

21st CENTURY LOVE: A CORRELATIONAL STUDY BETWEEN PHUBBING AND SPOUSAL DISCORD AMONG NEWLY-WEDS IN OYO STATE, NIGERIA

POPOOLA, Balqis Olabisi (Ph.D)

Department of Educational Management and Counselling,
Faculty of Education,
Al-Hikmah University,
Kwara State.

bopopoola@alhikmah.edu.ng

orcid number: 0000-0003-2095-3231

LASISI, Adekola Kamil (Ph.D)

Department of Educational Management and Counselling,
Faculty of Education,
Al-Hikmah University,
Kwara State.

aklasisi@alhikmah.edu.ng

orcid number: 0000-0001-5429-9982

&

YUSUF, Jamila (Ph.D)

Department of Educational Management and Counselling,
Faculty of Education,
Al-Hikmah University,
Kwara State.

E-mail: jyusuf@alhikmah.edu.ng

orcid number: 0009-0009-1898-315X

Abstract

This study examined a correlational study between phubbing and spousal discord among newlyweds in Oyo state, Nigeria. Research design of correlational type was adopted for the study. A sample of 200 newly-weds adolescents was selected through the convenience sampling method. The data of the study were collected using the five scales (Internet Addiction Scale, Texting Scale, Mobile Phone Addiction Scale, Cell phone Addiction Scale and Spousal Discord Scale). The data gathered was analysed and interpreted using descriptive and inferential statistics. Findings from the study revealed that there is a significant relationship between cell phone addiction and spousal discord among newly-weds in Oyo state; there is a significant relationship between social media addiction and spousal discord among newly-weds in Oyo state; texting addiction has a significant influence on spousal discord among newly-weds in Oyo state and there is a significant relationship between internet addiction and spousal discord among newly-weds in Oyo state. The study recommends among others that married partners should be mindful of how they use the stick to their

Abstract

This study examined a correlational study between phubbing and spousal discord among newlyweds in Oyo state, Nigeria. Research design of correlational type was adopted for the study. A sample of 200 newly-weds adolescents was selected through the convenience sampling method. The data of the study were collected using the five scales (Internet Addiction Scale, Texting Scale, Mobile Phone Addiction Scale, Cell phone Addiction Scale and Spousal Discord Scale). The data gathered was analysed and interpreted using descriptive and inferential statistics. Findings from the study revealed that there is a significant relationship between cell phone addiction and spousal discord among newly-weds in Oyo state; there is a significant relationship between social media addiction and spousal discord among newly-weds in Oyo state; texting addiction has a significant influence on spousal discord among newly-weds in Oyo state and there is a significant relationship between internet addiction and spousal discord among newly-weds in Oyo state. The study recommends among others that married partners should be mindful of how they use the stick to their phones through the use of Social Networking Sites (SNSs) with or around their partner, especially if they already have a committed relationship and or marriage.

Keywords: Phubbing, Internet Addiction, Spousal Discord, Smartphones, Social Media

Introduction

The use of smartphones with internet technology has offered people many activity options, such as conducting business in many areas, keeping up with the world, and enjoying their time. Despite the obvious benefits of smartphones, their potential adverse effects such as addiction in the form of nomophobia, Internet addiction, and social media addictions to Facebook and WhatsApp are issues on the increase in developing countries, where the number of smartphone users is rising (Davey, et. al 2018). Many people in developing countries including Nigeria are now showing signs of addiction to the Internet and are, therefore, becoming problematic smartphone users, which is a cause for concern because of the potential consequences. Therefore, there is a growing unease that smartphones may create a form of misuse or overuse resulting in problematic Internet usage, generating a new problem known as “Phubbing” rather than a means of enhancing social interactions (Dai et al., 2021). By making phones indispensable, this situation has led to the emergence of a behavioural problem called phubbing.

The term “Phubbing” has been defined by Chotpitayasunondh and Douglas (2018) as modern communication in which a person snubs another in a social setting by concentrating on their phone instead of having a conversation. This phubbing phenomenon elucidates the real negative consequences of the lack of communication that detrimentally affects relationships and feelings of personal well-being. The occurrence of phubbing is inevitable due to the ubiquitous narcissistic engagement with

smartphones that have internet access and various applications. Guazzini, et. al (2019) posited that the smartphone appears to be the strongest determinant of phubbing behaviour. They also reported that the tendency toward increased smartphone usage could be the basis for the rampant phubbing phenomenon in society. The ubiquitous nature of cell phones makes phubbing in general, or more specifically, Phubbing a near-inevitable occurrence. Seventy per cent of a sample of 143 females involved in romantic relationships reported that cell phones “sometimes”, “often”, “very often,” or “all the time” interfered in their interactions with their partners (Al-Saggaf et al., 2019). Other studies have found phubbing to be a common occurrence among romantic partners as well (Roberts et al., 2016; Wang, et. al 2017).

The problem of the Internet remains a harsh reality in our society today. The motivation to understand this phenomenon in totality and offer solutions has continued in the 21st century. Both China and South Korea have identified IA as a significant public health threat (Cash et al, 2012). Adding to this, Kraut et.al (1998) found that IA may also affect social participation, integration as well an individual’s well-being. There are Internet users who cannot control the amount of time spent interfacing with digital technology, start engaging in a game, or have withdrawal symptoms when not getting online. All these symptoms may lead to family relationship conflict, a diminishing social life, and adverse work or academic consequences (Beard, 2005). The negative effect of Internet addiction on a couple’s relationship is a devastating problem for some couples, especially for couples who embrace a traditional monogamous marriage. In a marriage, when discovery or disclosure of Internet addiction occurs, the injured party (i.e., the spouse who is not involved in Internet addiction) might be affected by feelings of rage, abandonment, betrayal, depression, anger, humiliation and loneliness (Schneider, 2000a). Some wives suffer alone because they feel they are to be blamed for their husbands’ problems, while other wives suffer because they are unsure or ignorant of what steps to take to reconcile and save their marriage. Some couples may be uninformed about the addictive nature of the internet and the possibility of recovery when spouses’ use of the internet becomes a problem for a couple.

In recent times, higher levels of social media usage have been noted to lead to marital problems, including increased infidelity, domestic violence, jealousy, and divorce. For instance, a recent survey from Boston University in 2017 revealed that non-social network users were 11.4% happier in their marriages than couples who frequently used social media. Heavy users were 32% more likely to contemplate leaving their spouse

(Ehoro & Badey, 2021). The study also suggested a possible correlation between the number of Facebook users in a state and the divorce rates for the area. States with a higher increase in Facebook users showed a similar increase in divorce rates. Another qualitative study by scholars at Harvard University in 2019 showed that close to 25% of married couples argued at least once a week because of social media use, and 17% fought daily over something they found about their spouse online (Dixon, 2020). Similarly, 20% of the respondents reported that they fought with their spouses on Facebook-related issues, and nearly half said they secretly logged into their spouse's accounts to investigate infidelity.

A recent study carried out by Ehoro and Badey (2021) posited that the invasion of technology has negatively impacted the age-old practice of spending quality time with a partner. In the past, couples enjoyed time together attending concerts, plays, and shows, visiting friends and other social gatherings. These interactions with one's partner and others have arguably bonded marriages and created room for healthy communication, intimacy, and fondness. Similarly, recent studies show that internet use may have beneficial or compassionate when users keep to the 'normal' levels (Aziz, et al., 2018; Aziz, et. al 2016). Also, high levels of Internet use which interfere with a person's daily life have been correlated to a range of problems including decreased psychosocial well-being, relationship breakdown and neglect of domestic, academic and work responsibilities (Fardghassemi & Joffe, 2022). In the same vein, Londero-Santos, Natividade and Féres-Carneiro (2020) found that support and caring are the basic requirements for maintaining a harmonious and long-lasting relationship in a married couple. Adding to these findings, Diamant-Wilson and Williams (2021) suggested that people in close relationships need to be certain of the care shown by their partners and that they will be approachable across time and different situations. Sharabi and Hopkins (2021) maintained that problematic internet use may cart off the attention, time and interest that users would invest in their partner, thus decreasing not only the internet user's relationship quality but also his or her partner's relationship quality as well. This may happen because the partner feels neglected and not cared for when users choose to be online rather than spending time with him or her.

With technology, however, people have started finding happiness in their gadgets, thereby seriously jeopardizing their relationships. In new marriages, challenges such as communication issues, value differences, and individuality are common. This is partly because the couples are adjusting to each other's personalities and differences.

Cournoyer, et. al (2021) averred that the first year of marriage is usually full of challenges and adjustments as the couple adapts to their new roles. In this phase, couples are more prone to marital dissatisfaction due to unrealistic expectations, disappointments, and adjustment problems to new relationship roles. Teret (2021) also found in their study that newlyweds who tend to estimate that their happiness levels will rise (or at least stay the same) within the first four years of marriage are more likely to diminish or decline in happiness over time. This situation is heightened by the challenges associated with the digital era and the problems associated with the use of social media by married couples. It is against this backdrop that this paper sets out to explore a correlational study between phubbing and spousal discord among newlyweds in Oyo state.

Statement of the Problem

Advancement in technology in this era has reshaped all human activities on earth to include communication. The world has become a global village where the use of computers and internet facilities is indispensable. Social media is among the numerous means by which people interact and communicate online. Today, millions of people are now on social media such as WhatsApp, Instagram, Tiktok, Facebook, Twitter and others, exchanging views, ideas and other related matters with a good number of them being young. The number of people facing the ill effects of technology has been rising in recent years. An empirical study carried out by Aljasir (2022) found that 42% of unmarried participants in romantic relationships and 25% of partnered and married participants stated that their partners spent more time engaging with their mobile phones while they were with each other. This connotes that the rapid adoption of social network sites by couples in Nigeria especially in Oyo state and many other parts of the world raises some important questions. Why are couples so addicted to their phones? Why do couples flock to social media? How does the internet fit into their lives? Do social media create more problems in marriage than its benefits? This study seeks to unravel the nexus between phubbing and spousal discord with a specific focus on newlyweds in Oyo state, Nigeria.

Hypotheses

Specifically, this study is tempted to test the following null research hypotheses:

H₀₁: There is no significant relationship between cell phone addiction and spousal discord among newly-weds

- H0₂: There is no significant relationship between social media addiction and spousal discord among newly-weds
- H0₃: There is no significant relationship between texting addiction and spousal discord among newly-weds
- H0₄: There is no significant relationship between internet addiction and spousal discord among newly-weds

METHODOLOGY

This research was a correlational type using a survey design. The target population of the study comprised all recent couples between June 2021- May 2022 in Oyo State, Nigeria. The sampling method was carried out in different towns in Oyo state such as offices and public areas, as well as through the researchers' networks. Some of the selected respondents were given the survey questionnaire directly, while others answered the questionnaire online.

The survey instrument used in this research consisted of five sections: the demographic section, the Internet Addiction Scale (IAS) section, the Cell Phone Addiction Scale (CAS), the Texting Addiction Scale (TAS) and the Spousal Discord Scale (SDS) section. The demographic section was concerned with particulars regarding gender, age, religion and the number of children. The Internet Addiction Scale, developed by Young (2016), comprises 10 items rated on a five-point Likert scale (from 1 - not at all, to 5 – always), that measures the mild, moderate and severe levels of internet addiction. Based on the total score obtained on the test, the individual is placed into one of three categories: average online user (under 20) who has full control of his or her usage; experiences occasional or frequent problems because of excessive internet use (20-40); or has significant problems because of internet use (40 above). The internal consistency of the internet addiction Test is $\alpha = 0.90$.

The smartphone addiction scale (SAS) by Kown et al., (2013) is a 33-item self-report measure of behaviours associated with problematic smartphone use. The 33 items are arranged into six subscales: Daily-Life Disturbance, Positive Anticipation, Withdrawal, Cyberspace-Oriented Relationship, Overuse, and Tolerance with a six-point Likert scale (1: "strongly disagree" and 6: "strongly agree") based on self-reporting. The Cronbach's alpha internal reliability score of the scale is 0.81. In the present study, Cronbach's alpha coefficient was calculated, and the internal reliability score of the scale was found to be 0.85

Text Message Dependency Scale (TMDS) developed by Igarashi et al. (2008) is a brief instrument which assesses PTM based on three dimensions: emotional reaction (ER); excessive use (EU); and relationship maintenance (RM). Each of these has five questions that are answered on a Likert scale ranging from 1 ("Strongly agree") to 5 ("Strongly disagree"). Scores range from a minimum of 15 to a maximum of 75. The internal consistency of Text Message Dependency is $r=.71$. The internal consistency of powerful others is $a=.67$ and the internal consistency of change is $a= 0.71$.

The four-item spousal discord scales Chung (2004) indexed participants' global evaluation of the quality of their relationships. A representative item was: "My relationship with my partner is very rewarding." Items were assessed on a 5-point Likert scale ranging from 1 (not at all) to 5 (completely true). Responses across the four items were averaged, with higher scores indicating higher levels of relationship satisfaction. In the current study, Cronbach's α was 0.86

A pilot study was carried out before the actual test to verify the reliability of the scales in Kwara State. Forty married respondents were selected to take part in this pilot test. After data collection, 200 individuals who met the inclusion criteria and did not meet the exclusion criteria were selected as research participants. The inclusion criteria called for married adults who had been in their first year of marriage and resides in Kwara State.

DATA ANALYSIS

Table 1 *Demographic Information of the Respondents Newly-weds (N=200)*

Demographics	Frequency	Percentage (%)
Male	65	32.5
Female	135	67.5
Total	200	100
Age Range		
Less than 25years	11	5.5
26-35years	41	20.5
36-45years	95	47.5
46years and above	53	26.5
Total	200	100
Number of Children		
None	54	27.0
1	74	37.0
More than 1	72	36.0
Total	200	100

Religion		
Christianity	85	42.5
Islam	115	57.5
Total	200	100

As shown in Table 1 above, 65 males (32.5%) and 135 females (67.5%) participated in this study. In the age category, 36-45 years appeared to be the majority (47.5%), followed by 46 years and above (26.5%), 26-35 years (20.5%), and the least was 25 years or less (5.5%). The table further revealed the numbers of children by the respondents where 37% (74) are having a kid, 36% (72) are blessed with more than a kid while those with no kid have the least representation of 27% (54). The table further shows the religion of the participant where a large number of the participants were Muslims 115 (57.5%), followed by Christians 85 (42.5%) respectively.

Testing Hypotheses

H0₁: There is no significant relationship between cell phone addiction and spousal discord among newly-weds

Table 2: *Summary of Pearson Product Moment Correlation relationship between Cell Phone Addiction and Spousal Discord among Newly-weds in Oyo State*

Variable	N	Mean	SD	DF	r. Cal.	Sig (2-tailed)	Remark
Cell Phone Addiction	200	1.675	.4695	198	0.185*	0.009	Significant
Spousal Discord	200	3.500	1.4767				

*Correlation is significant at the 0.001 level (2-tailed)

A Pearson Product-Moment Correlation was also used to provide an answer to the first research hypothesis. The study revealed that the computed mean and standard deviation values of the significant relationship between cell phone addiction and spousal discord were (1.675, 3.500) and (.4695, 1.4767) respectively. The result shows that there is a significant relationship between cell phone addiction and spousal discord among newlyweds in the Oyo state ($r=0.185$, $df=198$, $p<0.05$). Hence the null hypothesis is hereby rejected. Therefore, cell phone addiction is significantly related to spousal discord among newlyweds in Oyo state.

H0₂: There is no significant relationship between social media addiction and spousal discord among newly-weds

Table 3: *Summary of Pearson Product Moment Correlation between Social Media Addiction and Spousal Discord among Newly-weds in Oyo State*

Variable	N	Mean	SD	DF	R	Sig (2-tailed)	Remark
Social Media Addiction	200	1.675	.4695	198	0.145*	0.040	Significant
Spousal Discord	200	3.230	1.692				

*Correlation is significant at the 0.001 level (2-tailed)

It was revealed from the table above that the computed mean and standard deviation values of the significant relationship between social media addiction and spousal discord among newlyweds in Oyo state were (1.675, 3.230) and (.4695, 1.692) respectively. The result shows that there is a significant relationship between social media addiction and spousal discord among newlyweds in the Oyo state ($r=0.145$, $df=198$, $p<0.05$). Hence the null hypothesis is hereby rejected. This implies that social media addiction has a significant influence on spousal discord among couples in Oyo state.

H0₃: There is no significant relationship between texting addiction and spousal discord among newly-weds

Table 4: *Summary of Pearson Product Moment Correlation between Texting Addiction and Spousal Discord among Newly-weds in Oyo State*

Variable	N	Mean	SD	DF	R	Sig (2-tailed)	Remark
Texting Addiction	200	154.290		198	.369**	.000	Significant
Spousal Discord	200	34.86	.897				

Correlation is significant at the 0.05 level

A Pearson product-moment correlation was used to provide an answer to hypothesis three. The result shows that there is a significant relationship between texting addiction and spousal discord among newlyweds in the Oyo state ($r= .369$; $p<0.05$). Hence the null hypothesis is hereby rejected. This implies that texting addiction has a significant influence on spousal discord among newlyweds in Oyo state.

H0₄: There is no significant relationship between internet addiction and spousal discord among newly-weds

Table 5: *Summary of Pearson Product Moment Correlation between Internet Addiction and Spousal Addiction among Newly-weds in Oyo State*

Variable	N	Mean	SD	DF	R	Sig (2-tailed)	Remark
----------	---	------	----	----	---	----------------	--------

Internet Addiction	200	154	3.58	198	.331**	.000	Significant
Spousal Discord	200	23.91	2.01				

Correlation is significant at the 0.05 level

A Pearson product-moment correlation was used to provide an answer to hypothesis four. The result shows that there is a significant relationship between internet addiction and spousal discord among newlyweds in the Oyo state ($r = .331$; $p < 0.05$). Hence the null hypothesis is hereby rejected. This implies that internet addiction has a significant influence on spousal discord among newlyweds in Oyo state.

Discussion of Findings

The first research hypothesis revealed that cell phone addiction is significantly related to spousal discord among newlyweds in Oyo state. This is in line with the findings from the study conducted by Jura (2021) on Marriage Discord and Social Media Platforms among Couples: A Case Study of One Selected High-Density Suburb in Marondera, Zimbabwe. This study was conducted in Marondera Peri Urban areas in Mashonaland East Province to ascertain the link between marital discord and social media platforms use. interpretive research philosophy and a qualitative research approach with which a case study research design was used. Data was generated through in-depth interviews using purposive sampling. The targeted populations were couples in Elesmwood Park in Marondera, Mashonaland East Province. The study found that there was no bond creation between couples as much time was wasted on social platforms causing couples to drift apart thus leading to marital discord.

The second hypothesis revealed that social media addiction has a significant influence on spousal discord among couples in Oyo state. This can also be corroborated by the work of Ehoru and Badey (2021) which investigated New Media and Marital Instability: Exploring the implications of social media on new marriages. The study adopted a cross-sectional survey design involving 200 conveniently selected respondents from Port Harcourt City. Data collected using self-designed questionnaires were presented and analysed with descriptive statistics. Findings revealed that the majority of the respondents are currently experiencing infidelity-related issues as a result of social media use. Some others stated that social media use has resulted in domestic violence, reduced communication levels, and has resulted in disputes and separation.

The third-second research hypothesis revealed that texting addiction has a significant influence on spousal discord among newlyweds in Oyo state. This finding is in tandem with the work of Abbasiet. al (2019) on the topic titled “The Protective Influence of Relationship Commitment on the Effects of Facebook Addiction on Marital Disaffection”. The current study examined the associations between Facebook addiction and marital disaffection (e.g., loss of love, emotional disengagement) amongst 138 (95 females and 43 males) cohabiting married Facebook users residing in the United States. The results revealed that Facebook addiction and marital disaffection were positively related, even after controlling for relationship commitment. Additionally, greater relationship commitment weakened the association between Facebook addiction and marital disaffection.

Lastly, the fourth hypothesis revealed that internet addiction has a significant influence on spousal discord among newlyweds in Oyo state. The finding of the study is in collaboration with the work of Sunny et. al (2020) on the Effect of Internet addiction on marital life. The study aimed to find the effect of Internet addiction on marital life. A cross-sectional study with purposive sampling from the community was used. Standardized instruments were used for the assessment of Internet addiction and marital satisfaction. The correlation was estimated and the level of significance was calculated. The marriage quality scale by Shah was used as an instrument for marital satisfaction. A young internet addiction test was used for checking for the presence of Internet addiction. The study concludes that the risk of Internet addiction was high among regular internet users. The level of psychological comorbidity was also high. It affected marital satisfaction adversely. However, trust, dominance, and dissolution potential were the least affected. In the case of marital disharmony, Internet addiction needs to be looked at as an etiological factor.

Conclusion and Recommendations

The institution of marriage is under attack. About 50 per cent or less of all marriages will end in divorce while many of the intact unions are poorly functioning and are characterized by low levels of relationship satisfaction on the part of one or both partners (Roberts & David, 2016). It is important to state that updated data on marriages and divorces are scarce in many countries, leaving studies to rely on old data and a small number of data sources. The present study delves into cell phone addiction, social media addiction, texting addiction and internet addiction as predictors of spousal discord among newlyweds in Oyo state, Nigeria. The current study added to previous work by showing that phubbing ignoring someone in favour of paying attention to one's phone is linked not only to conflict and dissatisfaction (like in prior research) but also to emotional disengagement from one's partner (i.e., spousal discord). This study recommends among others that married partners should be mindful of how they use stick to their phones through the use of Social Networking Sites (SNSs) with or around their partner, especially if they already have a committed relationship and or marriage.

References

- Abbasi, I. S., Drouin, M., McDaniel, B. T., & Dibble, J. L. (2019). The protective influence of relationship commitment on the effects of Facebook addiction on marital disaffection. *The American Journal of Family Therapy*, 47(2), 120-136.
- Aljasir, S. (2022). Present but absent in the digital age: testing a conceptual model of phubbing and relationship satisfaction among married couples. *Human Behavior and Emerging Technologies*, 2022.
- Al-Saggaf, Y., & MacCulloch, R. (2019). Phubbing and social relationships: Results from an Australian sample. *Journal of Relationships Research*, 10.
- Aziz, N. N. A., Hassan, N. A., & Buhari, N. (2018). Intimacy in a marital relationship: Effect of internet usage. *Geografia*, 14(3).
- Aziz, N. N. A., Sallehuddin, I. S., Hassan, N. A., & Buhari, N. (2016). Disconnected Marriage, Connected Internet: Exploring The Internet Addiction Among Married Men And Women In Selangor, Malaysia. *Journal of Education and Social Sciences*, 5(2), 157-165.
- Chattopadhyay, S., Kumar, M., Singh, O. P., & Talukdar, P. (2020). Effect of Internet addiction on marital life. *Industrial Psychiatry Journal*, 29(2), 268.
- Chotpitayasunondh, V., & Douglas, K. M. (2018). The effects of “phubbing” on social interaction. *Journal of Applied Social Psychology*, 48(6), 304-316.
- Chung, H., (2004). Application and revision of the Kansas Marital Satisfaction Scale for use with Korean couples Psychol. Rep., 95 pp. 1015-1022)
- Cournoyer, A., Laurin, J. C., Daspe, M. È., Laniel, S., & Huppé, A. S. (2021). Conditional regard, stress, and dyadic adjustment in primiparous couples: A dyadic analysis perspective. *Journal of social and personal relationships*, 38(5), 1472-1494.
- Dai, C., Tai, Z., & Ni, S. (2021). Smartphone use and psychological well-being among college students in China: a qualitative assessment. *Frontiers in Psychology*, 12.
- Davey, S., Davey, A., Raghav, S. K., Singh, J. V., Singh, N., Blachnio, A., & Przepiórkaa, A. (2018). Predictors and consequences of “Phubbing” among adolescents and youth in India: An impact evaluation study. *Journal of family & community medicine*, 25(1), 35.
- Diamant-Wilson, R., & Williams, J. (2021). Normative Sexual Health Development in Non-Normative Circumstances: Exploring Healthy Intimate Relationships Among Young People in Foster Care. *Journal of Adolescent Research*, 07435584211000319.
- Dixon, M. T. (2020). *Exploring the Effects of Social Media Use and Avoidant Attachment Style on Marital Satisfaction and Cyber Infidelity* (Doctoral dissertation, Mercer University).
- Ehoro, O., & Badey, D. (2021). New media and Marital Instability: Exploring the implications of social media on new marriages. *Journal Educational Advancement*, 10, 14-39.
- Fardghassemi, S., & Joffe, H. (2022). The causes of loneliness: The perspective of young adults in London’s most deprived areas. *Plos one*, 17(4), e0264638.
- Guazzini, A., Duradoni, M., Capelli, A., & Meringolo, P. (2019). An explorative model to assess individuals’ phubbing risk. *Future Internet*, 11(1), 21.
- Igarashi, T., Motoyoshi, T., Takai, J., & Yoshida, T. (2008). No mobile, no life: Self-perception and text-message dependency among Japanese high school students. *Computers in Human Behavior*, 24, 2311–2324. <https://doi.org/10.1016/j.chb.2007.12.001>.

- Kwon, M., Kim, D. J., Cho, H., & Yang, S. (2013). The smartphone addiction scale: Development and validation of a short version for adolescents. *PLoS One*, 8(12), e56936. <https://doi.org/10.1371/journal.pone.0056936>.
- Londero-Santos, A., Natividade, J. C., & Féres-Carneiro, T. (2020). Romantic relationship and partner schemas: Concepts associated with a positive valence. *Trends in Psychology*, 28(4), 511-528.
- Roberts, J. A., & David, M. E. (2016). My life has become a major distraction from my cell phone: Partner phubbing and relationship satisfaction among romantic partners. *Computers in human behaviour*, 54, 134-141.
- Roberts, J. A., & David, M. E. (2016). My life has become a major distraction from my cell phone: Partner phubbing and relationship satisfaction among romantic partners. *Computers in human behaviour*, 54, 134-141.
- Sharabi, L. L., & Hopkins, A. (2021). Picture perfect? Examining associations between relationship quality, attention to alternatives, and couples' activities on Instagram. *Journal of Social and Personal Relationships*, 38(12), 3518-3542.
- TerKuile, H., Finkenauer, C., Van der Lippe, T., & Kluwer, E. S. (2021). Changes in relationship commitment across the transition to parenthood: pre-pregnancy happiness as a protective resource. *Frontiers in Psychology*, 12, 132.
- Wang, X., Xie, X., Wang, Y., Wang, P., & Lei, L. (2017). Partner phubbing and depression among married Chinese adults: The roles of relationship satisfaction and relationship length. *Personality and Individual Differences*, 110, 12-17.
- Young, K. (2016). *Internet addiction test (IAT)*. Stoelting.