Research Paper

Examining The Relationship Between Social Media Addiction and Marital Satisfaction

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ABSTRACT

Marriage and social media are two very interesting topics. This research talks about marital satisfaction and social media addiction. Marital satisfaction is a mental state that reflects the perceived cost of marriage to a particular person whereas social media addiction is a behavioral edition that is defined as being overly concerned. This research talks about marital satisfaction and social media addiction marital satisfaction are a mental state that reflects the perceived cost of marriage to a particular person whereas social media addiction is a behavioral edition that is defined as being overly concerned about social media. The significance of this study is to address the problem of the impact of social media addiction on marital satisfaction as a family is an important element and structure that shapes the mental and physical health of members in relation to each other and feeling of satisfaction from marriage plays an important role in normal functioning. The method used in this research was a survey method in which two scales were used to collect the information response's first was Sontus and Enrich the survey was shared on different social media platforms 50 males 50 females married couples married for at least three years were given the question is the resulting state that there is no negative correlation between the marital satisfaction and social media addiction

Married to social media or human? Indian society is very much in a diabolical state but one does not know what they are missing in their life. Everything in this generation is fast-paced, here even one swipe can lead to marriage. In today's life one must know how to manage their marriage and their addictiveness to social media. From the morning coffee to goodnight sleep it starts with the touch of the phone. Marital Satisfaction is a mental state that reflects the perceived and costs of marriage to a particular person where as Social Media addiction is a behavioral addiction that is defined by being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

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Statement of the Problem:
To assess the relationship between Social Media Addiction and Marital Satisfaction.

Significance of the Study:
It which address the problem of the impact of social media addiction on marital satisfaction. Family is the most important element and structure that shapes the mental and physical health of members in relation to each other and the feeling of satisfaction from marriage plays an important role in the normal functioning of the family. This study tends to explain how the disconnection happens between couples due to the social media addiction and will also explain the excessive use of social media leads to the reduction of marital satisfaction which can or maybe lead to other issues in the family.

Objectives:
- It will help us understand the relationship between internet addiction and marital satisfaction,
- It will help us to understand the excessive use of internet and its effect on marital satisfaction.
- It will help us to understand the negative effect of internet on individual & physical and psychosocial well-being.

REVIEW OF LITERATURE

To support this research there are few reviews of literatures related to the variables used in this research. They are as follows:

Aziz, N.N et al done a study named Disconnected Marriage, connected internet: Exploring the Internet Addiction Among Married Men and Women in Selangor, Malaysia (2016). The aims of this study were to examine the Internet Addiction (IA) among Malaysian married men and women and to examine the relationship between Marital Intimacy (MI) and Stress (S) among Malaysian married men and women. This study analyzed data from a survey of 300 Malaysian married men and women between the ages of 21 and 56 residing in the eight selected districts. The finding interpret that the more married men and women are addicted to the Internet, the more they are online.

Chattopadhyay, S.et al done a study named Effect of Internet Addiction on Marital Life (2020). The aim of the study was done find the impact of internet addiction on marital life. Instruments were used for the testing the Internet addiction and marital satisfaction. The hypothesis was formed and correlation was indicated and the level of significance was calculated. The marriage quality scale given and developed by Shah was used as an equipment used for marital satisfaction. The finding showed that the usage on a regular bases of the Internet had a risk of 52.3% with 1.6% which is showing severe addiction. Trust, overpowering, and dissolution potential didn't show correlation.

Alimordi.Zainab et al done a research on social media and Sexual Dysfunction Among Iranian Women (2019). The mediating role of intimacy and social support. This study was done to see two concepts that is intimacy and perceived social support. The number of participants were 938 who were examined 4 scales to see the concepts they are begins social media addiction scale to assess social media addiction, female fell distress scale to asses sexual distress, the unidimensional relationship closeness scale to asses intimacy and the multi-dimensional scale to asses to asses perceived social support. The results indicated that

the social media addiction scale had direct and indirect effects on sexual function and sexual distress.

Gull.Hina,et al done a study on Impact Of Social Media Usage On Married Couple Behavior: A Pilot Study In Middle East(2019) this paper was researched to see the impact of social media of lives of couples in middle east. For this reason, a survey study was conducted where 287 respondents participated and the results indicated that social media is the major cause of impact between the couples.

McDaniel.T, et al done a study on Do You Have Anything to Hide? Infidelity Related Behaviors of Social Media On Sites And Marital Satisfaction (2017). This study examines whether married individuals are using social media sites and its relationship with marital satisfaction. This study reported by 388 married individuals from 176 families. The result indicated that small percentage of married couple reported engaging in social media in infidelity related behavior.

Abbasi Sayeed had done a research on Social Media Addiction In Romantic Relationships Does User Age Influence Vulnerability To Social Media Infidelity? (2018). This study examined the relationship between social media addiction and infidelity related behavior in a sample of 365 partners. The findings indicated that SNS addiction predicts SNS infidelity related behaviors and age moderate this relationship.

Du Bois.N,et al done a study on Unexpected Gender Moderation Of Marital Satisfaction-Health Association In Long Distance Relationship(2019)This study focuses on individual's proximal relationship and not those in long distance relationships. This research had 93 participants and the result indicated that higher marital satisfaction related to better health for men more than women on sexual heath variables.

Savci Mustafa and Aysan Ferda have together done a research on Technological Addiction And Social Connectedness Predictor Effect Of Internet Addiction, Social Media, A Digital Game Addiction And Smart Phone Addiction On Social Connectedness (2017). This study was conducted to see effects of four technological addiction conducted on 201 adolescents. The data collected to survey method through smart phone addiction scale, social connected scale and personal information form. the result showed that internet addiction, social media addiction, digital game, smart phone addiction predicted 25 percent of social connectedness. Grandon have done the research on The Relationship Between Marital Characteristics, Marital Interaction Processes and Marital Satisfaction (2004). Marital satisfaction in this study total sample of 201 participants participated who were in 1st marriages. The Dyadic Adjustment Scale and the Enriching and Nurturing Relationship Issues, Communication and Happiness Inventory provided scales to measure marital interaction processes and marital satisfaction.

Litzinger et.al had done research On Exploring Relationships Among Communication, Sexual Satisfaction, And Marital Satisfaction (2007). This study examined relationships among couple communication, sexual satisfaction, and marital satisfaction in 387 married couples. Regression analyses demonstrated that communication and sexual satisfaction independently ide predict marital satisfaction. However, there is a significant interaction between communication and sexual satisfaction; if couples are successful at communicating constructively, sexual satisfaction fails to contribute to marital satisfaction. Do men become

addicted to internet gaming and women to social media? A meta-analysis examining gender-related differences in specific internet addiction.

Ponteza,N.Mac et al have done research on Do Men Become Addicted To Internet Gaming And Women To Social Media? A meta-analysis examining gender-related differences in specific internet addiction have done a meta-analysis was conducted to investigate gender-related differences in internet gaming disorder (IGD) and social media addiction (SMA). The current meta-analysis aimed to quantify gender-related effect sizes relating to IGD and SMA, examine potential moderating influences of regions and other possible confounds, and compare the findings with generalized IA at the country level. The meta-analysis comprised 53 effect sizes with 82,440 individuals from 21 countries/regions for IGD, and 41 effect sizes with 58,336 individuals from 22 countries/regions for SMA. A random-effects model confirmed important gender-specific distinctions as men were more likely to exhibit IGD than women (g = 0.479) and less likely to exhibit SMA than women (g = −0.202).

Mickelson,D. et al done a study on Are Online Behaviors Damaging Our In-Person Connections? Passive versus active social media use on romantic relationships. In an attempt to reconcile these discrepancies, the current study explored types of social media use (i.e., active use and passive use) as moderators between frequency of social media use and relationship health (i.e., relationship satisfaction and commitment). Participants were 432 adults in a romantic relationship for at least three months. Results showed that women who passively use social media at moderate to high levels exhibited negative associations between hours per day of social media use and relationship satisfaction, and hours per day of social media use and commitment. On the other hand, active use may ameliorate the negative association between hours per day of social media use and relationship health for both women and men. Specifically, men and women reporting low levels of active use exhibited a stronger negative association between hours per day of social media use and relationship health than those who reported moderate levels of active use. Additionally, there was no association between hours per day of social media use and relationship.

Wilkerson.T have done a research on Social Networking Sites And Romantic Relationships: Effects On Development, Maintenance, And Dissolution Of Relationships the Social Network Site Intrusion Questionnaire (SNSIQ) and a questionnaire on relational satisfaction was administered to 100 students of a private, faith-based university in the southern United States. The researchers hoped to determine how important social media was to each participant and then measured how satisfied that individual was in his or her romantic relationship. Based on the results, the null hypothesis was rejected, finding a negative correlation between social network site intrusion (SNSI) and relationship satisfaction.

Buekeboom and Ulz have done research on The Role of Social Network Sites in Romantic Relationships: Effects on Jealousy and Relationship Happiness examined whether relationship satisfaction, trait jealousy, SNS use and need for popularity predicted these emotional consequences of SNS use and tested the moderating role of self-esteem. For low self-esteem individuals, need for popularity predicted jealousy and relationship happiness. For high-self- esteem individuals, SNS use for grooming was the main predictor. Low-self-esteem individuals try to compensate their low self-esteem by creating an idealized picture. Undesirable information threatens this picture, and especially individuals with a high need for popularity react with SNS jealousy.

Pedersen,et al have done research on Couple Goals: Self-Esteem, Relationship Outcomes, And The Visibility Of Romantic Relationships On Social Media research has investigated why others about problems in their romantic relationship. This research gives reference to the H3 which states that There is a positive correlation between social media addiction and time spent on social media sites.

Lavner, J. A., and Bradbury, T. N. (2010) have done studies on Patterns of Change in Marital Satisfaction Over the Newlywed Years. In which they have specified that how marital satisfaction starts high and declines for the average newlywed and spouses may follow or have qualitatively distinct trajectories. In this research 8 self-reports of satisfaction collected over 4 years from 464 newlywed spouses, and recognized that 5 trajectory groups and including patterns which are defined by high intercepts and there are no declines in satisfaction, moderate intercepts and minimal declines, and also low intercepts and substantial declines. The groups were different systematically in their 4 and 10year divorce rates, and wives was made to follow more satisfying trajectories than their husbands. Personality traits, stress, and communication behaviors was examined shortly after marriage discriminated among groups in expected directions. Then the research concludes by showing theoretical and practical implications of identifying distinct and predictable patterns of change in relationship satisfaction.

This study overall will help us to understand the relationship between internet addiction and marital satisfaction. To understand the excessive use of internet and its effect on marital satisfaction. And also make us understand the negative effect of internet on individual & physical and psychosocial well-being.

METHODS

This part contains the details about how the search took place and what all important aspects was included and needed in the research.

Hypothesis: H1: There is a negative correlation between time spent on social networking sites and marital satisfaction

Variables: Social Media Addiction and Marital Satisfaction

Sample: The sample size which is considered for this research will be 200 in which 100 would be married Males and 100 married Females with the age ranges from 25 years to 45 years. The couples should be married for at least 3 years and above and couples married below 3 year and age group ranges from 45 above and below 25 is not eligible for this research.

Research Design: This study is a Cross Sectional Study employing a Correlational Design.

Tools: The tools that will be using in this research are SONTUS (The Social Networking Time Use Scale) developed by Olufadi to measure the time spent by people in social media. For this research we are going to use 29 items scale in which its loaded highly i.e., had a factor loading greater than .7 on five factors. Olufadi (2015) gave each of these five factors a name based on the construct that items in each factor measured:
(1) Relaxation and free periods, (2) Academic-related periods, (3) Public-place-related use, (4) Stress-related periods, and (5) Motives for use. Olufadi (2015) reported the SONTUS to be a very reliable scale i.e., Coefficient [Cronbach's] Alpha for the five

factors of the scale ranged from .83 to .91; with good validity evidence i.e., convergent, predictive, and incremental validity. ENRICH Marital Satisfaction Scale it's a brief Research and clinical tool developed by Blaine J.Fowers and David H. Olson. It is a 15-item scale which are responded on a five-point scale from Strongly Disagree, to Strongly Agree and includes two dimensions: marital satisfaction and idealized distortion. The scale scoring is carried by adding the item but before that the reverse scoring takes place of items 2, 5, 8, 9, 12 and 14. The total score of the scale is calculated by using the following formula: EMS = PCT − [(0.40 × PCT) (ID *0.01)]. The higher scores represent higher levels of marital satisfaction.

Procedure: This research which be conducted through the method of survey. Google forms will be formed in which the above scales that is SONTUS and ENRICH scales questions will be added and then will be forwarded to the couples who are married for at least 3 years and more ranging from 25 to 45 years. Before answering the questions, the participants will be educated with the details and ethical considerations stating the confidentiality, consent and details about the research that is conducted. After the consent given the participants will start answering the questions honestly and then further scoring took place and the hypothesis was rejected.

Statistical Analysis used: Spearman's because the data didn't met normality

Summary: This chapter includes all the methodology that is used in the research. All the details that are needed in the from variables to procedure to hypothesis are mentioned in this part of the research .

RESULTS AND DISCUSSION

This chapter includes- The results and the discussion of the current research. The result of the current study is been explained through descriptive statistics, normality and the correlation table. The explanation is given below:

Descriptive Statistics:

Table 1: Descriptive Statistics

	N Statistic	Range Statistic	Minimum Statistic	Maximum Statistic	Sum Statistic	Mean Statistic	Std. Error
SME	100	14.00	5.00	19.00	1267.00	12.6700	.31077
MSF	100	59.00	6.00	65.00	4870.00	48.7000	1.32593
Valid N (listwise)	100						

Descriptive Statistics

	Std. Deviation Statistic	Variance Statistic	Skewness Statistic	Std. Error	Kurtosis Statistic	Std. Error
SME	3.10768	9.658	-.435	.241	-.032	.478
MSF	13.25926	175.808	-1.228	.241	1.183	.478
Valid N (listwise)						

Table 1 explains that the descriptive statistics the mean of social media addiction is 12.67 which indicates that it's the average usage of social media sites with Minimum of 5 mins

and Maximum of 19 mins with the SD of 3.10 for measuring social media usage time spend on social media. In Marital satisfaction scale the mean average is 48.70 in which Indicates a lower marital satisfaction in which minimum indicates 6 and their as maximum indicates 65 with a standard deviation of 13.25.

Normality table:
Table 2: Tests of Normality

Kolmogorov-Smirnov[a]				Shapiro-Wilk		
Statistic		**df**	**Sig.**	**Statistic**	**df**	**Sig.**
SME	.115	100	.002	.969	100	.018
MSF	.169	100	<.001	.874	100	<.001

a.Lilliefors Significance Correction

Table 2 explains the normality of the current study. As the normality should be more than .05 seeing the above table it clearly states that normality is not met for the current research study. In social media it shows .018 and in marital satisfaction it shows <.001. The normality is also show with the help of histogram figure given below of both the variables respectively. It is as follows in figure 1 and 2:
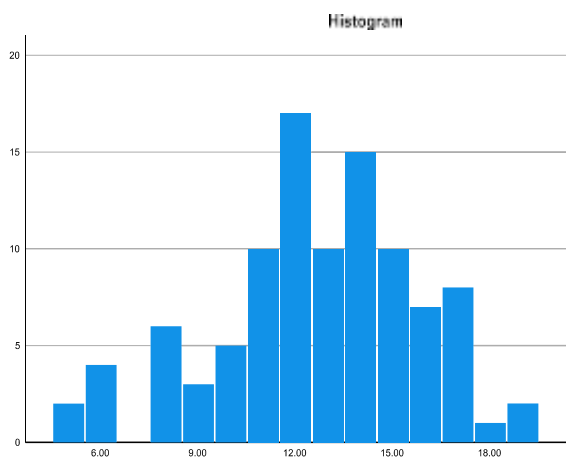
GRAPH 1:   **GRAPH 2:**
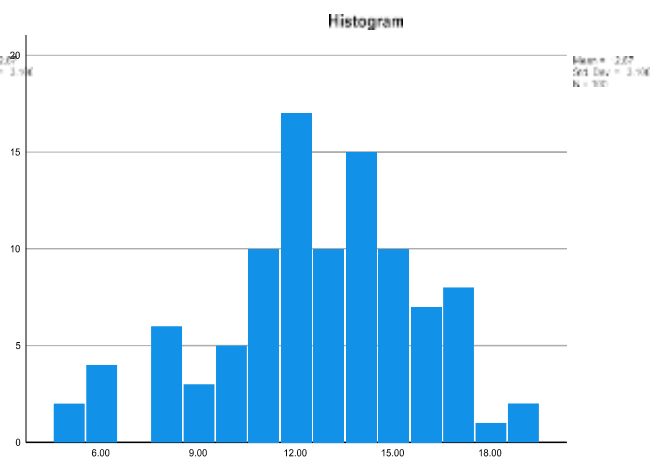
Hypothesis Testing
Correlation between Social Media Addiction and Marital

Table 3: Correlations

SMF				MSF
Spearman's rho	SMF	Correlation Coefficient	1.000	.255**
		Sig. (1-tailed)	.	.005
		N	100	100
	MSF	Correlation Coefficient	.255**	1.000
		Sig. (1-tailed)	.005	.
		N	100	100

**. Correlation is significant at the 0.01 level (1-tailed).

The correlation was a non-Parametric correlation because it didn't meet the normality so in this research Spearman's statistical analysis was used.

H1 states that there is a negative correlation between time spent on social networking sites and marital satisfaction but however the research showed that the correlation is weak but it is a positive correlation which indicates that it rejects the hypothesis. According to this research there is no negative correlation between time spent on social media and marital satisfaction.

DISCUSSION

The research overall has rejected the H1 which states that there is a negative correlation between time spent on social networking sites and marital satisfaction. According to the findings there is a positive correlation with the weak correlation which states there is a correlation between the social media networking sites and marital satisfaction which is a positive correlation.

The findings of the research show that there is .255** coefficient correlation which is positive on a level of 0.01 tailed correlation coefficient this could be the reason because the population which gave the responses in this research was beyond 30 years more and they are in married life for more than 5 years due to this reason it can be a reason that the research have showed a positive correlation between marital satisfaction and social media addiction. To support the positive correlation there is a research done by Wang Shen Lee et al in his research named: The Marital Satisfaction of differently aged couples it showed that there his higher marital satisfaction experienced by men married to younger wives within 6 to 10 years of marriage. The social media addiction is measured by using social time spent to support the social media addiction a research done by Mattew M Hand et al had done the research on Facebook and Romantic relationships and couple satisfaction associated with online social network use which results indicates that social media helps to increase the level of intimacy and couple satisfaction because they met on social media.

Due to these reasons, there might be negative correlation was rejected and there was a positive correlation between the two variables. The two variables that is social media addiction and marital satisfaction was measured using Sontus and Enrich scale. In social media the average mean is 12.67 and in marital satisfaction the average mean was 48.70 which indicates lower marital satisfaction.

Summary

This chapter includes all the statistical aspects of the research in which the results and the discussion is explained in detailed and with the help of the other research which is in support or reject the hypothesis.

CONCLUSION, LIMITATION & SUGGESTION

Conclusion

Marital Satisfaction is a mental state that reflects the perceived and costs of marriage to a particular person where as Social Media addiction is a behavioral addiction that is defined by being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas. In this research there were two variables that is SOCIAL MEDIA ADDICTION which is measure by time spent on social media and MARITAL SATISFACTION.

In this research two scales were used named SONTUS and ENRICH. The questionnaire was spread on the medium of different social platform to the married couple aged from 25 to 45 years and whose marital life is beyond 3 years.

The data was collected and the statistical analysis was done using Spearman's because the data didn't meet the normality.

The results showed that the H1 which states that there is a negative correlation between time spent on social media and marital satisfaction is rejected because the result showed positive yet weak correlation of .255**. This result could be due to two reasons that age gap and social media which leads to couple satisfaction to support there were two researches are given above.

Limitations:
- Less of the sample size
- Different scale for social media addiction
- The age range should or might be from 25 to 35
- There was no consideration of socio-economic status
- Language barriers was not addressed because the test was in English medium

Suggestions for further Research
- Gender Analysis
- Concentrating on other aspects of marital satisfaction
- Examining the socio-economic status and marital satisfaction.

Summary

This chapter includes the conclusions, limitations and suggestion for further research. This research can be taken ahead and can be reduce the limitation of the research and can be published. Overall, this research focused on the association between the social media addiction and marital satisfaction but the results indicated a contrary result that states that there is a positive correlation.

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Conflict of Interest
The author declared no conflict of interests.