SOCIAL MEDIA USE, PHUBBING, MARITAL SATISFACTION AMONG MARRIED EMPLOYEES WORKING IN SOFTWARE HOUSES

A Research Project

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By

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DEDICATION

To my beloved family, whose unwavering support and encouragement have been my guiding light throughout this journey. I am grateful for their unwavering support. And to my own resilience and determination, which carried me through the challenges and triumphs of this endeavor.

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ABSTRACT

This study investigates the relationship between social media use, phubbing behavior, and marital satisfaction among married employees in software houses. A sample of 110 participants completed self-report questionnaires assessing social media use, phubbing behavior, and marital satisfaction. Multiple regression analysis revealed a significant negative relationship between social media use and marital satisfaction, as well as between phubbing behavior and marital satisfaction. The findings suggest that excessive social media use and phubbing behavior can potentially harm marital relationships. The study's results have implications for couples, mental health professionals, and relationship counselors, highlighting the need for awareness and strategies to mitigate the negative effects of social media use and phubbing on marital relationships.

TABLE OF CONTENTS

APPROVAL FOR EXAMINATION…….. i

AUTHOR'S DECLARATION……..ii

DEDICATION…….iv

ACKNOWLEDGEMENT……v

PLAGIARISM UNDERTAKING……..iii

ABSTRACT……vi

TABLE OF CONTENTS…….……..vii

LIST OF TABLES…….…..x

LIST OF FIGURES……..…..……..xi

LIST OF ABBREVIATIONS……..…..xii

LIST OF SYMBOLS……..xiii

LIST OF APPENDICES…….xiv

INTRODUCTION……..……..…..1

Background of the study…….…..2

Marital Satisfaction……..….4

Positive and negative effects of marital satisfaction……..……..5

Figure 1……..12

Social Media Use……14

Negative effects of SMU……15

Positive effects of SMU……..……17

Phubbing…….…….19

Predictors of phubbing…….…..…..…...20

Research Gap……..…..21

Theoretical Gap……21

Contextual Gap…….24

Problem Statement……..….24

Research Questions……..26

Research Objectives……..…26

Hypotheses……..….26

Conceptual Framework……27

Figure 2……..……27

Significance of the Study…….27

LITERATURE REVIEW…….29

RESEARCH METHODOLOGY…….……53

Research Design…….53

Population and sampling……53

Inclusion and Exclusion Criteria……..……..53

Operational Definitions……..53

Marital Satisfaction……..53

Phubbing…….…….54

Social Media Use…….……54

Measures …….…….54

Social Media Use Scale……55

The Generic Scale Of Phubbing…….…..55

Enrich Marital Satisfaction Scale……....55

Demographics……56

Procedure……...56

Statistical Analysis…….…..…….57

Ethical Considerations…….……58

RESULTS……..……59

Table 1……..……60

Table 2……..……61

Table 3……..……..…62

Table 4……....63

Table 5…….…..64

DISCUSSSION……..……...66

Discussion …….……..66

Implications of the Study…….68

Theoretical Implications……..68

Practical Implications…….69

Limitations of the Study ……....70

Future Research Directions……..…….72

Conclusion…….73

REFERENCES…….. …….75

Appendices……118

Appendix A…….....119

Appendix B……121

Appendix C…….....123

Appendix D……139

Appendix E……..141

List Of Tables

Table 1……60

Table 2……61

Tsble 3……62

Table 4……....63

Table 5…….....64

List of Figures

Figure 1…….12

Figure 2……..27

List of Abbreviations

Abbreviations	Full Form
SMU	Social Media Use
MS	Marital Satisfaction
FOMO	Fear of Missing Out
SPA	Smartphone Addiction
SMA	Social Media Addiction
PSMU	Problematic Social Media Use
ESMU	Excessive Social Media Use
CSMU	Compulsive Social Media Use

List Of Symbols

Abbreviations	Full Form
%	Percentage
a	Alpha
>	Greater than or equal to
<	Less than or equal to
p	Significant value
N	Number of participants
SD	Standard Deviation
M	Mean

List of Appendices

Appendices	Description
Appendix A	Inform Consent
Appendix B	Demographics Sheet
Appendix C	Measures and Permission
Appendix D	Permission Letter
Appendix E	Poster and QR code