



The Impact Of Technoference On Relationship Satisfaction And Relationship Trust

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Abstract

The background of this research is to study the relationship between partner phubbing and its effect and impact on the two dynamics of relationship, i.e. relationship satisfaction and trust. The study comprises a sample of Indian population of 107 individuals, 35 males and 72 females out of which 53 were married and 54 were unmarried yet in a romantic relationship. The study measures the partner phubbing levels using partner phubbing scale given by Roberts & David in the year 2016, relationship satisfaction using relationship assessment given by C. Hendrick in the year 1988 and trust using the scale of trust in close relationships given by Rempel, J.K, Holmes in the year 1985. The data was collected via the forms given to individuals after providing them with adequate information about the research. The data was further analysed using the SPSS correlation and regression. which provided the findings that there is a significant negative correlation between phubbing, relationship satisfaction and trust which proves that phubbing affects the individual relationship satisfaction and trust. The findings of the regression revealed that there is a significant prediction of the impact of phubbing on relationship satisfaction and trust.

Keywords: phubbing, relationship satisfaction, trust

Introduction

In the era of pervasive smartphone use, the phenomenon of phubbing, or phone snubbing, has emerged as a significant issue impacting interpersonal relationships among young adults as well as middle aged adults. Research by Yam and Kumcağiz highlights the intricate relationship between self-esteem, shyness, and phubbing behaviour, while Chmielik and Błachnio delve into the correlations between phubbing, relationship satisfaction, and self-esteem, emphasizing the role of age and relationship length as mediators. Furthermore, studies by Knausenberger et al. [3] shed light on the emotional repercussions of phubbing, including negative mood and feelings of ostracism, ultimately affecting trust within relationships. Additionally, Mashoedi and Pekerti [4] provide insights into the lack of a significant relationship between phubbing and friendship satisfaction among emerging adults. By synthesizing these findings. This research paper aims to explore the impact of relationship phubbing on relationship satisfaction and trust among young adults and middle-aged adults committed in a relationship, contributing to a deeper understanding of the complexities surrounding modern interpersonal dynamics. In a relationship valuing country like India, the technology has rapidly brought changes but these factors haven't been explored enough along with the effect of internet addiction and the changes in pattern of relationship satisfaction and trust, in Indian context.

This research paper aims to explore the effect of relationship phubbing on the two important factors of a relationship i.e. satisfaction among couples and the vital component trust in Indian context among young adults and middle-aged adults (18-45 years) committed into a relationship.

The research uses a quantitative measure to analyse the data collected from the individuals that fit apt into the criteria. The extent of phubbing done by the phubber and the issues faced by the phubbee which changes the views towards relationship and partner.

Earlier the researches done have highlighted the significance of attention and interaction in romantic relationship as a building block which help individuals nurture an emotional connectivity towards their partner, sharing of thoughts and feelings to attain their reactions and gain trust on them.

Although, the studies have discussed the effects earlier but the effect on relationship satisfaction and trust haven't been studied enough specially in Indian context. This research gap is significantly given the widespread prevalence of relationship phubbing and its effect on relationship satisfaction and trust among individuals in romantic relations between the ages of 18-45 years including the technology growth and differences in choices and expectations among young adults in India. By employing a quantitative approach, this study will analyse the effect suffered on satisfaction and trust due to phubbing.

Phubbing.

“ We are the most connected yet disconnected generation, irony of technology”

“Phubbing is a kind of social exclusion and interpersonal neglect and is used to indicate the interruptions in social relationships caused by mobile phone usage” (Roberts& David, 2017).

Robert & David, found that phubbing could negatively predict life satisfaction and depression levels, and a partner's phubbing behaviour has a negative impact on romantic relationship satisfaction. This behaviour is more common in couples, especially if one partner is not satisfied with the relationship.

A phubber may be defined as a person who starts snubbing people while being with them and pays attention to their mobile phone instead, and a phubbee is a person who is ignored while being with the person who values their mobile and makes them feel neglected causing an emotional distress.

Technology has outgrown the communication needs of human in a way that the ability to convey and connect with the friends and family is easily available anytime, anywhere through accessing mobiles but is also suffering in terms of face to face interaction as well as ignoring the speaker while being busy in communicating with someone on mobile phones.

History and Evolution.

In 2012 Melbourne a campaign is found responsible for the origin of the term that explained the use of mobile phones and ignoring the person while being with them. The act of ignoring people while being on mobile was termed snub. The aim of campaign was to create awareness among individuals regarding their

acts and to make them discontinue this habit. For example, they made visible signs at places where people sat and communicated with their partners to make them respect the atmosphere they are in and enjoy the present, instead of being present in a virtual world.

Although the initiative didn't work as expected but, a month later this incident a newspaper article was printed from which the world gained awareness about the issue which wasn't addressed and paid enough attention to leaving behind the issues created due to it.

“PHUBBING”, is the act of snubbing someone in a social setting by looking at your phone instead of paying attention.”

Relationship Phubbing.

The act of snubbing or ignoring the partner to an extent to which individuals use or are distracted by their cell phones while in the presence of their relationship partners, leading to a negative experience (Roberts& David,2016).

Theories related to Phubbing& Relationship Phubbing

Cognitive dissonance.

Psychologist Leon Festinger in the year 1957, explained that individuals experienced psychological discomfort when they have different belief system, attitude or behaviour. Sometimes individuals try to solve the issues related to different thinking pattern and belief system to create a bond and peace with society and people but when they are unable to do so they tend to make themselves feel better by justifying their actions.

It is related to phubbing as the dissonance arises in a relationship when instead of valuing the partner, hearing them out, giving them attention they need, the individual is engaged in mobile phones in the presence of their partner, and ignoring them.

In a relationship sometimes the issues can be sort by having a similar mindset towards the issues and same attitude towards each other and relationship. But when the dissonance is creating conflicts and the

efforts aren't made the increased tension, guilt can cause dissatisfaction. Phubbing acts as a window to reduce the stress and avoid conflicts by redirecting the attention towards the mobile phones rather than focusing on solving conflicts.

Attachment theory.

The British Psychologist John Bowlby in the year 1969, gave a theory about the importance of caregivers and our early experiences related to them. He explained how the relationship of an infant with the primary caregivers, help them to create an emotional bond and a base to create the bonds in future on the basis of this experience.

The 4 main attachment styles discussed by his theory were:

Secure attachment

Anxious-preoccupied attachment

Dismissive-avoidant attachment

Fearful-avoidant attachment

The attachment styles are related to phubbing as it explains how the pattern affects the individuals in forming and maintaining relationships. The individuals who have an anxious attachment style and insecure attachment style will feel worse when they are being snubbed or ignored by their partners. This creates a dissatisfaction and trust issues as their problems aren't addressed, their needs aren't fulfilled which results in straining of relationship.

Relationship satisfaction.

“A subjective sense of relational quality arising from evaluations of the positive and negative dimensions of one's romantic relationship(Fallis et al., 2006)”.

It comprises of many factors such as emotional connection, interaction quality and quantity, sexual satisfaction, completion of expectations and trust on partner. Higher levels of these factors lead to higher

levels of relationship satisfaction. When the levels of relationship satisfaction are higher it helps in boosting better mental health, overall well-being and longevity of relationship(Funk& Rogge,2007).

Theories related to relationship satisfaction.

Social exchange theory.

Psychologist George Homans in the year 1958, gave a theory about ‘Social behaviour as exchange’, in which he explained that a relationship between two people that is created by creating a process of cost-benefit analysis. This theory helps to know that whether the individual is putting enough effort while being in a relationship or not, by measuring the positives and negatives done. The thing that makes this theory different is that it doesn’t works on the emotional principles, and intimacy but on the efforts done to make a balance so that a relationship/ friendship works.

This theory is related as the individuals measures the balance between rewards and costs in relationship, the costs are the efforts done to make the relationship work, time spent together, trust created, intimacy shared, while the rewards include the love, support and emotional connection.

Equity theory.

Psychologist J. Stacy Adams in the year 1960’s contributed by exploring that there is a need to maintain equity between inputs done by the individual and the outcomes they receive to keep them motivated to move ahead. The inequality makes the individuals lose motivations and hope to make an effort they earlier were doing, which causes breakage.

It is related to relationship satisfaction as the individuals are contented when they find a balance between the efforts they do for their partners and receive the same from their partners.

When this behaviour is not done in a manner to create a sense of balance the satisfaction in a relationship is compromised.

Trust.

The first block of building strong, healthy and close relationships, this helps in connecting people together. Trust can be gained by earning confidence, honesty and kindness towards others. Trust is essential for creating a bond of truthfulness, intimacy, emotional support and comfort of safeness. To maintain a happy, satisfied and long relationship, trust is the most important factor. Without trust the chances of stability and security will decrease significantly leading to decreased longevity of relationship and relationship dissatisfaction.

“ A multifaceted construct that includes three primary dimensions: predictability, dependability, and faith(Rempel, Holmes & Zanna(1985)”.

The dimensions explained by the psychologist Rempel, Holmes& Zanna.***Predictability.***

Ability to understand the behaviour of partner by evaluating the past experiences. This dimensions helps in evaluating the consistency and regularity of partner’s behaviour and actions.

It helps in providing the individual a feeling of stability and security in the relationship as they are aware of the reactions of partner well.

Dependability.

Belief of individuals that their partner is reliable and will come to the rescue in times of need. It is created by fulfilling the commitments, maintaining honesty and proving self-reliable over times of need and support. It creates a sense of confidence and assurance in the partners as they start believing that their partner will come to their aid and will try hard to maintain their relationship.

Faith.

The intrinsic belief of individuals on their partners that they will remain the same in terms of their behaviour, love, and actions in future. This factor provides emotional stability as a wall of belief is made which helps in focusing on the positives of their partners, which makes them open to share their secrets, deep thoughts and communicate without hesitation.

It helps to maintain a balance in times of difficulties and challenges as deep inside there is a hope and belief that the partner will not change and will fulfil the commitment.

Review of literature:

A study was investigated by Justin Jagosh, Paula L. Bush et.al., (2015) on “A realistic evaluation of community-based participatory research: partnership synergy, trust building and related ripple effects” was conducted on 24 participants where the realistic logic of analysis was used to analyse the data. The findings concluded that there was a sense of trust among CBPR members which led towards partnership sustainability which helped in explaining the further outcomes that were sustaining collaborative efforts towards health improvement which related to starting spin off projects and achieving systematic transformations.

Paula R. Pietromonaco, Lisa Feldman Barrett & Sally K. Powers(2020) conducted a study on ‘Attachment Security and Relationship Satisfaction: the mediating role of Trust’, the study consisted 172 couples where he checked the marital satisfaction within 6 months of marriage and then after a year. The data was analysed using correlation and regression. The results concluded that there is a link between attachment security and relationship satisfaction. Trust also plays an important role in maintaining healthy relationships.

The research study namely “Correlates of Marital Satisfaction of Indian Married Couples” was an Exploratory Study Anoushka Garg et al. 2023 was conducted to analyse the various factors that lead to a happy marriage. Marital contentment is increasingly crucial in contemporary Indian society for lessening divorce rates and fostering stable, secure relationships. Previous research indicates that aspects like Personality, Physical Attractiveness, and Adjustment play roles in enhancing marital satisfaction. This study aimed to explore the connections between Personality, Physical Attractiveness, adjustment Patterns, and

Marital satisfaction in married individuals. A cross-sectional study was conducted involving 60 married individuals (30 males and 30 females). This research underscores the significance of personality, adjustment patterns, and physical attractiveness in cultivating a thriving marital bond. Social skills training, assertiveness training, and practicing mindful awareness within the context of marital relationships and communication have a notable impact on marital satisfaction among married individuals. The study utilized the revised Dyadic Attraction Scale (RDAS), The Physical Attraction Scale-Short form (PAS-S), and the Satisfaction with Married Life Scale (SWML) to measure these constructs. Participants were informed about the study and thanked for their cooperation before data collection. Analysis of the data was conducted using JAMOVI. The results underscore the significant roles that personality, attractiveness, and adjustment patterns play in influencing marital satisfaction, explaining a substantial portion of the variation observed.

The Relationship between Marital and Sexual Satisfaction among Married Women Employees at Golestan University of Medical Sciences, Iran. 2014. Tayebee Ziayee et al., aimed to investigate how active female employees' marital satisfaction is impacted by their level of sexual satisfaction. The study employed a sample of 140 women, utilizing the Enrich Marital Satisfaction Questionnaire as the scale. The data was analysed using the Spearman statistical test. The findings indicated that there was a rise in marriage satisfaction along with an increase in sexual satisfaction.

Workload and Marital Satisfaction over Time: Testing Lagged Spillover and Crossover Effects during the Newlywed Years. Justin A. Lavner et al 9th May 2017 measured the levels of satisfaction among couples who have a spouse that works overtime usually. 172 suitable couples were taken as subjects. Marital satisfaction The Quality of Marriage Index (QMI; Norton, 1983) was taken as the scale. These findings suggest that higher partner workloads can prove deleterious for relationship functioning over time and call for increased attention to the long-term effects of spillover and crossover from work to marital functioning.

Bonieta Dwi Lestari, Dwi Suratmini (2024) did a study on The Relationship FOMO (Fear of Missing Out) and Nomophobia with Phubbing Behaviour among Adolescent Instagram users. The research was carried out on 319 adolescents using correlation analysis where the results showed moderate correlation strength and

positive direction while the results of the correlation analysis of nomophobia with phubbing behaviour showed weak correlation strength and positive direction.

Hatice Odaci and Evren Erzen et. Al., (2024) conducted a study on Predictors of phubbing: Interpersonal Relationships and Family Relationships on 539 university students (323 females, 156 males) using hierarchical regression. The results showed that avoiding, angry, belittling, and manipulative interpersonal communication styles predict phubbing positively, while dominant style negatively predicts phubbing also it was found that the general function of the family had a positive effect on predicting phubbing.

Ceren D. Yilmaz, Timo Lajunen et.al.,(2023) proved by his research on Trust in relationships: a preliminary investigation of the influence of parental divorce, breakup experiences, adult attachment style, and close relationship beliefs on dyadic trust by applying T-test, Pearson correlations, regression analysis and mediation analyses on a sample of 131 Turkish undergraduate students whose parents had divorced or had experienced a relationship breakdown, scored significantly lower on the trust scores on comparison to those had no such experiences. The scores also correlated negatively with anxious and avoidant attachment styles and positively with relationship belief scales, although the correlations to ‘ external factors’ were not significant.

Zhenhong Mi, Wanjun Cao et. Al.,(2023) conducted a study on Relationship between Parental Phubbing and mobile phone addiction in junior high school students: A Moderated Mediation model, the study involves 780 participants(393 boys and 387 girls). Pearson correlation analysis was used to analyse the correlation between variables. The study explained that the relationship between parental phubbing and mobile phone addiction among Chinese junior high school students, as well as the mediating role of parent-child cohesion and the moderating role of friendship quality in the relationship, the findings suggested that parental phubbing was not only directly associated with mobile phone addiction and also indirectly through the mediating role of parent-child cohesion and the moderating role of friendship quality.

Siqun Zhan, Silu Shrestha et.al.,(2022) conducted a study on Romantic Relationship satisfaction and phubbing: The role of loneliness and empathy. The study included 504 Chinese adults in which 40 were married and 464 adults were unmarried but in a relationship, 295 couples lived in the same city whereas 209 were in long distance relationship. The data was analysed using SPSS. The study confirmed that the relationship they shared had feelings of loneliness which means there is a negative correlation between romantic relationship satisfaction and phubbing behaviour is realised by increasing individual loneliness. Also the mediation model which is maintained by empathy illustrated that the adults who had high levels of empathy and low levels of romantic relationship satisfaction are the lonelier, whereas the adults with low empathy finds the connection less important.

Izzet PARMAKSIZ(2021) conducted a study on Relationships between Phubbing and the Five Factor Personality Traits by using a sample of 1186 participants as sample and the data was later analysed using T-test, One Way ANOVA, Pearson correlation and hierarchical regression. The findings from the study suggested that there was no significant relationship between phubbing and extraversion. While there was a significant positive relationship between phubbing with neuroticism and openness.

The negative relationship between phubbing with conscientiousness and agreeableness. The preliminary analysis showcased that the gender was not a major factor for differentiating the phubbing scores on a significant level, while the other factors like marital status, educational level and age played a major role in differentiating the phubbing scores. The hierarchical regression analysis found that conscientiousness, agreeableness, neuroticism and openness were predictors of phubbing.

Sabah Balta, Emrah Emirtekin et.al.,(2018) illustrated a research on, Neuroticism, Trait Fear of Missing out, and Phubbing: The Mediating Role of State Fear of Missing Out and Problematic Instagram Use, by using a sample of 432 adolescents between the age groups of 14 and 21 years. The data was analysed using the Pearson correlation test, t-test, confirmatory factory analyses, and path analyses. The results were that females had higher levels of phubbing, problematic Instagram use, trait FOMO, neuroticism, and trait anxiety scores compared to males. The correlation between the problematic Instagram use, state-FOMO, and trait-FOMO with phubbing was established.

Esra CİZMECİ(2017) conducted a research on Disconnected, though satisfied: Phubbing Behaviour and Relationship Satisfaction, a sample of 500 participants(262 males, 238 females) who were in a romantic relationship were taken for the research. Factor Analysis(EFA) and Confirmatory Factor Analysis(CFA) were used to analyse the data, Cronbach's Alpha coefficient was used to find the reliability, T test was applied to compare two independent groups, whereas ANOVA Test is applied to compare more than two groups. The results showed that phubbing behaviour does not negatively impact the relationship satisfaction of couples in Turkey.

Chotpitayasunodh, Karen M. Douglas(2016), illustrated in his research on How “phubbing” becomes the norm: The antecedents and consequences of snubbing via smartphone, he used 251 participants as sample and SPSS was used for analysing the data. The results explained the extent to which people have become phubbers by finding out the internet addiction, fear of missing out and self-control. Findings also showed that gender moderated the relationship between the extent to which people are phubbed and their perception that phubbing is normal.

Hanna Krasnova, Olga Abramova et. Al.,(2016) conducted a study on Why Phubbing is Toxic for your Relationship: Understanding the role of smart phone jealousy “GENERATION Y” USERS, a sample of 1475 people were taken for the research. The study involved questions related to qualitative and quantitative analysis. The results were that the partner phubbing is associated with heightened feelings of jealousy, which is inversely related to couple's relational cohesion and jealousy plays a mediating role in the relationship between partner's smartphone use and relational cohesion, acting as a mechanism behind this undesirable link.

Jyh-Jeng Wu, Ying-Hueih Chen et., al (2016) aimed to study “Attachment relationship study of trust and trust transfer” for which the data was collected from 250 participants and the equation modelling was used to verify and validate the research model. The results proved that relational embeddedness, anxiety attachment, avoidance attachment affects the trust of customers on the shop owners of shopping complexes.

Rationale

This research dwells into various aspects of relationship and the factors causing disturbances in the relationship, the impact and effect of phubbing on the relationship satisfaction and trust. In a country like India technology is rapidly evolving but the issues along with are growing the same speed. The research focuses Indian individuals involved in relationships and checks that whether there is any significant effect and impact of technology in decreasing love.

Methodology

Aim:

To explore the impact of phubbing on relationship satisfaction and trust.

Objective.

1. To assess the relationship between Phubbing and Relationship Satisfaction.
2. To assess the relationship between Phubbing and Trust.
3. To predict the impact of phubbing on relationship satisfaction and trust.

Hypotheses.

1. There will be a significant relationship between phubbing and relationship satisfaction
2. There will be a significant relationship between phubbing and trust
3. Phubbing helps in predicting relationship satisfaction and trust.

Participants.

Total number of participants are 107 individuals among which 53 individuals are married and 54 individuals are unmarried but in a romantic relationship. There were 35 males and 72 females. The sample population was Indian, to focus on cultural context in an Indian texture.

Inclusion criteria.

Individuals within the age group of 18-45 and are involved in a romantic relationship.

Exclusion criteria.

Individuals who do not fall in the age criteria of 18-45 years and not in romantic relationship.

Sampling technique.

The sampling technique used for this research study is Purposive Sampling. Purposive Sampling is a non-probability sampling where the participants are chosen based upon specific characteristics required for the study.

Variables.

The current study employed the following variables:

1. Partner phubbing
2. Relationship satisfaction
3. Trust

Tools.**Partner Phubbing questionnaire.**

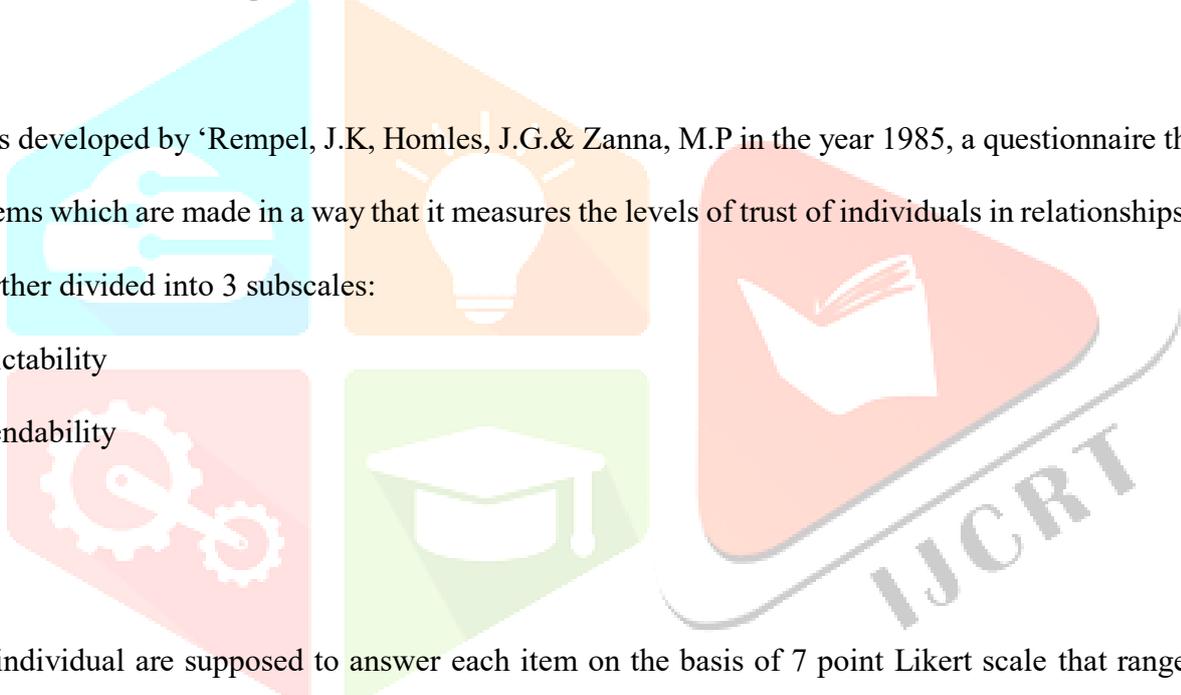
It was developed by 'Roberts & David' in the year 2016. It is a 9 item questionnaire designed to measure the level to which individuals find their partners using mobile phones while being with them. The scale is widely used to measure the level of preference of mobile phones rather than communicating with the partner. There are typically 9 statements which are to be answered, each item on a Likert scale ranges from 1 'Never' to 5 'All the time'. The test was evaluated by issuing the scale to the same individuals who filled it earlier, the test- retest reliability was very high, which showcased that PPS provides the psychologist or the test conductor with same results over time. The Cronbach's alpha of the scale is found to be 0.094 which depicts the internal consistency. The PPS scores were found to be negatively correlated with RS and positively correlated with relationship conflict.

Relationship Assessment scale to measure the Relationship satisfaction.

It was developed by 'C. Hendrick' in the year 1988. It is a 7 item questionnaire designed to measure the RS level of individuals in romantic relationship to evaluate overall RS and adjustments made for the partner. Individuals are supposed to mark each item on a Likert scale from 1 'Almost never' to 5 'Almost always'. The Cronbach's alpha coefficients was typically above 0.80 and the retest reliability was also established which indicated the scale's validity. RAS is positively correlated with the levels of relationship satisfaction along with levels of adjustment done by partners for each other. The scale is useful to address the areas where the individual needs to pay more heed to improve their satisfaction level.

Trust in close relationships scale.

It was developed by 'Rempel, J.K, Homles, J.G.& Zanna, M.P in the year 1985, a questionnaire that consists 17 items which are made in a way that it measures the levels of trust of individuals in relationships. The scale is further divided into 3 subscales:

- 
- a. Predictability
 - b. Dependability
 - c. Faith

The individual are supposed to answer each item on the basis of 7 point Likert scale that ranges from 1 'strongly disagree' to 7 'strongly agree'. Cronbach's alpha coefficients typically are above 0.80, which indicates that the scale items are positively correlated with each other. The scores of the scale indicates the level of trust in relationship, which depicts sense of security, confidence and reliance of individuals on partner.

Procedure

The study was proposed to be conducted systematically to identify the relationship between Relationship phubbing and its effect and impact on Relationship satisfaction and Trust among individuals who are aged between 18-45 years of age and are involved in a romantic relationship. Participants were recruited Forms and were asked for their informed consent via the signatures on the consent form. To collect the sample,

people were asked to participate voluntarily in a research study, and to respond to questionnaire. The questionnaire WAS constructed in parts where the individuals were administered to Relationship phubbing(PPS), which was supposed to be responded using the Likert scale to measure the variables, then the next part consisted questions related to Relationship satisfaction(RAS), the last part was about trust in the relationship (TCR Scale). Ethical considerations, such as doubts of respondents while responding were taken in considerations and the protection of participants from harm and issues of confidentiality was strictly followed. Once all the people had filled their questionnaires, the scoring was done using descriptive analysis and Pearson's r correlation method. In the questionnaires the administration was given a choice to provide their names, initials or if they wish to keep it anonymous, and the respondents had to provide the following particulars: age, gender and marital status. When the procedure was over the individuals were thanked for their time and sharing the details. For the item and scale analyses, and the validation study, SPSS 29 for windows was used. Finally, the results will be presented in a research report or academic manuscript.

Research design.

The study uses a confirmatory research design to help in hypothesis testing and it is structured in a way to test pre-defined hypothesis with aim of confirming on the basis of empirical data. It is characterised by clear objectives, variables and a fixed methodological structure to confirm the actual findings.

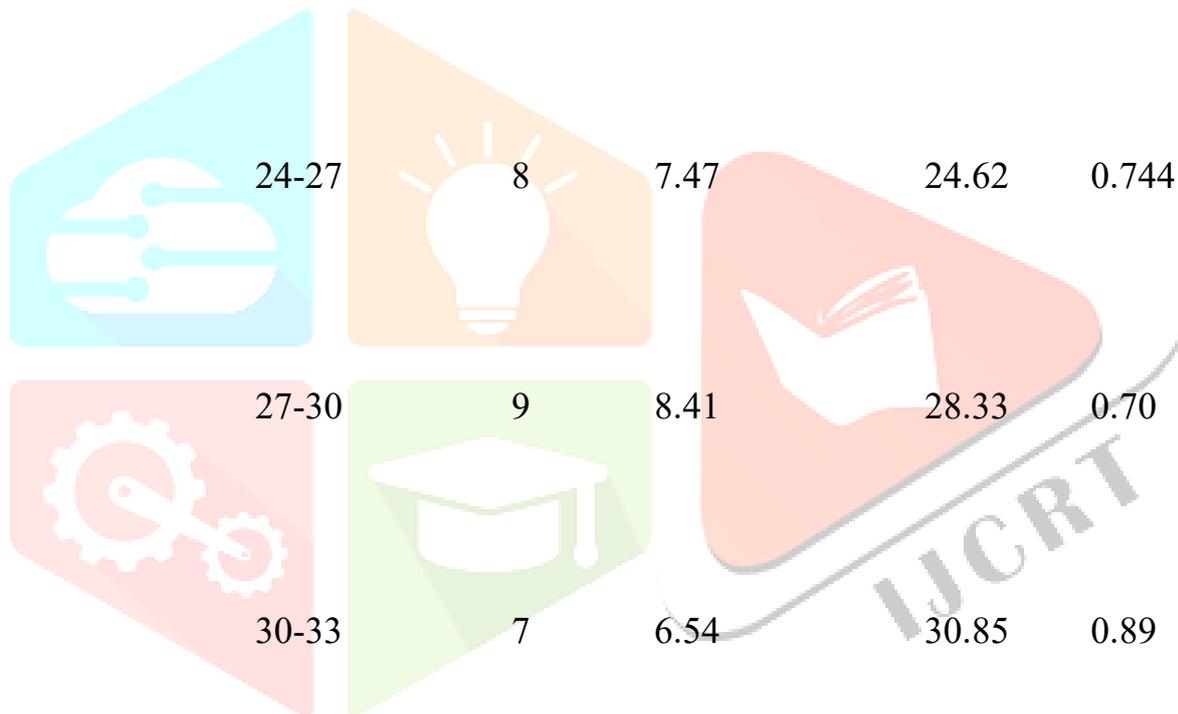
Statistical analysis.

The study utilized Pearson's correlation coefficient in investigating the relationship between the relationship phubbing and its effect and impact on relationship satisfaction and trust among young adults. Being a value that ranges between -1 and +1, one can determine how strong is the connection or the direction of the relationship. The SPSS version 29 was used in synthesizing the value of this coefficient. The subgroup of analysis by moderating variable, and the moderating variable analysis considering factors influencing the correlation coefficient, were included.

Results

Table 1: Socio-demographic details

DEMOGRAPHIC DETAILS	SUB- CATEGORY	N	PERCENTAGE %	M	SD
AGE	18-21	25	23.36	19.52	0.71
	21-24	26	24.29	21.61	0.80
	24-27	8	7.47	24.62	0.744
	27-30	9	8.41	28.33	0.70
	30-33	7	6.54	30.85	0.89
	33-36	5	4.67	33.6	0.89
	36-39	7	6.54	37.42	0.78



	39-42	5	4.67	39.8	0.83
	42-45	15	14.01	43.26	0.96
GENDER	MALE	35	32.71		11.63
	FEMALE	72	67.38	30.13	7.90
MARRITAL STATUS	MARRIED	53	49.53	30.37	7.56
	UNMARRIED	54	50.46	30.42	7.58

Table 1 depicts the socio-demographic profile of the participants in the current study, comprising a sample size of 107 individuals aged between 18-45 years. The distribution of age groups indicate a varied representations, within single participants at the ages of 18 and 30 were 3, 6 at the ages of 19, 22 and 44, 16 at the ages of 20 years, 15 at the age of 21, 5 at the ages of 23 years, 4 at the ages of 24, 28, 29, 38, 42 and 43, 2 at the ages of 25, 26, 31, 32, 37, 39 and 40, 1 at the ages of 27, 34, 35, 36, 41 and 45, 3 at the ages of 30 and 33. Gender-wise, the study comprised 35 males(32.71%) and 72 females(67.28%). When coming to the important criteria marital status, there were 53 married individuals(49.53%) and 54 unmarried individuals(50.46%). This breakdown provides a comprehensive overview of the participant demographics , showcasing the diversity within the sample population.

Table 2

Depicting the descriptive statistics & correlation for the study variables.

VARIABLE	N	M	SD	1	2	3
PPS	107	21.42	6.75	1	-0.45**	-0.38**
RAS	107	29.46	5.81	-	1	0.50**
TCR	107	19.83	13.12	-	-	1

PPS = Partner phubbing scale; RAS = Relationship assessment scale; TCR = Trust in close relationships.

* $p < 0.05$, ** $p < 0.01$

Table 2 revealed that Partner phubbing has a significant negative correlation with Relationship Satisfaction ($r = -0.45$, $p < 0.01$). Partner phubbing also shows a significant negative correlation with Trust ($r = -0.38$, $p < 0.01$).

Table 3

Depicting the regression coefficients of phubbing, relationship satisfaction & trust.

Intercept/ Predictor	β	95% CI	g	t	P value
Intercept	35.50	29.427	-	11.583	<0.001
RS	-0.406	-0.634	-0.349	-3.532	<0.001
TCR	-0.107	0.038	-0.208	-2.102	0.038

Intercept/ predictor= , RS= Relationship satisfaction, TCR= trust in close relationship, r square= 0.238

Table 3 revealed that there is a significant prediction of impact of phubbing on relationship satisfaction (< 0.001). Phubbing has also proved the significant prediction on the trust.

The prediction value is estimated to be 0.238.

Discussion

The background of this research is to assess the relationship between partner phubbing and relationship satisfaction and trust in Indian young adults involved in a romantic relationship. For this study the researcher has used partner phubbing scale(PPS), relationship satisfaction scale(RAS), trust scale(TCR). The age group for the sample was 18-45 years adult who were in a romantic relationship. The sample consists of 107 participants. Participants signed the informed consent prior to data collection. They were explained about the aim and objective of the study. They were also informed that their participation was voluntary and they could withdraw any moment they wish, they were given the reliance that their identities along with the responses will be kept confidential For scoring and data analysis, as well as further discussion and conclusion, all forms that were fully filled out were considered. After collecting the entire data, it was scored with the help of respective manual of each measuring tool.

Table 2 shows that there is a significant negative relationship between partner phubbing and relationship satisfaction and trust. The reason behind the same could be due to many factors such as emotional distress and distance caused due to attention getting divided by mobile phones. The usage of mobile causes a feeling of neglect and unloved by the partner. This decreases the relationship satisfaction among partners. A research done by Roberts & David(2016) also explored the same that when the levels of phubbing are higher there are lower levels of relationship satisfaction, the reason they explored was decreased quality and quantity of interactions, which gave rise to feelings of exclusion and reducing satisfaction in the relationship.

Time places an important role in day to day lives of human, and same happens in cases of couples, the time spent by partner helps them to create an emotional bridge and forming intimacy, but when the time gets distributed, the bonding gets affected as the partner receives less time, which decreases the relationship satisfaction. A research done by McDaniel & Coyne(2016) also stated that phubbing is responsible for creating a drift between partners and their quality time which makes the partner feel ignored and secondary.

Trust, a vital component plays an important role in a relationship, it requires time, attention and love to grow.

But when the partner uses mobile while interacting and avoids the partner, this leads to insecurity and sense of avoidance in the minds of partner. This can be better explained by the research done by Roberts & David(2017), their research suggested that there is a sense of irritation felt by the partner due to presence of mobile.

Trust is based on loyalty, faithfulness and attachment on the other person. But the partner engages in phubbing, the partner might feel lack of attachment as the partner is busy using the mobile instead of communicating and spending time together.

Table 3 shows that phubbing behaviour is able to significantly predict its impact on relationship satisfaction and trust. Our study investigated the impact of phubbing on relationship satisfaction and trust using regression analysis. The results reveal a significant negative correlation between phubbing behaviours and both relationship satisfaction and trust. This finding aligns with existing literature, suggesting that phubbing can deteriorate the quality of relationships by fostering feelings of neglect and undermining trust.

The regression analysis demonstrated that higher levels of phubbing are associated with lower relationship satisfaction and trust. Specifically, the coefficients indicate that for each unit increase in the phubbing score, relationship satisfaction and trust decrease by a substantial margin. This suggests that even moderate increases in phubbing behaviours can have a detrimental effect on the quality of relationships.

Possible reasons behind the same could be decreased quality communication as phubbing disrupts the communication and deeper connection. This could be explained by the research done by Roberts & David(2017), that phubbing creates a barrier between communication.

One more possible reason could be attachment insecurity explained by Wang et al., in the year 2017 that individuals who are experiencing phubbing may develop attachment anxiety and insecurity.

Limitations:

The possible limitations of this research are the small or limited participant size, and the participants not being reached out of a different community and area, the areas where individuals were selected were easily approachable so many areas were untouched. The scale was in English so the individuals who were unable to understand English were not able to participate as the scale is not present in any other medium. The research solely depended on the participants responses and not on other methods such as observations or surveys so if the participants were not honest or overreacting to the situation then there are chances of results being manipulated. Relationship duration could be a more possible reason as the duration might impact the dimensions and bonding's. The research included a lesser number of males in comparison of females which might be the reason why we were unable to understand the perspective of males.

Conclusion

This research study aimed to explore the relationship between Relationship phubbing and its effect on Relationship satisfaction and Trust among Indian young adults(18-45) years and in a romantic relationship. Data for this study was collected through forms with the consent of the participants, ensuring that the ethical standards were maintained throughout the research process the findings indicate that the aimed hypothesis i.e. there is a significant correlation between partner phubbing and relationship satisfaction($r = -0.45$), trust($r = -0.38$) were accepted. These results show that partner phubbing significantly effects relationship satisfaction and trust. The findings explain that phubbing behaviour leads to drift in relationships as it leads to avoidance, interference in the quality time, increasing conflicts and ignoring to needs of relationship. These factors contribute towards the lowering of relationship satisfaction and trust. these findings are found in various studies, explaining the demerits of mobile phone on relationship. The future benefits of this study include providing insights into how phubbing can control the emotional distress, attachment issues which can inform the demerits of phubbing and measures to create interventions.

This study highlights the significant negative impact of phubbing on relationship satisfaction and trust. By elucidating the detrimental effects of smartphone distractions, our research underscores the importance of mindful smartphone use in maintaining healthy and fulfilling relationships. Interventions aimed at reducing phubbing behaviours could enhance relationship quality and promote stronger, more trusting partnerships.

Implications

The research could be used to explain the demerits of technology moreover mobile phones as the problems related to the usage could be seen. The two dimensions of relationship. The research explained that mobile phones are decreasing the life of a relationship and creates issues among partners such as low relationship satisfaction and trust. The study could be used to explain that how partners get affected by the mobile phones and what could be done to solve their issues. The research could be done on a larger scale of participants where we are able to understand that will the study provide different results for the same variables. More variables could be taken into account that relates with the pre-existing variables which help in providing evidence for the research variables.

Cultural diversity is not taken much into account for the study, this could be interesting to know that how cultural differences react to the phubbing and how it effects the other two variables. t- test was not used to analyse the data it could also be used in the future to know the difference between the two groups.

Appendices

Appendix A: Informed Consent

Greetings,

Hi, I am Riya Sanghi, student of JCC Rohini, I am working on my dissertation on the topic ‘’.

I invite you to participate in my research, it will only take 3 to 5 minutes of your time, your responses will be kept confidential along with your identities. You are permitted to ask doubts while filling the questionnaire or can even withdraw at any point of time. Please fill the questions with utmost honesty.

Individuals who lie between the age group of 18-45 years and are in a romantic relationship can fill my form.

I _____ of age ____ is ready to participate in the research of Miss Riya Sanghi. I ensure that I have been informed about the research and I am willingly taking part and have no objection in participating. I promise to answer the questions with utmost honesty.

DATE

SIGNATURE

Appendix B: Socio-Demographic Performa**Appendix C: Partner phubbing scale****Appendix D: Relationship assessment scale****Appendix E: Trust in close relationships****References**

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