

INFLUENCE OF PARTNER'S PHUBBING ON RELATIONSHIP SATISFACTION AND MENTAL HEALTH AMONG MARRIED COUPLES

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Abstract

Beyond the realm of academics, phubbing is the common behavior possessed by many individuals from adolescence and continuing throughout their marital life, which in turn influences mental health. This study adds to the growing body of research on the effects of digital devices on contemporary in-terpersonal dynamics by clarifying the intricate interactions among phubbing, relationship satisfaction and mental health. To achieve this, the study will contain strategies to enhance relationship satisfaction and mental health. Partner's Phubbing Scale, Relationship Assessment Scale (RAS) and Positive Men-tal Health Questionnaire (PMH) were administered to collect data through a Google Form for 100 samples of married couples using simple random sampling techniques by descriptive research design. The major findings are that there is a significant influence of a partner's phubbing behavior on rela-tionship satisfaction and mental health. There is a significant negative correlation between a partner's phubbing behavior, relationship satisfaction and mental health

Keywords:

Phubbing Behaviour, Relationship Satisfaction, Mental Health, Married Couples

1. Introduction

Modern technology leads to the development of various challenges in the psychological state of every individual, whereas human beings are adapting themselves accordingly to the environment. Smartphone occupy the routine of everyone's life that simultaneously has a major impact on the way they behave. Phubbing Behavior is the new variable that has been emerged in the 21st Century as a result of Technological Advancements. That also plays a vital role in various stages of human Life. It has both merits and demerits and also associated with variety of psychological components

1.1 Partner's Phubbing Behavior

In 2012, Phubbing was declared in the Macquarie Dictionary as part of the marketing campaign by the publishers. It was coined and described by Adrian Mills. Phubbing behaviour in general is

raised as a result of snubbing the phone, often even during stressful or working circumstances. For that, a partner's phubbing behaviour is referred to as focusing on a mobile device rather than a partner during the conversation and neglecting to pay attention (Beukeboom and Pollmann, 2021). Further phubbing has been classified into various types based on the environment in which the snubbing occurred, such as boss phubbing, partner phubbing, classroom phubbing, etc. (Thabassum, 2021). When the act of snubbing occurs between couples, it creates a change in the style of their relationship and their satisfaction. It also results in a feeling of agitation, unimportance, inferiority, stress, depression, etc. That, in turn, affects an individual's interpersonal relationships. Some of the determinants of phubbing behaviour include:

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1. Negative Emotionality
2. Open Mindedness
3. Internet Addiction

1.2 Relationship Satisfaction

A complex of components, i.e., perceived partner commitment, sexual satisfaction, perceived satisfaction of both individuals in a relationship, appreciation, conflicts and other key predictions, were involved in assessing relationship satisfaction. It is an individual's evaluation of the positive feelings, attractiveness and compatibility of their partner within their relationship (Zhan et al., 2022). Relationship satisfaction runs behind the mystery of love. The indicators of relationship satisfaction are (Jozefacka et al., 2023) [1] Personality [2] Good communication [3] Attachment Styles [4] Socioeconomic Differences.

1.3 Mental Health

Mental health is a state of mind characterized by emotional well-being, good behavioural adjustment, relative freedom from anxiety and disabling symptoms and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life (American Psychological Association, 2018). Recent studies found that phoning behaviour was perceived and that it had been associated with negative aspects such as higher depression, loneliness, anxiety and stress and also tends to lower life satisfaction (Maftai and Mairean, 2023). Phubbing includes the challenges of various addictions like smartphone addiction, internet addiction, gambling addiction and social media addiction. Mental health has also been impacted by relationship satisfaction. It was uncovered by the study in 2022 that for females, relationship satisfaction would influence mental health (Downward et al., 2022).

2. Research Questions

1. Is there a correlation between mental health, relationship satisfaction and partner phubbing?
2. Is partner phubbing, a predictor of mental health and relationship satisfaction?

3. Objectives

- To analyse the level of partner phubbing, relationship satisfaction and mental health concerning the demographic variables.

- To investigate the relationship between partner phubbing, relationship satisfaction and mental health among married couples.
- To examine whether partner phubbing is a predictor variable of relationship satisfaction and mental health among married couples.

4. Hypotheses

- H1: There will be a significant difference in the level of a Partner's Phubbing Behaviour, Relationship Satisfaction and Mental Health among married couples with respect to demographic variables.
- H2: There will be a significant correlation between the following variables: partner's phubbing, relationship satisfaction and mental health.
- H3: There will be a significant influence of a partner's phubbing on relationship satisfaction and mental health.

5. Research Methodology

5.1 Research design

The present study employed a quantitative, cross-sectional correlational research design to investigate the influence of partner's phubbing on relationship satisfaction and mental health among married couples. This design was deemed appropriate as it facilitated the systematic examination of the relationships among partner's phubbing, relationship satisfaction and mental health, as well as the extent to which partner's phubbing predicts variations in relationship satisfaction and mental health.

5.2 Demographic Variables

The demographic variables of the study include age and gender.

5.3 Samples and Sampling Techniques

This study uses a non-probability sampling method with simple random sampling techniques for married couples. For the current study, only married men (n = 35) and women (n = 65) were included in the analyses. The participants' ages ranged from 20 to 60.

5.4 Inclusion Criteria

- Married Individuals
- Aged between 20-60

5.5 Exclusion Criteria

- Divorced Individuals, Widows and Unmarried Peoples

5.6 Tools Used

The Partner's Phubbing Scale (Roberts & David, 2016) investigates the extension of smartphone usage when someone is in the company of his or her partner. It consists of nine items, graded from "never" to "sometimes" to "all of the time," with a reliability of 0.93. The Relationship Assessment Scale (Hendrick, S. S., 1988) is a brief measure of global relationship satisfaction. It consists of seven items. Each is rated on a five-point Likert scale. It is suitable for use with any individuals who are in an intimate relationship, such as married couples, cohabiting couples, engaged couples, or dating

couples. According to Lukat et al. (2016), the purpose of developing the 9-item PMH scale was to create a concise, person-centred, unidimensional tool for measuring positive mental health. The PMH scale evaluates social, psychological and emotional components of well-being in addition to affective factors. The scale was found to be a unidimensional self-report tool with good convergent and discriminant validity, scalar invariance across samples and over time, high internal consistency, good retest reliability and sensitivity to therapeutic change in a series of samples from very different backgrounds through psychometric testing

6. Data Analysis and Interpretation

Table 1. Examines the result of an independent sample t-test for the difference between Partner's Phubbing Behavior and Gender

Variable	Sub Variable	N	Mean	SD	t-value	p-value
Partner's Phubbing Behavior	Male	35	24.91	5.35	.688	.493
	Female	65	24.01	7.59		

Source: Primary Data

In Table 1, the independent sample t-test shows there is no significant difference in a partner's phubbing behaviour based on gender ($t = .688$, $p = .493 > 0.05$). When compared to males

(mean = 24.91, SD = 5.35), the mean score of females (mean = 24.01, SD = 7.59) is greater. Thus, the alternative hypothesis is rejected and the null hypothesis is accepted.

Table 2. Examines the result of an independent sample t-test for the difference between Relationship Satisfaction and Gender

Variable	Sub Variable	N	Mean	SD	t-value	p-value
Relationship Satisfaction	Male	35	24.65	6.26	2.43	.018
	Female	65	27.73	5.56		

Source: Primary Data

In Table 2, the independent sample t-test shows there is a significant difference in relationship satisfaction based on gender ($t = 2.43$, $p = .018 < 0.05$). When compared to females (mean = 27.73, SD =

5.56), the mean score of males (mean = 24.65, SD = 6.26) is greater. Thus, the alternative hypothesis is accepted and the null hypothesis is rejected..

Table 3. Examines the result of an independent sample t-test for the difference between Mental Health and Gender

Variable	Sub Variable	N	Mean	SD	t-value	p-value
Mental Health	Male	35	17.87	5.56	2.19	.032
	Female	65	20.36	5.27		

Source: Primary Data

In Table 3, the independent sample t-test shows there is a significant difference in mental health based on gender ($t = 2.19$, $p = .032 < 0.05$). When compared to males (mean = 17.87, SD = 5.56),

females (mean = 20.36, SD = 5.27) have a higher mean score. Thus, the alternative hypothesis is accepted and the null hypothesis is rejected.

Table 4. Examines the result of one-way ANOVA for the difference between Partner's Phubbing Behaviour and Age

Variable	Sub Variable	N	Mean	SD	F-value	p-value
Partner's Phubbing Behaviour	21-30	32	25.25	7.33	.363	.780
	31-40	38	23.63	6.39		
	41-50	20	23.90	8.02		
	51-60	10	24.90	4.97		

Source: Primary data

Table 4 shows a one-way ANOVA that indicates there is no significant differences in the partner's phubbing behaviour based on age ($F = .363$, $p = .780 > 0.05$). The mean score of age 21–30 (mean = 25.25, SD = 7.33) is higher than age 31–40 (mean

= 23.63, SD = 6.39), age 41–50 (mean = 23.90, SD = 8.02) and age 51–60 (mean = 24.90, SD = 4.97). Thus, the alternative hypothesis is rejected and the null hypothesis is accepted.

Table 5. Examines the result of one-way ANOVA for the difference between Relationship Satisfaction and Age

Variable	Sub Variable	N	Mean	SD	F-value	p-value
Relationship Satisfaction	21-30	32	27.15	5.84	1.265	.291
	31-40	38	27.23	6.13		
	41-50	20	26.45	5.63		
	51-60	10	23.30	6.18		

Source: Primary data

Table 5 shows a one-way ANOVA that indicates there is no significant differences in relationship satisfaction based on age ($F = 1.26$, $p = .291 > 0.05$). The mean score of age 31–40 (mean = 27.23, SD = 6.13) is higher

than age 21–30 (mean = 27.15, SD = 5.84), age 41–50 (mean = 26.45, SD = 5.63) and age 51–60 (mean = 23.30, SD = 6.18). Thus, the alternative hypothesis is rejected and the null hypothesis is accepted.

Table 6. Examines the result of one-way ANOVA for the difference between Mental Health and Age

Variable	Sub Variable	N	Mean	SD	F-value	p-value
Mental Health	21-30	32	19.09	5.28	.288	.834
	31-40	38	19.92	6.04		
	41-50	20	19.85	5.26		
	51-60	10	18.40	4.83		

Source: Primary data

Table 6 shows a one-way ANOVA that indicates there is no significant differences in mental health based on age ($F = .288$, $p = .834 > 0.05$). The mean score of age 31–40 (mean = 19.92, SD = 6.04) is higher than age 21–30 (mean = 19.09, SD = 5.28),

age 41–50 (mean = 19.85, SD = 5.26) and age 51–60 (mean = 18.40, SD = 4.83). Thus, the alternative hypothesis is rejected and the null hypothesis is accepted.

Table 7. Examines the Pearson Correlation Coefficient of Partner's Phubbing Behaviour in relation to Relationship Satisfaction and Mental Health

Variables	Relationship Satisfaction	Mental Health
Partner's Phubbing Behaviour	-.485**	-.282**

Note: ** Correlation is Significant at 0.01 levels (Sig.2 tailed)

From Table 7, the Pearson correlational statistics indicated a significant negative correlation between a partner's phubbing behaviour and relationship satisfaction ($r = -.485$, $p < 0.01$). Further, it also shows a negative correlation between a partner's phubbing behaviour and mental health ($r = -.282$, $p < 0.01$). This represents that the increase in partners'

phubbing behaviour leads to a decrease in relationship satisfaction and mental health among married people. The findings suggested that "there is a significant negative relationship between a partner's phubbing behaviour concerning relationship satisfaction and mental health." The alternative hypothesis is accepted and the null hypothesis is rejected.

Table 8. Examines the Simple Linear Regression Analyses of Partner's Phubbing Behaviour on Relationship Satisfaction and Mental Health

Independent Variable	Dependent Variable	R	R Square	Adjusted R Square	F	Sig	B value	β value	t value	Sig
Partner's Phubbing Behaviour	Relationship Satisfaction	.485	.235	.228	30.15	.001	-.421	-.485	-5.49	.001
	Mental Health	.282	.080	.070	8.49	.004	-.225	-.282	-2.91	.004

Note: B value- Unstandardized Coefficient, β value- Standardized Coefficient

From Table 8, simple linear regression indicated that the coefficient of determination and

corrected coefficient of determination were R squared (.235). The R square represents the value of the determination of relationship satisfaction as the

23.5% variance of the predictor variable. The beta value of $-.485$ shows that phubbing behaviour is effective in predicting relationship satisfaction. This indicates that the increase in phubbing behaviour leads to an increase in relationship satisfaction of 23.5%. Furthermore, the findings state that "there is an inverse influence of phubbing behaviour on relationship satisfaction." Thus, the alternative hypothesis is accepted and the null hypothesis is rejected.

The correlation (R) of the partner's phubbing behaviour was found to be $.282$. The R square was $.080$, which is an 8% variance that contributes to mental health. The beta value of $-.282$ shows that the partner's phubbing behaviour is effective in negatively predicting mental health. This indicates that the increase in phubbing behaviour leads to the destruction of mental health by 8%. Furthermore, the findings state that "there is an inverse influence of phubbing behaviour on mental health." Thus, the alternative hypothesis is accepted and the null hypothesis is rejected.

7. Discussion

The present study was to analyse the relationship between Partner's Phubbing Behaviour, Relationship Satisfaction and Mental Health among Married couples. The statistical analysis shows that there is a significant difference in Relationship Satisfaction and Mental Health based on the Gender. As Female and male have varied Perceptions, thoughts and feelings; the expectations in relationship, coping strategy of stress, depression and the usage of mobile phones differs. Furthermore, the study found that the Partner's Phubbing Behaviour is negatively related to the relationship satisfaction and Mental Health. Among the married individuals; it was found that the partner's phubbing behaviour is affecting satisfaction of relationship and Mental Health. Increased activity of snubbing leads to the

misunderstandings and miscommunication among the couples. That in turn tends to affect the Relationship satisfaction and leads to stress, anxiety, depression which might affect the mental health. From the Data analysis it has been noted that the partner's phubbing behaviour affects the mental health in the lower level of correlation. The partner's phubbing behaviour influences the Relationship satisfaction and the Mental Health.

8. Limitations

The results could have been different or more significant if there had been a larger sample size. In fact, despite the small sample size, the research has produced several significant findings that support the current investigation. The analysis unequal ratio of married couples was another flaw. A greater proportion will be obtained with a larger sample size. More information on the factors influencing a couple's satisfaction in their relationship may be obtained by including more variables. In the present study the samples were collected unequally among married couples

9. Conclusion

The present study discusses the conclusions drawn from the statistical analysis. The proposition suggests that the majority of married couples experience a poor relationship satisfaction and mental health as a result of their partner's phubbing behaviour. The higher frequency of snubbing among partners; lowers relationship satisfaction and has an impact on mental health. Phubbing Behaviour of partner has a major effect on both mental health and satisfaction in relationship. The phubbing behaviour of partner, relationship satisfaction and mental health exhibit significant differences based on their gender.

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