



**PREDICTING ROLE OF PARTNER PHUBBING, REJECTION
SENSITIVITY, AND PREDICTING RESPONSIVENESS ON
RELATIONSHIP QUALITY OF MARRIED INDIVIDUALS.**

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APPROVAL SHEET

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I hereby certify that the above candidate's work including the research project has been completed to my satisfaction and that the research project is in a format of an editorial standard recognized by the faculty/department as appropriate for examination

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Signature (s):

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DECLARATION OF AUTHENTICATION

We clarify that the research work presented in this research project, to the best of my knowledge, is our own. All the sources used, and any help received in the preparation of this thesis has been acknowledged. We hereby declare that we have not submitted this material, either in whole or in any part, for any other degree at this or in any institution.

Signature(s):

Maheen Asif _____

Afreen Fatima Khan _____

DEDICATION

This thesis is dedicated to our parents, who were always there to support us through our hard times and made everything possible. Their love, kindness and support will always be our greatest strength. To each other, for the collaborative effort, mutual support, and dedication that made this project possible, and for the friendship that sustained us through the process.

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ABSTRACT

Partner phubbing is an act of ignoring a partner in favor of mobile phone use. It has emerged as a prevalent issue in modern relationships, affecting emotional intimacy and relationship satisfaction. The objective of this study was to explore the involvement of partner phubbing, rejection sensitivity, and partner responsiveness in determining the relationship quality of married individuals, specifically focusing on the emotional and behavioral dynamics that influence marital satisfaction. This study employed a quantitative approach to examine the effects of partner phubbing on relationship satisfaction, with a focus on rejection sensitivity and responsiveness during instances of phubbing. Participants were assessed using established scales measuring partner phubbing, responsiveness during phubbing, rejection sensitivity, and marital satisfaction. Data was analyzed to identify significant relationships between these variables. The results indicated that partner phubbing had a significant negative impact on relationship quality, especially for individuals with high rejection sensitivity. However, partner responsiveness during phubbing incidents was found to lessen the negative effects of phubbing on relationship satisfaction. High rejection sensitivity was linked to stronger emotional reactions to phubbing, resulting in lower relationship satisfaction. This study calls attention to the emotional consequences of partner phubbing and suggests that fostering partner responsiveness may be a key strategy for improving relationship quality in the digital age. The findings underscore the importance of addressing technological distractions within relationships and provide insights into how partners can navigate the challenges posed by digital devices to maintain emotional intimacy and satisfaction.