs at a significant level in favor of female students.

2. There is no significant difference among the score averages of the PIUS, MAS; CBS and BPNSS and their subdimensions according to the age variable (See Table 3).

There are similar studies in the literature suggesting the invariance of PIU according to the age variable (Alaçam, 2012; Kubey, Lavin & Barrows, 2001; Üçkardeş, 2010).

Daniel (2011) on one hand, states that age is an important demographic feature in Internet addiction. Besides, there are other studies suggesting that young adults and middle aged individuals show higher rates of Internet addiction (Bölükbaş, 2003; Khazaal et al., 2008). Accordingly, Orhan and Akkoyunlu (2004) suggest that an increase in age results in an increase in Internet use.

Likewise, the invariance of MA is also consistent with some of the studies in the literature (Düzgün, 2009; Fidanoğlu, 2006; Güçlü Ergin, 2008; Hamamcı, 2005; Tutarel-Kışlak and Göztepe, 2012 Yeşiltepe, 2011). According to Kargın Güner (2014) and Çakmak Tolan (2015) marital adjustment is affected by age, while some other studies (Çakır, 2008; Jose and Alfons, 2007) suggest that marital adjustment is higher in adulthood than it is in middle and senior periods. In addition, Doğan (2014), Kublay (2013) and Uşaklı (2010) state that marital adjustment decreases with increasing age. Contrary to these findings, it is suggested by another study (Yalçın, 2014) that women at the ages of 41 and above have higher levels of marital adjustment than those in the 21-30 age group.

As opposed to the finding that couple burnout situation is not significantly affected by the age variable, Laes and Laes (2001) state that this variable has different significant relationships with 21 signs of burnout regarding the couple and the occupational burnout.

Besides this, there are certain studies in the literature suggesting that basic psychological needs do not have any significant relationship with the age variable (Çelikkaleli and Gündoğdu, 2005).

The reason that this study does not reveal a significant difference in psychological needs can be explained with the study population that consists of similar-aged participants.

3. It is seen that there are significant differences between the score averages of participants obtained in the "need for relationship" subdimension of the BPNSS. Differences are seen between "high school" and "college" graduates and those with "primary-secondary school and below" levels of education in favor of the former. In other words, high school and college graduates show more competence to satisfy their needs for the relationship than the others (See Table 4).

According to the findings of this study; contrary to the idea that PIU behaviors of married individuals are not affected by the educational status variable, Bakken, Wenzel, Gotestam, Johansson & Oren (2009) suggests that young men with a college level of educational background who are in a significant relationship are at the highest levels of risk.

Moreover, there are certain studies in the literature supporting the finding that marital adjustment is not affected by the educational status of married couples (Çakmak Tolan, 2015; Gülererli, 2014; Hamamcı, 2005; Kublay, 2013; Uşaklı, 2010). However, Özaydınlık (2014) and Özden (2014) suggests that there is a significant relationship between educational status and marital adjustment. There are some other studies suggesting that there is a significant relationship between the higher educational status and the increase in marital adjustment and satisfaction (Çağ and Yıldırım, 2013; Fidanoğlu, 2007; Hoşgör, 2013; Tüfekçi Yıldız, 2013). Likewise, Colebrook Seymour (1998) states that there is also a relationship between higher educational status and decreasing marital satisfaction.

4. It is also seen that there are significant differences in the score averages obtained from the "social benefit" subdimension of BPNSS. Differences are seen between participants with "primary-secondary school and below" levels of educational background and the "college" graduates in favor of the former (See Table 5).

Contrary to the finding that MA levels do not vary according to the educational status of spouses of the participants, Yıldız (2013) suggests that marital satisfaction of individuals increases in parallel with the higher educational status of couples.

On the other hand, there are studies in the literature suggesting that there is no relationship between couples' educational status and marital adjustment and satisfaction, which CB is not affected by the educational status of spouses (Hamamcı, 2005):

5. There is no significant difference among the score averages obtained from the PIUS, MAS, CBS and BPNSS and their subdimensions according to the duration of marriage (See Table 6).

In line with the invariance of MA according to the duration of the marriage, certain studies in the literature suggest that there is no significant relationship between marital adjustment duration of marriage (Çağ and Yıldırım, 2013; Güçlü Ergin, 2008; Jose and Alfons, 2007; Özden, 2014; Zeytinoğlu, 2013). However, Kargın Güner (2014) states that marital adjustment varies according to the duration of the marriage, while Şendil and Kızıldağ (2003) suggests that marital conflicts increase together with the length of the marriage. Contrary to these studies, Hafner and Spence (1988) identified that men with a longer length of marriage have higher levels of marital adjustment.

6. According to the study, there is no significant difference among the score averages of the PIUS, MAS; CBS and BPNSS and their subdimensions according to the number of children variable (See Table 7).

There are certain studies in the literature that support this research suggesting no significant difference in MA based on the number of children the married individuals have (Aktaş, 2009; Çakır, 2008; Fidanoğlu, 2006; Hamamcı, 2005). Likewise, Berk (2009) and Çağ and Yıldırım (2013) could not identify any significant relationship between having children and marital satisfaction.

According to the relevant literature, there are studies that reveal the relationship between marital adjustment and having children or the number of children (Çakmak Tolan, 2015). Gülererli (2014) suggests that having children has a significant impact on the score averages about marital adjustment and herein, the difference is in favor of those who do not have any children (Doğan, 2014; Gülererli, 2014; Şendil and Korkut, 2008; Yeşiltepe, 2011). According to Kublay (2013), those with "less than four" or "zero" children show lower levels of marital adjustment as they get older, while the married individuals with "4 children" have higher levels in this regard. Some other studies in the literature suggest that couples with children have higher levels of marital adjustment, however, herein age is a significant variable and those with younger children in infancy have relatively lower marital adjustment than others (Şener and Terzioğlu, 2002).

In light of this, it can be suggested that the lack of relationship between marital adjustment and the number of children found in this study can be explained with the balanced negative and positive effects of having children. On the other hand, having the first child can be considered as a strengthening event for attachment and familial bonds between spouses, as in this period they undertake parental roles and experience a new phase in married life.

In line with the finding that having children does not affect CB in married individuals, in two of four related studies Pines (1989) finds the relationship among couple burnout, the number of children couples have and the total number of children living in the same house insignificant.

7. It is seen in the study that there are significant differences in the "social benefit" subdimension of PIUS, the CBS in general and the "efficacy" subdimension of BPNSS. The difference in the "social benefit" subdimension of the PIUS is seen between those in low and middle income levels in favor of the former; the difference in the CBS between high and middle income groups is in favor of the former; while the difference in the "efficacy" subdimension of the BPNSS is identified between high and middle income groups in favor of both (See Table 8).

According to the findings of this study; results of the study conducted by Leung and Lee (2012) in Hong Kong show that adolescent Internet addicts are often children of low-income families, which is in line with the finding that scores of "social benefit" subdimension of the PIUS according to the SES variable are in favor of those with lower perceived levels of SES. There are studies with similar results in the literature. For example; Durak-Batıgün and Kılıç (2011), Özer (2013), Park, Kim & Cho (2008), Sevindik (2011), and Yıldız (2010) state that those with higher socioeconomic levels use the Internet more frequently and the rates of Internet use increase in parallel with the SES. In addition, Zorbaz (2013) and Çakır-Balta and Horzum (2008) did not identify any significant relationship between the SES of participants students and Internet addiction.

According to the findings of this study, there is no study in the literature showing similar results with the finding that MA is not affected by perceived SES levels of individuals (Aktaş, 2009; Çağ and Yıldırım, 2013; Çakmak Tolan; 2015). Despite this research, there are some other studies showing that the perceived SES variable does not have an impact on the marital adjustment of couples (Tutarel Kışlak and Göztepe, 2012). However, a study conducted by Rogers and Deboer (2001) suggests that there is a positive relationship between the increase in income levels of married women and their happiness and psychological wellness in family, although the psychological health conditions of their spouses significantly decrease as they contribute more to the common income of the family. In another study, it is suggested that as socioeconomic levels of women increase in line with their marital adjustment, at the same time decreasing conflict tendency (Polat, 2006). Likewise, Şendil and Korkut (2008) suggest that individuals with lower levels of economic status have lower levels of marital adjustment, as well.

8. According to the study, there is no significant difference among the score averages of PIUS, MAS; CBS and BPNSS and their subdimensions according to the duration of Internet usage (See Table 9).

In line with the finding that PIU scores do not show significant differences in terms of the duration of Internet usage; Sırakaya (2011) reported no significant difference in terms of "starting time to use Internet" according to the scores obtained from all subdimensions and the scale in total, despite the significant difference caused by the "duration of Internet use per day" variable of the same scale. Tutgun (2009) identified that teacher candidates who have been using the Internet for "more than 5 years" are more prone to PIU than those using it for "3-5 years", "1-3 years" and "less than 1 year".

The reason that this study identified no significant relationship between the duration of Internet usage and PIU can be explained with the fact that people can even be used to the Internet in a short time due to a number of facilities offered, such as communication, shopping, social media, entertainment etc.

9. According to this study, there is no significant difference among the score averages obtained from PIUS, MAS; CBS and BPNSS and their subdimensions according to the usage of Internet hours per day. (See: Table 10).

Contrary to the result that PIU is not affected by Internet usage hours per day, certain studies in the literature (Ceyhan, 2008; Kim et al., 2010; Sevindik, 2011) suggest that those using the Internet at nights have significantly higher levels of PIU than those using it in the daytime. In addition to this, another study analyzing the relationship between PIU and the hours of Internet usage (Yıldız, 2010) suggests that the time patterns regarding Internet use are divided into five periods, namely, morning, afternoon, night, after midnight and others and the students who checked the "others" option have significantly higher score averages of PIU. It was also observed that the participants wrote similar explanations for the "others" option, such as, "whenever I want" or "randomly".

The result of this study showing no significant relationship between daily Internet usage hours and PIU can be explained by the fact that the Internet users often use it whenever and wherever they want and they tend to be in constant interaction with the Internet as today it is easily accessible through mobile devices.

10. According to the study, there are significant differences in the scores obtained from PIUS in general, and, all of its subdimensions, "style" subdimension of MAS and CBS in general according to the duration of daily Internet usage. One of these differences is among between those using the Internet for "less than 1 hour", "1-3 hours" and "more than 4 hours" a day in favor of those in "1-3 hours" and "more than 4 hours" categories in terms of PIUS. In addition, another difference is in favor of those using the Internet for "less than 1 hour" and "1-3 hours" a day according to MAS and in favor of the "more than 4 hours a day" group in terms of CBS (See Table 11).

Similar to the finding that the PIU scores are in favor of those who use the Internet for "1-3 hours" and "more than 4 hours" a day, certain studies in the literature suggest a positive relationship between Internet usage hours and tend to have an Internet addiction (Durak-Batıgün and Kılıç, 2011; Frangos, Fragkos, Kiohos, 2010; Özer, 2013; Soydan, 2015; Tutgun, 2009; Üneri and Tanıdır, 2011;).

According to the general idea obtained after analysis of all relevant studies in the literature, the duration of Internet use among its problematic users is longer than the others. Endless opportunities and features offered by the Internet increase the duration of use as well as the PIU behavior.

11. According to the study, there is a significant difference between the scores obtained from the "excessive use" subdimension of the PIUS and the CBS in general according to the daily Internet usage durations of spouses of married individuals. The difference is seen in favor of those whose spouses use the Internet for "1-3 hours a day" against those using it for "less than 1 hour a day" according to the "excessive use" subdimension of PIUS, while it is in favor of those whose spouses spend "more than 4 hours a day" using the Internet, against the "1-3 hours a day" category (See Table 12).

The finding of this study, suggests that the couple burnout levels decrease as the marital adjustment increases, is the same findings of the studies in the literature analyzing the "relationship between couple burnout and different variables regarding the dyadic adjustment (Çapri, 2008; Kızıldağ, 2015; Wolsentencroft, 1989).

However, there is no study in the literature that directly suggests that burnout levels increase together with decreasing basic psychological need satisfaction levels, although findings of certain studies (Hacı, 2011; Yarkın, 2013) support this conclusion. Pines (1989; 1996) attempts to discover the relationship between different variables regarding marriage and relationships and the couple burnout situation within his own concept and states that there are a number of other variables highly related with the couple burnout situation, such as having a positive point of view, communication, physical and mental attractiveness, sex life, safety, division of household tasks, change, appreciation and self-realization and development.

12. Prior to the regression analysis conducted to identify the extent of predictability of psychological needs and problematic Internet use for the couple burnout situation, correlation values were measured and then the multi-phase multivariate regression analysis was applied to the data to reveal to what extent the marital adjustment, basic psychological needs and problematic Internet use variables explain couple burnout in married individuals. As a result, it was understood that marital adjustment, basic psychological needs and problematic Internet use variables explain 42.8% of the total variance in couple burnout scores (See Table 13 and Table 14).

Çapri (2008) analyzed the predictability of "socio-demographic features", "occupational burnout", "marital adjustment", "spousal support" and other variables regarding "marriage" and "relationships" for the couple burnout situation. As a result, it was understood that "couple burnout situations in married individuals are predicted by marital adjustment, occupational burnout, excessive workload, emotional attractiveness, abuse, attribution of significance, gender and personality variables".

"Marital adjustment" is considered as the most efficient predictor of couple burnout in all married individuals. The marital adjustment variable alone explains 40.7% of couple burnout situation, which contradicts with the findings of studies conducted by Pines (1989) (the Haifa research) and Kafry and Pines (1980). According to the multiple regression analysis about couple burnout scores of married women, these variables explain 66.8% of the total variance in relevant scores and the marital adjustment variable stands out as the best predictor of the couple burnout situation. The marital adjustment variable alone explains 48.8% of the variance in couple burnout levels.

13. As a result of the analysis considering the intermediary role of marital adjustment in the relationship between basic psychological need satisfaction and couple burnout situations based on the model suggested by Baron and Kenny (1986), it was observed that marital adjustment has a partial intermediary role between basic psychological need satisfaction levels and couple burnout (See Table 16, 17, 18, 19).

## 5. RECOMMENDATIONS

The variables used to explain PIU behaviors of married couples, such as marital adjustment, couple burnout and basic psychological need satisfaction, can also be used and tested in different studies about similar subjects.

In this regard, the current literature in Turkey particularly lacks studies about married individuals and therefore, descriptive and empirical studies including married individuals are considered as a need. It is also thought that using quantitative methods would contribute to the interpretation of results obtained through qualitative research studies.

Small-sized groups can be established with married individuals to perform qualitative and detailed PIU behaviors in terms of marital adjustment, couple burnout and basic psychological need satisfaction.

The findings of these studies can be submitted to relevant authorities to take appropriate measures for married individuals within the framework of providing preventive services. The relationship between couple burnout and problematic Internet use can be offered for marriage and family counselling services.

Considering that this study was only conducted in the Osmaniye province of the country, some other regions can be involved in future studies to identify possible cultural differences and make intercultural comparisons.

To ensure higher levels of generalizability, this study can be repeated with larger sample groups. The abnormal distribution among features of married individuals is thought to have an impact on the results. Therefore, it is recommended to repeat this study in future research with larger sample groups and populations. Future studies are to be conducted with larger sample groups in different regions to increase the level of generalizability.

According to the regression analysis, three of the used variables explain only 42.8% of the couple burnout situation. Therefore, it is seen that the rest of this percentage is yet to be identified. In this respect, other variables regarding the couple burnout situation should be identified in future studies.

Longitudinal studies are recommended to identify the effect of marriage and family lives on couples and the factors affecting them over time.

There is no study conducted in Turkey about PIU behaviors of married individuals. Therefore; considering the impact of social networks and PIU behaviors upon marriage and family lives as well as the lack of PIU studies with married individuals in Turkey, further research should be conducted with larger, comprehensive and different sample groups. In addition, studies regarding marriage and family life will bring significant benefits to society.

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