

**PHONE DEPENDENCY RELATIONSHIP SATISFACTION AND SEXUAL  
SATISFACTION AMONG MARRIED ADULTS**

*Dissertation submitted to Kerala University*

*In partial fulfilment of the requirements for the award of the Degree of*

**M.Sc. Counselling Psychology**

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## CERTIFICATE



This is to certify that the Dissertation entitled “**Phone dependency, Relationship satisfaction and Sexualsatisfaction among Married adults**” is an authentic work carried out by Aswathy Krishnan G S, Reg. No. 60421115005 under the guidance of Dr. Ammu Lukose during the fourth semester of M.Sc. Counselling Psychology programme in the academic year 2021–2023.

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I, Aswathy Krishnan G S, do hereby declare that the dissertation titled “**Phone dependency, Relationship satisfaction and Sexual satisfaction among Married adults**”, submitted to the Department of Counselling Psychology, Loyola College of Social Sciences, Sreekariyam, under the supervision of Dr. Ammu Lukose, Assistant Professor, Department of Counselling Psychology, for the award of the degree of Master’s in Science of Counselling Psychology, is a bonafide work carried out by me and no part thereof has been submitted for the award of any other degree in any University.

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## **ABSTRACT**

The present study investigated “Phone dependency, relationship satisfaction and sexual satisfaction among married adults”. Smartphones have become inevitable in our daily lives. Our lives have become considerably more convenient as a result, yet it has also led to other issues. Excessive use of smartphone while around others, is one such harmful practise. Numerous negative effects, such as depression and anxiety, are caused by this activity. Furthermore, it may have an impact on how well we get along with people, particularly our significant others. Mobile use screening test, Relationship satisfaction scale and The new sexual satisfaction scale was administered to 110 married adults. The design used purposive research design and appropriate statistical analysis was done. It was found that phone dependency relationship satisfaction and sexual satisfaction had a significant negative correlation. As a result, intervening on phone dependency and raising awareness of phone dependency during the premarital period could improve relationship satisfaction and the sexual satisfaction among married adults.

***Keywords:*** Phone dependency, Relationship satisfaction, Sexual satisfaction, Married Adults

## **CHAPTER I**

### **INTRODUCTION**

Marriage is a revered institution that has long played a significant role in human communities. Numerous studies have demonstrated that kids raised in married families typically experience superior outcomes in terms of learning, emotional health, and general life satisfaction (Amato, 2014). Marriage also promotes a sense of security and belonging by providing emotional support and camaraderie. When compared to their single counterparts, married people routinely report superior levels of life satisfaction and mental health (Stack & Eshleman, 1998). While there are many advantages to marriage, it also necessitates work and a willingness to compromise on both sides. For a relationship to stay healthy, arguments must be handled in a constructive way while the emotional connection must be nurtured.

Marriage in Western nations witnessed considerable changes in the early 2000s. The emergence of individualism, shifting gender roles, and improved economic prospects for women all helped to change the way that marriage was once seen. According to a study by Cherlin (2004), personal satisfaction and companionship have increasingly taken precedence over economic and reproductive considerations in American marriages.

The decision to get married was now motivated by love and respect, but this change also brought new difficulties. The landscape of marriage has become more complicated as a result of the rise in the average age of first marriage and the prevalence of divorce.

Any relationship needs effective communication, but marriage requires it even more. A study by Gottman and Levenson in 2002 shown that marriage satisfaction and longevity are significantly predicted by the way couples interact during disagreement. In order to maintain a secure and satisfying marriage, married couples must learn how to resolve problems amicably and with empathy. Finding a healthy work-life balance becomes harder when work obligations and career expectations rise, especially for married adults. Stress and strain on the marriage might result from balancing career and family demands. In a study on the effect of work-life balance on marital satisfaction, Galovan, Pancer, and Pratt (2007)

discovered that couples who were able to achieve a balance expressed higher levels of relationship satisfaction. For a marriage to succeed, maintaining intimacy and emotional closeness is essential. Open communication, empathy, and shared experiences were found to be essential components of emotional closeness in long-term marriages in a study by Schmiedeberg and Schröder (2017). Numerous advantages to adult health have been associated with marriage. According to research by Robles, Slatcher, Trombello, and McGinn (2014), married people had a better overall physical health and a lower risk of developing chronic diseases than their single counterparts. Additionally, marriage has been linked to better mental health outcomes, such as lower rates of anxiety and sadness.

Adults who are married frequently benefit from expanded social support networks. Marriage has a built-in support system that can provide emotional, financial, and practical support during trying times, according to a study by Umberson, Pudrovska, and Reczek (2010). These networks of support can help people develop stronger resilience and coping skills in the face of adversity in life. When two people combine their resources and share their responsibilities, marriage can also have financial benefits. According to research by Lichter, Graefe, and Brown from 2003, married persons often have higher household earnings and more stable financial situations than single adults, which can improve their general quality of life. New communication technologies' good and negative effects on marriage are both present. In a study that looked at the impact of technology on marital satisfaction, Stafford, Kline, and Rankin (2019) discovered that, while excessive use of technology can foster feelings of neglect and isolation in a relationship, it can also help connect and support people. The notion of marriage and its advantages has evolved beyond conventional heterosexual relationships as same-sex marriage has become legal in many nations. Similar levels of relationship satisfaction and well-being are reported by same-sex married couples as they are by heterosexual couples, according to studies like those done by

Badgett and Herman (2011), dispelling earlier prejudices and preconceptions regarding LGBTQ+ partnerships. Adults who are married in 2023 experience particular difficulties and profit much from their marriage. The motivations for getting married and the form of relationships have undergone significant shift in the marriage landscape. However, research consistently demonstrates that marriage has many benefits, including stronger social support, financial security, and better physical and mental health. Understanding the dynamics of marriage and its effects on people and families is crucial for developing policies and support systems that promote healthy relationships as society continues to change. We may try to create an environment that supports solid, enduring, and meaningful marriages for all people, regardless of their origins or orientations, by appreciating the difficulties and advantages of marriage.

### **Phone Dependency**

In the past few decades, the phone has become an integral part of daily life, revolutionizing the way individuals communicate, work, and seek information. While the phone has brought numerous benefits, it has also raised concerns about its potential negative effects on interpersonal relationships, particularly within marital contexts. As the use of internet-enabled devices becomes increasingly pervasive, it is crucial to investigate the impact of excessive phone use on various aspects of married couples' lives, including sexual and relationship satisfaction.

Phone dependency is a psychological condition in which people have an overwhelming urge to use their smartphones, frequently at the expense of interpersonal interactions and other necessary life activities (Roberts et al, 2015). This can have a negative impact on one's physical health, mental well-being, and interpersonal relationships. Modern life would not be the same without smartphones since they make communication,

entertainment, and productivity easier. However, the ease of use and connectivity that smartphones provide can occasionally result in phone dependence, which may present particular difficulties for married adults. The topic of phone reliance among married people is examined in this essay, along with its prevalence, causes, effects, and potential remedies. We hope to learn more about how phone dependence impacts married adults' relationships and general well-being through pertinent studies and research.

The incidence of phone dependence among married individuals has increased along with the spread of smartphones. According to a study by McDaniel and Coyne (2016), married people have considerable levels of smartphone addiction, which is influenced by things like social media use, communication at work, and entertainment.

Smartphones are essential for keeping couples in communication. Constant connectivity makes it easy for partners to communicate, share updates, and send each other romantic notes. Because people worry about missing critical communications from their partners, this constant availability could also result in phone dependence (Sohn & Choi, 2018). Smartphones can blur the lines between work and personal life, which can make married adults more reliant on their phones. It might interfere with quality time spent with partners and make them feel neglected if one is required to check business emails and messages all the time (Conrad, 2016).

Social media sites provide a window into other people's lives, which can cause inadequacy emotions and a fear of missing out. According to Chotpitayasunondh and Douglas (2016), married individuals who compare their relationships to the seemingly flawless depictions on social media may use their smartphones more frequently in an effort to connect and gain affirmation. The quality of relationships in general and marital pleasure might suffer from phone reliance. Roberts et al, claim as much. (2015), constant smartphone



use may result in less emotional intimacy, poor communication, and unfocused attention on partners.

Excessive smartphone use during in-person encounters can impede clear communication and intensify marital problems. When attention is continuously given to the phone rather than the relationship, partners may feel overlooked or undervalued (Braithwaite et al, 2018).

As people feel under pressure to be connected and responsive all the time, phone dependence may increase levels of stress and anxiety. According to a study by Lepp et al. (2014), smartphone use and reported stress among married adults are positively correlated. Together, partners can establish clear guidelines for smartphone use in the relationship. Phone reliance can be decreased and deeper connections can be cultivated by setting aside specified periods for phone-free interactions and designating "tech-free" areas in the house (McDaniel & Coyne, 2016).

It's crucial to have honest discussions regarding smartphone usage and how it affects your relationship. In order to build a balanced approach to smartphone use, partners can talk about their thoughts and worries around phone dependence while also seeking understanding and compromise (Sohn & Choi, 2018). Being more aware of when and how to use a smartphone is a component of practising mindfulness. Intentional times of disconnecting can improve the effectiveness of in-person relationships and lessen reliance on mobile devices (Chotpitayasunondh & Douglas, 2016). An intricate problem, phone dependence among married adults has a big impact on relationships and general wellbeing. It is essential for married people to be aware of their smartphone usage and its effects on their marriages as cellphones continue to change the way we connect and communicate. Couples can work together to adopt healthy behaviours, encourage open communication, and create a

supportive environment that encourages meaningful connections and marital satisfaction by becoming aware of the causes and effects of phone reliance.

Several factors contribute to the development of phone dependency among married adults: Smartphones have radically altered the way we communicate and engage with the world in the modern digital era. They have become an essential part of our daily lives. However, the widespread use of smartphones has also contributed to an increase in phone dependency, a condition marked by an unhealthy reliance on these gadgets. Married adults are particularly at risk for this problem because phone dependence can have a negative impact on their relationships. Social media platforms provide ongoing interaction with individuals and what seems like infinite streams of information. Married adults experience the urge to be constantly connected as a result of feeling validated and missing out. Some people may use their phones to distract themselves from marital difficulties or stressors. The phone becomes a tool for momentary reality separation. Smartphones offer fast pleasure that can become addicted by giving users instant access to a variety of entertainment, information, and communication options. It is difficult to avoid growing dependent on cellphones as technology advances and they become more useful in more areas of daily life. For married adults, phone dependence can have a variety of detrimental impacts that seriously strain their marriage. Constant phone use can weaken in-person interactions and decrease emotional intimacy and connection between spouses. A partner who spends too much time on their phone may become emotionally detached, prioritising their online activities over their spouse's emotional needs.

According to studies, the more dependent one is on their phone, the less content they are with their spouse. This relationship has been demonstrated to be inversely associated to relationship satisfaction. When one or both partners feel neglected owing to excessive phone use, misunderstandings and arguments can occur, causing resentment and tension in the

relationship. Excessive phone use can prevent families from spending enough time together, which hinders bonding and sharing experiences. The emotional health of married adults who are phone dependent is badly impacted. Continuous connectivity might make people feel anxious and stressed because they may feel pressured to reply to messages and notifications right away.

Studies have found a connection between excessive smartphone use and a higher risk of depression, which may be brought on by online bullying, social comparison, and a decline in in-person connections.

Social media can foster feelings of fear and envy, which can undermine a marriage's ability to maintain trust and emotional stability.

Today, a serious problem that impacts many married individuals is phone dependence. The effects of excessive smartphone use can be severe, resulting in strained relationships, emotional isolation, and broken communication. However, couples can improve their emotional connection and reestablish healthier communication patterns by comprehending the underlying causes of phone dependence and putting effective solutions into practise. In the end, encouraging a balanced approach to phone usage can result in more content and amicable unions in the digital age.

### **Relationship satisfaction**

The subjective assessment of the general quality and contentment in a romantic or interpersonal relationship is referred to as relationship satisfaction. According to Pawlowski and Dunbar (1999), it includes emotions such as joy, fulfilment, and contentment with the spouse and the union as a whole.

The extent to which people feel their needs, wants, and expectations are met in the context of their love relationship is referred to as relationship satisfaction. It entails

evaluating both the positive and negative facets of the connection, resulting in a general feeling of satisfaction and wellbeing (Karney & Bradbury, 1995). Individuals' emotional and cognitive assessments of their love relationships are reflected in their relationship satisfaction. A sense of contentment and commitment to the relationship are influenced by perceptions of love, trust, communication, closeness, and general compatibility (Van Dyke et al., 2019).

Marriage-related relationship happiness is a crucial component of a successful and enduring relationship. Understanding the elements that affect relationship satisfaction is crucial for fostering strong and long-lasting marriages since they form the basis of families and communities. Relationship satisfaction among married adults heavily depends on effective communication and emotional closeness. A deeper emotional connection results from open and honest communication between partners, which builds trust and understanding (Blumberg & Tobin, 2019). According to a study by Lemay and Clark (2008), couples that have constructive and pleasant communication had happier relationships. Relationship happiness depends on one's capacity for constructively resolving problems and disagreements. Rogge et al. claim that. (2016), couples who effectively resolve conflicts and compromise frequently report better levels of marital happiness. The importance of conflict management in predicting relationship satisfaction among married individuals was underlined by research by Bodenmann et al. (2016). When it comes to married individuals, sexual closeness is a major factor in marital satisfaction. Increased emotional intimacy and overall relationship contentment are linked to fulfilling sexual relationships (Yasan, 2017). Studies have shown a link between sexual satisfaction and overall relationship satisfaction, according to Christopher and Sprecher's (2000) study. Shared values, beliefs, and objectives help partners feel more connected and comprehend one other. According to Stanley et al. (2017), couples who have similar values and goals are more likely to be satisfied in their relationships.

Relationship satisfaction and physical health have a direct correlation, according to research. Robles et al. claim as much. (2014), married adults in fulfilling relationships have better general health, lower stress levels, and a lower risk of developing chronic illnesses. Additionally, better mental health outcomes, such as reduced rates of anxiety and depression, are linked to increased relationship satisfaction (Whisman et al., 2014). Married people's relationship satisfaction has effects on parenting and family harmony as well. A happy and contented marriage offers a secure and caring atmosphere for kids, resulting in superior parenting techniques and outcomes for the kids (Volling et al., 2017). Economic stability is frequently a result of happy marriages since partners are more likely to support and cooperate on common financial objectives. In addition, studies have shown that relationship satisfaction is linked to longer marriages and a lower risk of divorce (Hawkins et al., 2015).

Relationship satisfaction among married adults can be impacted by stressful life events and major transitions, such as financial hardships, job changes, and parenting (Randall & Bodenmann, 2017). Maintaining satisfaction in the midst of hardship requires that you and your partner learn to deal with these difficulties together. Relationship satisfaction can be impacted by outside factors including cultural norms and societal expectations. Couples may compare their relationships to idealised representations as a result of societal pressures, which could lower satisfaction levels (Chotpitayasunondh & Douglas, 2016). Navigating role shifts within marriages can be difficult for couples who want to be happy in their relationships as gender roles continue to change. Open communication and understanding between parties may be necessary to strike a balance between conventional and egalitarian roles (Kluwer et al., 2020).

Couples can address issues and develop their relationship in a structured and encouraging setting provided by couples therapy and counselling. Johnson et al.'s research from 2019 showed that evidence-based couples therapy can enhance relationship satisfaction.

Married people can learn useful skills and techniques from relationship education programmes to improve emotional closeness, communication, and dispute resolution. These initiatives emphasise fostering overall happiness and forming positive relationship habits (Hawkins et al., 2017). By raising awareness of each partner's needs and emotions, practising mindfulness as a couple can enhance relationship pleasure. Married adults can preserve a sense of connection and lessen acrimonious interactions by engaging in mindful practises (Carson et al., 2017).

**Emotional Well-Being:** Positive relationships are associated with higher levels of happiness and emotional well-being. According to research, people in fulfilling marriages experience lower levels of stress, anxiety, and depression than people in unhappy relationships (Whisman, 2014). Additionally linked to higher physical health results are happy marriages. According to studies, those who are happily married live longer and have less chronic illnesses and cardiovascular issues (Robles & Kiecolt-Glaser, 2003).

A stable marriage is essential for good parenting and a happy family. Positive parental interactions create a loving atmosphere for kids that supports their emotional growth and general wellbeing (Amato, 2010). High relationship satisfaction couples are more likely to withstand the difficulties and strains of marriage. Partners can overcome challenges and develop as a unit when they have a strong bond and effective communication (Braithwaite, 2010). High relationship happiness encourages fidelity to the marriage and a sense of commitment. Satisfied partners are more inclined to devote time and energy to their union, lengthening its lifespan (Karney & Bradbury, 1995). Partner satisfaction is associated with more honest and productive communication. They are more adept at open communication of their feelings, attentive listening, and dispute resolution, all of which increase emotional intimacy (Gottman & Notarius, 2000). Relationship contentment and sexual satisfaction are

positively correlated. Sexual satisfaction is more likely to be experienced by couples who feel emotionally connected and fulfilled in their relationship (Mark & Jozkowski, 2013).

High relationship satisfaction promotes partners' commitment and confidence in one another. According to Johnson and Rusbult (1989), content partners are more likely to uphold their commitments to one another since trust is based on emotional safety and dependability.

A happy marriage can promote personal development and self-improvement. Aspirations are encouraged by supportive partners, resulting in growth and fulfilment for both people (Impett et al., 2017). Relationship fulfilment is largely dependent on effective communication. Couples that are open with one another, actively listen to one another, and show empathy for one another are more content (Fincham & Beach, 2010). Relationship pleasure depends on emotional closeness, which is characterised by openness and trust. Deeper connections between partners are more likely to occur when they express their thoughts, feelings, and anxieties (Reis et al., 2010). Relationship pleasure is greatly influenced by how well partners appreciate and support one another's ambitions. According to Cutrona et al. (2007), couples that genuinely care about one another's happiness tend to score higher on satisfaction scales.

Couples that successfully resolve conflicts report higher levels of relationship satisfaction. Maintaining a pleasant marital environment requires learning how to handle problems constructively and without hostility (Kiecolt-Glaser & Newton, 2001). Relationship happiness is typically better among partners who have similar values and interests. Couples' relationships are strengthened when they partake in shared interests and pastimes (VanLaningham et al., 2001).

Married adults' relationship happiness is a complex idea that has a big impact on their own well-being, their families' dynamics, and society as a whole. Fostering strong and happy

marriages requires an understanding of the elements that affect relationship satisfaction, awareness of the difficulties that couples experience, and the implementation of treatments to increase happiness.

Married individuals can collaborate to create strong and fulfilling relationships by placing a high priority on efficient communication, emotional closeness, and conflict resolution. Additionally, long-lasting relationships can benefit from obtaining support through counselling and educational programmes. In the end, making investments in satisfying relationships can result in more secure and caring families, which can strengthen and improve society.

For married adults, relationship satisfaction is crucial to their quality of life. Their parenting, physical health, mental health, and overall stability of the family are all impacted. Couples that are happy with their relationship have improved communication, trust, and dedication, which results in a stronger and more satisfying union. Effective communication, emotional closeness, respect for one another, and shared values are all elements that influence how happy a couple is in their relationship. Couples can strengthen their marriage ties and encourage long-lasting happiness and fulfilment in their union by appreciating the importance of relationship satisfaction and putting tactics into place to nurture it.

### **Sexual satisfaction**

The subjective assessment of a person's level of fulfilment, enjoyment, and contentment as it relates to their sexual experiences and activities within a romantic relationship is known as sexual satisfaction. Physical pleasure, emotional closeness, and general contentment with one's sexual life are all included in it (Yasan, 2017).

Sexual pleasure, which includes elements like sexual desire, arousal, orgasm, and emotional connection with their partner, is the extent to which people consider their sexual



experiences as positive and gratifying. In a romantic relationship, it indicates the overall level of sexual pleasure and satisfaction that are felt (Christopher & Sprecher, 2000).

In order to experience sexual satisfaction, both physical and emotional demands must be met. It describes the degree to which people enjoy sexual gratification, comfort, and connection with their partner (Mark & Jozkowski, 2013). A fulfilling and personal relationship must include sexual fulfilment, especially in the case of marriage. It is important for the general satisfaction and health of a relationship. A vital component of married life, sexual satisfaction has a big impact on a couple's overall happiness and the strength of their relationship. It is used to describe the level of fulfilment and contentment felt during sexual activities within a marriage. A strong sexual connection can develop stronger emotional closeness, build trust, and increase relationship happiness.

Emotional intimacy between lovers is directly correlated with sexual enjoyment. A satisfying sexual relationship encourages greater emotional closeness, trust, and vulnerability, strengthening the marriage's bond (Mark & Jozkowski, 2013). Studies have demonstrated a positive correlation between sexual satisfaction and overall relationship satisfaction. According to Lawrence & Byers (1995), couples who report higher levels of sexual satisfaction are typically happier and more fulfilled in their marriages. Improved physical health and general well-being have been linked to having a fulfilling sexual life. Regular sexual activity can improve cardiovascular health, enhance the immune system, and reduce stress (Brody & Costa, 2009). Sexual fulfilment frequently reflects honest and efficient communication between partners. According to Willoughby et al. (2014), couples who have open conversations about their sexual needs and desires are more likely to report feeling more sexually satisfied. A fulfilling sexual connection might serve as a peacemaker in tense situations. Relationship resilience is better in couples who report higher levels of sexual satisfaction, according to Bodenmann et al, (2006).

Fundamental elements impacting sexual satisfaction among married adults are effective communication and emotional closeness. A deeper emotional connection and more sexual fulfilment can result from open and honest conversation about sexual needs, preferences, and desires (Mark et al, 2011). Satisfying sexual encounters can enhance communication inside the marriage and make it more comfortable for spouses to talk about personal matters (Byers & Demmons, 2010). Sexual fulfilment depends on open and honest communication about needs, wants, and preferences in sexual matters. A more satisfying sexual environment can be produced by partners who can voice their needs and concerns without feeling judged (Lammers et al, 2018). A more joyful and satisfying sexual relationship is the result of sexual satisfaction, which promotes mutual fulfilment and pleasure between lovers (Levin, 2006). The quality of the relationship as a whole and the emotional connection between partners are crucial to sexual happiness. According to Muise et al, (2016), couples who report higher degrees of emotional intimacy and relationship satisfaction typically report higher levels of sexual satisfaction.

In married adults, satisfying sexual experiences are associated with higher levels of happiness and emotional well-being. According to Costa & Brody (2012), regular sexual activity is linked to lower rates of anxiety and depression. The underlying components of sexual satisfaction are emotional closeness and trust. Sexual fulfilment is more likely to be higher in relationships where there is an emotional connection (Rosen et al., 2012). Sexual fulfilment depends on one's partner feeling emotionally supportive of them. A pleasant sexual relationship is more likely to occur when both partners offer emotional support and validation (Birnbaum et al., 2017). Positive effects of sexual satisfaction on both physical and mental health have been demonstrated. According to Meston & Buss (2007), having a satisfying sexual life is linked to lower stress levels, better moods, and better overall health. Additionally, according to Graham et al. (2019), sexual enjoyment can serve as a stress and

anxiety buffer. Infidelity and the desire to find fulfilment outside of marriage are less likely when there is a strong sexual bond between the partners (Lawrance & Byers, 1995).

A more joyful and satisfying sexual relationship is the result of sexual satisfaction, which promotes mutual fulfilment and pleasure between lovers (Levin, 2006). Sexual fulfilment depends heavily on feelings of physical attraction and attachment. According to Mark & Jozkowski (2013), partners who communicate their love and desire for one another are more likely to have better sexual fulfilment. Sexually compatible couples are more likely to report higher levels of sexual pleasure in terms of urges, frequency, and preferences (Faulkner & Davey, 2020). Sexual fulfilment may be hampered by problems in the relationship, such as unresolved disputes or communication difficulties.

Couples may have lower satisfaction as a result of difficulties communicating their sexual needs or navigating differences in sexual preferences (Murray et al., 2019). Sexual satisfaction among married adults can be impacted by physical health conditions, medication side effects, and hormonal changes (Lew-Starowicz & Nowak, 2014). Adults who are married may experience decreased sexual desire and decreased sexual satisfaction due to high levels of stress and challenging life situations (Litzinger & Gordon, 2005). The fulfilment of one's sexual needs is essential to a happy and fulfilling marriage. Effective communication, emotional connection, physical attractiveness, and sexual exploration all have a significant impact on the level of sexual pleasure among married individuals.. Positive effects on emotional connection, marital stability, and general wellbeing can be shown when there is a satisfying sexual relationship.

Through interventions like open communication, couples sex therapy, and mindfulness techniques, problems with sexual satisfaction, such as communication obstacles and life pressures, can be resolved. Married individuals can develop a stronger, more

passionate, and meaningful relationship by prioritising sexual pleasure and having open communication. Understanding the importance of sexual fulfilment in marriage can result in healthier and happier relationships, which will eventually be advantageous to people, families, and society as a whole. The importance of sexual fulfilment in married adults' lives is significant. It affects emotional closeness, relationship satisfaction, and general wellbeing in addition to physical pleasure. Greater emotional bonding, stronger communication, and higher relationship toughness are all influenced by a satisfying sexual relationship. Emotional connection, honest communication, physical attractiveness, and sexual compatibility are all elements that affect sexual enjoyment. Married adults can increase their closeness and build the foundation of their relationship by prioritising sexual satisfaction and creating a supportive and communicative environment. This will ultimately result in a more rewarding and successful marriage.

Phone dependence, sexual satisfaction, and relationship happiness are three important characteristics that can have a dramatic impact on the wellbeing and development of children in families in the modern digital age. In numerous ways, phone dependence among married individuals can have a negative impact on parenting techniques and children's wellbeing. Parental engagement and responsiveness to their children's needs can be negatively impacted by excessive phone use, which can result in fragmented attention (Radesky et al., 2016). According to McDaniel and Coyne (2016), parents who are engrossed in their phones may spend less time with their kids, limiting opportunities for bonding and shared experiences. Children watch and mimic their parents' actions, including how they use their phones. If parents use their phones excessively, it could normalise this behaviour and encourage kids to develop bad screen habits (Odgers & Jensen, 2020). Phone reliance may obstruct open discourse and emotional connection between parents and children, hindering good

communication (Gerson & Turetsky, 2018). Parenting and a child's growth may be influenced by sexual and romantic satisfaction.

The emotional bonding that occurs within the family, fostering a safe and caring environment for children, can be facilitated by a satisfactory sexual connection and positive relationship satisfaction between parents (Mahoney et al., 2012). The home environment and the emotional security of the children may suffer as a result of unsatisfactory sexual and relationship experiences, which can exacerbate parental conflict (Foster & Hofferth, 2014). Parental emotional well-being is positively impacted by high relationship and sexual satisfaction, which makes parents more receptive, affectionate, and helpful in their parental role (Doss et al., 2009). Satisfying sexual and romantic interactions can deepen co-parenting ties and improve cooperation, coordination, and decision-making (Shapiro et al., 2017). Children who grow up in families that value healthy sexual interactions and strong interpersonal bonds are more likely to feel emotionally secure and stable (Brenning et al., 2019). Children may experience more stress and anxiety as a result of their parents' unsatisfactory relationships and unresolved sexual issues (Rhoades et al., 2011). Children's attachment styles can be shaped by the nature of their relationships with their parents and their emotional surroundings, which can have an impact on how they interact with others in the future (Bowlby, 1982).

Due to less stress and emotional support, children from families with healthy relationships and fulfilling sexual lives may demonstrate greater academic achievement (Mistry et al., 2015).

Smartphones have a substantial negative impact on interpersonal relationships, especially marriages, in the digital age. They have become a necessary part of our daily life. Concerns regarding the potential impact of phone dependence on relationship happiness

among married adults have surfaced as smartphone usage keeps growing. An excessive and obsessive need to use smartphones that interferes with daily life and relationships is referred to as phone dependency, also known as smartphone addiction or problematic mobile phone use (Billieux et al., 2008). Researchers have been interested in the incidence of phone dependence among married adults since cellphones have become a constant companion, bridging virtual relationships and potentially changing in-person interactions. Numerous research have looked into how phone dependence affects relationship pleasure. When it comes to married adults, a number of issues connected to phone dependence could influence how happy they are in their marriages. Excessive phone use might make it difficult for couples to communicate effectively. The emphasis and depth of conversation may diminish when cellphones continuously demand attention during face-to-face interactions (Roberts & David, 2017). A marriage may have emotions of emotional distance and discontent as a result of such deteriorated communication.

Partner emotional disengagement can be caused by phone dependency. When shared experiences are frequently interrupted by notifications and digital distractions, the emotional connection may suffer (Przybylski et al., 2013). As a result, emotional intimacy—a fundamental component of relationship satisfaction—may be jeopardised. Excessive phone use, especially when the partner is present, can be interpreted as a lack of interest or attention, which can result in arguments and jealousy sentiments (McDaniel & Coyne, 2016). Relationship satisfaction may suffer if disagreements go unresolved and jealousy is at its highest. When partners prioritise their phones above spending meaningful time together, phone dependence can result in time mismanagement (Livingston & Parker, 2018). The other spouse might feel neglected as a result of this imbalance, which would lower their level of relationship happiness. Social comparison and irrational expectations can result from regular exposure to idealised images of relationships on social media (Barelds & Dijkstra, 2017).

Relationship happiness and impressions of the partner may suffer from unmet expectations. Concerns about sexual fulfilment and marital closeness can also arise from phone reliance. According to Tossell et al. (2019), excessive phone use, especially right before bed, can interfere with intimate relationships and lower sexual pleasure. Additionally, the use of cellphones in private settings may cause feelings of intrusion or unease.

In the digital age, married adults face major obstacles to marital fulfilment due to phone dependency. The regular use of smartphones might affect a marriage's ability to communicate, feel emotionally close to one another, and enjoy physical intimacy. However, by encouraging open communication, placing a premium on quality time, cultivating emotional connection, participating in shared activities, using phones with awareness, and setting boundaries, couples may overcome the digital divide and forge stronger, more fulfilling marriages.

## **1.2 Need and significance of the study**

Understanding the relationship between phone dependency, sexual satisfaction, and relationship satisfaction can contribute to the development of effective relationship counselling and interventions. By identifying the specific factors related to phone dependency that influence sexual and marital satisfaction, therapists can tailor interventions to address these issues and promote healthier relationship dynamics. This knowledge can assist in developing evidence-based strategies and treatment plans for couples experiencing difficulties associated with phone dependency.

Phone dependency can have implications for individuals' overall well-being and public health. By exploring the relationship between phone dependency and marital satisfaction, policymakers and public health professionals can gain insights into the potential negative consequences of excessive phone use. This understanding can guide the

development of public health initiatives aimed at promoting balanced phone usage and improving relationship satisfaction among adults.

The study of phone dependency, sexual satisfaction, and relationship satisfaction contributes to the existing body of knowledge in the fields of psychology, sociology, and relationship science. By conducting empirical research on this topic, scholars can refine existing theories, develop new conceptual frameworks, and expand our understanding of the complex interplay between phone dependency and marital dynamics. This research can serve as a foundation for future investigations and contribute to the academic literature in the field.

### **1.3 Statement of problem**

The problem of the present study has been stated as “Phone Dependency Sexual Satisfaction and Relationship Satisfaction among Married Adults”.

### **1.4 Operational Definition of the variables**

#### **Phone Dependency**

Phone dependency can be operationally defined as the extent to which an individual relies on and exhibits excessive or compulsive behaviours related to their phone usage. Phone dependency, specifically related to mobile device use, can be operationally defined using the Mobile Use Screen Test (MUST). The MUST is a validated measure developed by MK Sharma, et al (2020) to assess problematic smartphone use and phone dependency. It consists of items that evaluate different aspects of mobile phone use, including excessive use, withdrawal symptoms, negative consequences, and loss of control over mobile device usage.

#### **Relationship Satisfaction**

Relationship satisfaction refers to an individual's subjective evaluation of their overall happiness, contentment, and fulfilment within their marital relationship. It can be assessed



using various defined using the Relationship Assessment Scale (RAS). The RAS is a well-established self-report measure developed by S Maroufizadeh (2018) to assess individuals' subjective evaluation of their satisfaction with their marital relationship. It consists of items that assess various dimensions of relationship satisfaction, including love, trust, intimacy, and overall relationship quality.

### **Sexual Satisfaction**

Sexual satisfaction refers to an individual's subjective perception of the quality, fulfilment, and pleasure derived from their sexual experiences and interactions. It can be assessed using validated scales such as the New Sexual Satisfaction Scale (NSSS). The NSSS is a validated measure developed by Stulhofer, Busko, and Brouillard (2011) to assess individuals' subjective evaluation of their sexual satisfaction. It comprises items that assess various dimensions of sexual satisfaction, including desire, arousal, orgasm, sexual self-esteem, and overall sexual fulfilment.

### **Married Adults**

In the present study, married adults refer to the individuals who are legally married and have entered into a marital partnership. Who are residing in different districts of Kerala.

### **1.5 Objectives of the study**

The primary objectives of this research proposal are as follows:

- To assess the phone dependency among married adults.
- To assess the relationship satisfaction among married adults.
- To assess the sexual satisfaction among married adults.
- To assess the relationship between phone dependency and relationship satisfaction among married adults.

- To assess the relationship between phone dependency and sexual satisfaction among married adults.
- To assess the relationship between relationship satisfaction and the sexual satisfaction among married adults.
- To understand whether the phone dependency is able to predict relationship satisfaction among married adults.
- To understand whether the phone dependency is able to predict sexual satisfaction among married adults.
- To find out any difference in phone dependency among married adults based on gender.
- To find out any difference in phone dependency among married adults based on family type.
- To find out any difference in phone dependency among married adults based on year of marriage.
- To find out any difference in phone dependency among married adults based on number of children.

### **1.6 Hypotheses of the study**

- There is no significant relationship between phone dependency and relationship satisfaction among married adults.
- There is no significant relationship between phone dependency and sexual satisfaction among married adults.
- There is no significant relationship between relationship satisfaction and sexual satisfaction among married adults.

- There is no significant difference in relationship satisfaction among married adults based on phone dependency level.
- There is no significant difference in sexual satisfaction among married adults based on phone dependency level.
- There is no significant difference in phone dependency among married adults based on gender.
- There is no significant difference in phone dependency among married adults based on family type.
- There is no significant difference in phone dependency among married adults based on year of marriage.
- There is no significant difference in phone dependency among married adults based on number of children.

**CHAPTER 2**  
**LITERATURE REVIEW**

The present chapter discusses in depth the variables that are being studied, the literature available on the variables selected, and the need for the study and identifies the research gap of the study.

The chapter is separated into different topics based on the variables. The first subheading discusses the research done on phone dependency, the second and third subheadings discuss the research done on relationship satisfaction and sexual satisfaction respectively.

## **2.1 Theoretical review**

The session gives a brief idea regarding the theories and definitions of phone dependency relationship satisfaction and sexual satisfaction

### **2.1.1. Phone dependency**

#### **Reward System Model**

The "Reward System Model" is a psychological framework that explains how the brain's reward system plays a crucial role in the development of phone dependency or smartphone addiction. This model draws parallels with other forms of addiction, suggesting that the instant rewards provided by smartphone use can lead to compulsive and repetitive behavior.

The concept of the reward system has its roots in behavioral psychology, and it gained prominence in the study of addiction through the works of psychologists and researchers. While there isn't a single individual or specific date associated with the development of the "Reward System Model" for phone dependency, it has evolved over time as researchers have explored the neural pathways, neurotransmitters, and behavioral patterns involved in addiction.

The model's core principles revolve around the brain's response to rewards and reinforcement. When individuals engage with activities that trigger pleasure or satisfaction, the brain releases neurotransmitters like dopamine. Over time, this process leads to the formation of neural pathways that associate the activity with positive feelings, reinforcing the behavior. The influences of the Reward System Model on phone dependency are reflected in how people interact with their smartphones and the potential for addictive behaviors to develop:

**Instant Gratification:** Smartphone activities like checking notifications, social media updates, and messages provide instant rewards in the form of social validation, entertainment, or novelty. This aligns with the model's idea of receiving immediate pleasure.

**Reinforcement Loop:** The repeated engagement with smartphones to access rewards like likes, comments, and messages reinforces the behavior. This loop strengthens the connection between smartphone use and positive emotions.

**Neurological Pathways:** The more an individual engages with their phone to receive rewards, the stronger the neural pathways associated with that behavior become. This can make the behavior automatic and challenging to control.

**Conditioning:** Similar to classical conditioning, smartphone use becomes associated with positive emotions. The sound of a notification or the act of swiping on the screen can trigger an anticipatory response, driving individuals to use their phones.

**Escalation:** Over time, individuals might seek more intense rewards, leading to longer and more frequent smartphone use. This escalation is in line with the concept of tolerance seen in addiction.

**Withdrawal and Cravings:** If individuals are separated from their phones, they might experience withdrawal symptoms and cravings due to the reduced dopamine release. This mirrors the withdrawal symptoms experienced in substance addiction.

**Negative Consequences:** Despite negative outcomes such as decreased productivity, disrupted sleep, and strained relationships, the brain's reward system can override these consequences, maintaining the addictive behavior. Understanding the influences of the Reward System Model on phone dependency helps experts and individuals alike address the issue through strategies that break the cycle of instant rewards, promote healthy tech habits, and encourage mindful smartphone use.

### **Cognitive-Behavioral Model**

The Cognitive Behavioral Model is a psychological framework that examines how an individual's thoughts, feelings, and behaviors are interconnected and how they influence each other. This model is widely used to understand various psychological conditions and behaviors, including addiction and dependency. According to the cognitive behavioural model, a person's ideas, thoughts, emotions, and behaviours are linked and can form cycles. It emphasizes how negative or maladaptive thought patterns can lead to certain emotional states and behaviors, which then reinforce those negative thoughts, creating a self-perpetuating loop.

The Cognitive Behavioral Model can help explain phone dependency in the following way:

**Negative Thoughts:** Individuals with phone dependency might have negative thoughts about themselves, such as feeling isolated or seeking validation online.

**Emotional States:** These negative thoughts trigger negative emotions, such as loneliness, anxiety, or low self-esteem.

**Behavioral Response:** To alleviate these negative emotions, individuals turn to their phones for distractions, social media validation, or a sense of connection.

**Reinforcement:** The act of using the phone provides a temporary relief from negative emotions, reinforcing the behavior. This can create a cycle where negative thoughts lead to phone use, which temporarily relieves negative emotions, only for the cycle to repeat.

**Long-term Impact:** Over time, this cycle can lead to an increased reliance on the phone as a coping mechanism, contributing to phone dependency.

Moretta.T.,et al. (2022) recently conducted an extensive analysis of the issue surrounding excessive smartphone and internet usage. They recommended the integration of problematic behaviors linked to smartphones and the internet, focusing on behavior rather than the devices themselves.

In alignment with this perspective, the initial proponent of a cognitive-behavioral model for pathological or problematic internet use (PIU) was Davis R.A.(2001). Davis's model involves two influencing components: one that is more distant, involving an individual's psychological well-being, and the other that is more immediate, involving unhelpful thought patterns associated with internet usage Davis R.A.(2001).

Caplan S.E.(2010) later presented a revised version of Davis' model that incorporated cognitive and behavioral factors like the preference for online social interactions. These factors were linked to negative outcomes related to internet and smartphone use. Specifically, Caplan found that using devices for communication lessened the distress caused by in-person social interactions but resulted in weakened self-regulation Caplan S.E.(2010). This lack of self-regulation, in turn, led to adverse effects on individuals' lives. Building on this, Brand and colleagues suggested that impaired prefrontal control mechanisms contributed to flawed self-regulation and coping strategies Brand.M. et al.(2014). This situation drove individuals



to seek solace in the online world. Those with lower executive functioning were more susceptible to the intermittent reinforcement principles associated with online activities. These processes were crucial in the shift from intentional actions with assessed consequences to habitual actions that appeared automatic and uncontrollable, forming the foundation of addictive behaviors Fabio R.A et al.(2019)

### **Interaction of Person-Affect-Cognition-Execution Model**

According to the Interaction of Person-Affect-Cognition-Execution (I-PACE) model, understanding problematic internet usage (PIU) requires looking at how different elements interact with one another Lim J.(2018).These include predisposing factors like impulsivity, anxiety, depression, and general distress, as well as moderators like coping style, self-regulatory abilities, and biases in attention and cognition related to the internet. Mediating factors also come into play, involving weakened inhibitory control along with diminished executive functioning and decision-making capabilities Alotaibi M.S. et al.(2022).

As mentioned before, the easy accessibility and portability of smartphones and the internet have led to a subtle and all-encompassing connection. Duke & Montag's (2017) view is in agreement, suggesting that individuals with high levels of smartphone addiction may have ingrained behaviors that operate automatically and unconsciously, making them difficult to cease. Consequently, the connection between problematic smartphone use (PSU) and withdrawal symptoms is noteworthy, both in terms of behavior and cognition.

#### **2.1.2. Relationship satisfaction**

When evaluating a close connection, contentment is described as the subjective attitude (satisfied) and emotional experience (happy).The majority of the extant research on these subjects concentrates on the correlates and predictors of marital partner satisfaction. Less fulfilled partnerships are more likely to end, hence the subjective impression of

satisfaction is a crucial relationship quality indicator with implications for the relationship's lifespan (Theodore, 2021).

### **Social exchange theory**

Psychologists Thibault and Kelley proposed the social exchange theory which stipulates that one motivation to stay in a romantic relationship, and a large factor in its development, is the result of a cost-benefit analysis that people perform, either consciously or unconsciously (Goulder, 2020). Thibaut and Kelley assume that people try to maximise the rewards they obtain from a relationship and minimise the costs (Goulder, 2020). In a relationship, people receive benefits (such as their partner's attention, sex, gifts, and a boost to their self-esteem) and pay costs (paying money for gifts, compromising on how to spend their time or stress). In relationships, there is also a chance cost because the time spent with a partner who does not become a long-term partner could have been spent with a different partner who has greater long-term prospects (Goulder, 2020). The subjective judgment of each person determines the relative importance of each expense and gain. For instance, while some individuals may desire to spend as much time as possible with their partners at the beginning of a relationship and view this time as a reward of the relationship, others may value their independence and view extended periods spent together as more of necessary investment to keep the other person happy (Goulder, 2020).

### **Equity theory**

Equity Theory is an extension of Social Exchange Theory but argues that rather than simply trying to maximise rewards/minimise losses, couples will experience satisfaction in their relationship if there is an equal ratio of rewards to losses between both the partners: i.e. there is equity/fairness (Goulder, 2020). Both spouses may feel dissatisfied if one partner receives more profit (benefits-costs) than the other. One spouse may feel guilty or ashamed if their reward to loss ratio is significantly higher than that of their partner (they are giving

nothing and receiving much more in return). They are giving a lot and receiving little in return, which may cause anger or resentment if one partner's reward: loss ratio is significantly lower than that of their partners. A partner who feels they are receiving less profit in an unequal relationship may respond by either striving to make the partnership more equitable or by altering their evaluation of benefits and costs to justify the relationship's continuation (Goulder, 2020).

### **2.1.3. Sexual satisfaction**

#### **Interdependence Theory**

The social psychologists Thibaut and Kelley's Interdependence Theory emphasizes how people in relationships are reliant on one another. It examines how one person's deeds and activities impact the results and relationship satisfaction of the other person. The theory is predicated on the idea that relationships include an exchange process where people balance the benefits and drawbacks of their interactions.

According to the social exchange theory known as interpersonal interdependence, which is described as "the process by which interacting people influence one another's experiences", interpersonal relationships are defined by interpersonal interdependence. (Van Lange & Balliet). The fundamental tenet of the theory is summed up in the equation  $I = [A, B, S]$ , which states that all interpersonal interactions (I) are a function of the particular scenario, in addition to the behaviors and features of the individuals (A & B) involved in the contact. The four fundamental tenets of the theory are the following: 1) The Principle of Structure; 2) The Principle of Transformation; 3) The Principle of Interaction; and 4) The Principle of Adaption.

#### **The principle of structure**

Every contact takes place in the framework of its specific scenario, or structure as it is known in interdependence theory. Interdependence theory offers a taxonomy of circumstances that encompasses the six characteristics described below in order to effectively examine this element. Affordance, or what the circumstance provides (makes feasible) for the persons inside the interaction, is a major idea with the Principle of Structure. There are six dimensions of structure: Degree/level of dependence, Mutuality of dependence, Covariation of interest, Basis of dependence, Temporal structure, Information availability.

### **The Principle of Transformation**

Transformation is a psychological process in which people assess potential outcomes—both from their own acts and those of others—against alternative potential actions and courses of action (Rewards and costs). According to the notion, people assess their relationships depending on the benefits and expenses they experience. While costs may include concessions, sacrifices, or emotional hardship, rewards may include emotional support, companionship, or shared activities.

### **The Principle of Interaction**

To determine the factors that influence a specific encounter, the SABI model, also known as the Principle of encounter, is employed. According to this model, interactions (I) are a function () of the circumstance, Person A's (A) motivations, characteristics, and actions, as well as Person B's (B) motivations, traits, and actions ( $I = [A, B, S]$ ). There are several factors that individuals bring to the Interaction. They are their consideration of Outcomes, Comparison Level, and Comparison Level for Alternatives.

The relationship's outcome, including its benefits and expenses, is referred to as the outcome. Costs might include concessions, sacrifices, or emotional hardship, and rewards could include emotional support, companionship, and shared experiences. The comparison

between the existing relationship and prospective alternative partnerships or conditions is known as the Comparison Level for Alternatives (CL<sub>alt</sub>). People could think about departing for a better choice if the CL<sub>alt</sub> is greater than the result of the existing relationship. Investments are financial commitments that partners make that they may lose in the event of a breakup. Time, emotional energy, shared experiences, and material goods are a few examples. Higher investments may result in a stronger desire to keep the relationship going.

Comparison Level (CL): The CL is a person's arbitrary estimation of what they anticipate getting out of a relationship. They often feel satisfied if the result is better than their CL. If it fails, discontent could happen.

### **The Principle of Adaption**

The term "adaptation" describes the process by which exposure to similar circumstances results in habitual reactions that have been shown to produce (on average) favorable consequences. A condition based on social norms can lead to adaptation in addition to the exposure-based condition I just outlined.[10][2] When person A, for instance, encounters a circumstance resembling one from the past, person A is prompted to conduct in a way that would result in the same favorable results as those that the earlier circumstances brought about. Similar to that, social norms direct people toward particular, societally acceptable behaviors.

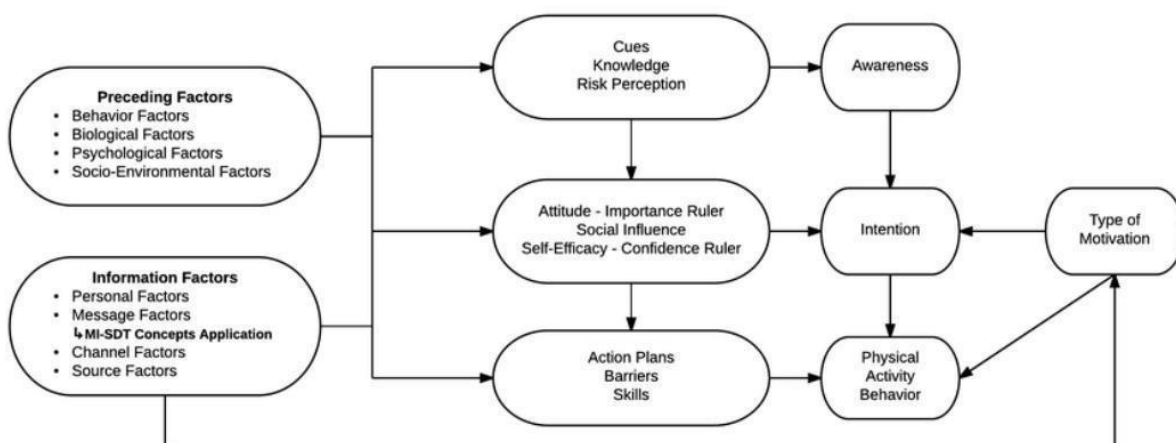
### **Self Determination Theory**

Self-Determination Theory (SDT) is a psychology theory that focuses on figuring out what drives people's behaviors and activities on an instinctual level. According to this theory, humans are motivated by three fundamental psychological needs: relatedness, competence, and autonomy. The fulfillment of these requirements is essential for overall health, happiness,

and performance. Deci and Ryan first introduced SDT in 1985, and it has since been extensively researched and used in a variety of scenarios.

According to the hypothesis, people are more inclined to participate in activities voluntarily and totally when they feel autonomous, or in control of their actions. (1985; Deci & Ryan).

Competence also refers to the desire to feel successful and capable in one's endeavors and activities. People work hard to master tasks and challenges that are compatible with their aptitudes, which fosters a sense of achievement and enhances self-esteem. (1985; Deci & Ryan).



The theoretical framework of both interventions integrating the I-Change Model, Self-Determination Theory (SDT), and Motivational Interviewing (MI).

The significance of social interactions and relationships is emphasized by relatedness. People need to connect with others and feel like they belong, which fosters a sense of support and understanding (1985; Deci & Ryan). The satisfying of these three needs is believed to encourage intrinsic motivation, a form of motivation that arises from within and propels

people to engage in activities for the pure delight and satisfaction they offer. Extrinsic motivation, on the other hand, results from incentives or demands from outside sources.

SDT has been extensively researched in a variety of fields, including work, education, sports, and healthcare, and it has been linked to beneficial results including improved performance, enhanced engagement, and higher well-being. By fostering a person's autonomy, competence, and relatedness, the theory's guiding principles have been utilized to create interventions and tactics that promote and improve intrinsic motivation in people.

### **Sexual Script Theory**

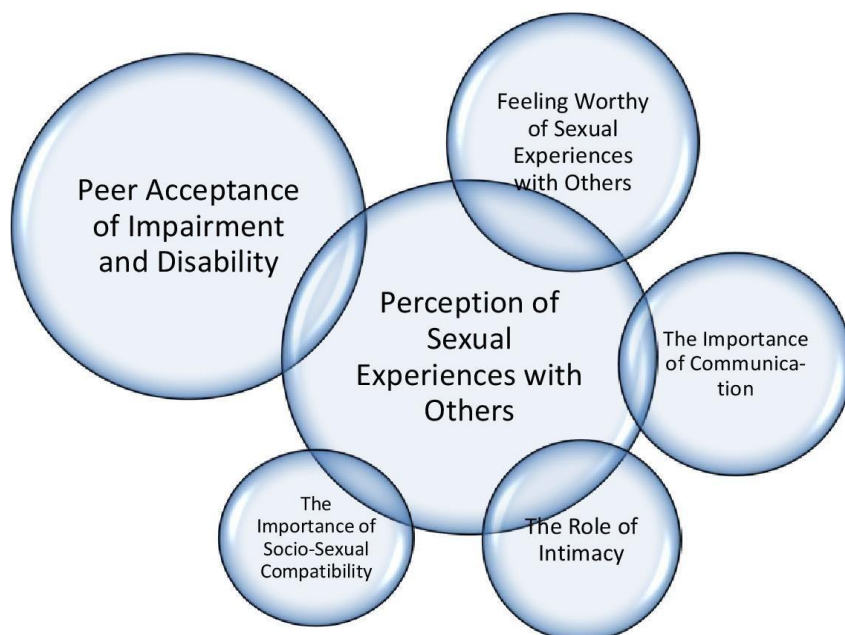
Sexual Scripts are ideas of how males and females are supposed to interact with each other, including how each gender should behave in sexual or romantic situations. The idea that sexual scripts are integrally ingrained in a cultural framework, where cultural norms give rules for acceptable behaviors, feelings, and cognitions for men and women in sexual interactions, is at the core of sexual script theory (Simon and Gagnon 1986).

Simon and Gagnon's 1986 sexual script theory focuses on how cultural and societal norms influence people's sexual actions and expectations. It implies that people have certain "scripts" or patterns for having sex that are shaped by their upbringing, the media, and their social surroundings.

A good example is the sexual script hypothesis, which has its roots in the 1973 book "Sexual Conduct: The Social Sources of Human Sexuality" by Gagnon and Simon. According to their theory, sexual scripts include cultural expectations, roles, and conventions and affect how people behave in intimate settings.

These scripts can change over time and between civilizations. For instance, sociologist Laura Carpenter's 2005 book "Virginity Lost: An Intimate Portrait of First Sexual Experiences" discussed the idea of virginity and its significance. Carpenter's study

demonstrates how virginity's value and meaning have changed throughout time, as well as the various stories that have been written about it.



The concept of sexual script offers a fresh metaphor and picture for comprehending interactions between people during sexual activity as social and learnt behaviors. In their 1973 book *Sexual Conduct*, sociologists John H. Gagnon and William Simon presented the idea. The concept emphasizes three layers of scripting: personal/intrapsychic, social/interactive, and cultural/historical. It draws on a variety of ideologies, including feminism, discourse theory, and symbolic interactionism. The notion of sexual scripting equips researchers studying human sexualities with sociological, cultural, anthropological, historical, and social psychological tools. Scripting aids study and analysis to understand sexualities as less biological and more cultural, historical, and social, since human sexuality is typically viewed as the domain of the biologist and the therapist.

## 2.2. Empirical Review

The following reviews explore the research conducted on the field of phone dependency,



relationship satisfaction and sexual satisfaction and whether there exists any relationship between them.

### **2.2.1. Studies related to phone dependency**

Studies related to phone dependency often investigate the psychological and social effects of excessive smartphone use on individuals and their relationships. Researchers explore how smartphone dependency can impact areas such as mental health, interpersonal interactions, productivity, and overall well-being. These studies often employ surveys, interviews, and behavioral observations to assess the extent of dependency, its underlying causes, and potential interventions. The goal of such research is to provide insights into the mechanisms of phone dependency, its implications, and strategies to promote healthier technology use.

Daniel, Khan, Javaid, Hassan(2022) studied the Relationship between Cellphone Usage on the Physical and Mental Well-being of University Students. The cross-sectional study was conducted among university students of Pakistan. The study's samples were chosen by simple random sampling. The survey had 400 respondents in total. The data come from 400 participants. This study included to measure the strength and significance of the association between cell phone usage with physical and mental health variables. And also it predict the probability of negative impact on personality by using excessive use of cell phones among the different states of physical and mental health issues. As a result of the study they found out that mobile devices have been implicated in a wide range of negative effects on individuals' physical and mental well-being (Daniel, Khan, Javaid, Hassan, 2022).

In the study, Sahoo and Manasa (2020) explore the relationship between smartphone addiction and marital happiness among married Indian couples. The 1335–1341 issue, volume 11, and issue 7 of the Indian Journal of Health & Well-being were the main topics of

the researchers' analysis. The goal of the study was to comprehend how smartphone addiction affects married couples' happiness levels. The results and ramifications of this study may provide insight into how excessive smartphone use may affect marital relationships in India.

Ana Ivanova, Oleg Gorbaniuk, Agata Błachnio, Aneta Przepiórka, Natalia Mraka, Viktori Polishchuk & Julia Gorbaniuk (2020) conducted a study Mobile Phone Addiction, Phubbing, and Depression Among Men and Women: A Moderated Mediation Analysis. 402 Ukrainian university and college students between the ages of 17 and 31 took part in the study. It has females in it. They were mostly unmarried, with the fewest of them being married and divorced. The result of the study shown that Mobile phone addiction is positively correlated with phubbing and depression.

Annamma Jomy, Veena Sharma, Jamal Fatima (2019) conducted a study on Impact of Mobile Phone use on Marital Relationship and Family Life in a Selected Residential Area of Faridabad, Haryana. It was a quantitative research approach and a cross sectional design including 80 married couples (160 participants) from selected residential area of Faridabad. The study revealed that there was significant relationship between mobile phone use and its impact on family life. The findings of another study by Lee H. et al. (2017) entitled "Relationship among Family Environment, Self-Control, Friendship Quality and Adolescent Smartphone Addiction in South Korea: Findings from National Data" provide support for the findings of this study.

### **2.2.2. Studies related to Relationship satisfaction**

Cole (2022) used quantitative research to examine conflict, friendship, gender, and relationship satisfaction in couple relationships. The purpose of the study was to identify the

friendship traits that were more closely related to relationship pleasure, especially small turns toward moment-to-moment interactions or specific ways that conflicts start, known as harsh start-ups. Gender differences, one component of conflict (hard start-up), and one characteristic of friendship (turning toward behaviors) were examined to determine if they predicted relationship satisfaction in order to fill a vacuum in the research. A quantitative, non-experimental method was used to complete it.

Heterosexual couples who had been wed for at least five years made up the participants. A simultaneous multiple linear regression was carried out to evaluate the individual and combined predictive power of the independent variables on the dependent variable. A forward stepwise multiple linear regression was used to identify the independent variable or set of independent factors that explained the most variance in relationship satisfaction. The results showed that challenging beginnings predicted 7.2% of the variability, turning toward behaviors predicted 65.1%, and all of the factors predicted 72.3% of the variability in relationship satisfaction. The impact was considerable. The study's findings reveal that in heterosexual couples who have been married for five or more years, turning toward behaviors are the most important for marital happiness.

Lad and Kakulte (2022) investigated the link between locus of control, dyadic coping, and relationship satisfaction in married couples. 52 heterosexual married couples from India made up the sample (a total of 104 persons, 52 men and 52 women). The Locus of Control Scale, the Dyadic Coping Inventory, and the Relationship Satisfaction Scale, all developed by Terry Pettijohn, were used in the study. For the correlation analysis, SPSS was employed. The results showed a weak positive link between dyadic coping and relationship satisfaction and low positive correlations between locus of control and relationship satisfaction as well as between locus of control and dyadic coping.

Baker, Hedger, Driggers, and Medley (2022) looked into the link between personality, emotional intelligence, and satisfaction in romantic partnerships. The purpose of this study is to better understand how one's self-perception influences how they see others and interact with them. By evaluating whether emotional intelligence mediates the link between the Big Five personality traits and relationship happiness, the study seeks to advance prior evidence, which is often found in longitudinal studies. Extraversion, agreeableness, and openness are three personality qualities that may be used to predict emotional intelligence, according to previous research. The study employed a correlation coefficient to ascertain whether there is a connection between the primary five personality characteristics and relationship satisfaction.

Andrade, Wachelke, and Rodrigues (2015) conducted a study on relationship satisfaction in young people based on the gender and love aspects. The researcher's relationship quality models were built on the Sternberg triangle love theory. 335 people, 190 men and 145 women, were involved in romantic partnerships. The results of the study show how various aspects of love influence relationship pleasure for each gender. For women, the intimacy, passion, and commitment variables were significant predictors, but the commitment variable was not significant for males.

A research on similarity, convergence, and relationship satisfaction in dating and married couples was done by Gonzaga, G. C., Campos, and Bradbury (2007). In order to predict changes in relationship quality, the current study examines the interactions between interpersonal and personality characteristics. Data on personality and emotional similarity during laboratory interactions were collected using a cross-sectional sample of dating couples and a 1-year longitudinal study of newlywed married couples. The results showed that emotion similarity mediated the connection between personality similarity and relationship quality while emotion convergence mediated the relationship between personality convergence and relationship enjoyment. These results imply that partnerships may benefit

from personality convergence and similarity by promoting emotional experience convergence and similarity between partners. Findings also support models that take into account partners' persistent characteristics and couples' adaptation processes as relationship outcome antecedents.

### **2.2.3. Studies related to Sexual satisfaction**

McNulty, J. K., Wenner, C. A., & Fisher, T. D. (2016) conducted Longitudinal Associations Among Relationship Satisfaction, Sexual Satisfaction, and Frequency of Sex in Early Marriage. To evaluate relationship satisfaction, sexual satisfaction, and frequency of sexual activity, researchers will probably employ validated scales or assessment instruments. In the context of early marriage, the study's main objective is to investigate the connections between relationship satisfaction, sexual satisfaction, and the frequency of sexual activity. The same people or couples are followed over a prolonged period of time in longitudinal studies, which enables researchers to examine changes and relationships that emerge over time. A quantitative research design, which involves gathering data through surveys or questionnaires, would likely be used in the study. A sample of newlywed couples who are in the early phases of their marriage would presumably be included in the research.

Two 8-wave longitudinal studies covering the first 4-5 years of 207 marriages were utilized in the current study to look at any potential bidirectional relationships between marital satisfaction, sexual satisfaction, and frequency of sex. Although the rates of decline for each variable slowed down with time, all three variables saw declines. With these changes taken into account, higher levels of sexual and marital satisfaction at one wave of assessment predicted more positive changes in sexual satisfaction from that assessment to the next. Likewise, higher levels of sexual satisfaction at one wave of assessment predicted more

positive changes in marital satisfaction from that assessment to the next. The frequency of sex and one's personal sexual satisfaction were also positively correlated in both directions.

Additionally, partner sexual pleasure predicted changes in husbands' own sexual satisfaction and frequency of sex, but partner marital contentment predicted changes in both frequency and personal sexual satisfaction in the opposite direction. Marital happiness did not directly predict changes in sex frequency or vice versa when these connections were controlled. Only the relationship between changes in partner sexual pleasure and changes in one's own sexual satisfaction changed between men and women; none of the other impacts did. These results imply that there is a close connection between sexual and relationship satisfaction, and that interventions to treat and prevent marital distress may benefit from focusing on the sexual relationship, as well as interventions to treat and prevent sexual distress in marriage.

The Relationship Between Sexual Satisfaction and Sexual Health on Quality of Life in the U.S.. Adults was a study conducted by Flynn, K.E., & Lin, L. (2015) with the aim of To present epidemiologic data on the significance of sexual health for people's happiness with their sexual lives and their quality of life, and to investigate the relationship between each and demographic and health characteristics. The information was gathered from 3,515 English-speaking U.S. individuals who were selected from an online panel using address-based probability sampling. The data came from a cross-sectional self-report questionnaire. As a result of the study 42.8% of women (95% CI = 39.6-46.1, P.001) and 62.2% of men (95% CI = 59.4-65.0) felt that sexual health was highly important to their quality of life. Sexual health was valued differently depending on sex, age, sexual activity level, and overall self-rated health. Satisfaction with sex life varied by sex, age, race-ethnicity (among males only), and health for the 55% of men and 45% of women who reported sexual activity in the preceding 30 days. In comparison to those in fair or bad health, men and women in

exceptional health reported considerably greater levels of satisfaction. Men with depression or anxiety also reported much poorer satisfaction, as did women with hypertension (particularly younger women). According to participants' estimates of the significance of sexual health and their contentment with their love lives, sexual health was a crucial component of many people's quality of life, including those who were in poor health. Additionally, people who were in worse health reported having less sexual satisfaction.

Mark, K. P., & Jozkowski, K. N. (2013). The interplay between sexual pleasure and nonsexual and sexual communication in a sample of heterosexual couples of college age. A sample of heterosexual couples in their twenties were used in this study to examine the links between (a) relationship and sexual satisfaction and (b) sexual and nonsexual communication. The authors evaluated a mediation model in which levels of sexual and nonsexual communication between couples were anticipated to affect couples' sexual pleasure. 266 participants—133 couples—completed questionnaires on communication and satisfaction without consulting their partners. The level of sexual and nonsexual communication between couples was shown to be positively connected to both their level of sexual satisfaction and the degree of relationship fulfillment, according to a mediation hypothesis that was evaluated using structural equation modeling. Results show that levels of sexual and nonsexual communication among couples have an impact on the association between sexual pleasure and relationship. These results could have significant ramifications for college-aged couples in committed relationships who are trying to increase satisfaction as well as for therapists, counselors, and educators who work with these couples to increase relationship and/or sexual satisfaction.

**CHAPTER 3**  
**METHOD**



Research methodology entails the systematic, theoretical analysis of procedural steps applied to a field of study. An essential part is that it involves describing, explaining, and predicting phenomena in order to solve a problem. The research methodology comprises aspects such as research designs, target population, sample size and sampling procedure, data collection instruments and data analysis procedure. Rather than offering solutions, methodologies provide the theoretical basis for understanding which procedure, or set of procedures, can be applied to a particular case (Kothari, 2004).

### **3.1 Research design**

According to Kothari (2004), “a research design is a plan, a roadmap and a blueprint strategy of investigation conceived so as to obtain answers to research questions, it is the heart of any study”. Accordingly, considering the purpose of this study descriptive research design was found appropriate for meeting the objectives. The survey method using questionnaires was adopted for collecting data regarding the variables of the study. Calderon& Gonzales (2018), define descriptive research as “a purposive process of gathering, analysing, classifying, and tabulating data about prevailing conditions, practices, processes, trends, and cause-effect relationships and then making an adequate and accurate interpretation of such data with or without or sometimes minimal aid of statistical methods”.

### **3.2 Participants**

A total sample of 110 married adults was collected by using the convenience sampling method. The sample consists of 40 male and 70 female participants. In the respective sample, the age of married adults ranged from 18 to 40 years. The sample consisted of participants belonging to various socio demo graphic styles including family type, number of children etc who residing at different parts of Kerala.

### **3.3 Tools used for data collection**

**Variables:** The variables in the current study are phone dependency, sexual satisfaction and relationship satisfaction.

In the present study existing standardized research questionnaires were used to assess phone dependency, sexual satisfaction and relationship satisfaction. A number of studies have statistically analyzed and tested the questionnaires in order to corroborate the reliability and validity.

The following scale was used to measure phone dependency:

### **Mobile Use Screening Test (MUST)**

The Mobile Use Screening Test (MUST) can be used for the identification of addictive/excessive use of mobile phone among adolescents and young adult groups. It was developed by MK Sharma (2020). It can be used for the ages between 18 and 40 years and has cut off scores which are established for identification of mild, moderate, and excessive/problematic mobile phone use among adolescent and young adult group.

### **Reliability**

The test has 18-items which use a self-report Likert-type scale format. The test–retest reliability was 0.93 and the Cronbach’s alpha was found to be 0.86.

### **Validity**

The scale shows strong psychometric properties and have been validated with college students, college staffs, individuals working in government and private sector organisation samples and showed content validity.

## **Scoring**

The scoring criterion for the overall score was: <30 = mild use; 31–49 = moderate use; and 50 and above = excessive/addictive smartphone use.

The following scale was used to measure relationship satisfaction:

### **Relationship Assessment Scale**

An instrument used to gauge overall relationship satisfaction is called the Relationship Assessment Scale (or "RAS") by Hendrick (1988). The RAS can be used with anyone who is in an intimate connection, including married people, people who live together, people who are engaged, and people who are dating. There are 7 questions on this test. Research has found the scale to be connected with measures of love, marital satisfaction, sexual attitudes, self-disclosure, commitment, and involvement in a relationship. Its conciseness boosts its usefulness in clinical settings.

### **Reliability**

The relationship assessment scale has demonstrated good internal consistency and test-retest reliability in various studies, making it a reliable tool for assessing relationship satisfaction.

### **Validity**

Relationship Assessment Scale shown strong predictive validity with dating couples.

### **Scoring**

Items 4 and 7 are reverse-scored. Scoring is kept continuous. The higher the score, the more satisfied the respondent is with his/her relationship.

The following scale was used to measure sexual satisfaction:

### **The New Sexual Satisfaction Test**

The New Sexual Satisfaction Scale (NSSS;  $k = 20$ ) and its short form (NSSS-S;  $k = 12$ ) are multi-dimensional self-report scales designed to measure sexual satisfaction in both clinical and non-clinical samples. The conceptual framework of the NSSS derives from the sexuality counseling and psychotherapy literature, focuses on multiple aspects of sexual satisfaction, and is gender, sexual orientation and relationship status neutral (Štulhofer, Buško, & Brouillard, 2010; 2011).

### **Reliability**

Test-retest reliability of the NSSS and NSSS-S was shown to be satisfactory in a sample of Croatian students ( $N = 219$ ) over a 1-month period, with somewhat stronger associations reported among women (Štulhofer et al., 2010). A comparable value (.81) was reported in the Mark et al. study (2014), in which test-retest reliability of the NSSS-S was assessed after two months.

### **Validity**

In support of convergent validity, associations between a global (single-item) measure of sexual satisfaction and the NSSS/ NSSS-S scores were significant and strong in the initial studies (Štulhofer et al., 2010; 2011), the Portuguese study (Pechorro et al., 2015) and the Mark et al. study (2014).

The NSSS and NSSS-S were shown to be significantly positively associated with a general measure of life satisfaction (Štulhofer et al., 2010; 2011). Significant negative correlations with the shortened Sexual Boredom Scale scores (Watt & Ewing, 1996) and positive correlations with relationship intimacy, partner communication about sex, and relationship status were also found among both Croatian and the U.S. male and female College students

## **Scoring**

The Ego-Centered subscale (Items 1–10), Partner and Activity-Centered subscale (Items 11–20), NSSS (Items 1–20), and NSSS-S (Items 2–3, 5–6, 8, 10–12, 14, 17, 19–20) are computed by summing the related items with higher scores representing higher levels of sexual satisfaction.

### **3.4 Personal Data Sheet**

To collect the socio-demographic details of the participants a personal data sheet was provided which included the variables such as name, age, gender, family type, number of children and year of marriage.

### **3.5 Informed Consent Form**

An informed consent form which includes the terms of confidentiality and the purpose of the study was given to the participants to ensure their voluntary participation in the study.

### **3.6 Procedure for Data Collection**

For the purpose of data collection, responses were collected from married adults by providing questionnaires by sharing google forms. Consent from participants was taken and built a healthy rapport with them. In both forms of data collection, individuals' voluntary participation was ensured. The consent form and the personal data sheet used for data collection have been enclosed in the appendix. After establishing rapport, the questionnaires were provided and participants were informed about all the required details for filling up the questionnaires and were asked to carefully read the instructions given in the questionnaires. The participants were also requested to give honest responses and to give responses to every item of the questionnaires. 10-20 minutes were given for completing the questionnaires. Then after the completion of questionnaires gratitude was expressed for their valuable time and

cooperative attitude. After data collection, scoring was done and subjected to statistical analysis.

### **3.7 Statistical Techniques used for Data Analysis**

The following were the statistical techniques used for analysing the data. Statistical analysis for the data was done using the SPSS-22 (Statistical Package for Social Sciences) version.

#### **Frequency distribution and percentage**

It is a descriptive statistical method that shows the number of occurrences of each response chosen by the respondents. Frequency distribution arrangement of statistical data that exhibits the frequency of the occurrence of the values of a variable. Per cent simply means "per hundred" and the symbol used to express percentage is %.

#### **Mean and standard deviation**

Mean refers to the average of a set of values. In statistics, the mean summarizes an entire data set with a single number representing the data's centre point or typical value. The mean of the population can be tested presuming different situations such as the population may be normal or other than normal, it may be finite or infinite, the sample size may be large or small, the variance of the population may be known or unknown and the alternative hypothesis may be two-sided or one-sided. A standard deviation is a measure of how dispersed the data is in relation to the mean.

#### **Spearman's correlation coefficient**

Spearman's correlation coefficient ( $\rho$ ) is a nonparametric test that evaluates the monotonic relationship between two variables, represented as  $(X_i, Y_i)$ , where  $i$  ranges from 1 to  $n$ . It computes the degree and direction of association by converting the raw data into

ranks, denoted as  $R(X_i)$  and  $R(Y_i)$ , eliminating the need for specific distribution assumptions. The formula involves calculating the difference between the paired rank values ( $d_i = R(X_i) - R(Y_i)$ ), squaring these differences ( $\sum d_i^2$ ), and then applying the formula:  $1 - (6\sum d_i^2) / (n(n^2 - 1))$ . The resulting coefficient  $\rho$  ranges from -1 to 1, where  $\rho = 1$  signifies a perfect positive monotonic relationship,  $\rho = -1$  denotes a perfect negative monotonic relationship, and  $\rho = 0$  indicates no monotonic relationship. Spearman's correlation is valuable for scenarios when linear assumptions aren't met, outliers are present, or data is ordinal in nature.

### **Chi-square**

The Chi-square ( $\chi^2$ ) test is a statistical method used to determine the association between categorical variables. It evaluates whether there is a significant relationship or independence between two categorical variables by comparing the observed frequencies in a contingency table with the expected frequencies under the assumption of independence. The formula for calculating the Chi-square statistic involves summing the squared differences between observed and expected frequencies, normalized by the expected frequencies. The resulting statistic follows a Chi-square distribution. If the calculated Chi-square value is greater than a critical value from the distribution (based on the desired significance level and degrees of freedom), it suggests a significant association between the variables. The Chi-square test is commonly used in fields like biology, social sciences, and market research to analyse relationships, patterns, and dependencies in categorical data.

### **Kruskal-Wallis test**

The Kruskal-Wallis test, a nonparametric analysis, evaluates whether three or more independent groups have statistically significant differences in their medians. By ranking combined data, it assesses dispersion across groups when parametric assumptions aren't met.

The test calculates a Chi-square statistic from ranked values and compares it to critical values to determine significance. It's useful for skewed or non-normally distributed data, providing insights into group differences without relying on specific distribution assumptions. If the test indicates significance, post hoc tests may pinpoint specific group variations. Commonly applied in diverse fields, it's essential for assessing categorical or ordinal data when comparing multiple groups' central tendencies.

### **Mann- Whitney U test**

This test is analogous to a t-test for two independent samples. The Mann-Whitney U test is used to compare differences between two independent groups when the dependent variable is either ordinal or continuous, but not normally distributed (Kothari & Garg, 2014). The Mann-Whitney U test was used to compare the gender and family type difference in phone dependency, relationship satisfaction and sexual satisfaction among married adults.

### **Spearman's rank correlation**

Spearman's rank correlation is a measure of association that is based on the ranks of the observations and not on the numerical values of the data. It measures the strength and direction of association between two ranked variables (Kothari & Garg, 2014). A Spearman rank correlation is a number between -1 and +1 that indicates to what extent 2 variables are monotonously related. It was first developed by famous statistician Charles Spearman in the early 1900s and as such, it is also known as Spearman's Rank Correlation Coefficient.

Spearman's Rank Correlation Coefficient was used to find out whether there exists any relationship between phone dependency, relationship satisfaction and sexual satisfaction.



## **CHAPTER 4**

### **RESULT AND DISCUSSION**

The present study aims to explore internet dependency, relationship satisfaction and sexual satisfaction among married adults. A total sample of 110 college students was collected (70 females and 40 males) from the different districts of Kerala. The sample consisted of male and female young adults aged between 21 to 45 years. Internet dependency, relationship satisfaction and sexual satisfaction, which are the variables of interest were measured by using standardized questionnaires; Mobile Use Screen Test (MUST) by MK Sharma, (2020) for measuring phone dependency, the Relationship Assessment Scale (RAS) by Hendrick, (1988) for measuring relationship satisfaction and The New Sexual Satisfaction Scale by Štulhofer, Buško, & Brouillard, (2011) for measuring sexual satisfaction. For the purpose of data analysis, descriptive statistical techniques are used. The normality of data analysis was determined by the values of Skewness and Kurtosis. Since the data is not normally distributed suitable non parametric tests were used for further analysis using the Statistical Package of Social Sciences (SPSS-22.0 version). The following statistical techniques were used for data analysis: frequency distribution and percentage, mean and standard deviation, Spearman Rho Correlation and Regression.

The study analyses the effect of phone dependency, relationship satisfaction and sexual satisfaction among married adults, it also investigates the relationship between phone dependency, relationship satisfaction and sexual satisfaction in married adults and it also investigates the difference in relationship satisfaction and sexual satisfaction based on phone dependency level and also investigates the extend of phone dependency is able to predict relationship satisfaction and sexual satisfaction. The obtained results for the variables of interest have been presented in the tables and the results are discussed with respect to objectives and hypotheses.

### **Phone dependency among married adults**

The results obtained for phone dependency among married adults are discussed in the following tables:

**Table: 4.1**

Frequency Distribution of phone dependency among married adults

Variable	level	Married adults (N-110)
Phone dependency	Mild	9
	Moderate	63
	Excessive	38

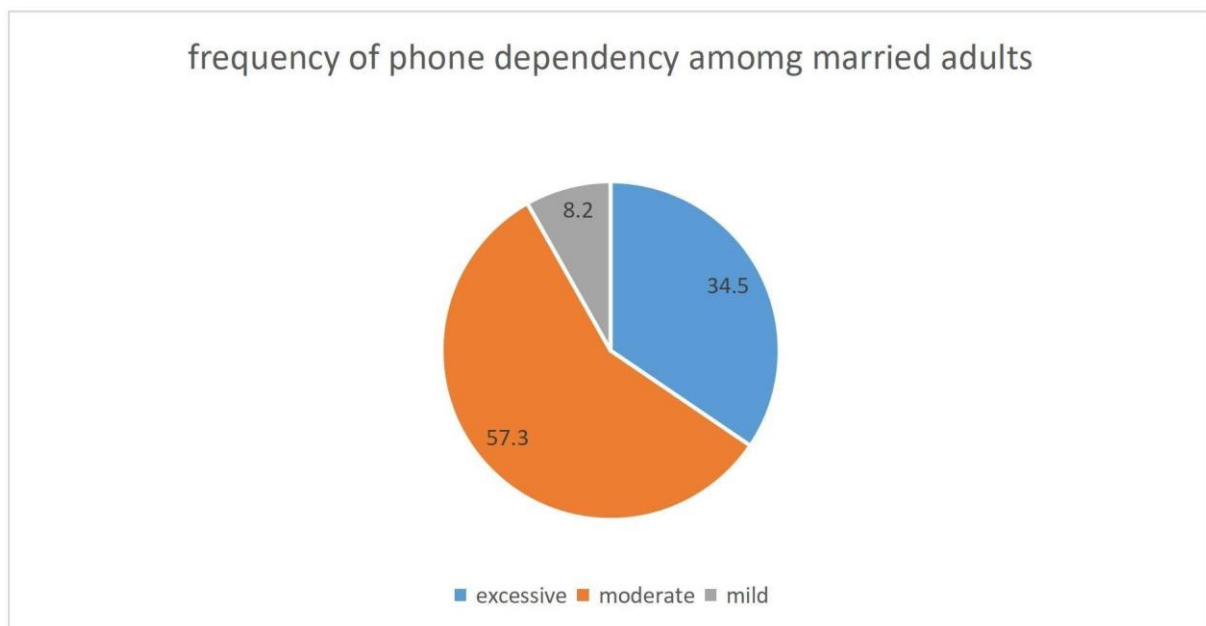


Table 4.1 and the respective figure 4.1 presents the frequency distribution of phone dependency among married adults (N-110). Both the table and the pie chart show that among 110 married adults 8.2% (9) of married adults have mild phone dependency, 57.3% (63) of married adults have moderate phone dependency and 34.5% (38) of married adults have excessive levels of phone dependency. From the above data, it was found that majority of the

sample was moderately dependent to phone and a small sample size showed the mild phone dependency. This shows that the the phone dependency among married adults are relatively high.

**Table: 4.2**

Phone dependency among married adults

Variable	N	Mean	Standard deviation
Phone dependency	110	52.0	10.911
	6		

Table 4.2 shows the mean and standard deviation of phone dependency among married adults. The mean value of phone dependency among married adults (N-110) is found to be 52.06 (S.D. =10.911). Thus, the result, indicates that married adults in the present study as a whole have an average level of phone dependency within the group, while the standard deviation of 10.911 indicates the variability or dispersion of phone dependency scores around the mean.

### **Relationship satisfaction among married adults**

The results obtained for relationship satisfaction among married adults are discussed in the following tables:

**Table: 4.3**

Frequency Distribution of relationship satisfaction among married adults

Variable	level	Married adults (N-110)
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	Average	19
Relationship satisfaction	High	91

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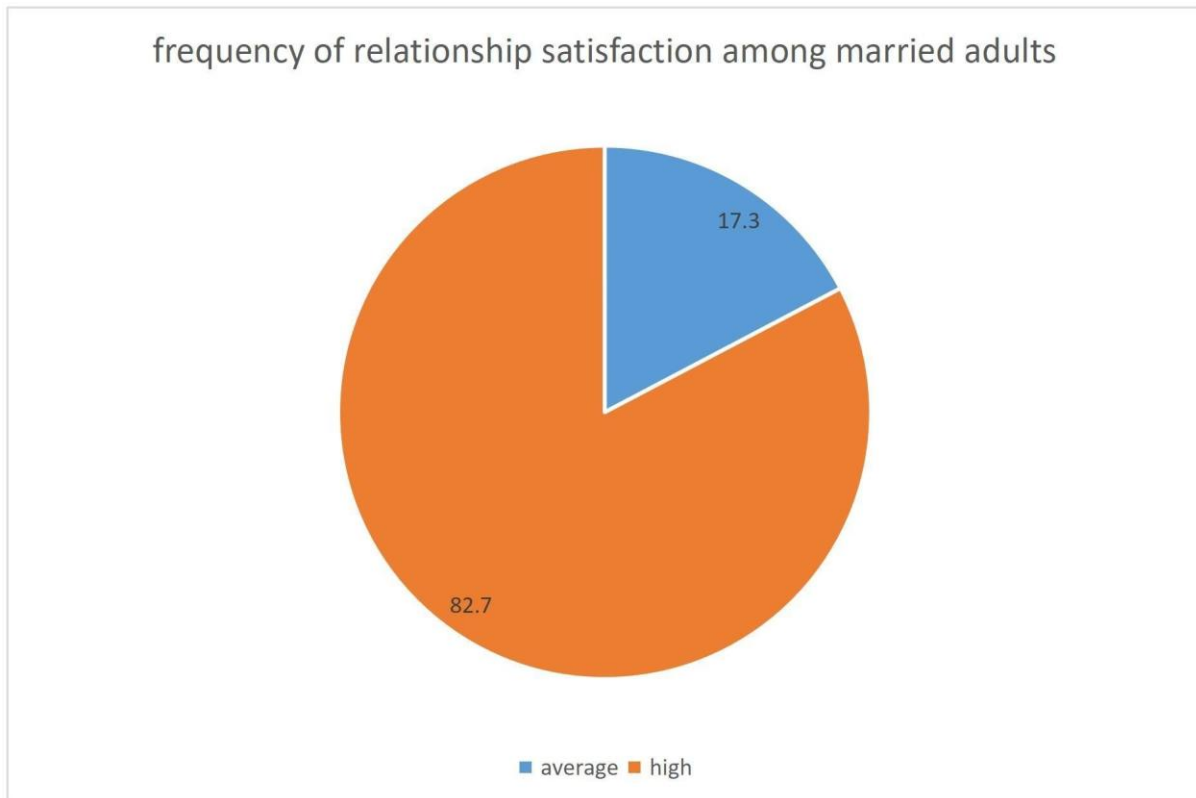


Table 4.3 and the respective figure 4.2 presents the frequency distribution of relationship satisfaction among married adults (N-110). Both the table and the pie chart show that among 110 married adults 17.3% (19) of married adults have average relationship satisfaction, 82.7% (91) of married adults have high relationship satisfaction. From the above data it was found that the relationship satisfaction among married adults are found to be high in the selected sample. No participant were marked the relationship satisfaction as low. So it indicates that the sample had an average or high relationship satisfaction with their marital life.

**Table: 4.4**

Relationship satisfaction among married adults

Variable	N	Mean	Standard deviation
Relationship satisfaction	110	24.25	2.737

The mean and standard deviation of Relationship satisfaction among married adults is presented in Table 4.4. The obtained mean value of Relationship satisfaction among married adults (N-110) is 24.25 (S.D. = 2.737). Thus, it can be inferred that married adults in the present study as a whole have an average level of relationship satisfaction.

#### **Sexual satisfaction among married adults**

The results obtained for sexual satisfaction among married adults are discussed in the following tables:

#### **Table: 4.5**

Frequency Distribution of sexual satisfaction among married adults

Variable	level	Married adults (N-110)
	Low	7
Sexual satisfaction	Average	59
	High	44

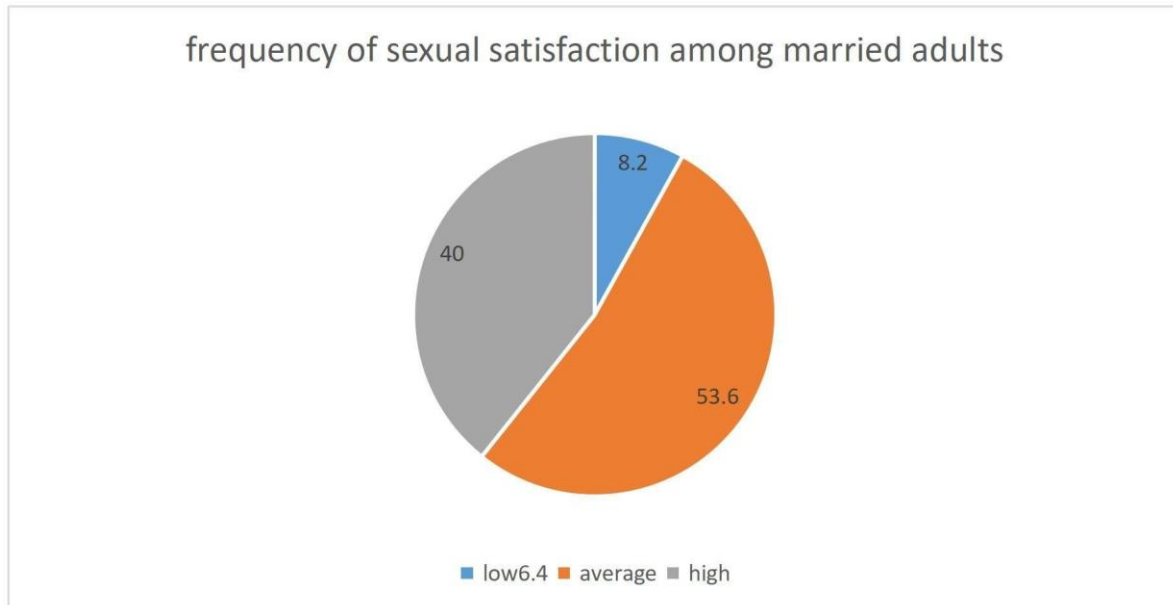


Table 4.5 and the respective figure 4.3 presents the frequency distribution of Sexual satisfaction among married adults (N-110). Both the table and the pie chart show that among 110 married adults 8.2% (7) of married adults have low Sexual satisfaction, 53.6% (59) of married adults have average Sexual satisfaction and 40% (44) of married adults have high levels of Sexual satisfaction. The result indicates that the majority of the sample had average sexual satisfaction and a least sample size showed low sexual satisfaction. It denotes that there were couples who were not much satisfied with their sexual relationship. Around half of the sample size showed high sexual satisfaction.

**Table: 4.6**

Sexual satisfaction among married adults

Variable	N	Mean	Standard deviation
Sexual satisfaction	110	70.61	16.607

Table 4.6 shows the scores of sexual satisfaction among married adults. The mean value of sexual satisfaction among married adults (N=110) is 70.61 (S.D. = 16.607).

**Table 4.7**

Phone dependency sexual satisfaction and relationship satisfaction among married adults based on gender

Variable	Mann-Whitney U	Z	Asymp. Sig. (2-tailed)
Phone dependency	1129.500	-1.683	0.092
Relationship satisfaction	1190.500	-1.323	0.186
Sexual satisfaction	1169.000	-1.438	0.151

Table 4.7 shows the relationship between phone dependency, relationship satisfaction and sexual satisfaction among married adults based on gender.

For phone dependency, the Mann-Whitney U value is 1129.500, and the Z value is -1.683. The p-value is 0.092 (not statistically significant at  $p < 0.05$ ). It suggesting a borderline significant difference between male and female participants in phone dependency. From the result we could find that there is slightly difference in the sample size of female than male, so here we understand that the female married adults showed little more dependency than male.



A study conducted by Annamma joy (2019), on the Impact of Mobile Phone use on Marital Relationship and Family Life in a Selected Residential Area of Faridabad, Haryana was a cross sectional study conducted to assess the impact of mobile phone use on marital relationship and family life in a selected residential area of Faridabad. A quantitative research approach was adopted and the sample of the study comprises of 160 married persons from a selected residential area of Faridabad by non-probability convenience sampling technique. Smart phone addiction scale-small version (SAS-SV) was used to assess the mobile phone addiction among married couples and structured rating scales were used to assess the impact of mobile phone use on marital relationship and family life. The data gathered was analysed and interpreted using descriptive and inferential statistics. The findings of the study revealed that a substantial number of married couples were addicted to mobile phone. From that study it was found that there was significant relationship between the gender of the married couples and mobile phone addiction.

Dependency on Smartphone Use and Its Association with Anxiety in Korea was a study conducted in Korea by Kyung Eun Lee, Si-Heon Kim, Tae-Yang Ha, Young-Myong Yoo, Jai-Jun Han, Jae-Hyu and Jae-Yeon Jang (2016) conducted a study with the objective of finding the relationship between smartphone dependency and anxiety among students from six different universities of South Korea. The result of the study revealed that women were significantly more dependent on smartphones than were men (mean smartphone dependency score: 50.7 vs. 56.0 for men and women, respectively,  $p < 0.001$ ).

For relationship satisfaction, the Mann-Whitney U value is 1190.500, and the Z value is -1.323. The p-value is 0.186 (not statistically significant at  $p < 0.05$ ). It suggesting that there is no significant difference between male and female among married adults in relationship satisfaction. It denotes that there is almost equal relationship satisfaction among the sample which is studied.

In the present study, there may be other factors which influences the relationship satisfaction among the married adults. Because of the influences of such factors, there is no significant difference in relationship satisfaction based on gender. Both male and female have almost equal level of relationship satisfaction. Because the mean rank of the relationship satisfaction scoring among male and female were 50.26 and 58.49 respectively. It denotes that there is no significant difference in relationship satisfaction among married adults based on gender.

Jeffrey B. Jackson, Richard B. Miller, Megan Oka, Ryan G. Henry (2014) studied on Gender Differences in Marital Satisfaction: A Meta-analysis. The purpose of the present meta-analysis was to empirically test the widely held assumption that women experience lower marital satisfaction than men. A total of 226 independent samples with a combined sum of 101,110 participants were included in the meta-analysis. Overall results indicated statistically significant yet very small gender differences in marital satisfaction between wives and husbands, with wives slightly less satisfied than husbands; moderator analyses, however, indicated that this difference was due to the inclusion of clinical samples, with wives in marital therapy 51% less likely to be satisfied with their marital relationship than their husbands. The effect size for nonclinical community-based samples indicated no significant gender differences among couples in the general population. Additional moderatoranalyses indicated that there were also no gender differences when the levels of marital satisfaction of husbands and wives in the same relationship (i.e., dyadic data) were compared.

For sexual satisfaction, the Mann-Whitney U value is 1169.000, and the Z value is -1.438. The p-value is 0.151 (not statistically significant at  $p < 0.05$ ). This indicates that there is no significant difference between male and female married adults based on gender.

In controversy to this study, some research indicates that there can be differences in sexual satisfaction based on gender. Factors such as communication, emotional intimacy, physical satisfaction, and societal norms can contribute to these variations. Some studies suggest that women may place more emphasis on emotional connection, while men may focus more on physical satisfaction.

Cross-Sectional Study of Sexual Activity and Satisfaction Among Older Adults  $\geq 60$  Years of Age by Magnus Stentagg, Lisa Skär, Johan Sanmartin Berglund, and Terese Lindberg (2020) conducted to understand the sexual activity and sexual satisfaction among older adults. The result of this study suggests that the women were more satisfied with their sex lives than men, and this difference varies more widely among age cohorts.

Based on table 4.7 there is no statistically significant differences between male and female in terms of relationship satisfaction, sexual satisfaction. But there is a slight difference in phone dependency is relatively closer to statistical significance.

**Table 4.8**

Phone dependency sexual satisfaction and relationship satisfaction among married adults based on family type.

Variable	Mann-Whitney U	Z	Asymp. Sig. (2-tailed)
Phone dependency	831.000	-2.178	0.029
Relationship satisfaction	1017.500	-0.910	0.363

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Sexual satisfaction	108.000	-0.481	0.630
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Table 4.8 shows the relationship between phone dependency, relationship satisfaction and sexual satisfaction among married adults based on family type.

From the above data it was found that for phone dependency, the Mann-Whitney U value is 831.000 and the Z value is -2.178. The p-value is 0.029. From the p-value, found that it was statistically significant at  $p < 0.05$ ). This result indicates that there is a significant difference between nuclear and joint family type on phone dependency. That means the individual's who lives in nuclear family is more dependent to smartphone when compared to the individual's who lives in joint family.

In nuclear family there may be a father mother and their children. The parents may be busy with their career and they may not have enough time to look after their children accordingly. Even at home the parents may busy with looking into social media and maintaining their social connections with the technological world. It may increase the dependency to phone. But in joint families, the number of family members become more than a nuclear family. Hence the members may share each other experience about their work and personal with others will lead to decrease in phone dependency. In joint families the use of phone may rapidly declining due to the interpersonal interactions among the members.

Mobile Phone Addiction as an Emerging Behavioral Form of Addiction Among Adolescents in India was a study conducted by Navya Gangadharan, Amod L Borle, and Saurav Basu (2022). It was a community-based, cross-sectional study conducted among 264 adolescents in Delhi. The result found that the mobile phone addiction was found to be

significantly higher among those adolescents who had  $\geq 3$  siblings, those belonging to nuclear families.

For relationship satisfaction, the Mann-Whitney U value is 1017.500 and the Z value is -0.910. The p-value is 0.363, indicating that there is no statistically significant difference between the nuclear and joint family types among married adults. The type of family structure can influence relationship satisfaction among married adults. Factors such as the presence of children, extended family members, or whether the couple lives independently can impact dynamics and communication. Research suggests that open communication, shared responsibilities, and mutual understanding are essential for maintaining satisfaction regardless of family type.

In the present study, the data obtained from the result shows there is no significant difference in relationship satisfaction among married adults based on family type.

Development of Relationship Satisfaction Across the Life Span: A Systematic Review and Meta-Analysis by Janina Larissa Bühler, Samantha Krauss and Ulrich Orth (2021). Based on longitudinal data from 165 samples with more than 165,000 participants, this meta-analysis provides a robust picture of normative development in relationship satisfaction across the life span. The findings show that relationship satisfaction varies systematically as a function of age and relationship duration. Moreover, the moderator analyses indicate that the developmental patterns in relationship satisfaction hold across most sample and methodological characteristics, which strengthens confidence in the robustness of the findings

For sexual satisfaction, the Mann-Whitney U value is 1078.000 and the Z value is -0.481. The p-value is 0.630. This indicates that there is no statistically significant difference in sexual satisfaction between the nuclear and joint family types among married adults.

Family systems theory, also known as Bowenian family systems theory, was developed by psychiatrist Murray Bowen in the 1950s and 1960s. Bowen's ideas were later elaborated upon by other researchers and clinicians in the field of family therapy. The theory focuses on the interconnections and dynamics within families and how these dynamics impact individual behavior and well-being. It emphasizes the importance of understanding the family as a whole system rather than focusing solely on individual members.

Family systems theory suggests that the structure and dynamics of a family can impact various aspects of individual well-being, including sexual satisfaction. The theory posits that families operate as interconnected systems, and changes in one part of the system can have ripple effects on other parts. When it comes to sexual satisfaction, the family's communication patterns, values, and relationship dynamics can play a role.

For example, a family that promotes open communication and healthy discussions about relationships and sexuality may contribute to an individual's ability to communicate their needs and desires with their partner. On the other hand, a family environment where conversations about these topics are taboo or restricted could lead to difficulties in expressing oneself and understanding one's own desires, potentially affecting sexual satisfaction.

Moreover, family roles and expectations can influence an individual's attitudes towards intimacy and their partner. If someone grew up in a family with traditional gender roles and conservative values, they might bring those attitudes into their own relationship, which could impact their sexual satisfaction if it doesn't align with their partner's expectations.

In summary, family systems theory suggests that the way a family functions, communicates, and establishes values can shape an individual's beliefs, attitudes, and behaviors related to sexuality and relationships, ultimately affecting their sexual satisfaction within their own partnership.

The sociosexual orientation theory was developed by David M. Buss and David P. Schmitt. They introduced the theory in their paper titled "Sexual Strategies Theory: An Evolutionary Perspective on Human Mating," which was published in the journal *Psychological Review* in 1993. This theory explores individual differences in attitudes and behaviors related to short-term and long-term mating strategies, including preferences for casual sex versus committed relationships.

Sociosexual orientation theory, focuses on individual differences in attitudes towards casual sex and long-term relationships. While this theory primarily examines personal characteristics, it's possible to consider how family type and upbringing might indirectly influence an individual's sociosexual orientation and, consequently, their sexual satisfaction.

Family type and upbringing can impact the values, beliefs, and norms that individuals internalize. For instance, if someone grows up in a family that prioritizes traditional values and emphasizes monogamous, long-term relationships, they might adopt a sociosexual orientation that leans towards valuing emotional intimacy and commitment. This orientation could lead them to prioritize emotional connection and attachment in their relationships, which could contribute to their sexual satisfaction within a committed partnership.

On the other hand, an individual raised in a family that is more permissive about sexuality and has an open attitude towards various relationship structures might develop a sociosexual orientation that is more accepting of casual sexual encounters. This orientation could result in different expectations and behaviors in their relationships, potentially influencing their sexual satisfaction.

In essence, while sociosexual orientation theory primarily looks at individual characteristics, the family environment can shape the attitudes and values individuals hold,

which in turn can impact their sociosexual orientation and subsequently their sexual satisfaction in different types of relationships.

Based on the table 4.8, results suggest that there is a statistically significant difference between the family type in terms of phone dependency, but there is no statistically significant differences for relationship satisfaction and sexual satisfaction among married adults.

**Table 4.9**

Relationship between phone dependency, relationship satisfaction and sexual satisfaction among married adults based on year of marriage.

Variable	Chi-Square	df	Asymp. Sig
Phone dependency	0.206	2	0.902
Relationship satisfaction	5.430	2	0.066
Sexual satisfaction	2.677	2	0.262

Table 4.9 shows the relationship between phone dependency sexual satisfaction and relationship satisfaction among married adults based on year of marriage.

For phone dependency, the Chi-Square value is 0.206, with 2 degrees of freedom. From the result, it was found that the p-value is 0.902 which indicates that there is no statistically significant association between phone dependency and year of marriage among married adults. From the result the sample size of 64 out of 110 were married within 1 to 5 years, 30 of 110 participants were married within 6 to 10 years and a least number of 16



out of 110 were married above 10 years. It indicates that the majority of the sample were married with in 5 years.

In the early years of marriage, couples often experience adjustments in their routines and dynamics. Factors that can influence phone dependency during this period might include:

The research "Patterns of communication channel use in the maintenance of long-distance relationships" by Dainton and Aylor (2002) examines how long-distance couples use communication channels to keep in touch. The study focuses on how people communicate and how they utilize different channels, like phones, to keep in contact. According to one of the research's conclusions, newlyweds prefer to use their phones more frequently since their relationship is new and exciting. This is explained by their urge to communicate and exchange stories with one another. The findings of the study offer important knowledge on how communication technologies affect relationship maintenance in various circumstances.

McDaniel, B. T., & Coyne, S. M. carried out the study "Technoferece: The interference of technology in couple relationships and implications for women's personal and relational well-being" in 2016. The idea of "technoferece," or the use of technology in intimate relationships, was investigated in the study, along with its possible effects on women's interpersonal and personal wellbeing in particular.

The researchers looked at how couples interacted and interacted with oneanother when using technology, particularly cellphones and social media. They discovered that using technology, such as posting achievements and looking for approval on social media, might make people more reliant on their phones as they looked for help and approval from

their online networks. Their reliance on technology for validation may compromise the quality of their emotional connection and face-to-face encounters.

The study made clear that couples must be aware of the ways in which technology use might harm their relationships and general wellbeing. In order to maintain a good balance between online and offline contacts, it also underlined the significance of setting appropriate boundaries for technology use within couple relationships.

Stafford, L., & Canary, D. J. carried out the study named "Maintenance strategies and romantic relationship type, gender, and relational characteristics" in 1991. The study looked at how people in romantic relationships manage and maintain their relationships while taking into account aspects including relationship type, gender, and relational qualities.

The idea of privacy and autonomy in romantic relationships is one of the maintenance methods examined in the study. Researchers discovered that, particularly during the transitional time of combining their lives, couples frequently utilize communication tools, such as phones, to maintain personal space and autonomy. Technology has made it possible for people to keep some degree of privacy and independence when they are in a relationship, which is crucial for preserving one's sense of self.

The study showed that technology, such as phone use, can help support good relationship dynamics by giving people a method to retain their uniqueness and autonomy while navigating the process of fusing their lives into a romantic union.

The result from the table 4.9 showed that the difference in relationship satisfaction on based on year of marriage found that the Chi-Square value is 5.430, with 2 degrees of freedom. The p-value is 0.066, which is not statistically significant at  $p < 0.05$ . This suggests that there is no significant association between relationship satisfaction and year of marriage among married adults.

According to some research, there may be a complicated interaction between the year of marriage and relationship happiness among married individuals. For some couples, the pattern of relationship pleasure through time may not be the same. There have been a few broad tendencies identified, though:

**Honeymoon period:** Many newlyweds go through a "honeymoon phase" in the first one to two years of their marriage. Couples frequently express greater levels of relationship happiness at this time as they negotiate the excitement of becoming newlyweds and beginning their life together.

**Challenges and adaptations:** As marriages move past the honeymoon stage, partners may have to face difficulties and make adaptations due to a variety of causes, including the need to balance work and family obligations, financial constraints, and communication problems. These difficulties may temporarily lower relationship satisfaction and have an influence on it.

**Mid-Marriage:** According to research, there may be a fall in relationship satisfaction between the ages of 4 and 7 years. This time frame is also known as the "seven-year itch." The initial enthusiasm and intensity of a couple's early years may fade, leaving them feeling dissatisfied.

Relationship satisfaction has a tendency to stabilize and, in some cases, even grow over the long term. Couples may become closer and have a stronger feeling of companionship as they learn to deal with difficulties, communicate clearly, and adjust to shifting situations in life, all of which can boost contentment.

It's essential to remember that individual experiences can differ greatly, and not all relationships will progress in the same way. Partnership happiness can also be affected by elements other than the year of marriage, such as a person's personality, outside pressures,

cultural and societal influences, and the level of emotional intimacy and communication in the partnership.

For sexual satisfaction scoring, the Chi-Square value is 2.677, with 2 degrees of freedom. The p-value is 0.262, which is not statistically significant at  $p < 0.05$ . This implies that there is no significant association between sexual satisfaction and year of marriage among married adults.

A Review of Affecting Factors on Sexual Satisfaction in Women, was a study to explore affecting factors on sexual satisfaction in women, conducted by Zohreh Shahhosseini, Zeinab Hamzeh Gardeshi, Mehdi Pourasghar, and Fariba Salehi, (2014). One of the key determinants of female sexual pleasure is age, including the age difference between the spouses and the length of the marriage. According to reports, sexual pleasure in the general population declines as people become older. It would appear that as women become older, additional obligations in their lives, such as work or child care, as well as other duties in the family and community, would have an impact on their sexual behaviors (Yoo H, Bartle-Haring S, Day RD, Gangamma R, 2014), (Ramezani TF, Farahmand M, Mehrabi Y, Malekafzali H, Abedini M, 2012). According to a different study, couples who have an age difference of fewer than 10 years report higher levels of sexual and marital satisfaction (Zihel S, Masten R, 2010). Additionally, women who are 5–6 years older than their partner or who have been married for less than 15 years report the highest levels of sexual pleasure (Rahmani A, Khoei EM, Gholi LA, 2009), (Ahmadi Z, Malekzadegan A, Hosseini A, 2011).

Based on the table 4.9 it is found that there are no statistically significant associations between any of the variables: relationship satisfaction, sexual satisfaction, and phone dependency, and the year of marriage among married adults.

#### **Table 4.10**

Relationship between phone dependency, relationship satisfaction and sexual satisfaction among married adults based on number of children.

Variable	Chi-Square	df	Asymp. Sig
Phone dependency	0.950	3	0.456
Relationship satisfaction	2.609	3	0.456
Sexual satisfaction	1.918	3	0.590

Table 4.10 shows the relationship between phone dependency sexualsatisfaction and relationship satisfaction among married adults based on number of children. For phone dependency, the Chi-Square value is 0.950, with 3 degrees of freedom. The p- value is 0.813, indicating that there is no statistically significant association between phone dependency and the number of children.

From the data it was found that the sample with single child was found to be 40 of N-110, the sample size of 32 had 2 children and 3 samples had 3 children. The sample with no child was found to be 35. it indicates that the majority of the sample had single child and without children. A very least number of sample had 3 children shows the discrepancy between the sample.

Parent-child relationship and problematic smartphone use among Chinese adolescents: a moderated mediation model by Zhang, et.al; (2022). A sample of 3355 Chinese teenagers is selected to evaluate problematic smartphone usage, parent-child connection,

personal growth initiative, and school belonging in order to investigate the impact and mechanism of parent-child relationships on adolescents' problematic smartphone use. The result showed that The negative link between parent-child relationships and problematic smartphone usage is mediated by the personal growth initiative. Parent-child relationships are negatively connected with problematic smartphone use. School belonging moderates and amplifies the associations between personal growth initiative and problematic smartphone use, the parent-child relationship and problematic smartphone use, and the relationship between personal growth initiative and problematic smartphone use in adolescents.

For relationship satisfaction, the Chi-Square value is 2.609, with 3 degrees of freedom. The p-value is 0.456, which is not statistically significant at  $p < 0.05$ . This suggests that there is no significant association between relationship scoring and the number of children. Here the result indicates that there is no difference in relationship satisfaction among married adults on the basis on number of children that they had.

From the data the scores for sexual satisfaction, are Chi-Square value is 1.918, with 3 degrees of freedom. The p-value is 0.590, which is not statistically significant at  $p < 0.05$ . This implies that there is no significant association between sexual satisfaction scoring and the number of children. It denotes that there is no difference of sexual satisfaction among married adults based on the number of children they had.

Based on the table 4.10 the Chi-Square tests suggest that there are no statistically significant associations between any of the variables: relationship satisfaction, sexual satisfaction scoring, and phone dependency among married adults and the number of children.

**Table 4. 11**

Regression- phone dependency (constant) and relationship satisfaction (dependent variable) among married adults.

Model	R	R square	Adj R square	Std error of the estimate	Change statistics				
					R sq. change	F change	df1	df2	Sig F change
1	0.366	0.134	0.12	2.559	0.134	16.688	108		0.000

Table 4.11 denotes that the relationship between phone dependency and relation satisfaction among married adults. Here the dependent variable is relationship satisfaction and the independent or predictor is phone dependency. From the result the R is 0.366, indicating a moderate positive correlation between phone dependency and the relationship satisfaction. R Square value is 0.134, which means that approximately 13.4% of the variance in the relationship satisfaction can be explained by the phone dependency. Adjusted R Square value is 0.126, slightly lower than R Square due to the adjustment for the number of phone dependency. Std. Error of the Estimate value is 2.559, representing the average distance between predicted and actual values. Change Statistics: This section indicates the change in R Square (0.134) and the associated F Change statistic (16.688) when the phone dependency are added to the model.

df1 value is 108, representing the degrees of freedom associated with the change. df2 value is not provided in the given information. Sig. F Change: The p-value is 0.000, which is statistically significant at any conventional significance level ( $p < 0.05$ ).

In summary, the table 4.11 indicates that the phone dependency have a moderate positive correlation with the relationship satisfaction, and they collectively explain about 13.4% of the variance in the relationship satisfaction. The F Change statistic suggests

that the addition of the phone dependency significantly improved the model's fit. The change statistics indicate that there is a statistically significant change in the model's fit. The F Change statistic of 1a with a very low p-value (0.000) suggests that the addition of the phone dependency significantly improved the model's performance compared to the baseline model.

**Table 4.12**

Regression- phone dependency (constant) and sexual satisfaction (dependent variable) among married adults.

Model	R	R square	Adj R square	Std error of the estimate	Change statistics				
					R sq. change	F change	df1	df2	Sig F change
2	0.479	0.230	0.223	14.641	0.230	32.242	108		0.000

Table 4.12 denotes that the relationship between phone dependency and sexual satisfaction among married adults. Here the dependent variable is sexual satisfaction and the independent or predictor is phone dependency. From the result the R value is 0.479, indicating a moderate positive correlation between the phone dependency and the sexual satisfaction. R Square value is 0.230, which means that approximately 23.0% of the variance in the sexual satisfaction can be explained by the phone dependency. Adjusted R Square value is 0.223, slightly lower than R Square due to the adjustment for the number of predictors. Std. Error of the Estimate value is 14.641, representing the average distance between predicted and actual values. The table indicates the change in R Square (0.230) and the associated F Change statistic (32.242) when the phone dependency are added to the model. df1 value is 108, representing the degrees of freedom associated with the change. Sig. F Change p-value is 0.000, which is statistically significant at any conventional significance level ( $p < 0.05$ ).



Table 4.12 indicates that the phone dependency have a moderate positive correlation with the sexual satisfaction, and they collectively explain about 23.0% of the variance in the sexual satisfaction. The F Change statistic suggests that the addition of the phone dependency significantly improved the models fit. The change statistics indicate that there is a statistically significant change in the model's fit. The F Change statistic of 1a with a very low p-value (0.000) suggests that the addition of the phone dependency significantly improved the model's performance compared to the baseline model.

### **Relationship Between Phone Dependency, Relationship Satisfaction And Sexual Satisfaction Among Married Adults**

**Table 4.13**

Correlation between phone dependency, relationship satisfaction and sexual satisfaction among married adults.

		<b>phone dependency</b>	<b>relationship satisfaction</b>	<b>sexual satisfaction</b>
	Correlation	1	-.417	-.529
<b>Phone dependency</b>	Sig (2- tailed)		.000	.000
	N	110	110	110
	Correlation	-.417	1	.688
<b>Relationshi p satisfaction</b>	Sig (2- tailed)	.000		.000
	N	110	110	110
	Correlation	-.529	.688	1
<b>Sexual satisfaction</b>	Sig (2- tailed)	.000	.000	
	N	110	110	110

Table 4.13 shows the correlation between phone dependency relationship satisfaction and sexual satisfaction among married adults. The correlation between phone dependency and relationship satisfaction is  $-0.417^{**}$ . It indicating a moderate negative relationship between the phone dependency and relationship satisfaction among married adults. From the result data, indicates statistical significance at  $p < 0.01$ . The correlation between phone dependency and sexual satisfaction scoring is  $-0.529^{**}$ , also indicating a moderate negative relationship. It indicating a moderate negative relationship between the phone dependency and sexual satisfaction among married adults. From the result data, indicates statistical significance at  $p < 0.01$ .

Table 4.13 shows that phone dependency is moderately negatively correlated with both relationship satisfaction and sexual satisfaction scoring among the given sample of 110 participants. The negative correlation suggests that higher phone dependency is associated with lower relationship and sexual satisfaction scores.

The correlation between relationship satisfaction and phone dependency is  $-0.417$ , indicating a moderate negative relationship. The p-value (Sig.) is less than  $0.01$  ( $p < 0.01$ ), which signifies statistical significance.

The correlation between relationship satisfaction and itself is  $1.000^{**}$ , which is a perfect positive correlation. It indicates statistical significance. The correlation between relationship scoring and sexual satisfaction scoring is  $0.688^{**}$ , indicating a strong positive relationship. The p-value is less than  $0.01$  ( $p < 0.01$ ), signifying statistical significance.

Table 4.13 indicates that relationship scoring is moderately negatively correlated with phone dependency and strongly positively correlated with sexual satisfaction scoring among the given sample of 110 participants. The results suggest that higher relationship satisfaction is associated with lower phone dependency and higher sexual satisfaction scores.

The correlation between sexual satisfaction scoring and phone dependency is -0.529, indicating a moderate negative relationship. The p-value (Sig.) is less than 0.01 ( $p < 0.01$ ), showing statistical significance.

The correlation between sexual satisfaction scoring and relationship satisfaction is 0.688\*\*, indicating a strong positive relationship. The p-value is less than 0.01 ( $p < 0.01$ ), indicating statistical significance. The correlation between sexual satisfaction scoring and itself is 1.000\*\*, which is a perfect positive correlation. It indicates statistical significance.

Table 4.13 indicates that sexual satisfaction scoring is moderately negatively correlated with phone dependency and strongly positively correlated with relationship satisfaction among the given sample of 110 participants. The results suggest that higher sexual satisfaction scoring is associated with lower phone dependency and higher relationship scores.

As per the result data of table 4.13, the phone dependency is negatively correlated with both the relationship satisfaction and sexual satisfaction among married adults. It denotes that the increase in phone dependency decreases the relationship satisfaction and sexual satisfaction among married adults. And also the data denotes that there is a positive correlation between the relationship satisfaction and sexual satisfaction among married adults. That indicated that the increase in relationship satisfaction among married adults results in increase in sexual satisfaction of the same sample.

According to earlier research (Chotpitayasunondh & Douglas, 2018; McDaniel and Coyne, 2016; Roberts & David, 2016; Vanden-Abeelee & Postma-Nilsenova, 2018; Wang, Zhao, & Lei, 2019), partner phubbing is connected with relationship satisfaction. However, every single one of these investigations was carried out elsewhere. Interestingly, Johnson

(2020) found a negative association between partner phubbing and relationship satisfaction in a research she conducted on the subject in India.

The research is consistent with James A. Robert Meredith E. Davids' earlier research. It looks at the effects of partner phubbing on the happiness of romantic couples. The finding indicates that the connection between partner phubbing and relationship satisfaction is influenced by perceived relational denigration for each sample. Partner phubbing is linked to higher levels of perceived relational denigration and worse relationship satisfaction when intentionality is strong.

*Influence of Mobile Devices Use on the Level of Marital Satisfaction among Couples in Mck Nkubu Synod, Meru, Tharaka Nithi, Embu and Kirinyaga Counties, Kenya* by MC Kagwiria et.al; (2022) shows that the excessive mobile use is negatively correlates the relationship satisfaction among the sample.

Undoubtedly, the widespread use of smartphones has had an effect on many facets of contemporary life, including marriage satisfaction and interpersonal interactions. This study examined the complex interplay between married persons' phone dependence, relationship satisfaction, and sexual satisfaction. According to the findings, a couple's relationship quality may suffer as a result of an excessive reliance on cellphones since there may be a decrease in emotional closeness, problems with communication, and an increase in conflict. The study also highlights the link between phone dependence and lower levels of sexual pleasure, presumably as a result of distractions, diminished closeness, and less focused interactions. This demonstrates the significance of proactive smartphone usage management on the part of both individuals and couples to protect the well being of their relationships.

## **CHAPTER 5**

### **SUMMARY AND CONCLUSION**

The study aimed to examine phone dependency, sexual satisfaction and relationship satisfaction among married adults. The sample size of the present study was 110 married adults (70 Females and 40 males). The participants within the age group of 18 to 40 years are selected for the study by using the convenience sampling technique. To measure the variables of interest, existing standardized measures are used such as Mobile Use Screening Test by MK Sharma (2020), Relationship Assessment Scale by Hendrick, (1988) and The new sexual satisfaction test by Štulhofer, Buško, & Brouillard (2011). Informed consent and personal data sheet are also collected from the selected participants. After data analysis, non parametric tests such as the Spearman's rank correlation, Chi-square statistic, Wilcoxon rank-sum test and the Kruskal-Wallis test method are used for the statistical analysis of the data. The results obtained by the analysis are discussed comprehensively with respect to objectives and hypotheses.

### **Summary of the study**

The major objectives of the study were 1) to assess the phone dependency among married adults. 2) to assess the relationship satisfaction among married adults. 3) to assess the sexual satisfaction among married adults. 4) to assess the relationship between phone dependency and relationship satisfaction among married adults. 5) to assess the relationship between phone dependency and sexual satisfaction among married adults. 6) to assess the relationship between relationship satisfaction and the sexual satisfaction among married adults. 7) to understand whether the phone dependency is able to predict relationship satisfaction among married adults. 8) to understand whether the phone dependency is able to predict sexual satisfaction among married adults. 9) to find out any difference in phone dependency among married adults based on gender. 10) to find out any difference in phone dependency among married adults based on family type. 11) to find out any difference in

phone dependency among married adults based on year of marriage. 12) to find out any difference in phone dependency among married adults based on number of children.

The hypotheses of the study were, hypothesis 1 being that there is no significant relationship between phone dependency and relationship satisfaction among married adults. Hypothesis 2 being there is no significant relationship between for dependency and sexual satisfaction among married adults. Hypothesis 3 being there is no significant relationship between relationship satisfaction and sexual satisfaction among married adults. Hypothesis 4 is, that there is no significant difference in relationship satisfaction among married adults based on phone dependency level. Hypothesis 5 being there is no significant difference in sexual satisfaction among married adults based on phone dependency level. Hypothesis 6 being there is no significant difference in phone dependency among married adults based on gender. Hypothesis 7 is, that there is no significant difference in phone dependency among married adults based on family type. Hypothesis 8 is that there is no significant difference in phone dependency among married adults based on year of marriage. Hypothesis 9 is that there is no significant difference in phone dependency among married adults based on number of children.

The sample of the study was 110 college students (70 female and 40 male) from different districts of Kerala. The sample consisted of male and female married adults aged between 18 to 40 years. A descriptive research design was adopted for the current study. Mobile Use Screening Test by MK Sharma, (2020), Relationship Assessment Scale by Hendrick, (1988) and The new sexual satisfaction test by Stulhofer, Busko and Brouillard, (2011) were used to collect the data. Data obtained were statistically analysed using SPSS – 22 version. The statistical analysis techniques used in the study were frequency analysis, Mann Whitney U test, Chi-square, Kruskal-Wallis test method and Spearman's rank correlation.

From the results, it was concluded that there is no significant relationship between imposter syndrome and relationship satisfaction.

### **5.1 Major findings and conclusions**

Based on the results of the research following findings are made:

1. When assessing the phone dependency, the majority of the sample agreed that they had moderate phone dependency. About 57.3 percentage of the total population were moderately dependent to phone. At the same time, 34.5% showed excessive phone dependency characteristics.
2. On the other study variable, i.e., relationship satisfaction, 82.7 percent of the sample showed high relationship satisfaction.
3. For the sexual satisfaction more than half of the population showed average satisfaction, and the 40% of the total population showed high sexual satisfaction.
4. When the relationship of both variables, i.e., phone dependency, relationship satisfaction and sexual satisfaction was compared, the result showed that there is significant relationship between phone dependency, relationship satisfaction and sexual satisfaction among married adults.
5. While examining the gender difference in phone dependency, sexual satisfaction and relationship satisfaction, it was found that there is no significant difference between males and females.
6. While examining the family type difference in phone dependency, sexual satisfaction and relationship satisfaction, it was found that there is no significant difference between nuclear and joint family type in both relationship and sexual satisfaction, but there is significant difference between nuclear and joint family type in phone dependency.



7. While examining the year of marriage in phone dependency, sexual satisfaction and relationship satisfaction, it was found that there is no significant difference based on year of marriage.
8. While examining the number of children in phone dependency, sexual satisfaction and relationship satisfaction, it was found that there is no significant difference based on number of children.
9. While examining the predictability of phone dependency to the relationship satisfaction among the sample, it was found that the predictor variable ie; phone dependency is statistically significant in predicting the dependent variable ie; relationship satisfaction.
10. While examining the predictability of phone dependency to the sexual satisfaction among the sample, it was found that the predictor variable ie; phone dependency is statistically significant in predicting the dependent variable ie; sexual satisfaction.
11. While examining the correlation between the variables, there showed statistically significant negative correlation between phone dependency and relationship satisfaction, also phone dependency and sexual satisfaction showed statistically significant negative correlation ie; as the phone dependency increases, the relationship and sexual satisfaction among married adults were decreases.
12. While comparing the relationship between sexual satisfaction and relationship satisfaction among married adults, it was found that there was statistically significant positive correlation between the variables ie; as the relationship satisfaction increases the sexual satisfaction also increases among married adults.

## **5.2 Tenability of the hypotheses**

Based on results obtained from the present study, the tenability of each hypothesis was formed for the study.

No	Hypotheses	Tenability
1	There is no significant relationship between phone dependency and relationship satisfaction among married adults.	Rejected
2	There is no significant relationship between for dependency and sexual satisfaction among married adults.	Rejected
3	There is no significant relationship between relationship satisfaction and sexual satisfaction among married adults.	Rejected
4	There is no significant difference in relationship satisfaction among married adults based on phone dependency level.	Rejected
5	There is no significant difference in sexual satisfaction among married adults based on phone dependency level.	Rejected
6	There is no significant difference in phone dependency among married adults based on gender.	Accepted
	There is no significant difference in phone	

7	dependency among married adults based on family type.	Rejected
8	There is no significant difference in phone dependency among married adults based on year of marriage.	Accepted
9	There is no significant difference in phone dependency among married adults based on number of children.	Accepted

### 5.3 Implication of the study

The findings of this study show how phone dependency affects the married adults. The study also shows how much phone dependency affects an individual. The findings are an eye opener to the married adults. The study can be taken into account and further implications can be planned.

The couple counselling as well as the importance of pre-marital counselling is evident in the study. Most misunderstanding occurs because of miscommunication among the partners. It could act as an eye-opener and help them realize the importance of honest and open communication while in a relationship.

The result of the study also shows the instability in relationship satisfaction and sexual satisfaction due to phone dependency can be seen. The counsellors, especially couple or family counsellors can take this as an important indicator and work on the factor.

The study highlights the importance of family type on phone dependency. This study indicates that married adults who lives in nuclear family is more dependent to phone when compared to the married adults who lives in joint family.

The researcher has a vital role in this field. Even though enough study was done on the field of phone dependency, there still exists a research gap in the phone dependency in relationship and sexual satisfaction. This research will help the researcher to understand the gap as well as to work more in the field of study.

A family forms a community; therefore, when a family relationship is strained, the community is also impacted. Both the neighborhood and society will benefit from this research's findings.

Educators have a very important role in developing modules for the family as well as relationship development. This research will help them in understanding the effect of phone dependency in the relationship and sexual satisfaction among married adults.

In this process, counseling psychology plays a significant part. According to this study, pre-marital counseling is a crucial step in the marriage preparation process. If the counseling psychologist contributes enough to this field, they can effect change.

#### **5.4 Limitations of the study**

The researcher was unable to participate in the data gathering procedure because it was done via Google Forms.

The study's tiny size would be its main drawback. A bigger sample size would have aided in some degree of generalizing the findings to the general population. The findings may be considered to apply more to females than to males because there were more females in the

sample than there were males. The results would have been more interesting with a higher male to female ratio.

### **5.5 Suggestions for further research**

Much more data may have been obtained using a mixed-method study strategy. It would be easier to understand the results and locate information that couldn't be quantified if participants were asked to express their opinions on the subject. If additional samples were included, the validity of this study would be greatly increased. A theoretical framework can be created in this manner. Additionally, a broad scope of the study may be produced by keeping the gender ratio.

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## **APPENDICES**

## **APPENDIX I**

### **INFORMED CONSENT FORM**

Hello, I am Aswathy Krishnan G S, currently pursuing Masters in Counselling Psychology at Loyola College of Social Sciences, Sreekariyam. As part of my course-curriculum, I'm conducting a study on the topic "phone dependency, relationship satisfaction and sexual satisfaction among married adults". In this concern, your opinion is really valuable to proceed with my study. This study requires the completion of questionnaires, which will take roughly 10 to 20 minutes. You are requested to give your honest opinion. The information provided by you will be kept completely confidential and will be used for research purposes only. I am in sincere hope that you will participate in this study and I greatly appreciate your help in assisting me with this research.

I give my voluntary consent to participate in this study.

Yes:

No:

**APPENDIX II**

**PERSONAL DATA SHEET**

Name

Gender: M/F/other

Age:

Marital status: Single  Married  Widow

Years of marriage: 1-5  6-10  Above 10 years

Number of children: 1  2  3  More than 3  None

Family type: Nuclear  Joint  Other

### APPENDIX III

#### MOBILE USE SCREENING TEST (MUST)

Please read each statements and choose a response which indicates how much these statements apply to you. There are no right or wrong answers.

1. I start my day with the use of smartphone?	Never	Rarely	Occasionally	Frequently	Always
2. I wish I had my smartphone in my hand round the clock?	Never	Rarely	Occasionally	Frequently	Always
3. I am uncomfortable without my smartphone?	Never	Rarely	Occasionally	Frequently	Always
4. I can manage the day without my smartphone ?	Never	Rarely	Occasionally	Frequently	Always
5. I experience problems in school, college, or work due to excessive use of smartphone?	Never	Rarely	Occasionally	Frequently	Always
6. I experience problems at workplace due to the usage of my smartphone?	Never	Rarely	Occasionally	Frequently	Always
7. I experience problems in relationships due to my preoccupation with smartphone?	Never	Rarely	Occasionally	Frequently	Always
8. I can reduce the usage of my smartphone?	Never	Rarely	Occasionally	Frequently	Always
9. I experience sleep disturbance due to late-night usage of smartphone?	Never	Rarely	Occasionally	Frequently	Always



10. Reduction of battery power on my smartphone disturbs me?	Never	Rarely	Occasionally	Frequently	Always
11. Whenever I have a smartphone with me, it is difficult to stop using it?	Never	Rarely	Occasionally	Frequently	Always
12. I indulge in smartphone usage for longer than earlier?	Never	Rarely	Occasionally	Frequently	Always
13. I use smartphone to feel good?	Never	Rarely	Occasionally	Frequently	Always
14. Smartphone use helps me to overcome my stress?	Never	Rarely	Occasionally	Frequently	Always
15. I feel more confident while using my smartphone?	Never	Rarely	Occasionally	Frequently	Always
16. I use my smartphone as the only enjoyable activity of the day?	Never	Rarely	Occasionally	Frequently	Always
17. When I can't use my smartphone, I feel like I have lost my connection with others?	Never	Rarely	Occasionally	Frequently	Always
18. I use smartphone to escape or avoid day to day problems?	Never	Rarely	Occasionally	Frequently	Always

## APPENDIX IV

### RAS

Please read each statements and choose a response which indicates how much these statements apply to you. There are no right or wrong answers.

Thinking about your relationship with your partner during the last six months please rate your satisfaction with the follow aspects:( **1 Not at all Satisfied, 2 A Little Satisfied, 3 Moderately Satisfied, 4 Very Satisfied, 5 Extremely Satisfied** )

1. How well does your partner meet your needs?	1	2	3	4	5
2. In general, how satisfied are you with your relationship?	1	2	3	4	5
3. How good is your relationship compared to most?	1	2	3	4	5
4. How often do you wish you hadn't gotten into this relationship?	1	2	3	4	5
5. To what extent has your relationship met your original expectations?	1	2	3	4	5
6. How much do you love your partner?	1	2	3	4	5
7. How many problems are there in your relationship?	1	2	3	4	5

## APPENDIX V

### THE NEW SEXUAL SATISFACTION SCALE

Please read each statements and choose a response which indicates how much these statements applyto you. There are no right or wrong answers.

Thinking about your sex life during the last six months please rather your satisfaction with the followaspects:( **1 Not at all Satisfied, 2 A Little Satisfied, 3 Moderately Satisfied, 4 Very Satisfied, 5 Extremely Satisfied** )

1. The intensity of my sexual arousal.	1	2	3	4	5
2. The quality of my orgasms?	1	2	3	4	5
3. My “letting go” and surrender to sexual pleasure during sex?	1	2	3	4	5
4. My focus/concentration during sexual activity?	1	2	3	4	5
5. The way I sexually react to my partner?	1	2	3	4	5
6. My body’s sexual functioning?	1	2	3	4	5
7. My emotional opening up in sex?	1	2	3	4	5
8. My mood after sexual activity?	1	2	3	4	5
9. The frequency of my orgasms?	1	2	3	4	5

10. The pleasure I provide to my partner?	1	2	3	4	5
11. The balance between what I give and receive in sex?	1	2	3	4	5
12. My partner's emotional opening up during sex?	1	2	3	4	5
13. My partner's initiation of sexual activity?	1	2	3	4	5
14. My partner's ability to orgasm?	1	2	3	4	5
15. My partner's surrender to sexual pleasure ("letting go")?	1	2	3	4	5
16. The way my partner takes care of my sexual needs?	1	2	3	4	5
17. My partner's sexual creativity?	1	2	3	4	5
18. My partner's sexual availability?	1	2	3	4	5
19. The variety of my sexual activities?	1	2	3	4	5
20. The frequency of my sexual activity?	1	2	3	4	5