






# Turkish Version of the Escapism Motivation Scale: A Validation and Adaptation Study

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## ABSTRACT

Stenseng et al. (2012, 2021) developed the escapism motivation scale (EMS) to measure two distinctive motivational mindsets, i.e., self-expansion and self-suppression, in escapist behaviors. Self-expansion implies active involvement in an activity to cultivate positive emotions, increase satisfaction, and endorse personal growth. In contrast, self-suppression is characterized by holding negative emotions at bay through immersive activity engagement. However, while self-suppression grants temporary relief, it also inhibits the possibility of self-growth through engagement in the activity and is thus detrimental to general well-being. This study aims to adapt the EMS to Türkiye and investigate its reliability and validity in a sample of Turkish students. A total of 396 individuals (139 males, 257 females) above 18 years old participated in the study. The Flow State Scale, Emotion Regulation Scale, Psychological Well-Being Scale, Big Five Inventory, Satisfaction With Life Scale, Brief Self-Control Scale, and Positive and Negative Affect Schedule (PANAS) were used for criterion validity. Confirmatory factor analyses were performed to evaluate the construct validity of the Turkish version of the EMS and aligned with the two-factorial solution in the original scale, with the subdimensions self-suppression (prevention mindset) and self-expansion (promotion mindset). Cronbach's alpha coefficients for both self-suppression and self-expansion were adequate. Self-expansion correlated with positive affective outcomes, whereas self-suppression was associated with adverse affective outcomes. In summary, the results supported the reliability and validity of the EMS in the Turkish language and may be used to measure escape motivations in Turkish populations.

**Keywords:** Adaptation, escapism, flow, validation, self-expansion, self-suppression.

## ÖZ

### Gerçeklikten Kaçış Motivasyonu Ölçeği Türkçe Versiyonu: Geçerlilik ve Adaptasyon Çalışması

Gerçeklikten Kaçış Motivasyonu Ölçeği (GKMÖ) Stenseng ve ark. (2012, 2021) tarafından gerçeklikten kaçış davranışlarındaki iki farklı motivasyonel düşünce yapısını ölçmek için geliştirildi. Bu motivasyonlar ise Öz Genişleme ve Öz Baskılama olarak iki alt boyutta isimlendirildi. Öz Genişleme olumlu duygular geliştirmek, doyumunu artırmak ve kişisel gelişimi kuvvetlendirmek amacıyla bir aktiviteye aktif olarak katılmayı ifade eder. Öte yandan öz baskılama sürükleyici bir aktivite gerçekleştirmek aracılığıyla negatif duyguları beklemede tutma etrafında şekillendi. Ancak, öz baskılama geçici bir rahatlama sağlarken aktiviteye katılım yoluyla gelen öz gelişim şansını da kısıtlar. Süregelen çalışmanın amacı GKMÖ'yü Türkçeye uyarlamak, ölçeğin güvenilirlik ve geçerliliğini Türk öğrenciler üzerinde incelemektir. On sekiz yaşının üstündeki bireyler (139'u erkek, 257'si kadın) çalışmaya katılım sağladı. Akış Yaşantıları Ölçeği, Duygu Düzenleme Ölçeği,



#### Cite this article as:

Kaya MZ, Şahin ÖS, Baran HD, Stenseng F, Yalçinkaya Alkar Ö. Turkish Version of the Escapism Motivation Scale: A Validation and Adaptation Study. J Cogn Behav Psychother Res 2024; 13(3): 247-256.

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Submitted: 26.09.2023

Revised: 21.08.2024

Accepted: 16.09.2024

Available Online: 30.10.2024

JCBPR, Available online at  
<http://www.jcbpr.org/>



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Psikolojik İyi Oluş Ölçeği, Büyük Beş-50 Kişilik Testi, Yaşam Doyumu Ölçeği, Kısa Öz-Kontrol Ölçeği ve Pozitif ve Negatif Duygu Ölçeği kriter geçerliliğini test etmek için kullanıldı. GKMÖ'nün yapı geçerliliğini değerlendirmek için doğrulayıcı faktör analizi gerçekleştirildi. Yapılan doğrulayıcı faktör analizleri orijinal ölçeğin öz baskılama (engelleyici düşünce yapısı) ve öz genişleme (geliştirici düşünce yapısı) alt boyutlu iki faktörlü yapısıyla uyum gösterdi. Hem öz baskılama hem de öz genişleme için Cronbach alfa katsayısı yeterli bulundu. Öz genişleme olumlu duygulanım edinimleriyle, öz baskılama ise olumsuz duygulanım edinimleriyle ilişkili olduğu bulundu. Özetle, sonuçlar GKMÖ'nün Türkçedeki geçerlilik ve güvenilirliğini destekledi ve gerçeklikten kaçış motivasyonlarının Türkiye örnekleminde ölçmek için kullanılabileceğini gösterdi.

**Anahtar Kelimeler:** Adaptasyon, akış, gerçeklikten kaçış, öz genişleme, öz baskılama, geçerlilik.

## INTRODUCTION

The rules and expectations of society cause most people conform to a vast amount of duties every day, such as attending school, going to work, or dealing with family obligations. At the same time, people feel a need to unwind from the demands of externally motivated goal-oriented tasks (Tuan, 1998). This includes self-monitoring and critical evaluations that follow from such engagement. This urge to seek relief from the constant monitoring of the self is referred to as escapism, defined as running from everyday responsibilities and problems through a distractive act (American Psychological Association, 2015; Merriam-Webster, 2023).

Escapism can be facilitated through a wide range of activities. However, the phenomenon has perhaps mostly been studied in relation to popular media entertainment. For instance, watching television was initially seen as an escape from unpleasant everyday experiences (Pearlin, 1959). It was believed to help reduce stress, but it was also criticized to lead to “narcotization” of the people (Katz & Foulkes, 1962). Nevertheless, escapism is not limited to media consumption. For instance, Baumeister (1990, 1991) evaluates suicide as an escape from the painful, aversive state of self-awareness. He also discusses other behaviors, such as alcoholism and masochism, as escape from the “burden of selfhood.” Accordingly, Heatherton and Baumeister (1991) apply the same principles of escape theory to evaluate binge eating disorder, i.e., the individual seeks to cognitively narrow his or her self-monitoring and self-evaluation while being focused on the sensations of food and eating and vomiting, thus reaching temporary tranquility.

In light of the abovementioned literature, escapism may be perceived as an exclusively destructive act. However, this perspective disperses from flow theory (Csikszentmihalyi, 1990). The flow state is described as a pleasurable condition that emerges when a person is intensely engaged in an activity and when one's competencies fully correspond to the demands of the activity. This loss of self-monitoring is

experienced as a condition that gratifies and promotes well-being. As in escapist engagements, the flow state facilitates reduced self-awareness, and focus is narrowed to the task at hand, with one's self-monitoring almost exclusively linked to performance in the activity itself. For instance, music academy students who experienced flow when playing their instrument reported more positive affect (Fritz & Avsec, 2007). Similar findings from other studies evoke the question of whether escapism is a dualistic phenomenon. Stenseng et al. (2012) had two suggestions from this question. First, all types of escapist behaviors are characterized by action attention related to activity engagement, which includes task absorption, temporary dissociation, and reduced self-evaluation (Baumeister, 1990, 1991; Csikszentmihalyi, 1990; Elliot & Harackiewicz, 1996). Second, the state of escape can be targeted from two opposing mindsets, that is, either from the promotion of positive affect or the prevention of negative affect (Higgins, 1997, 1998) in terms of emotion regulation strategies in the engagement.

Stenseng et al. (2012) developed a two-dimensional scale to explore this dualism in escapism motivation. The escapism motivation scale (EMS) included the self-expansion and self-suppression subcategories. Self-suppression refers to the prevention of negative emotions through cognitive focus and temporary distraction from aversive thoughts. These acts are accompanied by both avoidance of stressors and the undermined possibility of self-enhancement through engagement in an activity. In contrast, self-expansion refers to the promotion of positive affect through immersion in a particular activity to facilitate positive experiences, satisfaction, and personal development.

The two-dimensional model of escapism (Stenseng et al, 2012, 2021) conveys a differentiation between healthy and unhealthy escape motivations. Empirical studies have provided substantial support for the model related to various types of activities, such as gaming, streaming, running, and leisure activities in general. A recent study by Stenseng et al.

(2023) among recreational runners found that self-suppression substantially overlapped with exercise addiction and less general well-being. Path analyses showed that escapism added substantial exploratory value to the relationship between exercise addiction and poor well-being. This finding was consistent even when descriptive variables, such as age, gender, and time spent running per week, were considered. Similarly, another recent study on gaming and streaming behavior showed that different dimensions of escapism differentiated between healthy and unhealthy outcomes from gaming (Stenseng et al, 2021). Sopčić and Musil (2020) found a positive correlation between self-alienation and disaffection from oneself. This disaffection often includes dissociating from one's own feelings or activities and self-suppression in one's favorite activities, such as hobbies. Additionally, a study by Stenseng and Phelps (2016) among athletes showed that positive affective outcomes from the activity were dependent upon adaptive passion and self-expansion escapism, whereas negative affective outcomes and obsessive passion were related to self-suppression escapism. Thus, a growing number of studies support a two-dimensional approach to escapism, making the applicability of the EMS promising.

Escapism is an overlooked concept in the psychology literature. Consequently, only a few studies exist on escapism in Turkish literature. A few articles on marketing and communication explored escapism in a multidisciplinary manner. For instance, research on consumer behavior found that escapism is a significant motivational predictor of shopping addiction tendency (Kirezli & Arslan, 2019). Another study on consumer behavior found that virtual worlds offer a sense of escape for some people, but not for others, as these virtual experiences often overlap with their real lives (Yurdakul & Atik, 2017). Finally, a study on social media usage found a relationship between increased social network usage and escapism (Çelebi, 2015). Thus, considering a few papers on the subject conducted in Türkiye, escapism has typically been a semifocus of extant studies and explored from a unidimensional perspective.

A Turkish version of the EMS can provide a basis for further research and prevent limitations related to language issues. Thus, the primary goal of the current study is to adapt the EMS (Stenseng et al, 2012, 2021) to the Turkish language through correlational analysis and confirmatory and reliability analyses. The secondary goal of the study is to explore the relationship between escapism and other psychological constructs, such as subjective well-being, self-regulation, personality traits, and flow in activities. This approach aims to provide a more nuanced understanding of escapism, especially its potential positive aspects, which have often been overlooked. In summary, this study aims to investigate the psychometric properties and factor structure of the Turkish version of the EMS.

## METHOD

### Participants

Data were collected through Google Forms using a random sampling method. The G\*Power program was used to determine the sample size, and it was concluded that 220 participants were sufficient for the study. A total of 396 participants (males  $n=139$  (35.1%); females  $n=257$  (64.9%);  $M=25.05$ , age range 18–66) residing in various provinces of Türkiye who voluntarily agreed to participate in the study were included in the adaptation study of the 11-item EMS. Only fully answered questionnaires and specific answers to the favorite activities were included in the study (e.g., “doing Taekwondo,” “playing Elden Ring,” “knitting”).

### Measures

#### *The Escapism Motivation Scale*

The EMS (Stenseng et al, 2012, 2021) measures how one escapes into certain activities from two motivational mindsets: self-suppression and self-expansion. Participants were asked to name their favorite activities. All 11 items were answered according to a “When I engage in this activity...” sentence. Items such as “I continually try to learn new things about myself” and “I open up for experiences that enrich my life” were used to measure self-expansion, whereas items such as “I try to suppress my problems” and “I try to prevent negative thoughts about myself” were used to measure self-suppression. Responses were made on a Likert scale in which every item ranged from 1 (I do not agree at all) to 7 (completely agree).

#### *The Satisfaction with Life Scale*

Dağlı and Baysal (2016) conducted a Turkish adaptation study of the Satisfaction with Life Scale, a one-dimensional Likert-type scale with five questions that measure an individual's cognitive beliefs about life satisfaction. This scale has a Cronbach's alpha internal consistency coefficient of 0.88. In this study, the scale has a Cronbach's alpha internal consistency coefficient of 0.89.

#### *The Psychological Well-Being Scale*

A Turkish adaptation of the Psychological Well-Being Scale, a Likert-type scale with eight questions, was used (Telef, 2013). The items on the scale are answered between 1 (I definitely disagree) and 7 (I definitely agree). The purpose of the scale is to measure an individual's self-perceived psychological well-being in important areas (interpersonal relationships, self-esteem, optimism, etc.). The scores obtained from the scale vary between 8 and 56, where a high score indicates that a person is rich in psychological resources and strength. This scale has a Cronbach's alpha internal consistency coefficient of 0.80. In this study, the scale has a Cronbach's alpha internal consistency coefficient of 0.90.

### **The Flow State Scale**

A Turkish adaptation of the Flow State Scale, a five-point Likert-type scale of 12 items, was used (Baş, 2019). This scale measures the positive experiential state that occurs when an individual engages in a certain activity with full concentration. This scale consists of two factors, i.e., the first-factor fluency of performance that consists of seven items, and the second-factor absorption by activity that consists of five items. This scale has a Cronbach's alpha internal consistency coefficient of 0.91. In this study, the scale has a Cronbach's alpha internal consistency coefficient of 0.83. The Turkish version of the scale is provided in the Appendix 1.

### **Positive and Negative Affect Scale (PANAS)**

Gençöz (2000) conducted a Turkish adaptation study of the PANAS, which is a Likert-type scale and consists of 10 positive and 10 negative emotion items (a total of 20 items). Each item on the scale is answered between 1 (very little or none) and 5 (very much). The scores that can be obtained for each emotion on this scale range from 10 to 50. The PANAS assesses the recent and current positive and negative affect of an individual. This scale is based on the assumption that the structure of emotions consists of two basic dimensions that are independent of each other. A positive emotion is defined as an active pleasure and pleasure received from life, whereas a negative emotion is defined as the activation of a person's unpleasant emotions, such as stress, fear, and resentment. This scale has a Cronbach's alpha internal consistency coefficients of 0.83 and 0.86 for positive and negative emotions, respectively. In this study, the scale has a Cronbach's alpha coefficients of 0.91 and 0.86 for positive and negative emotions, respectively.

### **The Brief Self-Control Scale**

The Turkish Adaptation of Tangney et al.'s Brief Self-Control Scale by Nebioglu et al. (2012) was used. The Brief Self-Control Scale is a Likert-type scale that consists of 13 questions. This scale aims to measure one's self-control, which is referred to as one's ability to control emotions, desires, and behaviors. This scale has a Cronbach's alpha internal consistency coefficient of 0.83. In this study, the scale has a Cronbach's alpha coefficient of 0.74.

### **The Emotion Regulation Scale**

Ulaşan-Özgüle (2011) conducted a Turkish adaptation study of the Emotion Regulation Scale, a Likert-type scale that consists of ten items, with each item answered ranging from 1 (strongly disagree) to 6 (strongly agree). This scale aims to measure one's tendency to control emotions in different ways (cognitive reappraisal, expressive suppression). This scale

includes reappraisal and suppression as personal emotion regulation strategies. The reappraisal dimension, which consists of six items, refers to the reevaluation of the situation to change the impact of both positive and negative emotional states. The suppression dimension has four items. This scale has a Cronbach's alpha internal consistency coefficient of 0.93. In this study, the scale has a Cronbach's alpha of 0.81.

### **Big Five Inventory**

The Turkish version of the Big Five Inventory is a five-point Likert-type personality assessment questionnaire with 50 items, with every item ranging from 1 (not suitable at all) to 5 (very suitable) (Tatar, 2017). This test has been developed to measure how high or low someone is in openness, conscientiousness, extraversion, agreeableness, and neuroticism traits. For this study, only some questions from the neuroticism dimensions are required to measure depression vulnerability. In this study, the test has a Cronbach's alpha of 0.89.

### **Procedure**

The study protocol was approved by Ankara Yıldırım Beyazıt University Social and Human Sciences Ethical Committee (approval code: 2022-648), and all procedures were conducted in accordance with the ethical standards of the institutional and national research committee and with the 1964 Declaration of Helsinki and its later amendments. To ensure a valid translation of the EMS from English to Turkish, three competent translators separately translated the items in the original scale to Turkish. The authors chose the most appropriate translations. To ensure accuracy, different people translated the selected translations back into English, which were compared with the original scale by the authors as well. In addition, to ensure that the chosen translations were precise and comprehensible, a small sample of laypeople rated the items with respect to understandability and clarity, and revisions were made accordingly. Finally, the final version was tested again on a small sample. After the researchers decided that the items were understandable, the study link was created from the online data collection site, Google Forms. The data collection process started by making an announcement from online platforms or sending a direct link via social media. Information about the study was provided in the study form, with an indication that participation in the study was voluntary.

### **Statistical Analysis**

Data collected from the participants were transferred to IBM SPSS version 24.0 (SPSS Inc., Armonk, NY) for further analysis. First, data were tested for linearity, normality, and homogeneity. Skewness and kurtosis values were calculated to assess the normality assumption. Tests revealed that the data were normally distributed and homogeneous. Second,

**Table 1.** Means, standard deviations, and correlations for the Turkish version of the EMS

Variable	M	SD	Minimum	Maximum	SE	SS
Self-expansion (SE)	17.91	4.06	5.00	25.00	–	–
Self-suppression (SS)	19.81	5.77	6.00	30.00	-0.21**	–
Life satisfaction	13.87	4.87	5.00	25.00	0.47**	-0.23**
Psychological well-being	37.73	10.09	10.00	56.00	0.64**	-0.27**
Flow state	44.45	6.99	16.00	60.00	0.49**	-0.11*
Positive affect	31.83	9.05	10.00	50.00	0.61**	-0.30**
Negative affect	25.88	8.64	10.00	50.00	-0.34**	0.33**
Low self-control	27.39	7.28	10.00	45.00	-0.33**	0.34**
Emotion regulation	24.45	5.95	6.00	36.00	0.39**	0.05
Depression vulnerability	14.22	4.44	4.00	20.00	-0.30**	0.43**

SD: Standard deviation; SE: Self-expansion; SS: Self-suppression; \*: P<0.05; \*\*: P<0.001.

**Table 2.** Item-total correlations of items

Items	V1	V2	V3	SE (V1)	SE (V2)	SE (V3)	SS
1	0.14	0.08	0.02	0.55	0.55	0.58	–
2	0.48	0.47	0.47	–	–	–	0.48
3	0.52	0.54	0.56	–	–	–	0.62
4	0.26	–	–	0.49	–	–	–
5	0.29	0.34	0.44	–	–	–	0.63
6	0.24	0.32	0.42	–	–	–	0.58
7	0.11	0.06	-0.00	0.52	0.54	0.56	–
8	0.13	0.07	-0.01	0.64	0.68	0.71	–
9	0.42	0.48	0.52	–	–	–	0.67
10	0.44	0.44	0.43	–	–	–	0.48
11	0.11	0.02	–	0.46	0.36	–	–

V1: First version of the scale; V2: Second version of the scale; V3: Third version of the scale; SE: Self-expansion; SS: Self-suppression.

a descriptive analysis was conducted to provide a general understanding of the variables (Table 1). Cronbach’s alpha was used to evaluate the internal consistency. Correlation analyses were conducted to evaluate the relationship between the dimensions of the EMS and related variables using Pearson’s correlation coefficients.

Since the EMS is a theoretically supported and psychometrically validated questionnaire, both in its original and translated versions, the current study focused on applying the existing validated structure rather than developing a new theory or test. Consequently, an exploratory factor analysis (EFA) was not conducted. Instead, a confirmatory factor analysis (CFA) was performed to

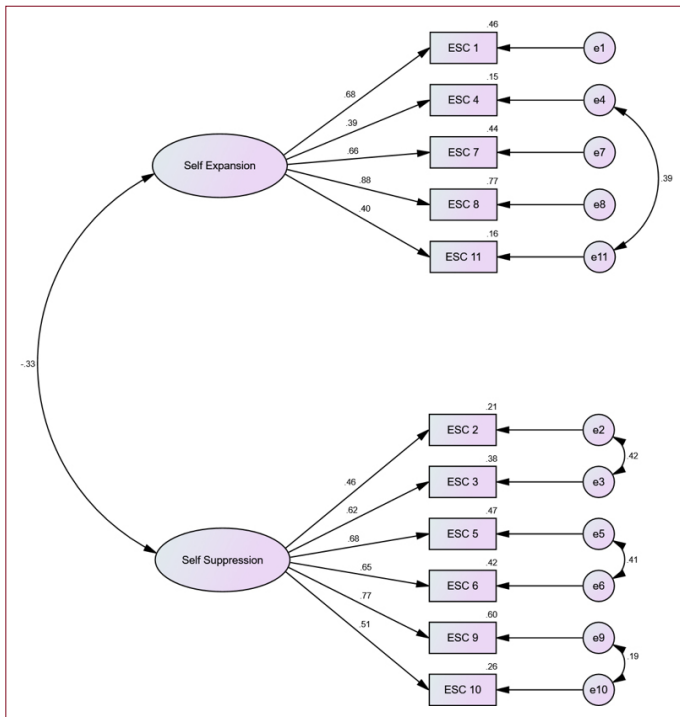
evaluate the predefined structures, ensuring that the Turkish version of the EMS behaves consistently with the original validated model (Brown, 2015). The SPSS AMOS version 26.0 (Arbuckle, 2019) was used for CFA.

## RESULTS

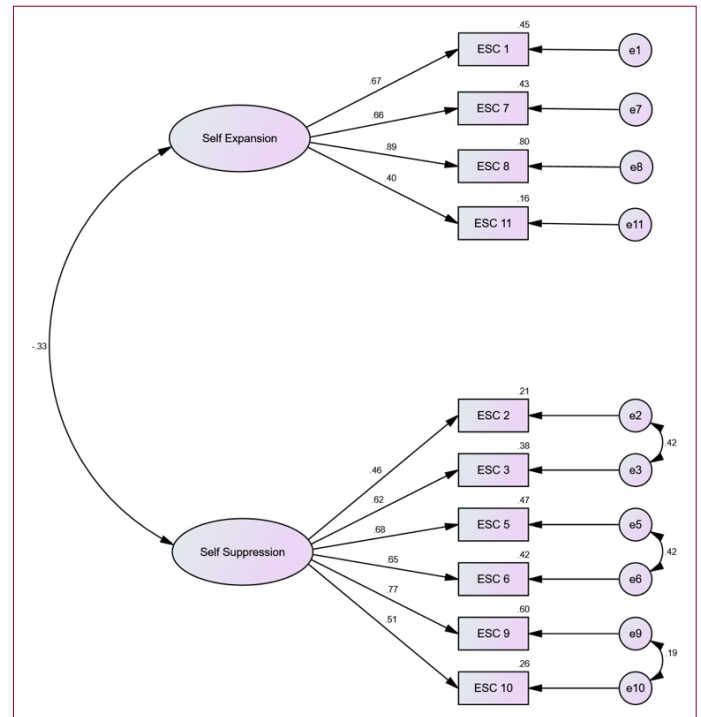
### Confirmatory Factor Analysis

AMOS was used to perform a CFA of the two-factor model developed by Stenseng (2012). Items were clustered under these two dimensions to form a model (Fig. 1). This model did not show an adequate model fit on the maximum likelihood of estimates (MacCallum et al, 1996): CMIN/DF=4.15, NFI=0.89, TLI=0.88, CFI=0.92, and RMSEA=0.09. Item 4 of





**Figure 1.** Two-factor model of the Turkish version of the Escapism Motivation Scale with 11 items.



**Figure 2.** The first alternative two-factor model of the Turkish version of the Escapism Motivation Scale with 10 items.

the self-expansion dimension was removed since it had a factor loading below 0.40. The second model with item loads 0.40 and over (Fig. 2) showed a higher and acceptable model fits: CMIN/DF=3.36, NFI=0.92, TLI=0.92, CFI=0.94, and RMSEA=0.08. When the model was examined further, a stronger alternative model was formed without items 4 and 11 of the self-expansion dimension (Fig. 3). The alternative third model consisting of items with factor loadings above 0.40 exhibited a very good fit: CMIN/DF=2.52, NFI=0.95, TLI=0.95, CFI=0.97, and RMSEA = 0.06.

**Internal Consistency**

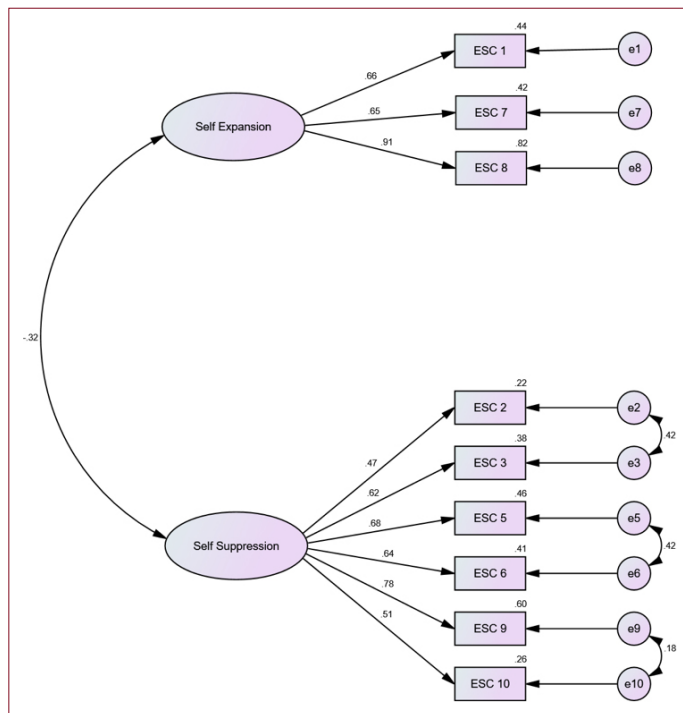
Cronbach’s alpha ( $\alpha=0.76$ ) and McDonald’s omega ( $\omega=0.74$ ) of the first model for the self-expansion dimension were acceptable, whereas those for self-suppression dimension were good ( $\alpha=0.81$ ,  $\omega=0.81$ ). Meanwhile, Cronbach’s alpha and McDonald’s omega of the second version for the self-expansion ( $\alpha=0.73$ ;  $\omega=0.74$ ) and self-suppression dimensions ( $\alpha=0.81$ ;  $\omega=0.81$ ) were acceptable. Moreover, the internal consistency analyses of the third version showed that Cronbach’s alpha and McDonald’s omega of both the self-suppression ( $\alpha=0.81$ ;  $\omega=0.81$ ) and the self-expansion dimensions ( $\alpha=0.78$ ;  $\omega=0.79$ ) were acceptable. Table 2 presents the item-total correlations of items for each version and dimensions.

**Correlations**

Correlation analyses for the first two-factor model were conducted to examine the relationship between the dimension of the escapism scale and related variables (Table 2). Self-expansion positively correlated with life satisfaction ( $r(394)=0.47$ ,  $p<0.001$ ), psychological well-being ( $r(394)=0.64$ ,  $p<0.001$ ) flow state ( $r(394)=0.49$ ,  $p<0.001$ ), positive affect ( $r(394)=0.61$ ,  $p<0.001$ ), and emotion regulation ( $r(394)=0.39$ ,  $p<0.001$ ) and negatively correlated with negative affect ( $r(394)=-0.34$ ,  $p<0.001$ ), low self-control ( $r(394)=-0.33$ ,  $p<0.001$ ), and depression vulnerability ( $r(394)=-0.30$ ,  $p<0.001$ ). Alternatively, self-suppression had positive correlations with negative affect ( $r(394)=0.33$ ,  $p<0.001$ ), low self-control ( $r(394)=0.34$ ,  $p<0.001$ ), and depression vulnerability ( $r(394)=0.43$ ,  $p<0.001$ ), had negative correlations with life satisfaction ( $r(394)=-0.23$ ,  $p<0.001$ ), psychological well-being ( $r(394)=-0.27$ ,  $p < 0.001$ ), flow state ( $r(394)=-0.11$ ,  $p=0.026$ ), and positive affect ( $r(394)=-0.30$ ,  $p<0.001$ ), and had no significant correlation with emotion regulation ( $r(394)=0.17$ ,  $p<0.001$ ).

**DISCUSSION**

Stenseng et al.’s (2012, 2021) two-dimensional escapism scale is based on a dualistic approach to escapism in activity engagements. The current empirical study supports this



**Figure 3.** The second alternative two-factor model of the Turkish version of the Escapism Motivation Scale with 9 items.

dualistic approach to escapism and that the Turkish versions of the EMS are valid and reliable. The results from exploratory factor analyses showed that the scale has two distinctive factors, i.e., self-expansion and self-suppression. Although the initial model replicated the original factor structure proposed by Stenseng et al. (2012), adjustments were necessary to improve the model fit in the CFA. By removing items with insufficient factor loadings, two modified models demonstrated a better fit and acceptable internal consistency for each subdimension. These modifications underscore the importance of cultural adaptation and the need for ongoing validation when applying psychometric tools across different populations. Notably, the internal consistencies of the scale’s subdimensions were found to be acceptable.

A wide range of hypothesized covariates to the escapism dimensions were included in the study not only to discriminate the dimensions but also to confirm their content validity. The correlation analyses demonstrated that self-expansion was positively associated with indicators of psychological well-being, such as life satisfaction and positive affect, confirming its role as a constructive motivational mindset. In contrast, self-suppression was significantly correlated with indicators of psychological distress, such as negative affect, low self-control, and depression vulnerability, highlighting its

potential as a marker for maladaptive escapism behaviors. In line with previous studies, self-expansion was highly related to psychological well-being and life satisfaction, implying that well-being can be elevated through more self-expansion in activity engagement or that more well-being facilitates more self-expansion. Moreover, the escapism dimensions were differently associated with psychological flow in activities (Csikszentmihalyi, 1990); while self-expansion showed a positive correlation with flow, self-suppression had a relatively weak and negative correlation with flow. These findings strengthen the idea of a motivational dualism of escapism (Stenseng et al, 2012, 2021).

As hypothesized, self-suppression was substantially related to several indicators of psychological ill-being, negatively correlated with subjective well-being and positive general affect, and positively associated with negative general affect. It was also related to impulsivity (low self-control) and depression vulnerability, demonstrating its relation to both maladaptive personality traits and lower everyday well-being. Conversely, self-expansion was mainly inversely related to these vulnerability traits and the indicators of well-being, illustrating that for individuals with more adaptive traits, engaging out of self-expansion in their favorite activity will nourish their lives through engaging with a specific activity, leading to more well-being.

Notably, the current results support that the EMS can provide insights into individual differences in motivation in activity engagements and their psychological determinants and outcomes. The results indicate that self-destructive behaviors, or pathological behaviors, may be identified through the EMS using its self-suppression dimension. As such, the scale may inform the clinical assessment of pathological addictive behaviors, such as Internet gaming disorder (see Kardefelt-Winther, 2014a, 2014b), social media addiction (Cataldo et al, 2022), and gambling addiction (Toneatto & Millar, 2004). Moreover, the current study provides more empirical evidence in support of a two-dimensional understanding of escapism and illuminates escapism as a relevant motivational mindset in people’s everyday lives.

Several limitations of this study are worth mentioning. A potential limitation is the decision to forego EFA. While this approach was justified by the aim to validate an existing theoretical structure rather than develop a new one, it might limit the ability to identify any culturally specific factors that could emerge in a Turkish context. Future research could benefit from conducting EFA alongside CFA to ensure a comprehensive understanding of the scale’s applicability across cultures. Another limitation is the absence of temporal validity testing. This is a cross-sectional study, so it does not

account for the stability of the escapism motivations over time. Longitudinal studies are needed to assess whether the constructs measured by the EMS remain consistent across different time points. Moreover, like other cross-sectional studies, theoretical models about psychological processes cannot be tested per se because covariation cannot explain causality among variables, requiring additional studies to explore and explain causation. Data were collected through self-report questionnaires. Thus, the social desirability of the participants could have affected the results. Furthermore, participants were asked about their favorite activities that they mostly do in their free time. The question aimed to acquire specific replies about activities that serve as a form of escapism. However, some of the responses might not reflect these kinds of activities.

The present study provides preliminary evidence that the EMS is a valid and reliable tool to assess escapism motivations in the Turkish context, albeit with some modifications. The findings support the dualistic nature of escapism but also highlight the need for ongoing refinement and validation, particularly in cross-cultural applications. In addition, the replicative nature of the current study, corresponding with previous empirical findings, supports the dualism of escapist engagements and the general applicability of the scale, as well as a dualistic conceptualization of escapism across different cultures.

**Ethics Committee Approval:** The Ankara Yıldırım Beyazıt University Institute of Social Sciences Ethics Committee granted approval for this study (date: 08.02.2022, number: 2022-648).

**Author Contributions:** Concept – MZK, ÖZŞ; Design – MZK, ÖZŞ, HDB, ÖYA; Supervision – ÖYA, FS; Data Collection and/or Processing – MZK, ÖZŞ, HDB, ÖYA; Analysis and/or Interpretation – MZK, HDB; Literature Search – MZK, ÖZŞ, FS; Writing – MZK, FS, ÖZŞ; Critical Reviews – MZK, ÖZŞ, HDB, FS, ÖYA.

**Conflict of Interest:** The authors have no conflict of interest to declare.

**Use of AI for Writing Assistance:** Not used.

**Financial Disclosure:** The authors declared that this study has received no financial support.

**Peer-review:** Externally peer-reviewed.

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**Appendix 1 (in Turkish).** Gerçeklikten Kaçış Motivasyonu Ölçeği

Boş zamanlarınızda gerçekleştirdiğiniz favori aktiviteniz nedir?

.....

Bu aktivite ile meşgul olduğum (ilgilendiğim) zaman...

- 1 Sürekli kendimle ilgili yeni şeyler öğrenmeye çalışırım.
- 4 Sıklıkla kendimi olumlu bir şekilde şaşırtırım.
- 7 Hayatımı zenginleştirecek deneyimlere açığım.
- 8 Kendimi daha iyi tanımaya çalışırım.
- 11 Hayatımın diğer alanlarına da yayılan olumlu bir enerjiyle doluyum.
- 2 Hayatımdaki zor şeyleri unutmaya çalışırım.
- 3 Problemlerimi bastırmaya çalışırım.
- 5 Gerçeklikten kaçmak isterim.
- 6 Kendimden kaçmak isterim.
- 9 Hakkında düşünmek istemediğim zor şeylerin üstünü kapatırım.
- 10 Kendim hakkındaki olumsuz düşünceleri engellemeye çalışırım.

Gerçeklikten Kaçış Motivasyonu Ölçeği iki boyutlu bir ölçektir. "1, 4, 7, 8 ve 11" numaralı maddeler Gerçeklikten Kaçışın Öz Genişleme boyutuna ilişkin iken "2, 3, 5, 6, 9 ve 10" numaralı maddeler Öz Baskılama boyutu ile ilişkilidir.