



## Smartphone Addiction among Married Postgraduate Students

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### ABSTRACT

Smartphones have revolutionized the way individuals communicate, obtain information and pass the time in contemporary culture. The study investigates the effect of smartphone addiction on the marital relationship of married postgraduate students of Al-Hikmah University Ilorin, Kwara State. A cross-sectional research design approach was selected for the study. Al-Hikmah University Ilorin Postgraduate student was used as the population with 30 married postgraduate student couples using a non-probability convenience sampling technique. The research instrument used was the Smartphone Addiction Scale (SAS) to assess the impact of smartphone addiction on the marital relationship of married postgraduate students of Al-Hikmah University. The demographic data of the participants were analyzed using frequency and percentage. Data collected were analyzed using mean, Pearson product-moment correlation (PPMC), Degree of Freedom, Standard deviation and P-value to answer both the research questions and hypotheses were tested at 0.05 level of significance. There was a significant relationship between smartphone addiction marital relationship of married postgraduate students. The present study revealed that a large number of people are addicted to smartphones. The study also revealed that there was a significant relationship between smartphone addiction and its impact on the marital relationship of postgraduate students. The study concluded that there was a significant relationship between smartphone addiction and the marital relationship of postgraduate students of Al-Hikmah University.

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## 1. INTRODUCTION

A smartphone is a portable electronic device that can make phone calls, send and receive text messages and emails, browse the internet, take photos and videos and run a wide variety of mobile apps (Ristiana, 2022; Miller, 2012). Smartphones have become ubiquitous in modern society and have changed the way people communicate, access information and entertain themselves. Smartphones are powered by microprocessors which allow them to perform complex tasks and run a wide range of software applications. They have become an important tool for many people, allowing them to stay connected to work, school and social networks as well as providing access to a wealth of information and entertainment.

Smartphones have also been criticized for a range of issues including addiction, privacy concerns and potential negative impacts on mental health. Smartphones have disadvantages such as a reduction in work efficacy, personal attention, social nuisance and psychological addiction (Parasuraman *et al.*, 2017; Jomy *et al.*, 2019). Overuse of cell phones has reportedly been linked to a variety of physical and mental issues such as stiffness and muscle pain, computer vision syndrome, dry eyes and irritation, pain, and weakness in the thumbs and wrists that contribute to an increase in de Quervain's tenosynovitis cases, auditory and tactile hallucinations—the perception of having heard a cell phone ring or felt a vibration—sleep disturbances, insomnia, lower self-confidence, and nomo (Harwood *et al.*, 2014; Zirek *et al.*, 2020).

Kesari *et al.*, (2013) posited that smartphone radiation may increase the reactive oxygen species which plays an important role in the development of metabolic and neurodegenerative diseases. The American Psychiatric Association (APA) describes addiction as a complicated disorder of the brain that manifests as excessive substance use despite negative effects. There are five components to addiction regardless of whether it is caused by substances or behavior.

- The first component is feeling different which can include unease, loneliness, restlessness or a sense of incompleteness.
- The second component of addiction is a preoccupation with behaviour which includes excessive thoughts and desires to engage in a behaviour, an excessive amount of time spent planning and engaging in the behaviour as well as recovering from its effects and less time spent on other activities despite potentially waning appetitive effects.
- The third component of addiction is temporary satiation. There may be a brief period during which impulses are nonexistent and the addiction yearning is "turned off" but it soon resurfaces. The fourth factor is loss of control which is linked to a feeling of loss of control and in some cases, neglecting crucial self-care which shows a loss of will.
- The last component is negative repercussion which refers to continuing to participate in addictive behaviour after experiencing several adverse effects (Kesari *et al.*, 2013).

The main purpose of this study is to investigate the effect of smartphone addiction on the marital relationship of married postgraduate students of Al-Hikmah University Ilorin, Kwara State.

- (i) To establish a relationship between smartphone addiction and the marital relationship of married postgraduate students of Al-Hikmah University.
- (ii) To assess the impact of smartphone addiction on marital relationships of married postgraduate students of Al-Hikmah University.

The research questions are the following:

- (i) What is the relationship between smartphone addiction and the marital relationships of married postgraduate students at Al-Hikmah University?

- (ii) How does smartphone addiction affect the marital relationships of married postgraduate students at Al-Hikmah University?

The research hypotheses are the following:

- (i) Ho1: There is a positive correlation between smartphone addiction and the marital relationships of married postgraduate students at Al-Hikmah University.
- (ii) Ho2: Smartphone addiction negatively affects the marital relationships of married postgraduate students at Al-Hikmah University.

## 2. METHOD

A cross-sectional research design approach was selected for the study. Al-Hikmah University Ilorin Postgraduate student was used as the population. 30 married postgraduate student couples were selected by non-probability convenience sampling technique. The research instrument used was the Smartphone Addiction Scale (SAS) to assess the impact of smartphone addiction on the marital relationship of married postgraduate students of Al-Hikmah University.

The reliability was found to be 0.948 on the rating scale. The possible range of score for SAS was 28 and the cut-out point was 18/28. The demographic data of the participants were analyzed using frequency and percentages. The demographic data of the participants were analyzed using frequency and percentage. Data collected were analyzed using mean, Pearson product-moment correlation (PPMC), Degree of Freedom, Standard deviation and P-value to answer both the research questions and hypotheses were tested at 0.05 level of significance.

## 3. RESULTS AND DISCUSSION

The survey had 100 respondents (**Table 1**), according to the breakdown of respondents by gender, age, and religion. Male participants made up 13 (42.0%) of the group, while female participants made up 17 (58.0%). The 13 male participants (42.0%) were under 40 years old, 14 (49.3%) were between 30 and 35 years old and 6 (20.7%) were under 30. The religion of the respondents identified as African traditional religion (2.0%), Christianity (20%) and Islam (78.0%). (50.0%) of the responders were PhD students and (50.0%) were MSc students. This table's implications showed that a higher percentage of respondents were female students between the ages of 30-35.

**Table 2** shows that there was a significant relationship between smartphone addiction marital relationship of married postgraduate students ( $r = 0.727$ ;  $p < 0.05$ ). The implication of this showed that smartphone addiction has a significant influence on the marital relationship of postgraduate students.

The data presented in **Table 3** indicated that there was a statistically significant relationship between mobile phone addiction and its impact on the marital relationship of postgraduate students and family life. So, it can be further inferred that mobile phone addiction was negatively affecting the marital life of postgraduate students.

The first research hypothesis revealed that there was a significant relationship between smartphone addiction and the marital relationship of postgraduate students of Al-Hikmah University. The implication of this showed that smartphone addiction has a significant influence on the marital relationship of postgraduate students of Al-Hikmah University. With the advantages offered by mobile technologies, smartphone use today may have a significant impact on all aspects of human life and recent technologies lead to the proliferation of smartphones.

The present study revealed that a large number of people are addicted to smartphones. The findings were similar to the findings of the study by Kuss (2013) which suggests that problematic smartphone addiction is prevalent across all ages and both genders, time spent on the phone and using social media significantly predicted prohibited and dependent smartphone addiction.

**Table 1.** Frequency and percentage distribution of respondents by their demographic characteristics.

Variables	Frequency	Percentage (%)
<b>Gender</b>		
Male	13	42.0
Female	17	58.0
<b>Total</b>	<b>30</b>	<b>100.0</b>
<b>Age</b>		
Below 40 Years	10	30.0
30-35 Years	14	49.3
Below 30	6	20.7
<b>Total</b>	<b>30</b>	<b>100.0</b>
<b>Religion</b>		
African Traditional Religion	1	2.0
Christianity	6	20.0
Islam	23	78.0
<b>Total</b>	<b>30</b>	<b>100.0</b>
<b>Class</b>		
M.Sc.	15	50.0
Ph.D.	15	50.0
<b>Total</b>	<b>30</b>	<b>100.0</b>

**Table 2.** PPMC table showing significant relationship between smartphone addiction and marital relationship of married postgraduate students of Al-Hikmah University.

Variable	No	Mean	SD	DF	r	P-v	S
Smartphone addiction			30	12.98	7.69		
Marital Relationship		30	18.7		9.04	98	0.5

(Significant at 0.05 critical region)

**Table 3.** Impact of smartphone addiction on marital relationship of married postgraduate students of Al-Hikmah University.

Model	Unstandardized coefficients	Standardized coefficients		T	P
	B	Standard error	Beta		
Constant	-1.86	1.17		-0.297	0.287
Smartphone Addiction	0.108	0.023	0.211	5.262	0.00
Marital Relationship of Postgraduate Students	0.079	0.012	0.150	4.113	0.00

The second research hypothesis revealed that the independent variable smartphone addiction has a negative impact on the marital relationship of postgraduate students of Al-Hikmah University. The present study revealed that there was a significant relationship

between smartphone addiction and its impact on the marital relationship of postgraduate students.

The present study is supported by the result of another study conducted by Lee *et al.* (2014) on the 'Relationship among family environment, self-control, friendship quality and adolescents' smartphone addiction in South Korea. The study reported that family dysfunction was significantly associated with smartphone addiction. McDaniel and Coyne (2015) reported that phones, computers and other technology devices were significantly disruptive in relationships, couple hood and family lives. During the data collection time, the researcher noticed that the majority of the people in the particular community was aware of the increasing influence of mobile phone.

#### 4. CONCLUSION

The study concluded that there was a significant relationship between smartphone addiction and the marital relationship of postgraduate students of Al-Hikmah University. The major conclusions drawn based on the findings of the study were a notable number of married postgraduate couples were found to be addicted to mobile phones.

#### 5. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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