



Examination of Social Media Use of the Adults Over the Age of 50

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Abstract

The aim of this study was to examine social media use statuses of the adults over the age of 50. The participants of the study consisted of 98 adults over the age of 50 living in Bartın province. Data were collected in face to face environment. Mixed method was utilized in the research. As a result of the research, while there was no difference in social media usage status of the participants depending on their gender, there were differences in social media usage status of the participants based on their age groups, working statuses and educational levels. When participant opinions are examined; it is understood that participants in general use social media to follow the agenda/people. When the codes are examined, it is observed that they mostly refer to usage with communicational/interactional and educational aims while explaining the reasons for using social media. It is understood that participants prefer not to use social media mostly because of lack of technical knowledge and skills. Afterwards, the reasons that thinking it having no contribution/unnecessary, reasons of health problems, being unattractive and not being widespread in the past/being not able to get used to were observed among the reasons for not using social media.

50 Yaş Üstü Yetişkinlerde Sosyal Medya Kullanımının İncelenmesi

Makale Bilgisi

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Araştırma makalesi

Öz

Bu çalışmada 50 yaş üstü yetişkinlerde sosyal medya kullanım durumlarının incelenmesi amaçlanmıştır. Araştırmanın katılımcılarını Bartın iline yaşayan 98 tane 50 yaş üstü yetişkin oluşturmaktadır. Veriler yüz yüze ortamda toplanmıştır. Araştırmanın karma yöntem ile desenlenmiştir. Araştırma sonucunda katılımcıların sosyal medya kullanım durumlarında cinsiyetlerine bağlı bir farklılık bulunmazken, katılımcıların sosyal medya kullanım durumlarında yaş gruplarına, çalışma durumlarına ve eğitim düzeylerine göre bir farklılık vardır. Katılımcı görüşleri incelendiğinde; katılımcıların sosyal medyayı genellikle gündemi/kişileri takip etmek için kullandığı anlaşılmaktadır. Kodlar incelendiğinde katılımcıların sosyal medyayı kullanma gerekçelerini açıklarken en çok iletişim/ etkileşim, eğitsel amaçlı kullanıma değindikleri görülmektedir. Katılımcıların sosyal medyayı genellikle en çok teknik bilgi beceri eksikliğinden dolayı kullanmamayı tercih ettikleri anlaşılmaktadır. Daha sonra ise sırasıyla katkısı olmadığını/ gereksiz olduğunu düşünme, sağlık sorunları, ilgiyi çekmemesi ve eskiden yaygın olmaması/ alışmama nedenlerinin sosyal medya kullanmama nedenleri arasında olduğu görülmektedir.

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Introduction

Age average of world population increases day by day. According to the report of *Elderly in Statistics (2018)* by Turkish Statistical Institute [TÜİK], United States of America Bureau of Population, based on International Database, indicates that 9,1% of world population was consisted by elderly population in 2018. When the countries having the highest rate of elderly population, Turkey comes in 66th among 167 countries and her elderly population rate is 8.8 in 2018. Again in the same report, this rate is expected to exceed 15% within approximately twenty years. As age average gets older, possibilities of the individuals in this age group to encounter problems in daily-life works and operations such as education, health services, transportation, banking etc. increase as well (Lee & Coughlin, 2015). Digital technologies' potential of enabling opportunities against these problems are observed to be high. However, it is observed that the individuals in middle-age and elderly periods experience much more fear and anxiety in use of digital technologies (Barnard, Bradley, Hodgson, & Lloyd, 2013). In relation with this status, Peek et al. (2016) attracts attention to the fact that individuals in this period experience problems about acceptance of technology. Though, Ekici-Gümüş (2016) indicate that information technologies make life easier for individuals at all age levels, but they provide solutions for needs of the individuals in middle-age and elderly periods in many areas such as health, personal care and socialization. However, it is stated that studies in the literature generally do not focus too much on the technology usage status of the individuals in this age period and even the individuals in this age period are particularly excluded from the platforms in relation with the use of information technologies (Jin, Kim, & Baumgartner, 2019; Kalinkara & Sari, 2018). In this context, examination of use of information technologies and social media usage of individuals in middle-age and elderly periods, defined by Clarke (1998), is observed to be necessary.

According to Özsungur and Hazer (2018), during middle-age and elderly periods in which people are under biological and chemical effects in time and experience change, individuals need whole lot more technological devices which will assist them in their daily activities, enable them to perform banking transactions, to get social and psychological support, to have reminder of medicine use and other daily activities and to be more activate them in terms of socialites. This situation also affected middle adults' and elderly people's attitudes of technology usage, acceptances of technology and usage behaviors (Özkan & Purutçuoğlu, 2010). In addition, information technologies and social media environments are tools that adults can utilize to participate in informal learning (Jin, Kim, & Baumgartner, 2019). In this context, research of usage statuses of these technologies by the individuals taking part in this period will provide important clues with regard to lifelong learning.

According to Evens, Franz, Judges, Beermann and Baecker (2019), mid-adults and elderly individuals are psychologically (e.g. social isolation and loneliness) more defenseless. As the root cause of the status, such situations as decrease of mid-adults' and elderly individuals' social circles, decrease in their interactions, health status, physical activity efficacy are indicated. Furthermore, these psychological problems may affect life quality of the individuals in this age groups. Digital technologies may act as a solution in order that mid-adults and elderly individuals are less affected from the psychological problems which may stem from the development period they take part in. Thus, digital technologies may present opportunities and conveniences in order that the individuals having decreased mobility skill construct new social interactions. Within this context, this research will contribute to the literature because of the fact that it researched mid-adults' and elderly individuals' usage statuses of social media environments which provide further access to digital technology and particularly social interaction.

Importance and Aim of the Research

Today increase of life span and population of mid-adults and elderly in Turkey and even in whole world indicates that this age group is needed to be focused on (Yıldırım-Becerikli, 2013). According to the report of Pew Research Center (2018), nearly half (46%) of elderly adults taking part in general population have possession of smart-phone, internet and broadband at home, and their usage rates demonstrated increase. Again, according to report of Pew Research Center (2018), 34% of elderly adults in USA uses social networking sites and intensity of social media use of these users increased. This age group's current statuses of technology usage reveals that further studies are needed to be conducted in order to understand these individuals' motivation to use technology, contexts in which technology used and not used, obstacles and opportunities. Improper evaluation of digital technology usage needs and usage potentials of the individuals in this age group may prevent obtaining potential benefits which will be able to be provided from a large demographic group. Therefore, it is observed that increasing the

number of the researches on digital technology usage of the groups composed by mid-adults and elderly individuals having different demographic characteristics is important. On the other hand, as the world population gets older, adults in this age group will constitute an important part among current and potential users of digital technology. From this point forth, understanding mid-adults' and elderly individuals' status of internet use and how their usage develops may be guiding in terms of how to best support digital technology usage in this age group.

In this study, examination of social media usage of the adults over the age of 50 is aimed. In accordance with this purpose, replies were sought for following questions.

- How is the usage status of information technologies among adults over the age of 50?
 - Internet Usage Experience
 - Daily Internet Usage Time
 - Tools used in Internet access and usage frequency of these tools
 - Frequency of Access to Social Networking Sites
 - Level of competence in using social networks
 - Usage aim of social networks
- How are the social media usage levels of adults over the age of 50?
- Do the social media usage levels of adults over the age of 50 differ based on gender, age, educational level and working status?
- What are the opinions of the adults over the age of 50 about the reasons for using/not using social media?

Method

This research in which determination of social media usage statuses of the individuals over the age of 50 was conducted through mixed method in which qualitative and quantitative research designs were utilized together. Mixed method is a method in which qualitative and quantitative data were collected synchronously or respectively and analyzed in an integrated way (Onwuegbuzie & Johnson, 2006). In this research, among the mixed method designs, sequential descriptive design was utilized. This design is a design in which at first qualitative data and later quantitative data were collected and analyzed (Creswell & Clark, 2008). In this study, a screening study was conducted to determine the social media usage statuses of individuals over the age of 50. Interviews were conducted to gather in-depth information about participants' reasons for social media use. 86% of the participants voluntarily attended to the interview.

Study Group

The participants of this study consist of 98 adults over the age of 50 living in Bartın province. The characteristics of the participants are presented in Table 1. In the research, the data of the participants were listed from young to old in accordance with their age and coded as K1, K2, K98.

Table 1. Demographic Characteristics of the Participants

	Options	f	%
Gender	Female	26	26.5
	Male	72	73.5
Age	50-55 Years	42	42.9
	56-60 Years	19	19.4
	61-65 Years	20	20.4
	66-70 Years	12	12.2
	71 Years and older	5	5.1

Level of Education	Illiterate	2	2.0
	Primary school	22	22.4
	Middle School	8	8.2
	High school	21	21.4
	Graduate	40	40.8
	Postgraduate	5	5.2
Profession	Retired	33	33.7
	Worker	5	5.1
	Military personal	10	10.2
	Housewife	10	10.2
	Officer	15	15.3
	Teacher	19	19.4
	Other	6	6.1
Service Year	Not Working or Retired	45	45.9
	0-25 years	7	7.1
	26-30 years	20	20.5
	31 years and over	26	26.5

* *Other: Engineer, Driver/Taxi Driver, Tradesman, Electrical Technician, Cook, Certified Public Accountant, Foreign Trade Expert, Veterinary, Manager.*

According to Table 1, 26.5% of the participants are women and 73.5% are men. The ages of the participants range from 50 to 86 years. The average age of the participants is 59.08 (SD = 7.52). 2% of the participants is illiterate, 22.4% has primary school degree, 8.2% has middle school degree, 21.4% has high school degree, 40.8% has graduate degree and 5.2% has postgraduate. While 33.7% of the participants is retired, 12.2% does not work; 54.1% works actively. The average year of service of the working participants is 30.19 years.

Data Collection Tools

Self-description form, a scale and semi-structured interview form were used as data collection tools.

Self-description form: This form was developed by the researchers. The form consists of two parts. In the first part, there are 5 items aiming to collect demographic, personal and professional information. The second part consists of 2 items related to usage statuses of information technologies and social media of individuals over the age of 50. In the development of this form, opinions of two experts in the field of Computer and Instructional Technologies were consulted and experts confirmed use of the items without any change.

Social Media Use Scale: This scale was originally developed by Jenkins-Guarnieri, Wright and Johnson (2013). The scale was adapted to Turkish by Akin, Özbay and Baykurt (2015). This scale consists of 10 items and two factors. The sub-dimensions of the scale were social integration and emotional attachment and integration with social routines. In this six-Likert type scale, scoring varies between “Strongly Disagree (1)” and “Strongly Agree (6)”. In this study, it is 0.88 for the whole scale.

Semi-structured Interview Form: In this data collection tool developed by the researchers, as the purpose of the study two questions were asked to the participants. In order to ensure the validity and reliability during development process of this data collection tool, opinions of 2 field experts were consulted and accordingly the data collection tool was arranged in terms of narration.

Data Collection and Analysis

Data were collected in face-to-face environment through printed form. Then, the data in the printed forms were transferred to computer environment. Data were collected anonymously and only the participant code (K1, K2...K97, K98) was given to the participants.

Descriptive analysis, non-parametric tests and content analysis were used for data analysis. Mann Whitney U, Kruskal Wallis H test and descriptive statistics were used in the analysis of quantitative data. Before the analysis; normality, kurtosis, skewness coefficients and homogeneity of the data were examined and non-parametric tests were decided to be used. In the analysis of qualitative data, content analysis method was used. The data collected through interview forms were examined under themes and codes.

Research Ethics

In this study, it has been complied with ethical principles. Ethics committee approval was obtained for the study. Ethical committee approval information (committee name= Bartın Üniversitesi Sosyal ve Beşeri Bilimler Etik Kurulu, date= 12/02/2020 and number= 2020-12).

Findings

Findings are presented in accordance with the presentation order of research questions.

Findings on the First Sub-question

In the research, the first sub-question was determined as “How is the usage statuses of information technologies among adults over the age of 50?”. Table 2 presents the arithmetic averages and standard deviations related to the usage statuses of information technologies in adults over the age 50 and Table 3 and Table 4 present descriptive findings on the use of social media

Table 2. Usage Status of Information Technologies of the Adults Over the Age of 50

Usage Status of Information Technologies	\bar{X}	SD	
Internet Usage Experience (in years)	9.56	7.33	
Daily Internet Usage Time (in hours)	2.80	3.12	
Tools Used for Internet access and Frequency of Use	<i>Desktop Computer</i>	2.40	1.58
	<i>Laptop (All kinds of portable computers)</i>	1.87	1.29
	<i>Tablet</i>	1.28	0.76
	<i>Smart-phone</i>	3.87	1.64
	<i>Other</i>	1.06	0.35

According to Table 2, participants' Internet use experience is approximately 9.5 years. Daily internet usage of the participants is approximately 3 hours. In addition, it is observed that the most frequently used tools for the Internet access by the participants were smart phones and this was followed by desktop computers, laptops, tablets and other devices.

Table 3. Social Media Usage Status of Adults Over the Age of 50

Social Media Usage Status		f	%
Access Frequency to Social Networking Sites	<i>I don't use social networks.</i>	31	31.6
	<i>Several times a week</i>	8	8.2
	<i>Once a day</i>	19	19.4
	<i>Several times a day</i>	40	40.8
Level of competence in using social networking sites	<i>I'm not competent.</i>	27	27.6
	<i>I'm partly competent.</i>	13	13.3
	<i>I'm intermediately competent.</i>	27	27.6
	<i>I am competent.</i>	22	22.4
	<i>I am fully competent.</i>	9	9.2

According to Table 3, 40.8% of the participant's access to social media environments several times a day. Data on the level of competence in using social networking sites demonstrate that 27.6% of the participants replied as "I am not competent at all" and again 27.6% replied as "I am intermediately competent". When Table 4 is examined, it is observed that participants use social media environments mostly for personal (for daily works & communication) purposes and this is followed by educational and professional use.

Table 4. Social Media Usage Purposes of Adults Over the Age of 50

	Options	\bar{X}	SD
Usage Frequency of social networking sites based on usage purpose	Personal (for daily works & communication)	2.92	1.56
	Professional	2.20	1.39
	Educational	2.27	1.39

Findings on the Second Sub-Question

In the research, the second sub-question was determined as "How are social media usage levels of the adults over the age of 50?". Table 5 presents arithmetic averages and standard deviations of the scores of the items and scale dimensions of social media use scale of adults over the age of 50.

Table 5. Social Media Usage Levels of the Adults Over the Age of 50

Items and Dimensions	k	\bar{X}	\bar{X}/k	SD
Social integration and emotional attachment scale	6	12.09	2.02	7.45
Integration with social routines scale	4	11.29	2.82	4.33
Scale total	10	23.38	2.34	10.89

*k= item numbers

According to Table 5, average scores of social media usage levels of the adults over the age of 50 are 23.38 (SD = 10.89). The average score obtained from the social integration and emotional attachment subscale is 12.09 (SD = 7.45), whereas the total score for the integration with social routines subscale is 11.29 (SD = 4.33). For interpretation of reached scores' levels, the intervals which were determined in Likert structure of the scale were

taken into consideration. Dimension scores of the participants' social media use for social integration and emotional attachment purposes are at low level ($\bar{X}/k=2.02$). Dimension scores of the participants' social media use for integration with social routines are at intermediate level ($\bar{X}/k=2.82$). The scores reached for the general of the scale are at low level as well ($\bar{X}/k=2.34$).

Findings on the Third Sub-Question

The third sub-question in the research was determined as "Do the social media usage levels of the adults over the age of 50 differ based on their gender, age, educational level and working status?". In Table 6, Table 7, Table 8 and Table 9; Mann Whitney U and Krusal Wallis H test results related to differentiation of social media usage of the adults over the age of 50 based on various variables are presented.

Table 6. Results of Mann Whitney U Test on Distribution of Social Media Usage Scores of the Adults Over the Age of 50

Variables	Gender	n	Mean Rank	Sum of Rank	U	p
Use of Social Media	Female	26	45.92	1194.00	843.00	.450
	Male	72	50.79	3657.00		

According to Table 6, it was determined that there was not statistically meaningful difference in the social media usage of the participants depending on their gender ($U = 843.00$, $p > .05$). Although there is not a meaningful difference, when ranks average of the groups were taken into consideration, it was observed that social media usage levels of men are higher than women.

Table 7. Results of Mann Whitney U Test on Distribution of Social Media Usage Scores of the Adults Over the Age 50 Based on Age Groups

Variables	Age Groups	n	Mean Rank	Sum of Rank	U	p
Use of Social Media	50-64 Years	78	52.32	4081.00	560.00	.049
	65 Years and older	20	38.50	770.00		

According to Table 7, there is a statistically meaningful difference in social media usage of the participants based on their age groups ($U = 560.00$, $p < .05$). When Mean Ranks of the groups are taken into consideration, it is observed that the social media usage level of the individuals from the age group of 50-64 is higher compared to the individuals aged 65 years and older.

Table 8. Results of Mann Whitney U Test on Distribution of Social Media Usage Scores of the Adults Over the Age of 50 Based on Work Status

Variables	Working Status	n	Mean Rank	Sum of Rank	U	p
Use of Social Media	Actively not working	45	41.94	1887.00	852.00	0.014
	Actively Working	53	55.92	2963.00		

According to Table 8, there is a statistically meaningful difference in social media usage of the participants based on their working statuses ($U = 852.00$, $p < .05$). When trunk averages of the groups are taken into consideration, it is observed that social media usage level of the actively working participants is higher compared to actively not working participants.

Table 9. Results of Kruskal Wallis H Test on Distribution of Social Media Usage Scores of the Adults Over the Age 50 Based on Educational Level

Variables	Educational Levels	n	Mean Rank	df	X ²	p
Use of Social Media	Illiterate + Primary School	24	33.48	4	17.32	0.002
	Middle School	8	26.81			
	High School	21	52.05			
	Graduate	40	58.58			
	Postgraduate	5	53.80			

According to Table 9, there is a statistically meaningful difference in the social media usage of the participants based on their educational level ($X^2 = 17.32$, $p < .05$). When Mean Ranks of the groups are taken into consideration, it is observed that social media usage level of the graduate participants is higher compared to the groups with other educational levels.

Findings on the Fourth Sub-Question

In the research, the fourth sub-question was determined as “What are the opinions of the adults over the age of 50 about the reasons of using/not using social media?”. In Table 10 and Table 11; themes, codes and frequencies related to content analysis conducted to determine the reasons for social media usage of the adults over the age of 50 are presented. In addition, the number of frequencies is not identical with the number of participants because multiple opinions are expressed during the interviews with participants.

Table 10. Opinions of the Adults Over the Age of 50 on Reasons for Using Social Media

Theme	Codes	f
Reasons for preferring to use social networking sites	Following the Agenda/persons	12
	Communication/Interaction	8
	Educational purposes	5
	Professional reasons	4
	Sociality / Loneliness	4
	Making life easier / Meeting individual and health needs	4
	To keep up with technological developments	3
	Perceiving the use of social media as a need	3
	Ease of access to information	3
	Games / entertainment / leisure	3

When opinions of the participants in Table 10 are examined; it is understood that participants often use social media to follow the agenda/people. When the codes were examined, it is observed that the participants mostly mentioned about communication/interaction ($f = 8$) and educational use ($f = 5$) when explaining their reasons for using social media. Then, professional reasons ($f = 4$), sociality/loneliness ($f = 4$), making life easier/meeting individual and health needs ($f = 4$), keeping up with technological developments ($f = 3$), perceiving social media

use as a need (f = 3), ease of access to information (f = 3) and games / entertainment / leisure time (f = 3) were stated respectively. Some opinions of the participants are as follows:

Quotes from Participant Opinions

K48- I wonder the events happening in my surrounding, I generally use it to get news. I want to closely watch social events and tendencies.

K69- It eases my works and I easily and fast connect with other individuals.

K 28- I use in order to learn new subjects. I use it to share information with my teacher colleagues.

K3- I communicate via social networking accounts while making recruitment and search for the staff through these environments.

K17- Because I am lonely, I spend my leisure time.

K19- I research on my health problems. I receive information.

K9- I use it in order not to miss out new developments.

K7- Now these sites are regarded as a need. Not having a networking account makes one feel ashamed.

K21- I use it to have instant access to new information and to be able to make multiple shares of the information.

K 31- For entertainment purpose, I play games to spend leisure time.

Table 11. Opinions of the Adults Over the Age of 50 Years on Reasons Not to Use Social Media

Theme	Codes	f
Reasons not to use social networking sites	Incapable (lack of technical knowledge/skills)	5
	Thinking that it doesn't contribute / it is unnecessary	4
	Health problems	3
	Not interested	2
	Uncommon in the past/Not getting used to social media	2

When participants' opinions in Table 11 are examined it is understood that the participants mostly prefer not to use social media because it is generally not able to be used (lack of technical knowledge and skills). Afterwards, it is observed that thinking it not having any contribution / unnecessary (f = 4), health problems (f = 3), lack of interest (f = 2) and not being widespread/not getting used to (f = 2) are among the reasons for not using social media respectively. Some opinions of the participants are as follows:

Quotes from Participant Opinions

K5- I don't understand, I'm afraid when I'm in the wrong place. There's no one to ask.

K2- Unnecessary and I don't know how to use it as well; I don't have money and the pension is also not sufficient, I can't spend money on internet every month anyway.

K88- I cannot use due to health problems.

K65- It was not common in our time; I am not interested. I've studied it a little and it's not my interest at all.

K1- There was no such thing in the past. I can't get used to innovations.

Discussion and Conclusion

In this study, examination of social media usage statuses of the adults over the age of 50 was aimed. Qualitative data were also collected to determine the reasons of the individuals over the age of 50 for using social media in a detailed way.

In this study, it was found that participants' internet usage experience was about 9.5 years, their daily internet usage was about 3 hours and the most frequently used tool for internet access was smart phones. About half of the participants have access to social media several times a day. Approximately two-thirds of the adults over the age of 50 stated that their level of competence in using social networks is moderate and below. Participants mostly use social media for personal (daily works/communication) purposes. It is observed that occupational use is the last among the purposes of use on the other hand. According to Administration for Community Living (2018), the proportion of the individuals aged 65 years and older in the use of mobile technologies is expected to increase to approximately 24% within the next decade. This data means that especially mid adults and elderly adults have more access and education opportunities than previous generations. Current research findings support this situation as well. Moreover, experience of Internet usage and daily Internet usage of the individuals over the age of 50 have evidential value for this support. Pew Research Center (2017, 2018) indicates that approximately half of elderly adults have smart-phone and internet ownership, and more than one-third of them use social media environments, such ownerships and usage rates of the environments keep increasingly moving.

In this study, it was observed that use of social media was mostly preferred for personal works and usage competence was low and it is necessary to interpret the data about the usage period within this context. Therefore, mobile trainings presented integratedly with social media environments can be designed in order to improve the competencies of the adults using social media through mobile devices and to ensure the sustainability of the learning process. In addition, implications can be done about the contribution of mobile supported social media learning environments to the informal learning process of the adults over the age of 50.

There was not difference in the participants' social media usage statuses based on their gender. Even there is not a statistically meaningful difference, based on their Mean Ranks it is observed that social media usage levels of men are higher compared to women. There is a difference in the social media usage statuses of the participants based on their age groups. Social media usage levels of the individuals in age group of 50-64 years are higher compared to the individuals aged 65 years and elder. According to TÜİK (2019) Household ICT Usage Survey data, while Internet usage in Turkey is 42.6% in total as general usage among individuals in age group of 55-64 years, Internet usage rate of men (52.2%) is higher compared to women (33.2%). Among individuals aged 65-74 years, internet usage rate is 19.8% as general usage; it is, 25.3% in men and 15.0% in women. In this study, parallel results with the data of TÜİK were found on social media usage of the individuals over the age of 50. From this point of view, measures to fill the digital gap with regard to gender based social media usage should take place in the policies to be developed.

There is a statistically meaningful difference in social media usage of the participants based on their working statuses. Even there is not a statistically meaningful difference, based on their Mean Ranks social media usage levels of the participants actively working are higher compared to ones actively not working. There is a statistically meaningful difference in social media usage of the participants based on their educational levels. It is observed that social media usage level of the graduate participants is higher compared to the groups with other educational levels.

When the participant opinions were examined, it is understood that participants often use social media to follow the agenda/people. When the codes are examined, it is observed that participants mostly mention about communication/interaction and educational use while explaining the reasons for using social media. Moreover, in the study conducted by Hunsaker & Hargittai (2018) with regard to literature examination, it was indicated that such determinant variables as access, skills and usage types come to the fore front in internet usage of the elderly. Accordingly, it was indicated that these variables are a finding demonstrating who use Internet among the elderly individuals. From this point forth, conduct of rankings based on skills and usage types may be advised for future studies while examining usage of digital technologies like social networking etc. by the mid adults and elderly

individuals. On the other hand, in the meta-synthesis study conducted by Ramprasad, Tamariz, Garcia-Barcena, Nemeth and Palacio (2019), it was emphasized that digital technologies have a significant place in lives of elderly individuals particularly in terms of health contributions. However, in the studies conducted in Turkey, it is observed that any statuses emerged regarding the usage in health field. In the referred study, promotion of elderly individuals' technology usage were advised in order to increase these individuals' quality of life. From this point forth, briefing applications can be attained by family health centers in order to promote mid adults' and elderly individuals' use of social networking sites for health purpose. It is understood that participants prefer not to use social media mostly because of lack of technical knowledge and skills. In the supporting way of this finding, Hunsaker & Hargittai (2018) indicated that competence levels of digital technologies' usage are among the basic determiners for use of the technologies like Internet by the elderly. Afterwards, it is observed that thinking it not making any contribution/unnecessary, health problems, not attracting attention and not being widespread/not being used in the past were among the reasons for not using social media. In the longitudinal study conducted by Szabo, Allen, Stephens and Alpass (2018), it was emphasized that Internet usage may contribute to life quality of the elderly individuals. However, in the referred study, it was indicated that each type of digital technology usage cannot be regarded as positive based on usage type and perceptions of the individuals. From this point forth, it is thought that there lie technology usage types, competencies and perceptions of participants under the data reached through the research. Within this context, studies may be designed in future studies by taking these variables into consideration.

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Statement of Publication Ethics

All procedures performed in this study involving human participants were in accordance with the ethical standards of the institutional and national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.

Conflict of Interest

The authors declare that they have no conflict of interest.

Researchers' Contribution Rate

Researchers' Contribution Rate						
Authors	Literature review	Method	Data Collection	Data Analysis	Results	Conclusion
Hatice Yıldız Durak	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Emel Tekin	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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