



Relationship Between Partner Phubbing and Marital Satisfaction among Married Couples: Moderating Role of Emotion Regulation

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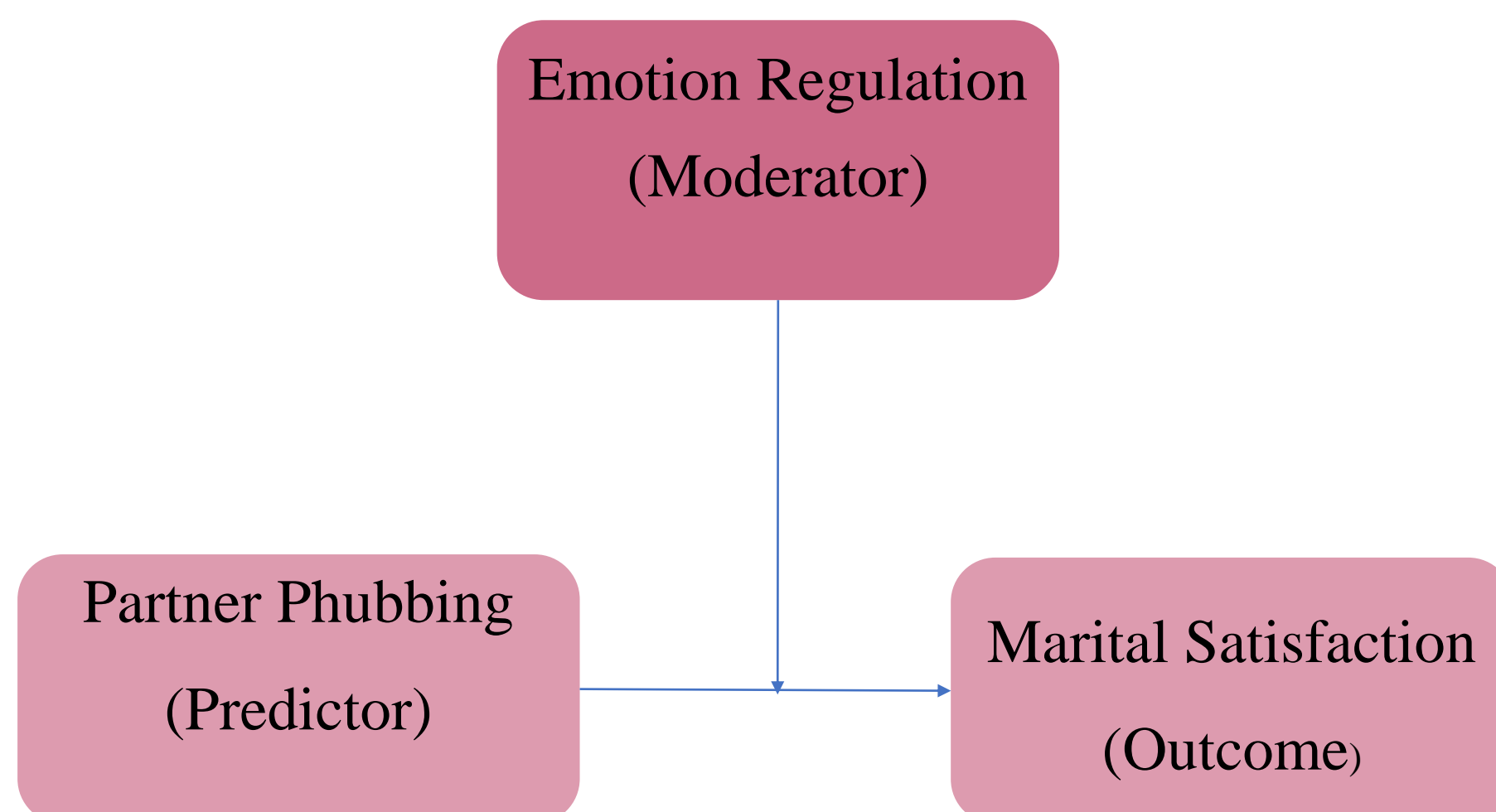
Abstract

This study explores the impact of partner phubbing on marital satisfaction among Pakistani couples, focusing on the moderating roles of cognitive reappraisal and expressive suppression. Using standardized scales, data from 200 couples revealed a negative correlation between partner phubbing and marital satisfaction. Cognitive reappraisal buffered the negative effects of phubbing, while expressive suppression intensified them. Effective emotion regulation was found to improve marital satisfaction, highlighting the importance of such strategies in addressing smartphone-related conflicts. The study suggests interventions to enhance emotion regulation for better marital relationships amid increasing smartphone usage.

Introduction

1. Marital satisfaction is a crucial determinant of overall well-being, significantly influenced by partners' behaviors, such as digital device usage during interactions."
2. For instance, "Despite its growing prevalence, the phenomenon of partner phubbing and its impact on marital satisfaction remains underexplored, particularly in culturally unique settings like Pakistan."
3. This study investigates how partner phubbing influences marital satisfaction and explores the moderating roles of cognitive reappraisal and expressive suppression among married couples in Pakistan.

Conceptual Framework



METHODOLOGY

Objectives

- 1- To investigate the link between partner phubbing, marital satisfaction, and emotional regulation.
- 2- To examine emotional regulation's moderating role in partner phubbing and marital satisfaction.
- 3- Compare experiences of partner phubbing, marital satisfaction, and emotional regulation.

Hypotheses

1. Partner phubbing negatively impacts marital satisfaction among married couples.
2. Emotion regulation positively correlates with marital satisfaction.
3. Cognitive reappraisal and expressive suppression serve as moderators between partner phubbing and marital satisfaction.

Instruments

Phubbing Scale, Kansas Marital satisfaction scale & Emotion Regulation Questionnaire

Research Design

Correlational Research

Sample

Non- probability Sampling Technique & Sample of 200 Married Couples in RWP

Results

Pearson Correlation between Partner Phubbing, Marital Satisfaction, Emotional Regulation and its Subscales among Husbands (N=200)

Variables	1	2	3	4
1 PP	-	-.15*	-.29**	-.37**
2 CRER		-	.27**	.02
3 ESER			-	-.31**
4 MS				-

***p<.01
**p<.05
*p<.10
Note: PP= Partner Phubbing, CRER= Cognitive Reappraisal Emotion Regulation, ESER= Expressive Suppression Emotion Regulation and MS= Marital Satisfaction.

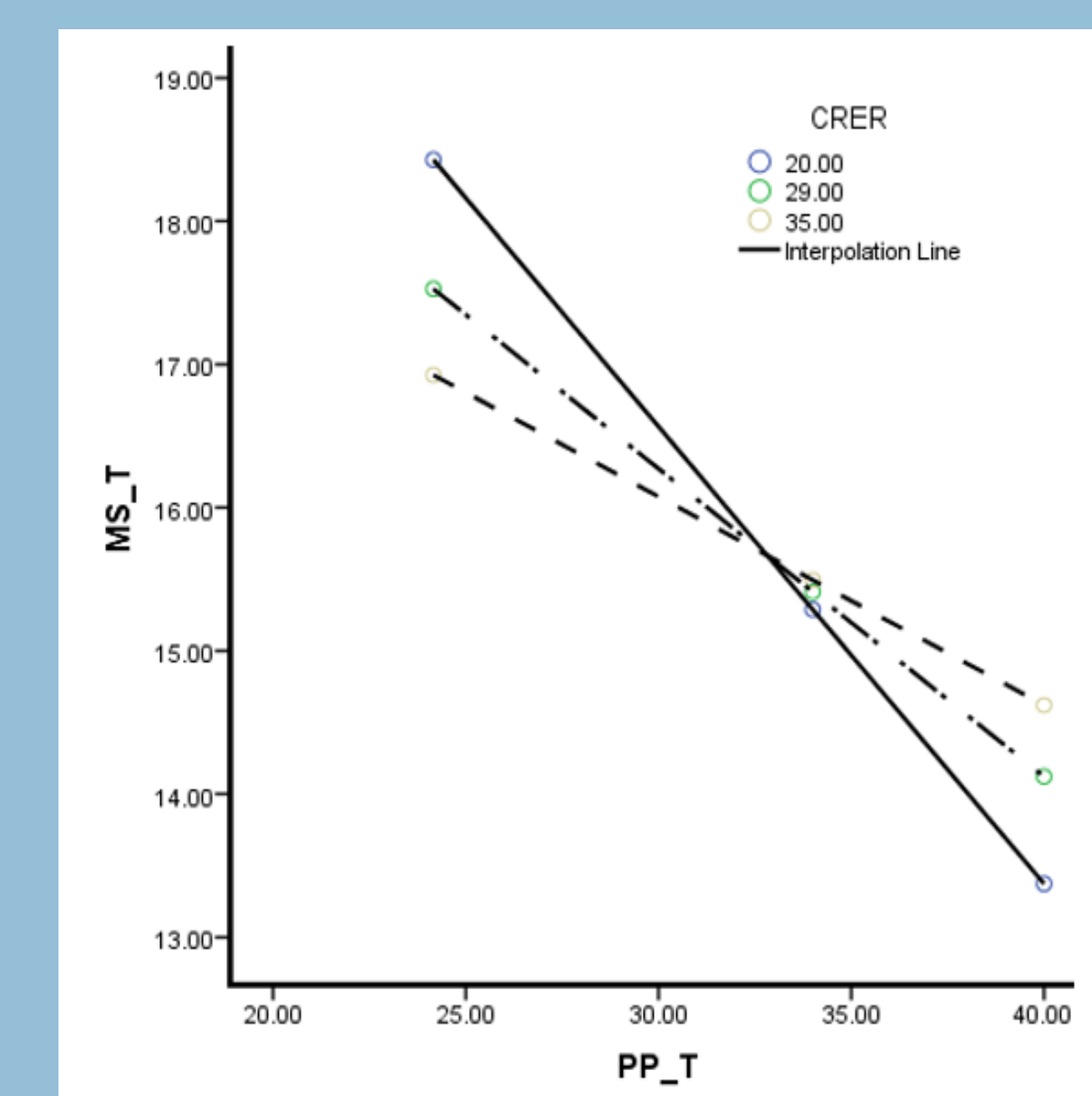
Pearson Correlation between Partner Phubbing, Marital Satisfaction, Emotional Regulation and its Subscales among Wives (N=200)

Variables	1	2	3	4
1 PP	-	-.17*	-.28**	-.34**
2 CRER		-	.12	.15*
3 ESER			-	-.40**
4 MS				-

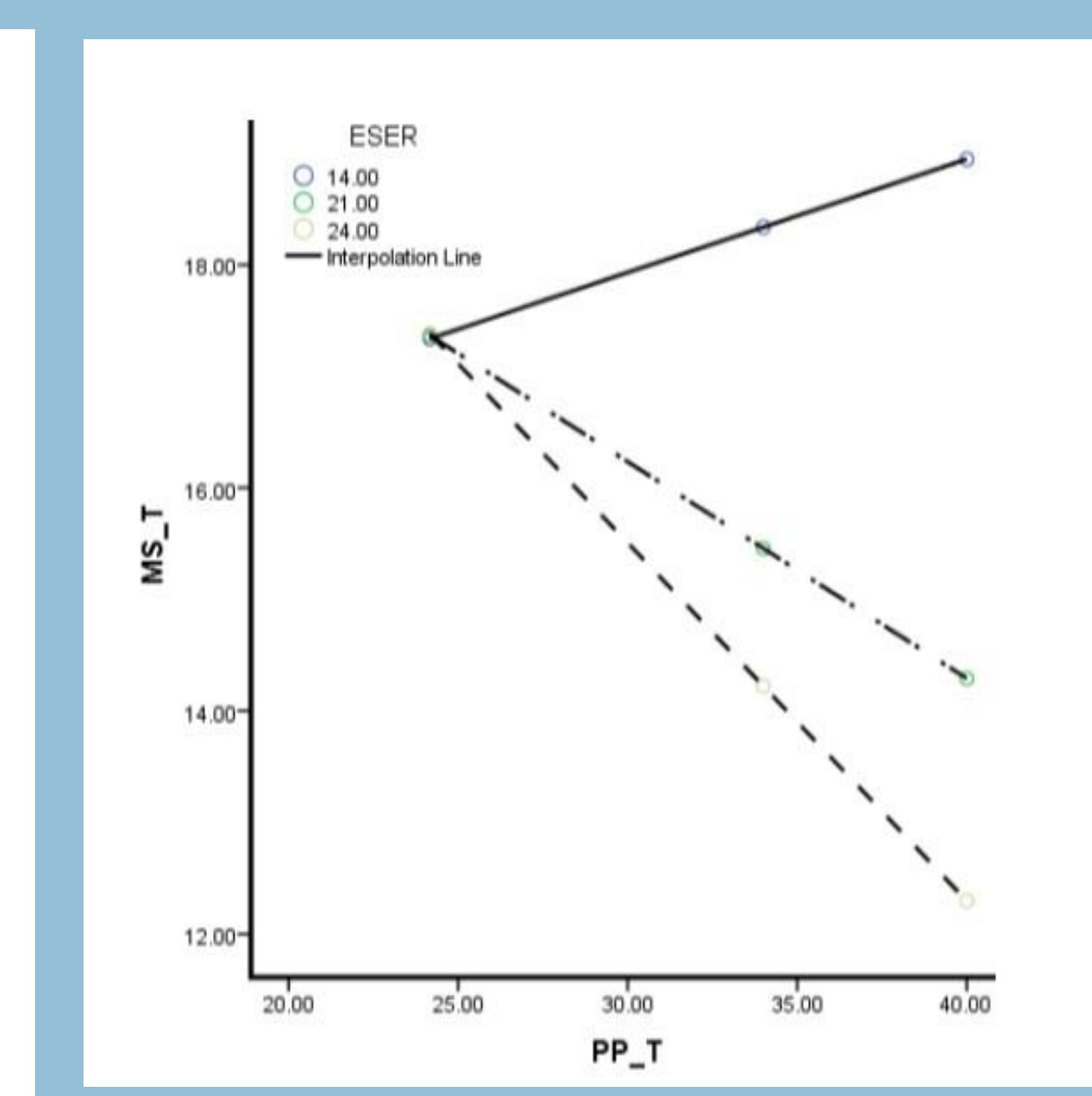
***p<.01
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Note: PP= Partner Phubbing, CRER= Cognitive Reappraisal Emotion Regulation, ESER= Expressive Suppression Emotion Regulation and MS= Marital Satisfaction.

Partner phubbing ($r=-.37^{**}$, $p<.01$) had a significant negative relationship with cognitive reappraisal and marital satisfaction but a significant positive relationship with expressive suppression

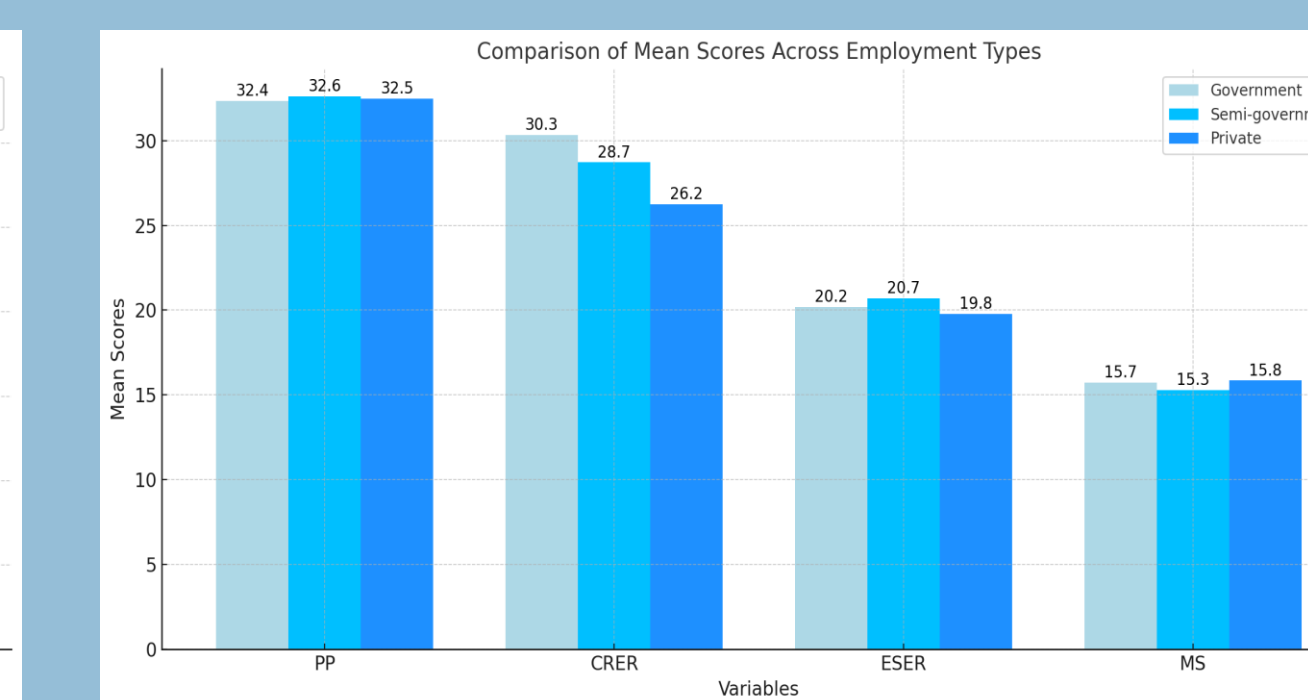
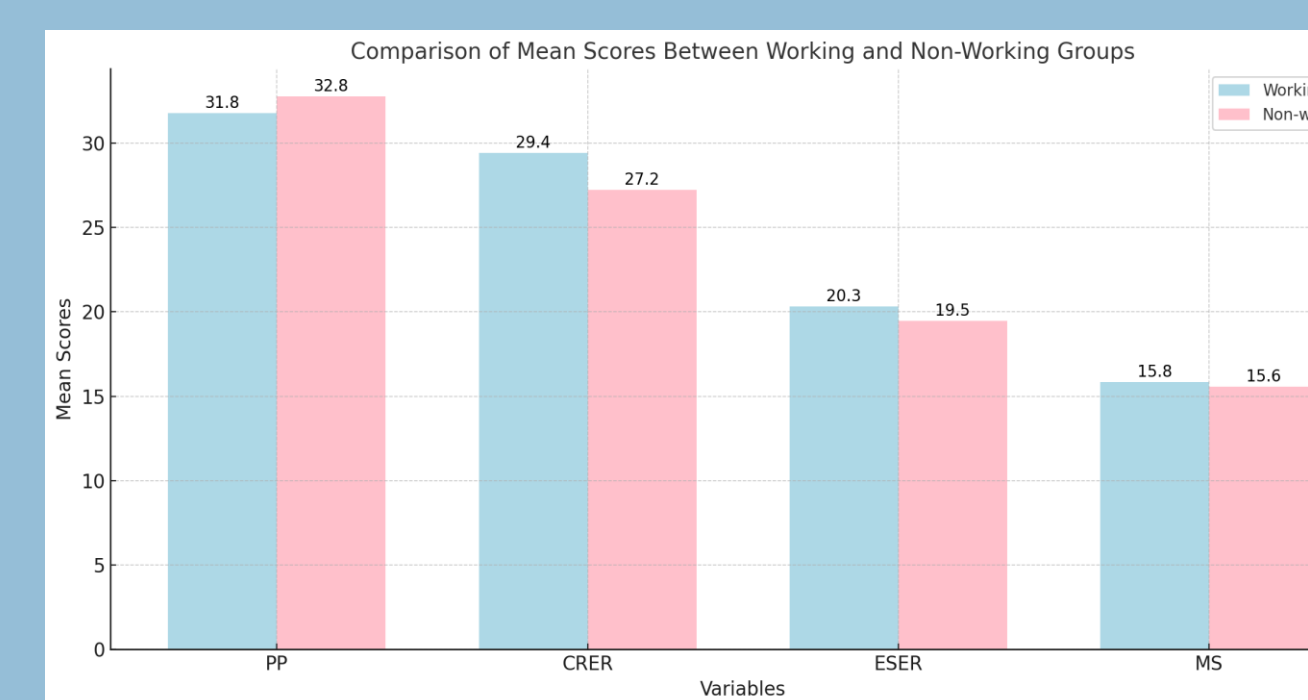
Partner phubbing ($r=-.34^{**}$, $p<.01$) was significantly negatively related to cognitive reappraisal and marital satisfaction but significantly positively related to expressive suppression.



The mod graph illustrates the negative relationship between partner phubbing and marital satisfaction, moderated by cognitive reappraisal (CRER).



The mod graph shows the relationship between partner phubbing and marital satisfaction, moderated by expressive suppression.



Discussion

- ❖ The study explored the impact of partner phubbing on marital satisfaction among Pakistani couples, with a focus on emotion regulation strategies.
- ❖ Partner phubbing negatively affected marital satisfaction, but cognitive reappraisal mitigated its effects, while expressive suppression exacerbated them.
- ❖ Women showed higher cognitive reappraisal use due to their role in maintaining household harmony, while men in joint families reported higher expressive suppression.
- ❖ Socioeconomic factors influenced results, with lower-income households reporting higher partner phubbing due to financial stress and limited recreational options.
- ❖ Findings highlight the importance of adaptive emotion regulation strategies to counteract partner phubbing and strengthen marital relationships.

Implications

- Emotion regulation strategies need prioritization
- It aids clinical and counseling practices.
- Educational efforts strengthen marital bonds.

Limitations

- ❑ Cross-sectional design limits causal understanding.
- ❑ Focused on Pakistani married couples.
- ❑ Findings lack cultural generalizability worldwide
- ❑ Partner phubbing effects remain underexplored.

Suggestions

- ❑ Study diverse cultures for patterns.
- ❑ Explore emotion strategies beyond suppression.
- ❑ Investigate gender and socio-economic roles.

Conclusion

This study illuminates the profound impact of partner phubbing on marital satisfaction among Pakistani couples, revealing the pivotal role of emotion regulation in navigating this challenge. Partner phubbing erodes intimacy and communication, vital pillars of a healthy marriage, but cognitive reappraisal emerges as a protective tool, counteracting its adverse effects. Conversely, excessive reliance on expressive suppression amplifies the harm, especially in a culture that highly values emotional restraint. By bridging cultural nuances with modern stressors like smartphone overuse, the findings underscore the importance of fostering adaptive emotional strategies to bolster marital resilience and harmony amidst evolving technological dynamics.

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