

The Influence of Smartphone Usage Intensity on Spouse Intimacy

Diana Supriani, Muhammad Iqbal

Faculty of Psychology Mercu Buana University, Jakarta

Email : diana.supriani@gmail.com, m.iqbal@mercubuana.ac.id

Abstract

The aim of this study is to investigate how the influence of smartphone usage intensity on spouse intimacy by using quantitative approach with simple linear regression analysis. Participants are 67 spouses. Data analysis shows that on variable of smartphone usage intensity (X) signification is 0.012 which is less than 0.05 therefore there is significant negative influence on spouses intimacy (Y) means if smartphone usage intensity are higher then, spouses intimacy are lower. The influence of smartphone usage intensity contribution on spouse intimacy is 21.2% and the rest 78.8% influenced by other factor which is not included in this study.

Keyword: *Smartphone Usage Intensity, Spouse Intimacy, Simple Linear Regression*

BACKGROUND

In past few years so many spouse problems found due to lack of intimacy which shifted by smartphone presence in daily life. We put our interest in this phenomenon, we want to investigate how far actually smartphone usage influencing spouse intimacy.

In past few years, smartphone already become one of basic need of people. At first, hand phone is only used to text or make a call, but what happen now is it transform

to be a sophisticated phone which called as smartphone. Communication technology in the form of smartphone is an interesting and unique phenomenon.

Smartphone is actually a sophisticated phone which has sophisticated skills like a computer and support for internet connection and other organizer that ease its users (Ali Zaki, 2009). Smartphone define by John W Rittinghouse and James F Ransome as a portable phone device which is a modern version of

a computer in smaller size and convenient (Rittinghouse and Ransome, 2010).

Smartphone has a lot of model and standard operating system to support internet access, email, and other features that cannot be found in common phone. According to Michael Juanto Smartphone is a hand phone which has function like a computer that support data searching, sending instant message, music player, and video game (Juanto, 2005).

According to Country Industry Head Google Indonesia, Henky Prihatna, in latest Google survey presentation 61 percentage of citizen in Indonesia access internet in total of 5.5 hours a day. The usage of smartphone indirectly changes the people lifestyle. This proves by the study conduct by Hassan (1999) in (2006) that communication technology tends to allow a wide range of transformation in human life. This transformation is brings up changes in a lot of patterns of human communications, which actually is an interpersonal relation. Face to face with others shifted into image to image.

Smartphone give us a lot of easiness to work, information and communication but we cannot denied that there also the negative effect. Budyatna (2005) explain that an ideal communication is in transactional form, in which communication process view as a

dynamic and reciprocal process.

The phenomenon of negative effect of smartphone usage such as in many occasion people tend to play with or using their phone than interact with others around, for example on a birthday party, travelling, mourning, individual is not focus to the essential of the event anymore. However, they are busy to take pictures which will uploaded in social media as a prove of their existence.

In the other hand, human as a social being will make a relationship that build interaction and survive in their social environment. Individual build some kind of relationship such as, friendship, family, romantic relationship, and marriage.

According to Collin, Nigel Benson, et al. (2012). Individual build up close relation with others and starting experiencing about love on 18–30 years or in early adult hood. This indicate by psychological and emotional crisis, according to Erickson as intimacy vs isolation phase in which in this phase individual build up their romantic relation and more intimate with their partners. According to Papalia et al (2007) early adult hood start from 20 until 40 years, and in this phase individual has a mature love which means commitment, sexual desire, teamwork, and competition as well as friend

(Feist & Feist, 2008).

Harmonious relationship in happy marriage is every spouse craving for. According to recent studies, the main power in a marriage is Intimacy (Beck, 1988; Levinger, 1988 in Heller, P .E, & Wood, B., 1988; Stenberg, 1988). Although intimacy is unlimited only on marriage relationship most of people marry due to find and to maintain their intimacy (Olson & Defrain, 2006).

Intimacy in marriage have different meaning for men and women, this caused by experiences and implication of the marriage experienced by men or women (Thompson & Walker, 1989, in Santrock, 2002). This basically suitable to express intimacy and in house hold. Women are tend to be more expressive in household and callos so they show more need that related to emotional intimacy, whereas men are more describing their desire related to sexual intimacy (Stahmann, Young & Grover, 2004). Furthermore, wife in house hold task is more dominant and do more task than her husband (Warner, 1986, in Santrock, 2002).

Intimacy, passion, and commitment are a component that should have by spouse. This component will promote a harmonious spouse relationship. Harmonious relationship is a long lasting relationship even there are a lot of

problems faced and differences. Every problem becomes a life lesson for the future. Sternberg (in Papalia, 2004) intimacy is an emotion component of love which consist of feeling of each other, warmness, sharing, and emotion closeness and means by element of affection which encourage individual to be more close in emotional with people who they love. According to Baur and Crooks (2008) Intimacy also an effort to help others, open to sharing, exchange ideas, and feeling of sad and happy with their love ones. According to psychological dictionary intimacy is a part of transactional analysis which is emotional closeness between individual and indicate with there are no misuse and there are authentic relation (Bruno, 1989), so communication is an important things in intimacy.

Interpersonal communication is like veins in human life. We cannot image how people in this world without interpersonal communication. If only, interpersonal communication among people does not exist (Saudia, 2012).

Communication also an important component of intimacy as described in Triangular Theory of Love (Papalia, et al, 2009). A good communication consist of openness and honesty can help couples to achieve a better

understanding about their marriage and make their relation more resist to every stressor that potentially disturbing their relationship stability (Seccombe, K., Warner, R., L., 2004). Moreover, quality and quantity of communication is the key of other aspects in their relation (Olson & DeFrain, 2006).

In terms of a good communication, a quality and intensive positive interaction is needed. According to Kartini Kartono (2003) in philosophy dictionary psychological intensity is a quantitative aspect or quality of behavior. The fulfillment of intimacy aspect also explained in research done by Musrifah (2011) which shows that self – disclosure in spouse communication is the important aspect to gain spouse intimacy. Along with Santrock (2002), marriage is a fusion of unique personality, by carrying their own personality based on cultural background and experiences. This what makes marriage is not about the union of two individual, but more than a fusion of two family system and a build of the new system. Every difference should to be adjust in order to make the new system.

The importance to put our concern about negative effect of usage of smartphone especially on spouse intimacy due to the complexity of problems in the house hold caused by higher intensity of smartphone usage. According to

psychologist Zoya Amirin people who addict to gadget usage whether it is for social media interaction, or gaming, in fact it influencing 60% of well – being in household. This actually easy to understand due to disconnection of romantic relationship shifted to the high intensity of smartphone usage.

According to the experts in sexology, most of young workaholic couples tend to express their love by using smartphone or tablet. Even though, these habits have negative impact to their relationship. In addition to sexual problems, other impact inflicted by high intensity of smartphone usage on spouse is the appearance of indifference toward each other and neglect to the house hold task due to online activity which trigger feeling of less appreciated and unsatisfying marriage life. This also triggering spouse quarrel, such as a story of house wife SR on a consulting forum dakwatuna.com that her husband is busy on his smartphone so he neglect as imam prayer and very indifferent to her, she unwilling to rebuke since her husband will angry with her when she rebuke him about his negligence. Quoted by Vemale, in United States there are divorced case caused by the wife is busy on her social media and neglect her children and husband.

The difficulties to differentiate the real

life and virtual life in social media evoke such negative impact. In China, social media accused as one of the reason of higher level of divorce. From a law office Shuangli in Beijing report there are 9 from 10 divorce cases caused by social media.

Meanwhile, according to survey conduct on 2.000 of spouse in British, most of spending time in social media can evoke divorce. According to Digital Trends, from a survey by Slater and Gordon law office found that one from seven marriage people confess that they consider to divorce due to their partners are more busy in social media or other smartphone application. In this survey, there are 58% of respondents admitted if they know their partners social media password, without permission. This indicated if they will do anything to spy on their partners in social media. Meanwhile, In United States social media is also related to the divorce cases. In 2010 there are 81% of divorce lawyers admitted that social media has role in increasing divorce cases since 2005. Then how about Indonesia? According to data from Puslitbang Kehidupan Keagamaan Kementerian Agama 2015, form 25.310 of divorce cases due to other parties, 35 % caused by social media influence and lifestyle with around 9.000 cases caused by feeling of

jealousy.

It is not a little starting from technology advances, social media. Meanwhile, according to Pengadilan Agama Kota Batam data, until 10 Maret 2016 there are 416 registered divorce cases. Even though in the last year there are 118 divorce cases. Affair started by a meeting in social media also as one of trigger of divorce by spouse in Batam.

From what already explain above, it is very important to put our concern on every indication which rises from high intensity of smartphone usage on spouse intimacy. Negative phenomenon in marriage life such as divorced caused by smartphone usage due to easiness socialization access by using social media and other kind of interaction. They become neglect with their responsibilities. Most of their times spend for their smartphone. In other hand, this kind of technology eases a lot of activities. Even though this smartphone technology has some negative impacts leave behind.

There are some studies about intimacy or smartphone intensity, but there are no specific studies about the influence of smartphone usage on spouse intimacy. We find some studies that investigate similar things, as follows. Study by Sharen Gifari and Iis Kurnia N (2015) about "Smartphone usage intensity

on Communication Behavior”, by using communication theory of New Media, Psychology of Media and Communication, and Dependency Theory with quantitative method, and 100 of subjects as smartphone users, the result of this study shows that smartphone usage intensity has a significant influence on communication behavior which is 55,4 %. According to this result, this should be more interesting if we do further study with spouse as our subject.

By the present of phenomenon, facts, and recent studies describing that smartphone usage and intimacy are an important topics and interesting to explore, especially in this study about “The Influence of Smartphone Usage Intensity on Spouse Intimacy.”

Problem Statement

According to our background of this study, problems that we want to investigate are as follows.

1. Is there influence of smartphone usage on spouse intimacy?
2. How much is the influence of smartphone usage intensity on spouse intimacy?

Result and Discussion

Analisis data dalam penelitian ini menggunakan

data primer yang diperoleh dari hasil survey terhadap sampel sebanyak 67 responden dalam hal ini adalah pasutri.

a. Smartphone Usage Intensity (X)

Variable is reliable if only cronbach's alpha bigger than 0,361. The result on smartphone usage intensity (X) shows cronbach's alpha 0,831 then this variable is reliable.

b. Spouse Intimacy (Y)

Variable is reliable if only cronbach's alpha bigger than 0,361. The result shows on variable of spouse intimacy (Y) cronbach's alpha 0,787 then this variable is reliable.

Identification of Spouse Characteristics

In this study spouse characteristic find out by using descriptive analysis based on demographic variable.

Subjects in this study are men and women from 20 – 60 years old which already marriage at least 1 year. Total sample in this study are 67 people distributed in Pontianak.

General Description of Spouse Characteristics

According to this study, spouse characteristics consist of three characteristics which are ages, last education, and occupation. Meanwhile, for the ages consist of five groups which is less than

20 years old, 20 – 29 years old, 30 – 39 years old, 40 – 59 years old and more than 60 years old. From the result for spouse characteristic majority of age group which is smartphone users are 30 – 39 years old with 58%, and minority is the group with more than 60 years old or elder with 0%.

Another demographic aspects can be shown from this study are latest education study and occupation. Based on latest education most of the subjects are bachelor degree 43% or 29 person. Meanwhile, for high school degree is 22%, 20% is Diploma III, 9% is master degree, and 6% is Strata 3. Otherwise, spouse characteristic based on occupation classified into 4 groups, which is private employees, government employees, entrepreneur, and professional. The majority of subjects are private employees in 46% and minority is professional in 0%.

Variable Analysis of Smartphone Usage

Intensity on Spouse Intimacy

Determination coefficient aimed to find out how much is the influence of independent variable towards dependent variable. In this study, R – square is 0.212 or 21.2% means that variable of smartphone usage intensity contribute 21,2% and the rest of 78,8% influence

by other variables. It shows that dependent variable can be explained by independent variables with high accuracy criteria.

Simultaneous test aimed to find out is there any influence by independent variable on dependent variable simultaneously. This result shows from the output table of ANOVA. There is simultaneous influence if the score of F count more than F table and signification less than 0.05. The result of this study shows signification on 0,000 means there are simultaneous influence by the variable of smartphone usage intensity on spouse intimacy.

T – Test or partial test aimed to find out partial influence of the independent variable. There is significant influence if only t – count more than t – table and signification score less than 0.05 variable of smartphone usage intensity (X) has t – count -1.327 and significant on 0.012 or less than 0.05 means there is significant influence variable of smartphone usage intensity (X) on spouse intimacy (Y). Coefficient score is -0.162 means there is negative influence, or higher smartphone usage intensity (X) shows the fewer spouse intimacy (Y).

Conclusion

According to this study we can conclude as follows:

1. According to regression analysis there is influence of smartphone usage intensity on spouse intimacy (Y). This can be shown from the T- test, that variable of smartphone usage intensity (X) has signification $0.012 < 0.05$
2. The magnitude of the influence of smartphone usage intensity on spouse intimacy can be shown from the determinant coefficient that variable of smartphone usage intensity on spouse intimacy contribute 21.2% and the rest of 78.8% influence by other variable which not included in his study.

Suggestion

We believe there are still some limitations in this study, we hope that there are further research with this kind of study to deepen and more explore with more bigger sample size and using more complex research design, for the sake of optimum result.

For smartphone users especially on spouse we hope that smartphone can be used wisely and with a fair intensity in which this can influence spouse intimacy. Otherwise, spouse should be has a good benefits from the smartphone to smoothen and ease communication, since the effective communication between couples

contribute to increasing intimacy in marriage relationship. Therefore, a harmonious house hold can be increase and create a family as a good investment for a good society.

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