Relationship Between Children's Phubbing and Personality Traits of Parents

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Submitted By

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Certificate

This is to certify that the dissertation entitled, "Relationship Between Children's Phubbing And Personality Traits Of Parents", is a bonafide record submitted by Ms. Alina Anna Jim, Reg.no. SB21PSY004, of St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Anjitha Venugopal, and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title, or recognition before.

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Declaration

I, Alina Anna Jim, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by me in St. Teresa's College, Ernakulam under the supervision and guidance of Ms. Anjitha Venugopal, Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submitted by me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

Place: Ernakulam   Alina Anna Jim

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Abstract

This study investigated the relationship between perceived phubbing (being ignored due to smartphone use) of parents by their children and the parents' personality traits. A sample of 181 parents aged 35-60 from Ernakulam completed the Generic Scale for Being Phubbed and the Big Five Personality Inventory. Correlation analysis revealed a moderate positive correlation between neuroticism and perceived phubbing, suggesting neurotic individuals experience greater distress from phubbing behaviors. Weak negative correlations were found for conscientiousness, agreeableness, and openness with perceived phubbing. No correlation existed for extraversion. The findings highlight neuroticism as a key trait influencing the perception of phubbing, providing insights for managing the impact of technology on family relationships.

Keywords: *Perceived Phubbing, Personality Traits, Openness, Conscientiousness, Agreeableness, Extroversion, Neuroticism*

CHAPTER I:
INTRODUCTION

Technology advancement in recent years has allowed for progress as well as the introduction of many devices and products. One of the most influential devices to be introduced being that of the smartphone. They enable people to communicate with anyone, anywhere, facilitating social interactions with people who are very close by, or on the other side of the world (Turkle, 2012). Despite their advantage in many situations with their many features and abilities, it is still known to pull people apart, from reality and other individuals. When it comes to interactions with others, it is a common sight in the world today that people get ignored during conversations solely because of the use of the smartphone by the other. In particular, people often ignore others with whom they are physically interacting to use their smartphones instead. This phenomenon, called phubbing, seems to have become normative in everyday communication (Chotpitayasunondh & Douglas, 2016).

Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to the environment (Allport, 1937). Personality refers to the enduring characteristics and behavior that comprise a person's unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns (APA dictionary, 2018)

Perceived Phubbing

Phubbing refers to an individual giving more attention to their mobile phone while in face-to-face communication with another individual (Robert and David, 2016). The term *phubbing* is a portmanteau of the words 'phone' and 'snubbing', and describes the act of snubbing someone in a social setting by paying attention to one's phone instead of talking to the person directly in one's company (Haigh, 2012). In social interaction, a "phubber" can be defined as a person who

starts phubbing his or her companion(s), and a "phubbee" can be defined as a person who is a recipient of phubbing behavior (Chotpitayasunondh & Douglas, 2017).

Theories of Phubbing:

    Social Comparison Theory. Social comparison theory by Leon Festinger (1954) suggests that people value themselves, that is their personal and social worth by assessing how they compare to others. The process involves people evaluating their abilities, attitudes, and traits with those of others around them. When someone engages in phubbing, they are diverting their attention from the person they are physically with to their phone, and one of the reasons for the phubbing might be because of their engagement in social comparison where they check their phone for social validation, or by assessing their self-worth with those of others seen on different online platforms. On the other hand, a person who is consistently getting phubbed may compare their social worth to that of the attention the other person is giving to their phone which leads to negative emotions and self-perceptions.

    Interpersonal Behavior Theory. The interpersonal theory, or the theory of interpersonal behavior proposed by Carl Rogers (1959) is based on the idea that individuals have an innate need for positive self-regard which drives their behavior during social interactions. As these individuals need positive self-regard, they maintain positive self-concepts by seeing positive feedback from others. These needs and expectations influence the way that individuals communicate and relate with others. Individuals who engage in phubbing might do so, to attain positive feedback and views from others from different online platforms. Individuals who are phubbed on the other hand, their sense of self-worth gets affected and the lack of positive regard and validation may lead to a negative impact on relationships.

Factors affecting perceived phubbing

        The way people feel when someone ignores them by using their phone (phubbing) is influenced by many things. How often someone uses their phone, how sensitive they are to social cues, and how much they follow cultural norms are all important. The quality of relationships, how well people communicate, and how emotionally aware they are also affect how phubbing is seen. Additionally, how people think about the reasons behind the behavior, the context of the situation and their thoughts about it impact how they understand and react to phubbing. Comparing experiences with others and personal attitudes toward technology also affect how people view phubbing. People's unique personality traits, like how sensitive they are, can also lead to different feelings and reactions to phubbing. To truly understand how people feel about phubbing, we need to consider all these different factors that come from psychology, social situations, and personal feelings within relationships.

Personality traits

Personality traits reflect the characteristic pattern of people's thoughts, feelings, and behaviors. Personality traits reflect basic dimensions on which people differ (Matthews, Deary, & Whiteman, 2003). Personality is the combination of innate temperament, and characteristics that emerge in different situations that differentiate the individual from others (ibrahumoglu et al., 2013). These characteristics which define different aspects of a person, distinguish a person from others and provide the opportunity to predict the person's future behavior (Bulut & Yilmaz, 2020).

Theories of Personality

Allport's Trait Theory. The first Trait theory was proposed by Gordon Allport (1937). He had managed to find 4000 words describing different personality traits which he categorized into three levels which were: Cardinal traits, Central traits, and Secondary traits.

Cardinal traits are traits that are rare and dominating and develop later on in life. These traits dominate over the individual's personality as well as one's life making it become their purpose of life altogether. Central traits form the basic personality foundations. They are not as dominating as the Cardinal traits but still describe major characteristics that are normally used to describe another person. Secondary traits are those that are not quite as obvious as central traits and are related to the attitudes and preferences of individuals. These traits only appear during certain situations or circumstances.

Cattell's Trait Theory. Ramond Cattell (1952) another trait theorist had reduced the number of main personality traits from 4000 to 171 and then again to 16 through methods of factor analysis. According to him, the 16 traits were the source of all human personalities. These traits represented a dimension of personality that could be measured using a scale. The scale created by Cattell was that of the Sixteen Personality Factor Questionnaire, which was a self-report psychometric test. Instead of a trait being present or absent, each dimension is scored over a continuum, from high to low.

Five Factor Theory. The five-factor model of personality developed by Robert McCrae and Paul Costa (1980) represents five core traits that interact to form human personality. It is the most popular theory in personality psychology and the most accurate of the basic trait dimensions. The five traits or dimensions are: Openness, Conscientiousness, Extroversion,

Agreeableness, and Neuroticism, often used by the mnemonic OCEAN. According to this model, each person has each trait but they occur along a spectrum. Openness to experience is characterized by imagination, feelings, actions, and ideas, people who score high on this tend to be curious and are seen to have a wide range of interests. Conscientiousness is characterized by competence, thoughtfulness, and achievement-striving, people who score high on this are hard-working and dependable. Extroversion is characterized by sociability and excitement-seeking. A high score on this describes being outgoing and sociable. Agreeableness is the tendency to be cooperative, trustworthy, and good-natured. People scoring low on this dimension are seen to be rude, and non-cooperative. Neuroticism is the tendency to experience negative emotions, people who score high on this are considered emotionally unstable, impulsive, hostile, and angry. The big five traits are seen to be relatively stable over our life span, with some only tendency for any of the said traits to increase or decrease.

Eysenck's Trait Theory. Hans Eysenck (1964) developed a model of personality based on three universal traits.

Introversion/Extraversion: introversion refers to directing attention to the inner experiences where individuals would have a higher need to be alone, to engage In solitary behaviors, and to limit their interactions with others. Extraversion relates to focusing attention outward, onto other people and the environment. These individuals are sociable and outgoing.

Neuroticism/ Emotional stability: this dimension is related to moodiness and even-temperedness. Neuroticism refers to the tendency of an individual to become upset or emotional. Individuals high on neuroticism tend to be anxious and they tend to have an overactive sympathetic nervous system that stimulates the activation of their fight or flight reaction. Emotional stability refers to the tendency to remain emotionally constant.

Psychoticism: Eysenck later added a personality dimension psychoticism. Individuals who are high on this trait tend to have difficulty in dealing with reality and are seen to be antisocial, non-empathetic, and manipulative.

Factors affecting personality traits

Personality traits are influenced by many factors that as genetic, environmental, and situational factors. Personality traits are heritable that is, they are passed on from parents to their offspring, shaping their baseline predispositions. Specific genes and combinations of genes can cause an inclination to different personality traits that the parents or other generations of the family have. In the case of the environment, family upbringing, and the way parents raise their children which includes the parenting style as well as the family dynamics. social interactions with others and cultural norms play a role in the way that the personality of the individual is molded during their formative years. Peer influence can shape attitudes, values, and behaviors, especially peer interaction during adolescence, the time when peer acceptance is thought of highly. The culture that one belongs to also has an effect on the personality as the values, norms, and beliefs followed by cultures differ from one another. Different situations that happen to individuals including traumas, or even positive events contribute to the development of personality. The way one copes with stressful situations evokes different aspects of their personality to endure and push through the situation.

Rationale of the study

One of the most prevalent issues seen with smartphone addiction is that of phubbing, which refers to the act of paying attention to our phone while in a physical conversation with someone else. Personality traits are those traits that reflect the characteristics of individuals

which influence their thinking, behavior as well as their feelings. This study seeks to understand any relationship that may exist between children phubbing their parents and the personality traits of parents that are most influenced by phubbing behavior. Examining the specific personality traits of parents that are most affected by children's phubbing can provide valuable insights into the emotional and relational impact on parents and this can help in finding strategies to foster healthier communication patterns within families and contribute to a better understanding of the dynamics between parental personality traits and the challenges posed by digital distractions within the family.

Statement of the problem

The study intends to investigate the relationship between the perception of phubbing of parents by their children and the personality traits that are influenced by such acts of Phubbing.

CHAPTER II:
REVIEW OF LITERATURE

In their study "Parent-Adolescent Communication, Parental Internet Use and Internet-Specific Norms and Pathological Internet Use Among Chinese Adolescents", the authors Liu, Fang, Deng, and Zhang (2012), found that higher levels of parent-adolescent communication suggested a lower likelihood that adolescents would develop parental internet use, that is, adolescents who experience good communication with their parents will have a reduced risk of developing problems with internet use. Whereas, adolescents whose parents provide insufficient attention and support are more likely to be psychologically unstable and to overuse the internet as a way to escape their home situation.

According to Przybylski and Weinstein (2013), in their study, "Can you connect with me now? How the presence of mobile communication technology influences face-to-face conversation quality", the results from the experiment demonstrated the mere presence of mobile communication technology might interfere with human relationship formation, lending some empirical support to concerns voiced by theorists. Other evidence from the study indicated how the mere presence of mobile phones inhibited the development of interpersonal closeness and trust, and reduced the extent to which individuals felt empathy and understanding from their partners and these effects were seen to be most pronounced if the individuals were discussing about a personally meaningful topic.

The authors Abeele et al., in their study "The Effect of Mobile Messaging during a Conversation on Impression Formation and Interaction Quality" published in 2016, found that phone users were perceived to be less polite and less attentive and that checking a mobile message during a conversation is seen to damage the impression that other people form of them. The implications of these findings are seen to be far-reaching as impression formation is seen to be a central process that supports relationships. Individuals who use their smartphones during a

conversation may hut their own chances for developing a qualitative relationship with the conversation partner. The experiment also expected smartphone use to have a negative impact on perceived conversation quality as the behavior causes the user to cognitively withdraw from the conversation, which hampers the natural flow of the conversation. The findings of the experiment supported their hypothesis.

The authors Chotpitayasunondh and Douglas(2016), in their study "How "Phubbing" Becomes the Norm: The Antecedents and Consequences of Snubbing via Smartphone", found that internet addiction, fear of missing out, and self-control predicted smartphone addiction, which in turn predicted phubbing behavior and the extent to which people are phubbed. Further, phubbing behavior and the experience of being phubbed predicted the extent to which phubbing was perceived to be normative. The study suggested that phubbing may have become the norm as a result of both observed and personal behavior. When people experience phubbing and notice the behavior occurring frequently around them, they may be likely to conclude that this behavior is socially acceptable. People are seen to phub and also seen to be phubbed. This may in part occur because personal behaviors, beliefs, and attitudes can often lead to false-consensus effects such that individuals assume that others think and do the same as themselves. The study showed that phubbing positively predicts the extent to which people are phubbed. The rule of reciprocity can be assumed as a strong determining factor that turns a phubber into a phubbee and vice versa.

In the study of the "Effects of Phubbing" by the authors Chotpitayasunondh and Douglas published in 2018, it was found that the experience of phubbing in a controlled dyadic conversation had a negative impact on perceived communication quality and relationship satisfaction. They found that people who had been phubbed experienced threats to their needs of

belongingness, self-esteem, meaningful experience, and control and these threats mediated the effect of phubbing on communication outcomes. The need for belongingness in particular was seen to mediate the effect of phubbing on perceived communication quality and relationship satisfaction. In many cases, therefore according to them, phubbing may negatively affect important social outcomes because it threatens the same needs and affect that are threatened when people are excluded.

In their study "Disrupted copresence: older adult's views on mobile phone use during face-to-face interactions" published in 2018, the authors Kadylak et al, found that older participants reported that being phubbed by family members during face-to-face interactions was offensive, signaled inattention, and hindered communication quality. The older participants expressed concerns about the mobile phone behaviors that were displayed by their family members, particularly the younger family members and the disrespect they felt from their family members' inappropriate and excessive mobile use during family gatherings. The potential for older adults to develop perceptions of social isolation could be worsened when younger family members display mobile etiquette that is perceived as inappropriate. The study supported the notion that intergenerational differences in normative mobile etiquette may disrupt communication between younger and older family members.

The authors Balta, Emirtekin, Kircaburun, and Griffiths, in their study "Neuroticism, trait fear of missing out, and phubbing: the mediating role of state fear of missing out and problematic Instagram use" published in 2018, found that neuroticism was indirectly associated with phubbing via problematic Instagram use, that is, neuroticism was related to higher problematic Instagram use and in turn, problematic Instagram use led to higher phubbing. In another recent

study of the same authors which included the other personality traits, the study reported the significant effects of agreeableness and conscientiousness.

In the study "Phubbing: which Personality Traits Are Prone to Phubbing?" (2019), the authors Erzen, Odaci, and Yeniceri found that there was no significant relationship between phubbing, openness, extraversion, and agreeableness. They also found that neuroticism and conscientiousness were predictors of phubbing. The results lead to the consideration that phubbing has an aspect related to impulse control and that people skilled at controlling their impulses have lower chance of being affected by phubbing.

According to Dorji and Jamtsho (2022), in their study "Impact of mobile phones on Teenagers in Trashi Yangtse: Parent's Perspectives", the study found that 47% of parents agreed that their personal time with their children had been hampered by social bonding established through the use of mobile phones by teenagers and cumulatively the study showed that 87% of the parents involved in the study believed that their personal time with their children was interrupted because of the social bonding enabled by mobile phones. The results of the study showed that positively, the parents of the teenagers perceived that mobile phones are very useful devices for communication and coordination of activities, however on the negative side, parents revealed that the teenagers are addicted and obsessed with social media, which ultimately made their children lose the strength of social bonding within family.

In the study "The phubbing phenomenon: a cross-sectional study on the relationships among social media addiction, fear of missing out, personality traits, and phubbing behavior, the authors chi, Tang, and Tang (2022), showed that agreeableness was most inversely correlated with phubbing. The study explained that less agreeable individuals are more isolated in their real-life relationships and may seek to compensate for this feeling of loneliness and isolation by

turning to smartphone usage. This compensatory smartphone usage would naturally increase the likelihood of phone obsession and phubbing behaviors.

According to Maftei and Măirean, in their study "Put your phone down! Perceived phubbing, life satisfaction, and psychological distress: the mediating role of loneliness" published in 2023, the findings indicated that perceived phubbing was significantly associated with loneliness which also showed an indirect relationship with life satisfaction. In the research, loneliness was seen to be a significant mediator in the relationship between perceived phubbing and both psychological distress and life satisfaction. The results suggest that the experience of being ignored due to phone usage triggers feelings of loneliness, which might further contribute to an increase in psychological distress and a decrease in life satisfaction. The research also highlighted the detrimental effects of feeling ignored and rejected which are significantly associated with loneliness, further leading to higher depression, anxiety, and stress, and lower life satisfaction.

In the study "Association between Personality Traits and Phubbing: the Co-moderating Roles of Boredom and Loneliness" by Doumit, Malaeb, Akel, Salameh, Obeid, and Hallit, published in 2023, they found that like the other studies conducted, there was no association established between extraversion and phubbing however they found that people with moderate to high levels of boredom proneness, high extroversion leads to less phubbing. That is highly extroverted individual would fill their boredom by socializing instead of using their phones. Their study also showed that higher openness was correlated with less phubbing behavior.

The authors Santos et al, in the study Phubbing Behavior, Personality, and use of Instagram by Brazilian adults: a correlational and predictive study published in 2023, showed

that in the correlation analysis, conscientiousness did not show a significant relationship either

with phubbing behavior or with Instagram, but the regression analysis showed that

conscientiousness is predictive for such behavior. A negative correlation was found between

conscientiousness and phubbing behavior.

CHAPTER III:
METHODOLOGY

This chapter describes the aim, objectives, hypotheses, study design, sample and sampling design tools, and statistical analysis of the study.

Aim

To investigate the relationship between perceived phubbing of parents by their children and the personality traits of the parents that get most affected by it.

Objectives

- To examine the relationship between perceived phubbing and personality traits of parents.

Hypothesis

H1: There is a significant relationship between Openness and Perceived phubbing.

H2: There is a significant relationship between Conscientiousness and Perceived Phubbing.

H3: There is a significant relationship between Extraversion and Perceived Phubbing.

H4: There is a significant relationship between Agreeableness and Perceived Phubbing.

H5: There is a significant relationship between Neuroticism and Perceived Phubbing.

Operational Definition

Perceived Phubbing is defined operationally as the average scores obtained on the Generic Scale for Being Phubbed by Chotpitayasunondh, V& Douglas, K.M (2018).Personality traits are operationally defined as the average scores obtained from each dimension of the Big

Five Personality Inventory by John and Srivastava (1999) which are, Openness,

Conscientiousness, Extraversion, Agreeableness, and Neuroticism.

Research Design

A cross-sectional research design using correlation was used for this study.

Sample

A sample of 181 participants belonging to the age group of 35-60, who have met the

criteria, participated in the study.

Population

The sample population for the study were Parents residing in Ernakulam.

Inclusion Criteria

- Individuals within the age group 35-60

- Individuals who are parents

Exclusion Criteria

- Individuals who are not parents.

Sampling Design

The sampling design used for the study was Purposive sampling.

Tools

Informed consent

Informed consent forms were given where full consent from the participants were

obtained prior to the study.

Sociodemographic details

Basic sociodemographic details like the participant's Name, Age and Gender were taken for the study.

The Generic Scale for Being Phubbed

The Generic Scale for being Phubbed by Chotpitayasunondh, V& Douglas, K.M (2018) is a 22-item questionnaire that assessed the participants' perceptions of being Phubbed. Participants respond to items on a seven-point scale, with a label associated with each point (1=Never, 2=Rarely, 3=Occasionally, 4=Sometimes, 5=Frequently, 6=Usually, 7=Always). The average score of the 22 items represents the extent to which a participant perceived being Phubbed. (α range between .92 - .97).

Big Five Personality Inventory

The Big Five Personality Inventory by John and Srivastava (1999) is a 44-item inventory that measures an individual on the Big Five Factors (Dimensions) of Personality (Goldberg, 1993). Each of the factors is then further divided into personality facets. The Sub-scales of the test are Extraversion, Agreeableness, Conscientiousness, Openness and Neuroticism. Participants respond to a 5-point Likert scale, (1=Disagree Strongly, 2=Disagree a little, 3=Neither agree nor disagree, 4=Agree a little, 5=Agree Strongly). The scoring for the inventory is done by reverse-scoring the negatively keyed items and then taking the average of all the items for each dimension. Cronbach's α = 0.63, 0.58, 0.69, and 0.54, respectively), and Neuroticism shows low reliability (0.31).

Procedure

The study was conducted offline with the use of questionnaires. The data was collected through face-to-face interaction with the participants where they were asked to fill in the informed consent given to them before beginning after which they were asked to fill in their basic demographic details relating to their Name, Age, and Gender. The participants were given proper instructions about the study and how to fill in the questionnaire. The questionnaire consisted of items from the Generic Scale for Being Phubbed and the Big Five Personality Inventory.

Ethical Considerations

- Respect for the dignity of research participants was prioritized.

- The protection of the privacy of the participants was ensured.

- Adequate level of confidentiality of the research data was ensured.

- Any deception or exaggeration about the aims and objectives of the research was avoided.

Statistical Analysis

Statistical analysis was performed using the software application IBM SPSS Statistics 29.0.2.0. The Kolmogrov-Smirnov test was used to determine the normality of the data as the data was above the sample size of 50. To examine the relationship between the variables of the study, appropriate correlation analysis was performed based on the distribution.

Normality Test

Table 1

Summary of Kolmogorov-Smirnov test of Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness, and Total Perceived Phubbing.

	Sig.
Extraversion	.009
Agreeableness	.200
Conscientiousness	.034
Neuroticism	.200
Openness	.057
Total PP	<.001

The Kolmogorov-Smirnov test for normality shows that the variables Extraversion, Conscientiousness, openness, and Total Perceived Phubbing are not normally distributed in the sample ($p < 0.05$). Agreeableness and Neuroticism are normally distributed in the sample. As the distribution was non-parametric, Spearman's correlation analysis was used.

CHAPTER IV:

RESULT AND DISCUSSION

The objective of this study was to find whether there was any relationship between the perceived phubbing felt by parents and their personality traits. Spearman's Correlation was used to find any relationship between the variables.

Descriptive Statistics

Table 2

Indicates the descriptive statistics of the variables among 181 parents

	N	Mean	Std. Deviation
Extroversion	181	3.33	0.55
Agreeableness	181	3.76	0.57
Openness	181	3.47	0.51
Neuroticism	181	2.82	0.70
Conscientiousness	181	3.61	0.63
Total pp	181	79	25.1

Here, the above table shows the Mean and Standard Deviation of Extroversion, Agreeableness, Openness, Neuroticism, Conscientiousness, and Total Perceived Phubbing. The mean and std. deviation of Extroversion was found to be 3.33 and 0.55; the mean and std. deviation of Agreeableness was found to be 3.76 and 0.57; the mean and std. deviation of Openness was found to be 3.47 and 0.51; the mean and std. deviation of Neuroticism was found to be 2.82 and 0.70; the mean and std. deviation of Conscientiousness was found to be 3.61 and 0.63; and the mean and std. deviation of Total Perceived Phubbing was found to be 79 and 25.1 respectively.

Correlational Analysis

H1: There is a significant relationship between Openness and Perceived Phubbing

Table 3

Summary of Spearman's rho between Perceived Phubbing and Openness

	Openness
Perceived Phubbing	.002

From the above table, the correlation coefficient value [r=.002] signifies that there is a weak positive correlation between the two variables. The p-value [p >0.05] indicates that the correlation is statistically not significant. Hence, hypothesis 1 is rejected.

The weak positive correlation between Openness and Perceived Phubbing shows that even though openness may have a role in shaping the perception of phubbing, it is not entirely responsible for the perception of phubbing by individuals. Society's attitudes towards technology use, norms relating to interpersonal communication, and even the prevalence of phubbing behavior existing in different social groups could be seen as a factor for such a perception by individuals regardless of their level of openness. The relationship between Openness and perceived phubbing may also vary based on the difference in context. The differences in individuals can also be seen as a reason, why some individuals with high openness may react differently than those with low openness relating to the perception of phubbing. Therefore, many different factors may be the reason for the perception of Phubbing other than Openness being its cause.

H2: There is a significant relationship between Conscientiousness and Perceived Phubbing

Table 4

Summary of Spearman's rho between Perceived Phubbing and Conscientiousness

	Conscientiousness
Perceived Phubbing	-.077

From the table, the correlation coefficient value [-.077] signifies that there is a weak negative correlation between the variables. The p-value [p>0.05] which indicates that the correlation is not significant. Hence, hypothesis 2 is rejected.

Conscientiousness is a personality trait that is associated with traits relating to responsibility and self-discipline. The weak correlation between conscientiousness and perceived phubbing suggests that individuals with higher levels of conscientiousness are less like to tolerate phubbing behaviors by others, which they perceive to be rude and disrespectful. Individuals with higher levels of conscientiousness are more aware of the social cues and norms which make them more sensitive to behaviors relating to phubbing. Their conscientious behavior leads them to prioritize attentive and respectful communication thereby viewing phubbing behaviors negatively.

H3: There is a significant relationship between Extraversion and Perceived Phubbing.

Table 5

Summary of Spearman's rho between Perceived Phubbing and Extroversion.

	Extraversion
Perceived Phubbing	.000

From the table, the correlation value between the two variables was [.000] which shows that there is no correlation between them. The p-value [p >0.05] signifies that the correlation is not statistically significant. Hence, hypothesis 3 is rejected.

The lack of correlation between extraversion and perceived phubbing implies that the perceptions of phubbing is not significantly influenced by the level of extraversion. Extroverted individuals enjoy seeking social interactions to fulfil their needs for connection and stimulation, when individuals engage in phubbing behaviors, extroverts may perceive this as disinterest or lack of engagement. This may lead them to feel deprived of opportunities to connect with others which may cause them frustration as they thrive on these interactions. Despite these negative effects, however, extroverted individuals may develop coping strategies to help them through such behaviors, which may include seeking out alternative social opportunities where they can engage with others.

H4: There is a significant relationship between Agreeableness and Perceived Phubbing

Table 6

Summary of Spearman's rho between Perceived Phubbing and Agreeableness

	Agreeableness
Perceived Phubbing	-.100

From the above table, the correlation coefficient value [-.100] shows a negative weak correlation between the variables. The p-value [P >0.05] which indicates that the correlation is not significant. Hence, hypothesis 4 is rejected.

Individuals who have a higher level of agreeableness are less likely to perceive phubbing behavior negatively, the reason being that these individuals are more forgiving or understanding of others, which makes them overlook their mildly disruptive behavior. These individuals are more inclined to maintain order or harmony in their relationships, which leads them to prioritize positive interactions over dwelling on the negative behaviors of others. These individuals with higher agreeableness are more tolerant of phubbing behavior, and their way of dealing with relationships positively potentially leads to lower levels of conflict or confrontation.

H5: There is a significant relationship between Neuroticism and Perceived Phubbing

Table 7

Summary of Spearman's rho between Perceived Phubbing and Neuroticism

	Neuroticism
Perceived Phubbing	.282**

** Correlation is significant at the 0.01 level (2-tailed)

From the table, the correlation coefficient value [.282] shows a moderate positive relationship between the two variables. The p-value [<.001] is statistically significant at the 0.01 level. Hence, hypothesis 5 is accepted.

The personality trait neuroticism is characterized by traits like emotional stability and anxiety. Individuals who have a higher level of neuroticism are more sensitive to social interactions, including a heightened sensitivity to perceived phubbing behaviors which they view negatively. Individuals with neuroticism have a higher tendency to ruminate on negative experiences and emotions which cause them to dwell more on phubbing behaviors by others more intensely. The amplification of negative experiences would cause them to have stronger perceptions of phubbing. These individuals may have a cognitive bias towards interpreting ambiguous social cues as negative, such interpretation could lead them to interpret behaviors of phubbing as deliberate acts of exclusion and disrespect. The moderate positive relationship between neuroticism and perceived phubbing suggests that individuals with higher neuroticism experience greater levels of distress and discomfort which could imply their overall well-being and satisfaction of interpersonal relationships.

CHAPTER V:

CONCLUSION

Conclusion

The study aimed to investigate the relationship between the perceived phubbing of parents by their children and the personality traits of the parents that are most affected by it. The study consisted of 181 parents from Ernakulam. The study showed that from all personality traits (openness, conscientiousness, extroversion, agreeableness, and neuroticism), neuroticism showed a positive moderate correlation to the perception of Phubbing behavior.

Findings

- The correlation showed a weak negative correlation between Openness and Perceived Phubbing.

- There was a weak negative correlation between Conscientiousness and Perceived Phubbing.

- There was no correlation between Extroversion and Perceived Phubbing.

- There was a weak negative correlation between Agreeableness and Perceived Phubbing.

- The correlation showed a moderate positive correlation between Neuroticism and Perceived Phubbing.

Implications

The findings of the study would help future studies to research more on the perception of phubbing of parents by their children as well as look more into the other factors that affect being phubbed other than the personality traits found in the present study.

Limitations

The limitations of this study include; the sample population only targeting parents from Ernakulam, the further diversification of the population may help to view other results. The time duration for the study was also constricted which did not allow for the proper and efficient conduction of the study.

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APPENDICES

Appendix A: Informed Consent

Hello, I am Alina Anna Jim, a final year B.sc Psychology student from St. Teresa's College. As a part of our final-year research, I am conducting a study on the perception of Phubbing by Parents by their children and the personality traits of parents that are affected by it. Your participation in this study is completely voluntary. Kindly be honestly assured that all the information collected will be used for academic purposes only and will remain strictly confidential. Please feel free to answer questions honestly and openly as your responses will be kept anonymous.

Thank you in advance.

Please put a tick mark if you agree to participate in this study.

I agree ☐

Appendix B: Sociodemographic details

Name (initials):

Age:

Gender:

Appendix C: The Generic Scale of Being Phubbed (GSBP)

The GSBP scale is a measure of the experience of being phubbed in social interactions.

Instructions:

> "We would like you to think about your child's mobile phone use during your face-to-face social interactions with them and the extent to which the following statements apply to you. The term 'others' in the following statements refers to your child/children.

Participants respond to items on a seven-point scale, with a label associated with each point

(1 = *Never*, 2 = *Rarely*, 3 = *Occasionally*, 4 = *Sometimes*, 5 = *Frequently*, 6 = *Usually*, 7 = *Always*)

1. Others seem to check their phones for messages and social media updates

2. Others seem to be using their phones to go online

3. Others place their phones where they can see them

4. Others seem worried that they will miss something important if they do not check their phones

5. Others seem like they lose awareness of their surroundings because of their phone use

6. Others seem like they have a difficult time putting their phones down

7. Others seem like they cannot stand leaving their phones alone

8. Others seem like they are "in their own worlds" using their phones

9. Others seem anxious if their phones are not nearby

10. Others pay attention to their phones rather than talking to me

11. Others would rather pay attention to their phones than talk to me

12. Others seem like they get rid of boredom by paying attention to their phones instead of me

13. Others seem like they feel content when they are paying attention to their phones instead of me

14. Others pay attention to their phones rather than focusing on me

15. Others seem like they get rid of stress by paying attention to their phones instead of me

16. Others seem like they feel good when they stop focusing on me and pay attention to their phones instead

17. Others shift their attention from me to their phones

18. I tell others that they interact with their phones too much

19. I have conflicts with others because they are using their phones

20. I find myself thinking "I've had enough" when others are using their phones

21. Others use their phones even though they know it irritates me

22. Others seem like they get irritated if I ask them to get off their phones and talk to me

Appendix D: Big Five Personality Inventory

How I am in general

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which **you agree or disagree with that statement.**

1	2	3	4	5
Disagree Strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly

I am someone who…

1. _____ Is talkative

2. _____ Tends to find fault with others

3. _____ Does a thorough job

4. _____ Is depressed, blue

5. _____ Is original, comes up with new ideas

6. _____ Is reserved

7. _____ Is helpful and unselfish with others

8. _____ Can be somewhat careless

9. _____ Is relaxed, handles stress well.

10. _____ Is curious about many different things

11. _____ Is full of energy

12. _____ Starts quarrels with others

13. _____ Is a reliable worker

14. _____ Can be tense

15. _____ Is ingenious, a deep thinker

16. _____ Generates a lot of enthusiasm

17. _____ Has a forgiving nature

18. _____ Tends to be disorganized

19. _____ Worries a lot

20. _____ Has an active imagination

21. _____ Tends to be quiet

22. _____ Is generally trusting

23. _____ Tends to be lazy

24. _____ Is emotionally stable, not easily upset

25. _____ Is inventive

26. _____ Has an assertive personality

27. _____ Can be cold and aloof

28. _____ Perseveres until the task is finished

29. _____ Can be moody

30. _____ Values artistic, aesthetic experiences

31. _____ Is sometimes shy, inhibited

32. _____ Is considerate and kind to almost everyone

33. _____ Does things efficiently

34. _____ Remains calm in tense situations

35. _____ Prefers work that is routine

36. _____ Is outgoing, sociable

37. _____ Is sometimes rude to others

38. _____ Makes plans and follows through with them

39. _____ Gets nervous easily

40. _____ Likes to reflect, play with ideas

41. _____ Has few artistic interests

42. _____ Likes to cooperate with others

43. _____ Is easily distracted

44. _____ Is sophisticated in art, music, or literature