

Phub you too!

Exploring the Link between Individuals' Dual
Role Partner Phubbing Experiences and
Relationship Satisfaction



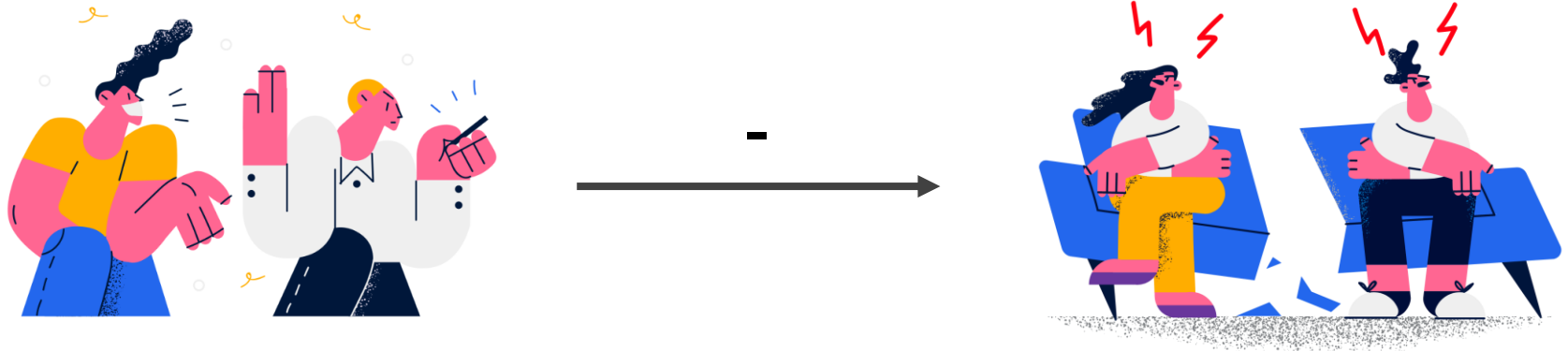
PARTNER PHUBBING

the act of **ignoring a romantic partner** during a conversation or shared activity **by paying attention to the mobile phone instead** (Ugur & Koc, 2015)



Many studies have already found a link
between partner phubbing and relationship dissatisfaction

Hypothesis 1

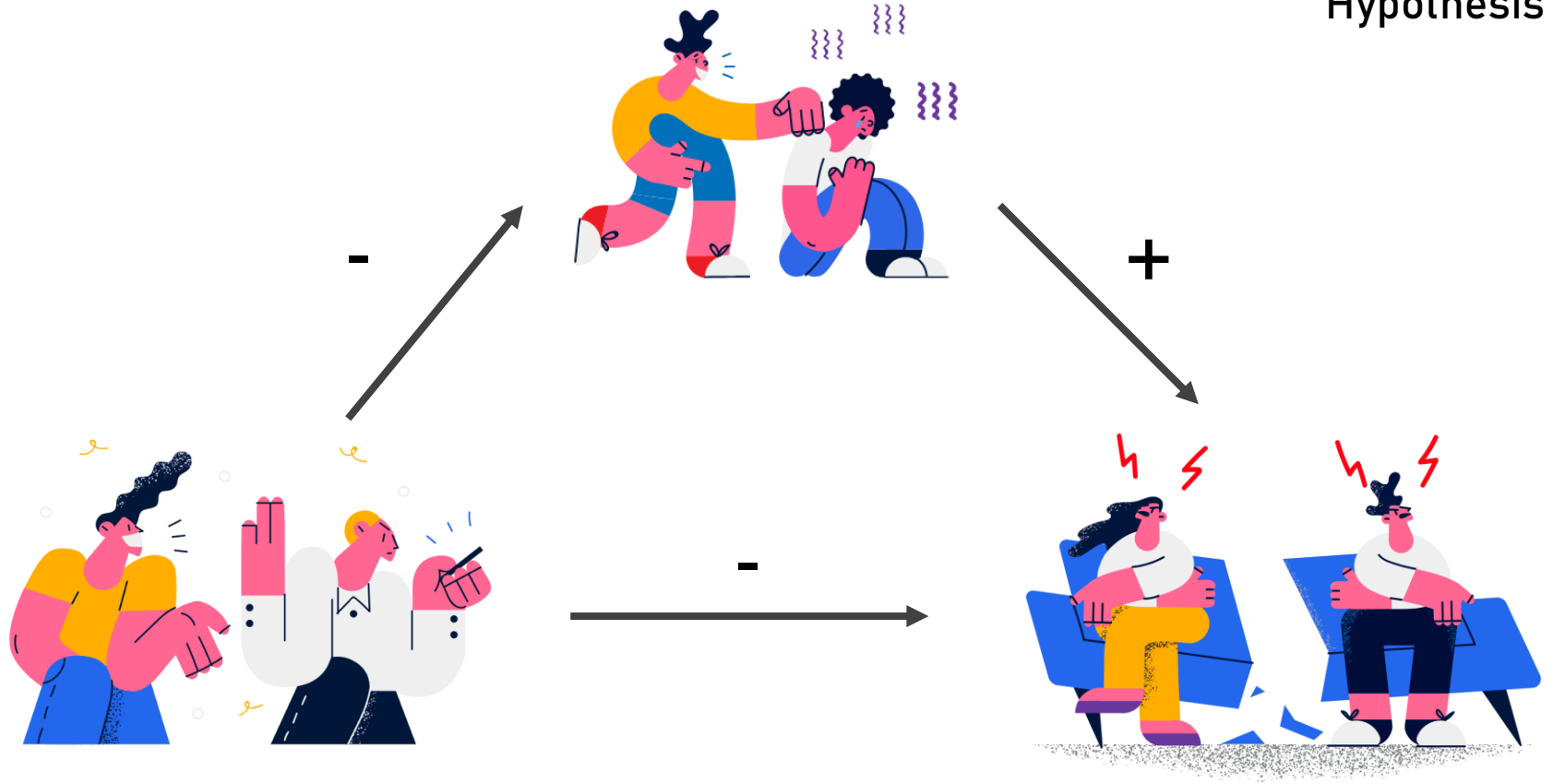


Partner responsiveness = the extent to which a partner feels supported, understood, and cared for by their intimate partner (Reis et al., 2004)

Previous research: Link between partner phubbing and relationship satisfaction is mediated by partner responsiveness (Beukeboom & Pollmann, 2021; Frackowiak et al. 2022)



Hypothesis 2

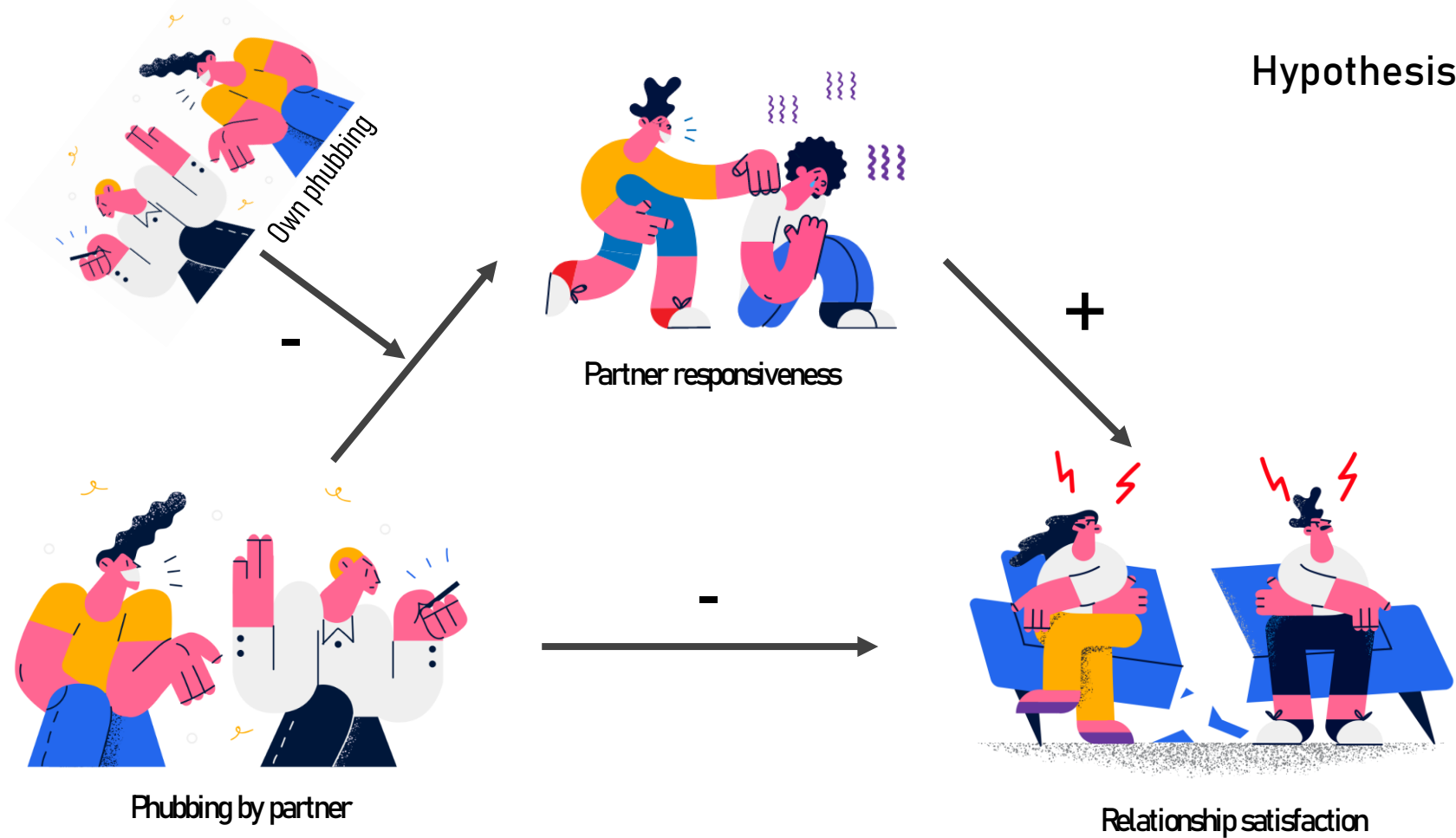


But:

Not everyone who is phubbed will perceive their partner as less responsive

Building on the expectancy violation theory^(Burgoon, 1993) and studies that have linked this theory to phubbing^(Hall et al., 2014; Miller-Ott & Kelly, 2016), we propose that people who often phub their partner themselves, will be less negatively affected by their partner's phubbing behaviours

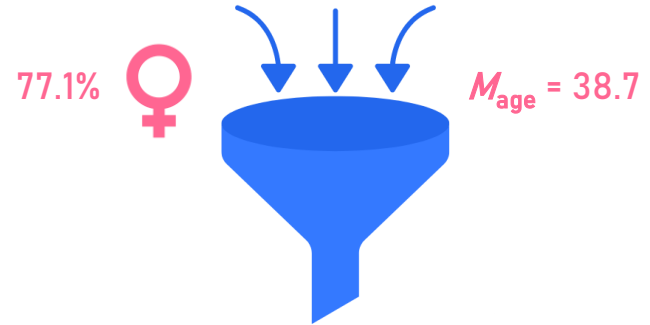
Hypothesis 3



Methods



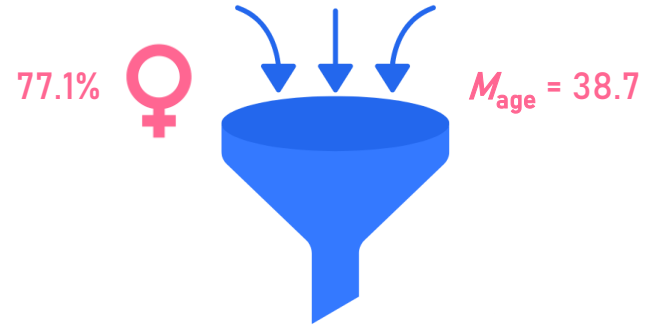
Online survey study among convenience sample
($n = 512$) of Belgian adults



Methods



Online survey study among convenience sample
($n = 512$) of Belgian adults



Romantic relationship
 $n = 346$



Methods

CONSTRUCT	INSTRUMENT	EXAMPLE
PARTNER PHUBBING	Partner phubbing scale (Roberts & David, 2016)	When [my / my partner's] cell phone rings or beeps, [I / they] check it even if we are in the middle of a conversation.
PARTNER RESPONSIVENESS	Supportive dyadic coping scale of DCI (Bodenmann, 2008)	My partner listens to me and gives me the opportunity to communicate what really bothers me.
RELATIONSHIP SATISFACTION	Quality of Marriage Index (Norton, 1983)	My relationship with my partner makes me happy

Results



92.2% of respondents had **been phubbed by their partner at least once** during the last 2 weeks.



95.1% of respondents had **phubbed their partner at least once** during the last 2 weeks.

Hypothesis 1

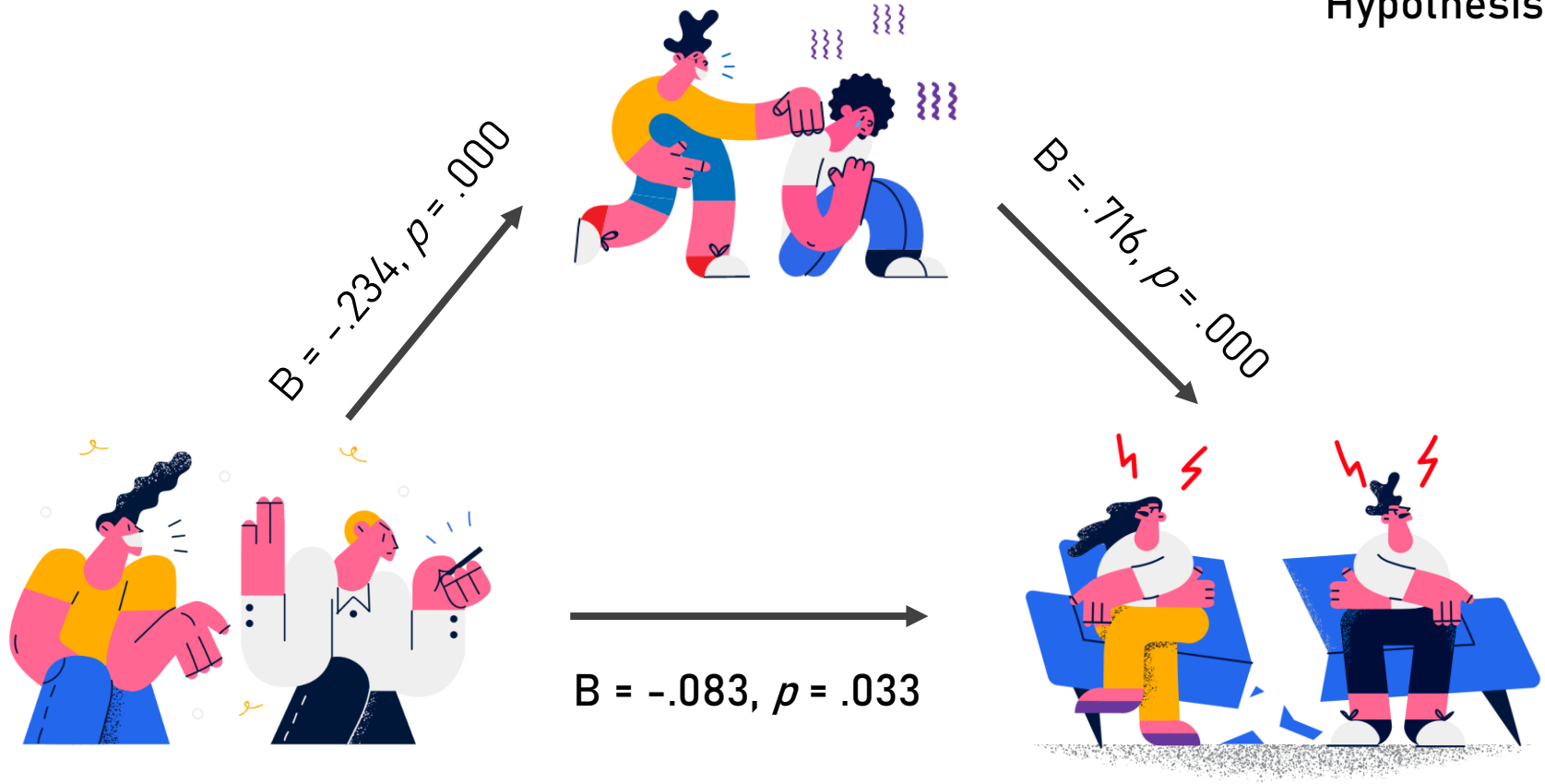


$B = -.251, p < .001$



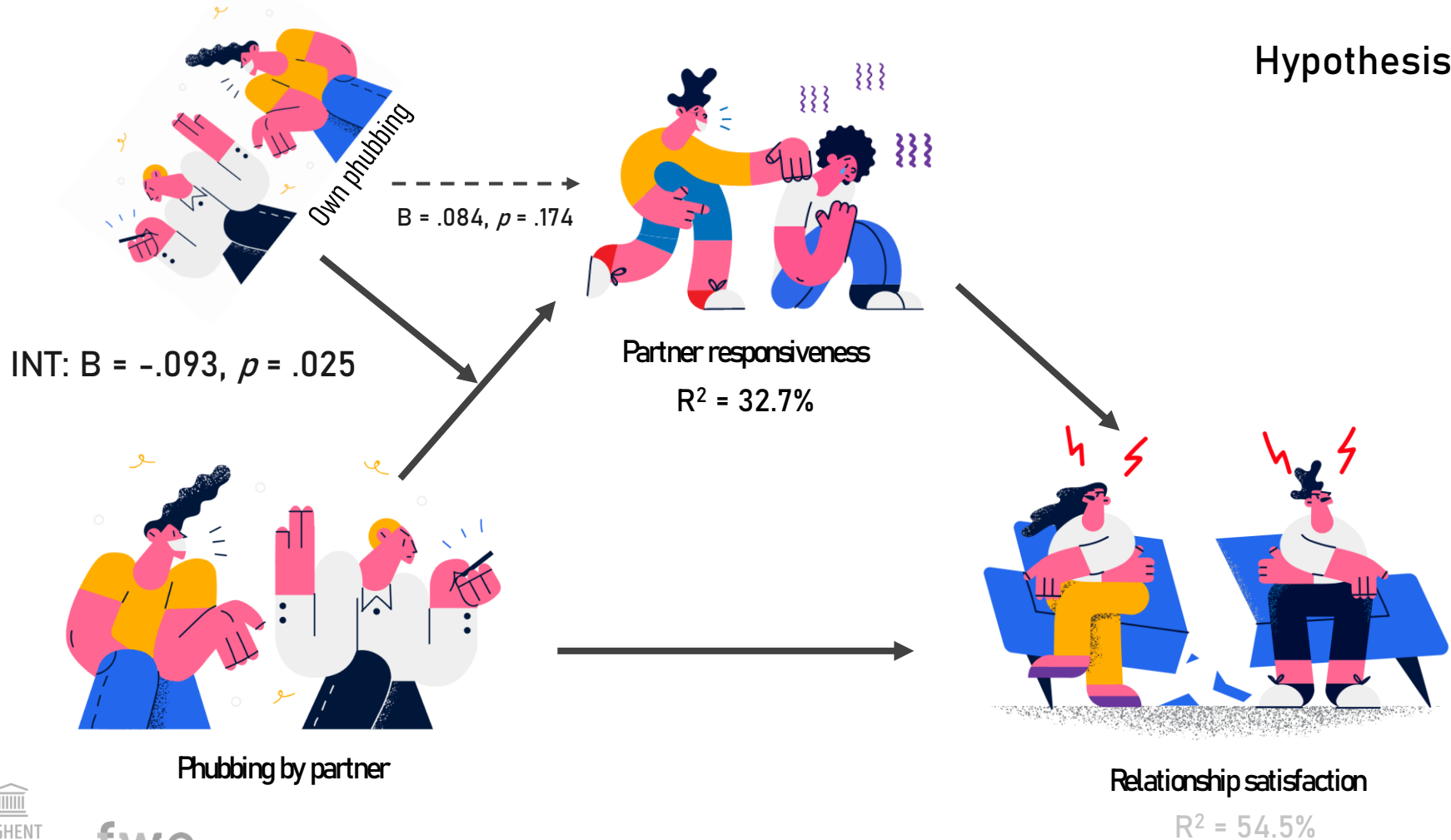
$R^2 = 28.1\%$

Hypothesis 2



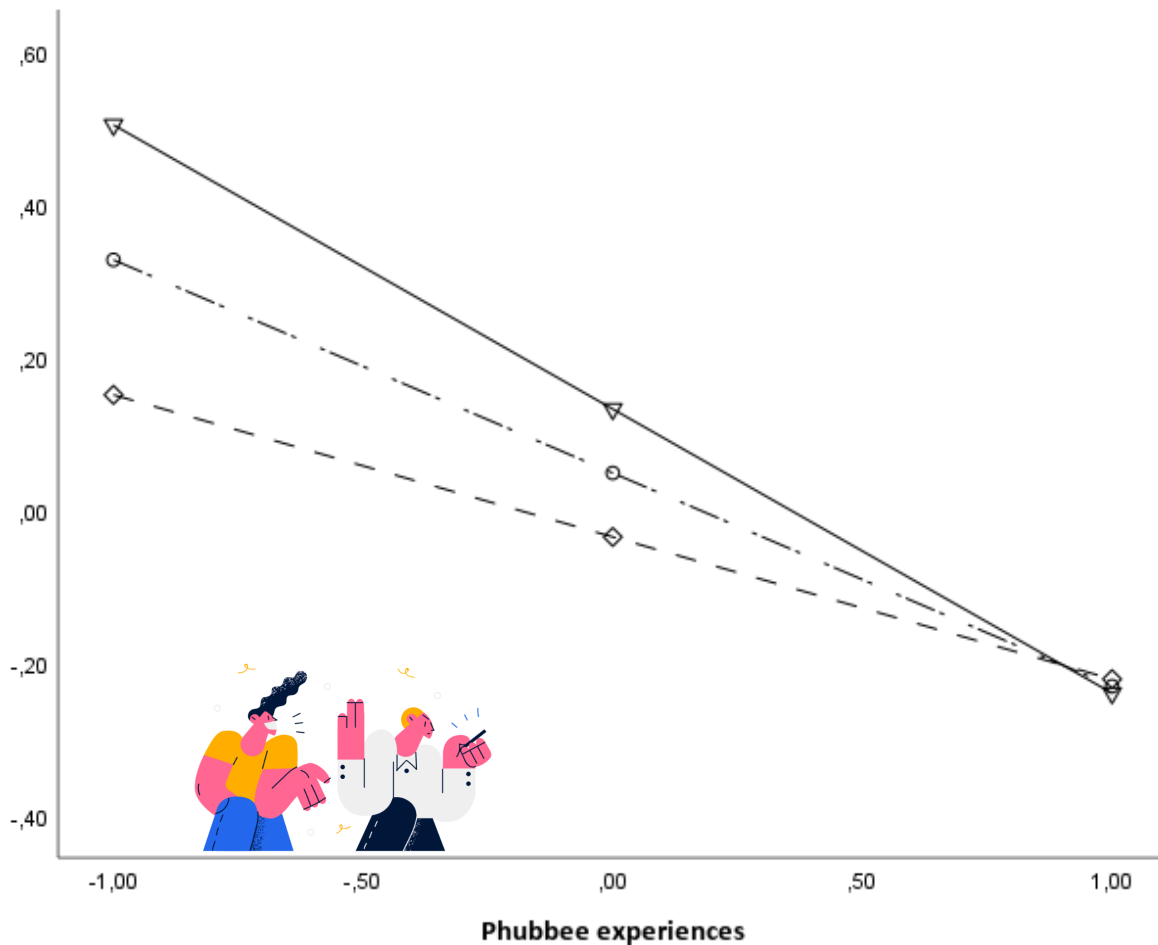
$R^2 = 54.5\%$

Hypothesis 3





Perceived partner responsiveness



So what does this mean?

Additional measure of own phubbing behaviour provides important additional insight into when and for whom phubbing can affect a relationship

Responsiveness = key!



Future directions

- Dyadic
- Longitudinal
- Self-report + trace data
- Extend the proposed model by including other intrapersonal and relational factors, such as attachment style and communication style

Looking forward to discuss our research with you!



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