

**A SOCIOLOGICAL ANALYSIS OF SMARTPHONE USE AND ITS
SATISFACTION AMONG MARRIED PEOPLE IN ADO EKITI**

BY

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CERTIFICATION

I certify that this study was carried out by AGBALAJOBI OLUWAFEMI MICHAEL with Matriculation Number SOC/14/2056 of the Department of Sociology, Faculty of Social Sciences, Federal University, Oye Ekiti.

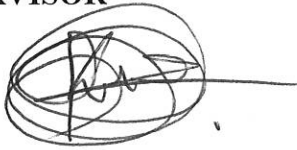


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DEDICATION

I dedicate this successful project work to God Almighty, the giver of Wisdom, Knowledge and understanding.

ACKNOWLEDGEMENTS

My gratitude goes to God Almighty for giving me the wisdom to the success of this project. To him are all glory, honor and adoration to his name.

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ABSTRACT

This study investigated that Smartphone offer qualitatively different services in addition to the benefits that the internet offers Social Practice Theory (STP) and Smartphone Addiction provides an alternative means of understanding why people act the way they do, it seeks to explain the complex dynamics amongst the elements that influence behavior rather than focusing solely on individual behavior to explain human actions.

Analysts have projected that over a third of the world's population estimated at 2.53 billion will own a Smartphone by 2018 while Smartphone shipments worldwide is expected to hit 1.71 billion by 2020. However, Smartphone addiction has become one of the greatest challenges for married people in the 21st century largely due to the increasingly personalized nature of new devices. Globally, synergies amongst couples are gradually replaced by a toxic relationship with the Smartphone, a condition with a deleterious effect on behavioral health.

The aim of this research is to sociologically explore the use of smartphone and the use of passwording among married people in Ado Ekiti.

The study was carried out in Oye Local Government Area of Ekiti State with a total of 427,700 inhabitants. By analyzing continuous data collected on a set of 207 participants making use of both Primary and Secondary Data. The quantitative data were analysed using Statistical Package for the Social Sciences (SPSS) software. Statistical means such as percentages and frequency tables.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

The internet is very useful for a variety of purposes, such as convenient electronic commerce, rapid sharing of information, and contact with other cultures, emotional support, and entertainment (kraut et al., 2009; Morahan-Martin, Scherer, 2007). A Smartphone combines the services of the internet and a mobile phone. Smartphone offer qualitatively different services in addition to the benefits that the internet offers. Young people watch videos, express themselves, communicate with friends, and search for information using smart phones, while married or older people use their smart phone for having video calls with their children living far away and for playing games. The portability and accessibility of a smart phone make it possible to use it anywhere, for any duration.

Being married, Smartphones offer several conveniences in our life but we also need to be aware of the negative effects of smart phone use. The most concerning aspect in married people is being addicted to their smart phones. Smartphone addiction is a phenomenon that pertains to uncontrollability of Smartphone use, couples with this problem encounter marriage, family, social and psychological problems (Heron and Shapira, 2004; Young, 2009). Smartphone addiction is considered as the inability to control the smart phone use despite the negative effects on users. The use of smart phone not only produces feelings of pain and stress but also leads to failure in most marriages if not quickly curbed.

Married people not only indulge in addiction to their Smartphones, but also exhibit the habit of pass-wording their phones and this has caused more harm than good to their marriages. In our society today, the husband believes that whenever his wife puts a password to her phones, he begins to have the imagination that she is into extra marital activities or other secret affairs which she is hiding from him even when there is nothing of such rather than she finds it ordinary to password her phone. This makes the marriage to begin to saddle in dis-trust, and which may be problematic to the couple.

Awareness regarding the severity of smart phone use and pass-wording has already been reflected in the movie: **Bimpe, Bolade, and Macaulay**. (A Nollywood Yoruba movie, 2017). The movie is centered on the addiction of Smartphone use by the wife (BIMPE) and the pass-wording of phone by the husband (BOLADE). A study reported that married people media addicts could not manage real-life activities (Akande, 2007 Ado Ekiti, Young, 2007). The couple using the internet longer had poor social support and higher levels of loneliness (Nie and Erbring, 2000). Children using the cell phone displayed more behavioral problems such as nervousness, temperament, mental distraction and indolence, and these problems worsened if the children began using a cell phone at an early age.

1.2 Statement of the Problem

Smartphone raise trust issues in today's relationships, especially because of notifications that come from social media platforms. People are more suspicious about their partners today, because social media applications on smartphones provide many opportunities for cheating anywhere anytime. As a rise to cheating, couples develop the habit of pass-wording their phones so as to deny access to their spouse. Phone pass-wording among couples brings about jealousy in marriage, and also makes the partner want to curiously know what is behind such act that the spouse will have to pass-word his/her phone (suspicion). Referencing Bimpe, Bolade, and Macaulay, (Nollywood Yoruba, movie). The excessive use of her Smartphone made the husband uncomfortable and always nagged at her due to that effect, more so the wife did not find it comforting enough to know that her husband pass-words his phone and would not grant her access whenever she wishes to scroll down his phone.

One of the disadvantages of Smartphone use on social media among couples is that some wives compare their relationship with other romantic couples with regards to the pictures they post on social media, and pressure their husband to be like them. People who always share their happy pictures on social media may affect couples in a negative way. As an overall result of the study, it is seen that relationships may start and end because of smartphones. For the beginnings, smartphones give couples the opportunity of learning about each other without feeling shy.

Communication through smartphones is so excessive in romantic relationships that, some couples experience difficulty in finding topic to talk about when they meet. In those situations

smartphones undoubtedly provide a significant advantage on building and maintaining romantic relationships. But in time, their use turns into an addictive habit, and preclude the communication among partners, leading to conflicts.

Accessibility becomes obligatory in young couples romantic relationships. Partners are placed at the center of relationships, and they feel an addictive need of accessing and controlling each other's daily lives. Especially female participants expect their partners to communicate more and more, and also creatively, with them through their smartphones. The chance of accessing each other limitlessly consumes and turns relationships into being boring for couples, and this affect their satisfaction seriously. The time has changed in terms of relationship dynamic. However, in today's relationships, getting instant information or messages from the partner and replying immediately is very important. When the reply is delayed, the partner that sent the message becomes furious and start to suspect many things and this most time brings about arguments.

1.3 OBJECTIVE OF THE STUDY

The main aim of this study is to sociologically explore the use of smartphone and the use of pass-wording among married people in Ado Ekiti. The specific objectives of the study are to:

- i. Examine the knowledge of married people about Smartphone.
- ii. Determine why married people check each other's phone.
- iii. Identify the factors which leads to phone pass-wording among married people
- iv. Know the essentiality of Smartphone use among married people.
- v. Determine the cause of rift among couples when using smartphones.
- vi. Identify the factors that leads to excessive smartphone use
- vii. Critically examine the negative effects of smartphone use and pass-wording on the marital life/relationship among married people in Ado Ekiti.

1.4 Research Questions

- i. To what extent do married people know about Smartphone?
- ii. Are married people supposed to check each other phone?
- iii. Are married people ought to password their phone?
- iv. Why should married people use smart/browsable phones?
- v. Is Smartphone supposed to bring/cause rift between couples?
- vi. What are the factors that lead to excessive Smartphone use?
- vii. What are the negative effects of Smartphone use and pass-wording on the marital life/relationship among married people in Ado Ekiti?

1.5 Significance of the Study

The significance of this study is of great importance to married people, adolescents, growing age. The findings of this research will be beneficial to married, to make them understand the effects of Smartphone use and pass-wording on their marriage. To the adolescents, this work will give them more details about the negatives of phone pass-wording and the effects of excessive Smartphone use when they reach marriage age. To religion, the mobile phone bible is now replacing the book bible. The ubiquity of smartphones and social media makes them hard to avoid, however. And they are changing the way people practice their religion. Faiths are adopting online technologies to make it easier for people to communicate ideas and worship.

1.6 Scope of the Study

The focus of the work is on sociological analysis of Smartphone use and pass-wording among married people. The study is therefore limited to the perception of Smartphone use and pass-wording among married people in Ado- Ekiti, Ekiti state. (Nigeria). Furthermore, the study will also involve a thorough analysis of Smartphone use and pass-wording among married people. In addition to this, the study will evaluate the overall effects of Smartphone use and pass-wording on married couple.

1.7 OPERATIONAL DEFINITION OF CONCEPTS

- **SMARTPHONE:** A Smartphone is a handheld personal computer with a mobile operating system and an integrated mobile broadband cellular network connection for voice, SMS, and internet data communication; most if not all, Smartphones also supports WI-FI. (Wikipedia)
- **PASSWORDING:** A password is a string of characters used to verify the identity of a user during the authentication process. Passwords are typically used in conjuncture with a username; they are designed to be known only to the user and allow that user to gain access to a device, application or website.
- **MARRIED PEOPLE:** These are people who are legally joined together in the union of MARRIAGE.
- **SOCIAL MEDIA:** Social media are computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests and other forms of expression via virtual communicating and networks. (investopedi)
- **ADDICTION:** Addiction is a complex disease, often chronic in nature, which affects the functioning of the brain and body. It also causes serious damage to families, relationships, schools, workplaces and neighborhoods.

CHAPTER TWO

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.0 Introduction

From the previous chapter the internet is very useful for a variety of purposes, such as convenient electronic commerce, rapid sharing of information, and contact with other cultures, emotional support, and entertainment (kraut et al., 2009; Morahan-Martin, Scherer 2007). The smartphones, being a very new invention of humanity, became an inherent part of human's life. The smartphone combines different sophisticated features. It allows users to keep pictures, memories, personal info, correspondence, health and financial data in one place. Smartphones also became an integral part of modern telecommunications facilities. In some regions of the world, they are the most reliable or only of available phones. The phones allow people to maintain continuous communication without interruption of their movements and distances.

Smartphones and handheld devices (HHD) combine advanced computing capability, such as internet communication, information retrieval, video, e-commerce and other features, that makes the device is one of the necessities for many people. "Mass cell phone mobilization" covered humanity probably ten or fifteen years ago. Merriam-Webster dictionary defines the smartphone as "a cell phone that includes additional software functions (as e-mail or an Internet browser)". A Smartphone combines the services of the internet and a mobile phone. This chapter will further explain the sociological aspect and analysis of smartphone use that affects married people.

2.1 Smartphone Addiction

Smartphone addiction refers to a behavioral condition which involves an intense focus on Smartphone either by interactions on social media platforms, games or by using other application within the phone. It is a compulsive disorder that negatively interferes with the personal life of the individual including his or her relationship with the wider environment; it results in dependence syndrome that leads to the fear of being without a Smartphone, a condition referred to as **nomophobia**

Smartphone addiction is considered to be rooted in internet addiction due to the similarity of the symptoms and negative effects on users. Internet addiction is defined as an impulse control disorder, characterized by pathological internet use (Goldber, 1996, young 1998). Smartphone addiction could be categorized as a behavioral addiction, such as internet addiction. Behavioral and chemical addictions have core symptoms in common, that is, salience, tolerance, mood modification, conflict, withdrawal, problems, and relapse (Grant et al 2010, Griffiths, 2005). Bianchi and Phillips (2005) suggested that smartphone overuse associated with psychological symptoms constitutes a form of behavioral addiction. Smartphone addiction is also considered a technological addiction that involves human–machine interaction (Griffiths, 1995).

Smartphone addiction or excessive use is considered as the inability to control the Smartphone use despite negative effects on users. The use of Smartphone not only produces pleasure and reduces feelings of pain and stress but also leads to failure to control the extent use despite significant harmful consequences in financial, physical, psychological, and social aspects of life (Shaffer, 1996, Van Duersen et al., 2015). Addiction to media has been characterized as excessive or poorly controlled preoccupations and compulsive needs that lead to impairment. (Demirci et al., 2014; Shaw and Black, 2008).

A study reported that media addicts could not manage real-life activities (Greenfield, 1999; Young, 2007). The people using the Internet longer had poor social support and higher levels of loneliness (Nie and Erbring, 2000). Oulasvirta et al. (2012) reported that the awareness of problems with repeated use of smartphones was underestimated, and only a few reported that they were aware of it. The few respondents reported repeated usage of a smartphone as annoying, addicting, “a trap,” and distracting. They were aware that repeated use could lead to addiction; however, they were not aware of the severity of the repeated and intense use of a smartphone. If one is aware of the risks posed by smartphone addiction, one would do something against it. The awareness of the severity of smartphone addiction can, therefore, play a role in preventing it. Life satisfaction pertains to the normal evaluation of one’s surroundings, and subjective happiness or personal contentment (Diener et al., 1985; Scheufele and Shah, 2000). Addiction to media could increase depressive symptoms and substance use, and it could decrease well-being (Ha and Hwang, 2014; Yoo et al., 2014). Samaha and Hawi (2016) showed that smartphone

addiction is not directly linked to life satisfaction, but it is linked via perceived stress and academic performance.

Technological advancements in the last two decades has transformed human interaction and relationships in a manner never seen in human history; this has provided the platform for man to push beyond boundaries and achieve dreams that were previously unfathomable. Smartphones are integral part of this revolution, they have become one of the most powerful and indispensable weapons for the advancement of commerce, innovation and communication, a trend fueled by the proliferation in use of social networking sites on the internet.

2.2 Socio-Economic Status and Social Cohesion

Gender, specifically, being male, is a risk factor for pathological internet use (Frangos et al, 2011). Results from multivariate logistic regression analyses have suggested 50percent increased odds for male to be addicted to the internet (odds ratio (OR) = 1.5, 95% confidence interval (CI) = 1.1, 2.2) as compared with females (Lam et al., 2009). Females use the internet mostly for social purposes and males do so for downloading programs, getting information, and for visiting pornographic sites. In contrast to internet addiction, studies on Smartphone use reported that females were more dependent on Smartphones than males were (Billieux et al., 2008). Females are more likely to be involved with their mobiles than males are, owing to the differences in the purpose of use of mobile phones. Males are more likely to use their phones for functional purposes, such as work-related use, whereas females primarily use their phones to keep in contact with valued people. (Lemish and Cohen, 2005; Rees and Noyes, 2007). Thus, it seems that males and females have different smartphone use patterns. Adolescents would be more at risk of smartphone addiction as compared with adults because adolescents are yet to develop self-control in smartphone use. Adolescents with working parents could be at a risk of smartphone addiction, possibly because such children could not be cared by their parents after school and they would use smartphones without any rules and guidance.

Regarding the income of Smartphone users, there were different research results. While one study reported that couples with higher income spent more time and money on their mobile phones, another revealed that lower income couples spend less money and time on their mobile phones. (Chakraborty, 2006; Zulkefly and Baharudin, 2009). A pew research center survey

(2016) reported that people with more education and higher income were more likely to use the internet or own a Smartphone than were those with lower income and less education.

Social cohesion has been described as an important factor for the socio-economic development of societies. It is defined as the willingness of members of a society to cooperate with each other in order to survive and prosper. However, available literature has shown that Smartphone addicts tend to feel depressed, lost, and isolated in addition to delaying other work to spend time online. These actions negatively impacts social interaction resulting in social alienation and weak levels of social cohesion which is often related to slow economic growth and violent conflict according to study published by the center for research on peace and development. High level of cohesion on the other hand has been shown to be a precursor for economic growth, good governance, improved health care services and social security.



2.3 Smartphone Usage Pattern

Smartphone addicts spend considerable time using their Smartphone. The daily use duration of a Smartphone is one of the most significant indicators of Smartphone addiction. Torrecillas (2007) reported that 40percent of married people use Smartphones for more than 4hours a day to make calls and send messages. In addition, such people showed more problems in their marriages and the exhibited more preoccupation with Smartphone and Smartphone over use as compared with those who used a Smartphone for less than 4 hours per day. (Alijomaa et al., 2016).

The causes of Smartphone use among married people can be attributed to the technological and content-related features of a Smartphone. Regarding the causes, married people who are too busy for each other could result themselves in Smartphone addiction because the supposed companion is not always available. Many marriages are broken due to the excessive use of Smartphone among the couples. Sometimes jealous comes in place when one spouse finds the other so engrossed with his/her Smartphone, this gradually leads to lack of trust. Regarding technological features, Oulasvirta et al. (2012) reported that the motivation of Smartphone use is triggered by accessibility, portability, easiness of operation, connectedness, user interface, design, music and video player, navigation and so forth. In Europe Smartphone users touch their phones about 10 to 20 times a day, for a mean duration of 10 to 250 seconds, and they use up 1-1000megabyte (MB) data per day.

Oulasvirta et al. 2012 suggested that Smartphone addiction increased owing to the habit of checking the phone on hearing a notification sound or message. With reference to content-related features Van Deusen et al. (2015) reported that social Smartphone use is one of the risk factors increasing Smartphone addiction. Salehan and Neghaban (2013) suggested that the predictive variable for Smartphone addiction is the use of social networking services (SNSs). Park and Lee (2012) reported that smartphone addicts prefer to use SNSs, which could explain why females are more addicted to Smartphones than males are. Song et al. (2004) classified the types of internet use in relation with additive behaviors. One type is process-related gratifications, which are acquired during consuming or presuming media. Pleasurable experiences function as rewards and increase the risk of is social usage. Smartphone addicts spend most of their time on their Smartphone for social purposes. (Li and Chung, 2006; Lopez-Fernandez et al., 2014).

In relation gaming, one study reported that the use of a smartphone for gaming and the use of multiple apps for gaming were potential risk factors for smartphone addiction, because, in smartphone gaming, it is easy to interact with other players through other social networking apps. Smartphone gaming, with or without the use of multiple apps, increases the risk of smartphone addiction (Liu et al., 2016). A study on the relative effects of content types on Smartphone addiction showed that among Smartphone contents such as study, entertainment, SNSs, and game, except for study-related content, the other three contents were significant predictors of Smartphone addictions. SNS had the strongest predictive effect on Smartphone addictions, followed by entertainment, and gaming (Jeong et al, 2016 Salehan and Negahban, 2013). The main purposes of using social networking services (SNSs) and games were fun, stress reduction, and communication with people. This result seems to be natural, but it should be interpreted by reflecting on the society, which emphasizes greatly on children's education. Most married people nowadays, spend their little free time on a smartphone, because there are not many leisure activities to relieve stress and have fun. In this environment, promoting smartphone use with the inability to control their smartphone use despite negative consequences could lead to addiction. The high prevalence of smartphone addiction in married couples should thus, be interpreted considering the social environment.

Contrary to the hypothesis, the two groups showed no differences in life and relationship satisfaction. Life satisfaction is partly related with social ties (Kahneman and Krueger, 2006), and frequent social communication has been found to exert a positive influence on life satisfaction (Diener et al., 1991). Internet users have fewer face-to-face interactions like heavy television watchers do (Nie, 2001). Smartphone addicts who spend a lot of time on their phone are forced to reduce their face-to-face contact time. Therefore, smartphone addiction is considered to be related with loneliness and shyness (Bian and Leung, 2014). Specifically, the higher one scores on shyness and loneliness, the higher is the likelihood that one would be addicted to a smartphone. In this sense, we hypothesized that the risk group for smartphone addiction will have lower interpersonal and life satisfaction than the normal user group would. However, the risk group merely showed a tendency to exhibit lower life satisfaction as compared with the normal user group. Our result suggested that life and interpersonal satisfaction levels could not explain the addictive use of smartphone alone. Samaha and Hawi (2016) reported that smartphone addiction is not directly linked to life satisfaction, but it is via perceived stress and

academic performance. Satisfaction with life should be explained by many other factors such as family support, doing what they want to do, personality, positive thinking, and so on. Future studies should investigate the relationship of smartphone addiction with life satisfaction and other related variables to identify the extent to which smartphone addiction can be explained by life satisfaction, and to reveal the path of the influence of life satisfaction on smartphone addiction. However, the satisfaction of the online interpersonal relationships in the risk group for smartphone addiction may have offset the low satisfaction with their offline interpersonal relationships.

Furthermore, to examine the relationship between interpersonal satisfaction and smartphone addiction, future studies should examine the effects of both online and offline relationships. Consistent with other studies (Alijomaa et al., 2016; Torrecillas, 2007), we found that the risk group for smartphone addiction spent more time on the smartphone, mobile messenger, and SNSs than the normal user group did. Specifically, the risk group spent 5.2 hours while the normal user group 4.6 hours. Oulasvirta et al. (2012) reported that though smartphone addicts used a smartphone more frequently and for a shorter duration as compared with nonaddicts, the sum of the duration of use in a day was longer for addicts as compared with that for nonaddicts. Another study that analyzed a large data set on actual smartphone usage revealed that the users typically spent almost 1 hour per day on the smartphone, but the duration was less than 1 minute at each instance of use (Boehmer et al., 2011).

This study reported also the differences in app usage duration. News apps were accessed most frequently in the morning, whereas communication apps were used throughout the day. Using a data set on smartphone use, Lee et al. (2012) showed that a risk group for smartphone addiction spent more time on smartphone use per day as compared with the nonrisk group, and their use was greater in the morning and evening. The usage sessions initiated by the push notifications were longer for the risk group, which demonstrated that notifications acted as external cues related to problematic usage patterns.

In addition, the risk group consumed significantly more online content that can provide instant gratification (e.g. pass time, entertainment, and information seeking). The multiple linear regression analysis revealed that the daily use duration of a smartphone and SNS, and the awareness of game overuse predicted smartphone addiction. As expected, longer daily use

duration of a smartphone predicted higher scores on the smartphone addiction scale, but the awareness of game overuse predicted lower scores on the smartphone addiction scale. Surprisingly, the shorter daily use duration of SNS negatively predicted smartphone addiction, which was contrary to our hypothesis and that of other studies. In a European cross-sectional study, Lopez-Fernandez et al. (2017) reported that daily use of a mobile phone, increased social networking, female gender, not necessarily monthly payment as type of contract, online shopping, viewing TV shows, downloading-related activities, and messaging and chatting predicted mobile phone dependence in young adults.

2.4 Psychological and Physical Health Problem

Smartphone addiction affects physical and psychological health (Abo-Jedi, 2008). Depression or anxiety can cause technology addiction, in that individuals with depression or anxiety use smartphone as a coping method to deal with depressive and negative emotions (Kim et al., 2015). Smartphone addicts engage in checking behavior and react to notification sounds frequently. That is also a characteristic of depression and anxiety (Cogle et al., 2012; Evraire and Dozois, 2011).

A longitudinal study on heavy users of a computer, social media, and mobile phone showed greater level of prolonged stress, depression, and sleep disturbances (Thomé et al., 2011). Excessive smartphone use at night could keep one awake till late, thus impairing sleep and influencing stress and depression (Lemola et al., 2015). Screen time and Internet usage were found to affect sleep (Brunborg et al., 2011; Vollmer et al., 2012), and SNS addicts were reported to show poorer sleep quality than non-SNS addicts did (Wolniczak et al., 2013). The negative effects of smartphone overuse on physical health include cancer; brain tumor; nervous disturbances; weakening of the immune system; problems with the eardrum; pain in the wrist, neck, and joints; fatigue; and sleep disorders (Alasdair and Philips, 2017; Richard, 2001).

As stated above, the overuse of the smartphone causes health problems, but the deprivation of a smartphone can also cause health problems. For instance, smartphone addicts were reported to feel distressed when deprived of their smartphone for some time, and adolescents exhibited anxiety, depression, anger, and sleep disturbances when their smartphones were switched off (Assabawy, 2006; Torrecillas, 2007). The smartphone is a source of the eminence of

electromagnetic waves. Numerous studies have been conducted in the past years to identify the effect of electromagnetic waves emitted from the cell phones on human health. The topic has been studied for a long time, but in past, it touched on a rather narrow circle of people, mostly staff of broadcast and specialized radio stations. Even at that time, measures taken to protect people from radiation apply only on those who work near powerful sources of radiation. And, despite the revolutionary changes in the field of telecommunications, as well as many discoveries and emissions, the impact of electromagnetic waves of different frequencies hotly debated ever since. As soon as mobile phones more and more part of our lives, the world is continuing research to proof whether cell phones are harmful to human health? Today there is no official statement announced by laboratory or medical center to answer this question. The complexity of the analysis of the statistical data makes the task more difficult for researchers. The impact of harmful radiation emitted from cell phones waves is still being studied.

2.5 From a Habit to Smartphone Addiction

The smartphone is 24/7 accessible with applications that stimulate its continuous usage. These devices could lead to excessive and impulsive behavior because of problematic habitual evolvment (Oulasvirta, Rattenbury, Ma, & Raita, 2011). Online mobile applications on smartphones can cause habits (Oulasvirta, Rattenbury, Ma & Raita, 2011). How do habits develop and become addictive? Habits are formed through repeated acts in certain circumstances (Oulasvirta et al., 2011). In cognitive research, habits are defined as “an automatic behavior triggered by situational cues, such as places, people, and preceding actions”(pg.2) (Oulasvirta et al., 2011). Habits are behavioral acts without self-instruction or conscious thinking (La Rose & Eastin, 2004).

Habits can have both positive and negative effects (Wood & Neal, 2007). Positive effects of habits line in that, due to the fast automatic behavior aspect, they enable multitasking and accomplishment of complex tasks. Habits give control over behavior in novel situations, where fast anticipation is needed (Wood & Neal, 2007). Habits have also a positive social feature, because they identify a person, Because habit characterizes a person and predicts that person's actions (Oulasvirta, et al., 2011; Wood & Neal, 2007). On the other hand, habits can have a negative influence on someone's behavior. They can cause unintended behavior activated by internal or external cues interfering other acts. This is also called maladaptive habits, as people

create excessive urges, for example, unintended smartphone checking. It could interfere with daily life; however, due to regulations or social norms, people are able to limit these negative influences (Rush, 2011).

Oulasvirta et al. (2011) concluded that smartphones causes negative checking habits. Checking habits are automatic actions whereby the smartphone is unlocked to check the start screen for new messages, notifications, alerts, and application icons; these habits can be triggered by external (ringtone) and internal cues (emotional state, urge). Those habits can be maladaptive and interfere with people's life. Checking for information can be rewarding, if someone has a new message or notification, the so-called new information reward. Rewards can enforce repeated actions (Everitt & Robbins, 2005). How persistent a habit is depends on the habit strength (La Rose, Lin, Eastin, 2003). Habit strength is the degree of automaticity of a habit. The strength of the habit is formed through operant conditioning (Rush, 2011). Operant conditioning is the development of habits and addictions. When previous actions had desirable outcomes, those actions will likely reoccur. The frequency of these actions and the salience of the reward determine the strength of the habit (and can form the basis of an addiction) (Rush, 2011). A habit that is often repeated has a stronger degree than the one that is less automatic and repeated.

Strong habits are repeated more often and are easier provoked by cues (La Rose, Lin, Eastin, 2003). This can reach the level where they become annoying, such as inappropriate use of a smartphone at restaurants, concerts, and/or family gatherings.

Companies are aware of the value that habitual behavior creates for them. Social media, application, and game publishers create compulsion loops so that users spend more time and repeat their actions on their mobile applications or social platforms. To summarize, smartphone usage could form habits through different cues, repetitions, and stimulation of application publishers.

2.6 Phone Pass-Worded Pattern among Married People

Long term couples tend to and utilize technology quite differently compared with those who have been together for a shorter period of time. Couples who have been together for 10 years or less show different patterns of technology usage in the context of their relationship compared with those who have been together for a decade or less- also typically younger than those who have been together for longer- are much more likely to have used dating services or the internet

top meet their partner, to use technology to help with the logistics and communication in their relationship, and to report that the internet had an impact on their relationship. Adults who are long- partnered use technology in their relationship, but are more likely to use some together – by sharing email addresses and social media profiles as couple.

2.7 Sexting among Adults Since 2012

Technologies in relationships is just not limited to coordination and logistics, it now encompasses even the more intimate moments. Sexting, or sending sexually suggestive nude or nearly nude photos and videos via cell phone, is practiced by couples and singles alike. 9% of adult cell owners have sent a sext of themselves to someone else, up from 6% of cell owners who said this in 2012. 20% of cell owners have received a sext of someone else they know on their phone, up from 15% who said this in 2012. 3% of cell owners have forwarded a sext to someone else – unchanged since 2012. Married and partnered adults are just as likely as those not in a relationship to say they have sent sexts; single adults are more likely to report receiving and forwarding such images or videos.

2.8 Excessive Smartphone Use among Married People Statistics

Analysts have projected that over a third of the world's population estimated at 2.53 billion will own a Smartphone by 2018 while Smartphone shipments worldwide is expected to hit 1.71 billion by 2020. However, Smartphone addiction has become one of the greatest challenges for married people in the 21st century largely due to the increasingly personalized nature of new devices. As more and more people replace their personal computers with Smartphones as their preferable work platform both at home and at the place of work, the time spent using these devices has been growing and affecting behavioral patterns across the globe. Addiction to Smartphones and addiction to internet among married people are inseparable and it has a behavioral impact on the relationship that exists.

Globally, synergies amongst couples are gradually replaced by a toxic relationship with the Smartphone, a condition with a deleterious effect on behavioral health. The tendency of these devices to destroy marriage institutions have been consistently overlooked or ignored.

2.9 Theoretical Framework

The behavioral theory or behaviorism provides an important insight into the phenomenon of Smartphone addiction. The theory seeks to explain why behaviors change, and how the impact of critical factors such as personal, social characteristics affects behavioral patterns. The two theories (social cognitive theory and social practice theory) present the deepest insight to explain how and why these changes occur among married people.

2.9.1 The Social Cognitive Model and Smartphone Addiction

Developed by Albert Bandura the social cognitive model asserts that people are not propelled by internal forces, but by the external elements such as environment, personal, and behavioral factors which exert influence on each other. This model posits that the interaction between these three factors can be used to provide explanation into human behavioral change.

2.9.2 Social Practice Theory (Stp) And Smartphone Addiction

This provides an alternative means of understanding why people act the way they do, it seeks to explain the complex dynamics amongst the elements that influence behavior rather than focusing solely on individual behavior to explain human actions. It recognizes the human actions are arrangements of various inter-connected elements such as physical and mental activities, norms, meanings, technology use, knowledge, which form people's actions or behavior as part of their everyday lives. This approach emphasizes the importance of material contexts within which practices occur, the perception that non-human actors play critical roles bringing about certain outcomes or 'behavior' was advance by Bruno Latour Shove in his work **ACTOR-NETWORK THEORY**

The three elements model which has been developed from Shove's work incorporates:

MATERIALS: The physical objects that permit or facilitate certain activities to be performed in specific ways.

MEANINGS: Images, interpretations or concepts associated with activities that determine how and when they might be performed.

PROCEDURES: Skills, know-how or competencies that permit, or lead to activities being undertaken in certain ways.

2.10 Solutions to Mitigate Impact of Smart Phones and Mobile Devices On Human Health And Life

The smart phones and handheld mobile devices have diverse capabilities. The more diverse the functions of the smart phone the stronger are attachment of the user to the device. The extensive smart phone usage leads to various health dysfunctions, including pain in the neck, fingers, fatigue and emotional misbalance.

To contrast the massive “cellphonization” some celebrities promote “free cell phone” life. They show that the world is full of attractions, and they can enjoy the life without checking messages every 10 minutes. However, proponents of the “cellphonization” say that cell phone is useful in their daily life and help to keep up with a vigorous rhythm of the modern life. People admit that overuse of cell phone may not be healthy for them; however such technological benefits like immediate access to the Internet, free and fast communication, information storage disregard risks of health dysfunctions.

To mitigate the dependency from the cell phones and HHDs, without device denial, some diverse and alternative solutions can be considered. The solutions are not so dramatic to deny any form of cell phones, however at the same time such measures allow the users mitigate dependency and relocate attraction to other activities:

Solutions

- Cut off the Internet once the usage reaches the maximum data allotment.

The ideal solution is to limit access to the Internet for teenagers. Parents can adjust settings and apply limitation when the data reached the maximum.

- Socialize without cell phones. Encourage your friends to pile the phones in the middle of the table during the meal and whoever touches or grabs their phone has to pay for the table.

- A pledge to take a 'tech time-out'

There is an excellent opportunity for the device owner to test how strong his/her willpower. The person may pledge to spend some time (at least two hours) without any form of disruption from technology, and once time passed, he/she are allowed to check their phones or other devices.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter sociologically addresses the method that was used in this study, some of which includes study Area, population of the study, research design, sample size, research instrument.

3.1 Research Design

Research design for this study is an explanatory design. Exploratory design is use to obtain some background information. It's always used when the research question is unusual, such as when the literature vided into two and knowledge, and when such research brings about a better understanding of the subject. Exploratory design is divided into two forms and they are Qualitative Exploratory research and Quantitative Exploratory research.

3.2 Population of the Study

The study was carried out in Ado Ekiti which is the state capital of Ekiti state. The town (Ado Ekiti) was created October 1st 1996 after being separated from Ondo state. Ado Ekiti is a local Government in Ekiti state bounded by Ikere local Government and Ekiti East local Government. The population of Ado Ekiti as at the last census conducted is 427,700 making it the most populated town in the state. There are no distinct groups in the Local Government as greater percentage of the people residents are of the Yoruba Language race. Nearly all the people speak Yoruba language with negligible dialectical variations. The population of the study includes married people in Ado Ekiti in different homes and they are separated by their age differences because the study looks at both young and old married couples, the average age for young couples in the area is estimated to be between the ages of 25-45 while the average age for older couples in the area is estimated to be between the ages of 45-60years.

3.4 Sample of the Study

There are two categories of married couples to consider in this work, the younger couples and the older couples. This research will let us know couples engage in the excessive use of

smart phones in their various homes. Older couples who have been married for several years may not find the Smartphone use to be any form of negativity in their home such that from time before the advent of mobile phones there were not exposed to any use of phones for communication, advertising or any other functions. By analyzing continuous data collected on a set of 207 participants. The quantitative data were analysed using Statistical Package for the Social Sciences (SPSS) software. Statistical means such as percentages and frequency tables.

3.5 Sampling Techniques

In order to achieve the objective of the study, analysis of the data was of utmost importance since the data collected. This sub-section focuses on the sampling technique/method used in selecting participants from the population of interest into the research sample. Due to the constraints earlier mentioned, a multi stage sampling technique was used to select the sample.

3.6 Method of Data Collection

In the course of this study, Primary and secondary data was adopted. Primary data means original data that has been collected specially for the purpose in mind. It means someone collected the data from the original source first hand. Data collected this way is called primary data. Secondary data refers to data which is collected by someone who is someone other than the user. Common sources of secondary data for social science include censuses, information collected by government departments, organizational records and data that was originally collected for other research purposes. Data was efficiently collected from the informants by cross examining them. Questionnaires were used as instrument for Data Collection.

3.7 Method of Data Analysis

The researcher in this sub-section gives a brief explanation of how data for the study is organized, presented, analysed and interpreted. This sub-section also explains the statistical tools that are used in carrying out data analyses and test of hypotheses in the research study. Data collected with the instrument were edited to ensure accuracy. The quantitative data were analysed using Statistical Package for the Social Sciences (SPSS) software. Statistical means such as percentages and frequency tables were used to reduce the raw data into manageable proportions.

CHAPTER FOUR

DATA ANALYSIS AND INTERPRETATION

4.0 Introduction

This is the chapter four of this project. The chapter is actually the main project because it shows cases the data collected, analyzed, and interpreted. 98.6% of the total questionnaire was correctly filled and sorted for analysis.

4.1 Respondents Socio-Demographic Characteristics

This section is on the socio-demographic characteristics of the respondents which is very germane to this study.

Table 1: Respondents Age

Option	Frequency	Percentage
18 – 25 Years	10	4.8
26 – 33 years	22	10.6
34 – 41 years	35	16.9
42 – 49 years	69	33.3
50 years above	71	34.2
Total	207	100.0

Source: Researchers work's, 2018

Table 1 is on the age of the respondents which shows that majority of the respondents 34.2% were within the age range of 50 years and above, 42-49 years were 33.3T% while only 4.8% of the respondents were 18-25 years. This simply means that married people cut across different categories of age. Also, the age groups were very active and of course will know more about Smartphone acquisition and use. The mean and the standard deviation of the respondents are **2.2947** and **0.5531** respectively.

Table 2: Sex of the Respondents

Option	frequency	percentage
Male	108	52.2
Female	99	47.8
Total	207	100.0

Source: Researcher's Work, 2018

Table 2 is on the sex of the respondents. The table shows that most of the respondents 52.2% were male while 47.8% of the respondents were female. This indicates that both sexes participated well in the study. That is, the study is not gender bias in terms of participation at all.

Table 3: Religious status of the Respondents

Option	Frequency	Percentage
Christianity	111	53.6
Islam	72	34.7
Traditional	12	5.8
Atheist	12	5.8
Total	207	100.0

Source: Researcher's Work, 2018

On the religious status of the respondents. Most of the respondents 53.6% were Christians, 34.7% practice Islam while 5.8% of the respondents practice either traditional religion or are Atheists. This revealed that the respondents were distributed across many religions and also, the Christians were many simply because the location of the study was in southwestern part of Nigeria where religion came through into the country.

Table 4: Educational Qualification of the Respondents

Educational Level	Frequency	Percentage
No formal Education	20	9.7
Primary Education	11	5.3
Secondary Education	19	9.2
ND/NCE	53	25.6
B.Sc/HND	85	41.1
Others	19	9.6
Total	207	100.0

Source: Researcher's Work, 2018

The educational qualification of the respondents maintained that 41.1% of the respondents has B.Sc/HND, 25.6% had ND/NCE while only 5.3% of the respondents had just primary school education. It shows that over 90.0% of the respondents that took part in this study were literate at different levels. Therefore, they are very qualified to respond to the instrument for this study.

Table 5: Marital Status of the Respondents

Option	frequency	Percentage
Married	169	81.6
Single due to Separated	19	9.2
Divorce	07	3.4
Widow	12	5.8
Total	207	100.0

Source: Researcher's Work, 2018

On the marital status. Majority of the respondents 81.6% of the respondents were married, 9.2% were single due to separation, 5.8% were single due to never marry while only 3.4% of the respondents were single due to divorce. This shows that all the respondents were in good marital status which qualifies them to take part in this study because of the nature and subject matter of the study.

Table 6: Respondents Occupation

Option	frequency	Percentage
Civil servants	56	27.1
Self-Employed	66	31.9
NYSC	05	2.4
Student	01	05
Business/Trader	53	25.7
Unemployed	14	6.7
Artisan	12	5.8
Total	207	100.0

Source: Researcher's Work, 2018

Table 6 focus on the occupation of the respondents. Most of the respondents 31.9% were self-employed, 27.1% were civil servants, 25.7% were into either business or trading while only 0.5% of the respondents was a student. This indicate that over 90.0% of the respondents were engage doing one thing or the other to make ends meet. Also, it is noteworthy that Nigeria as a nation is moving towards self-reliance state.

Table 7: Respondents Monthly Income

Option	Frequency	percentage
#20,000 - #60,000	99	47.8
#61,000 - #80,000	51	24.6
#81,000 - #100,000	33	15.9
#101,000 - #120,000	19	9.18
#121,000 - #140,000	05	2.42
Total	207	100.0

Source: Researcher's Work, 2018

This table is on the monthly income of the respondents. The table shows that 47.8% of the respondents earns between #20,000 - #60,000, 24.6% earns between #61,000 - #80,000

while only 2.42%% of the respondents earns between #121,000 - #140,000. It can be concluded that virtually all the respondents were distributed across groups of income every month depending on what they do.

4.2 Main Functions of Smartphone

This part focuses on the main functions of Smartphones. That is, the different activities phones are capable of handling.

Table 8: Respondent's view on the Main Function of Smartphone

Statement	YES		NO		DK	
	F	%	F	%%	F	%
My phone browse perfectly well	136	65.7	57	27.5	14	6.7
Smart phones are password able	189	91.3	12	5.8	06	2.9
Smart phones has many apps on them	184	88.9	11	5.3	12	5.8
Smart phones can be use for online transactions	191	92.3	09	4.4	07	3.4
Smart phones can be use for entertainment (film, music, radio etc)	196	94.7	05	2.4	06	2.9
Smart phones can be used to play good and complex game	190	91.8	09	4.4	08	3.9
Smart phones can be use for educational activities	187	90.3	11	5.3	09	4.4
Smart phones are use for fraud and crime	125	60.4	21	10.1	61	29.5

Source: Researcher's Work, 2018

This table focuses on the main functions of Smartphone. The table indicate that 65.7% of the respondents said yes, my phone browse perfectly well, 91.3% said yes, smart phones are password able, 88.9% also said yes, smart phones has many apps on them, 92.3% as well said yes, smart phones can be use for online transactions, 94.7% too said yes, smart phones can be use for entertainment (film, music, radio etc), 91.8% said yes, smart phones can be used to play good and complex game, 90.3% said yes, smart phones can be use for educational activities and 60.4% of the respondents said yes, smart phones are use for fraud and crime. From the above

analysis, it can be concluded that Smartphone are electronic mobile complex gadgets that is capable of doing so many things be it positive or negative. Also, all the Apps on Smartphone are used for one particular purpose or the other.

4.3 The Knowledge of Married People about Smartphone

The knowledge of the respondents is looked at in this area. This will actually help the respondents to demonstrate a very good understanding of the questions in this study.

Table 9: Respondents Knowledge of Smartphone

Statement	YES		NO		DK	
	F	%	F	%	F	%
I have ever use browsable phone	153	73.9	49	23.7	05	2.4
I am currently using a phone that can browse	143	69.1	60	28.9	04	1.9
My phone performs a lot of functions	166	80.2	31	14.9	10	4.8
I can do a lot of activities on my phone	166	80.2	36	17.4	05	2.4
I can operate my phone by myself	178	85.9	26	12.6	03	1.5
Operate most of the Apps on my phone	170	82.1	34	16.4	03	1.5
My phone can be password	156	75.4	40	19.3	11	5.3

Source: Researcher's Work, 2018

The above table focuses on the knowledge of married people on Smartphone. From the table, 73.9% of the respondents said yes, they have ever use browseable phone, 69.1% said yes, they are currently using a phone that can browse, 80.2% said yes, their phone performs a lot of functions. Also, 80.2% said yes, they can do a lot of activities on their phone, 85.9% said yes, they can operate most of the Apps on their phones while 75.4% of the respondents said yes, their phones can be password. The above analysis displayed that the respondents have a good knowledge and understanding of phone that is capable of browsing. This is because the respondents can perfectly handle the phones by performing a lot of activities and functions ion the phones. It also means the respondents key strongly into the technological revolution age globally.

4.4 Access to and why Married People check each other's Phone

Here, the access the respondents have to interact with each other's phone is looked at and reasons for checking each other's phones is considered.

Table 10: Respondents Access and why they check each other's Smartphone

Statement	YES		NO		DK	
	F	%	F	%	F	%
I have unlimited access to my spouse's phone	93	44.9	110	53.1	04	1.9
I have never touch my spouse's phone	28	13.5	176	85.0	03	1.5
I don't have time for checking my spouse's phone	79	38.2	121	58.5	07	3.4
Jobless spouse have time to go through checking of their phones	73	35.5	109	52.7	25	12.1
My spouse keep things away From me on his/her phone	68	32.9	129	62.3	10	4.8
I check my spouse's phone to know if he/she is practicing extra marital affair	47	22.7	153	73.2	07	3.4
I check my spouse phone to know those he/she interact it and what they discuss	164	79.2	40	19.3	03	1.5
Willingly I don't want to touch my spouse's phone except for urgent need	149	72.5	54	26.1	04	1.9
My spouse go about with his/her phone even to bathroom/toilet	49	23.7	150	72.5	08	3.9
I only have access to check my spouse phone in the night or when he/she is in convenience	72	34.8	119	57.5	16	7.7

Source: Researcher's Work, 2018

This table is divided into two important aspects. The first aspect focus on the access spouses have to each other's Smartphone while the second aspect is on why married people check each other's phones. On the access to partner's phone, 53.1% of the respondents said no, I

have unlimited access to my spouse's phone, 85.0% said no, I have never touch my spouse's phone, 58.5% said no, I don't have time for checking my spouse's phone, 52.7% said no, Jobless spouse have time to go through checking of their phones and 72.5% of the respondents said yes, willingly I don't want to touch my spouse's phone except for urgent need. It is therefore clear that truly married people have access to their spouse's phone but this is done occasionally, when its need arises anytime of the day when they need to check one or two things on their partner's phone. It also means, spouse do not have the liberty to do any excessive thing on their partner's phone.

On why spouse check each other's phone. Most of the respondents 62.3% said no, my spouse keep things away from me on his/her phone, 73.2% said no, I check my spouse's phone to know if he/she is practicing extra marital affair, 79.2% said yes, I check my spouse phone to know those he/she interact it and what they discuss, 72.5% said no, my spouse go about with his/her phone even to bathroom/toilet. It means that spouse actually check each other's phones not because they are suspecting themselves for anything irrational or immoral but sometimes just to know the kind of person their partner is through the kind of people they keep and the nature of interaction they engage in with their friends because there is a saying that, "Birds of a feather, flocks together" or "Show me your friends and I will tell you whom you are"

4.5 The Essentiality of Smartphone Use among Married People and why it Cause Rift among them.

Figure 1: Reasons for Smartphone Usage among Married People

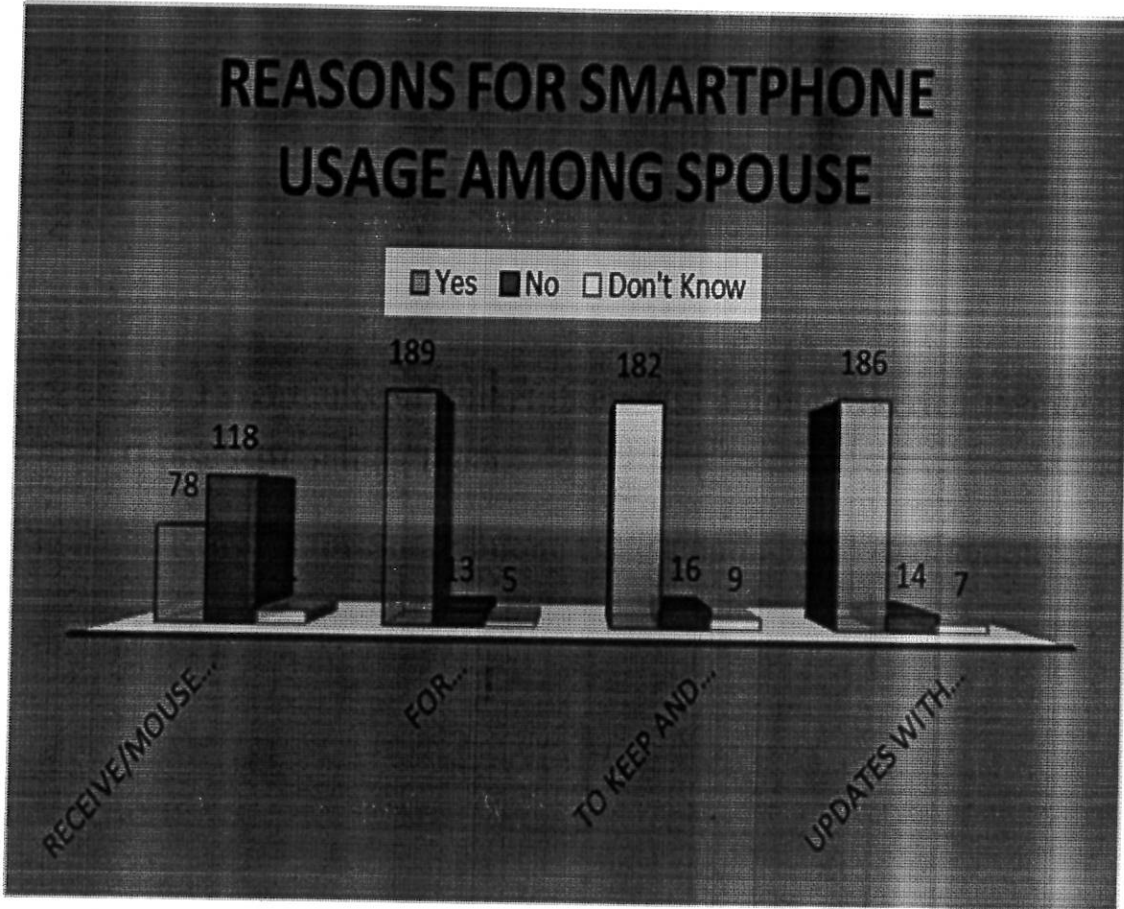


Table 11: Reasons for Smartphone Usage among Married People

Statement	YES		NO		DK	
	F	%	F	%	F	%
Denial of access to my spouse phone cause disagreement between us	135	65.2	68	32.9	04	1.9
Pass wording of phone cause quarrel between spouse	114	55.4	88	42.5	05	2.4
My spouse frown when I pick his/her phone	53	25.6	141	68.1	13	6.3
My spouse receive/make some calls privately	78	37.7	118	57.0	11	5.3
Spouse use phone for communication	189	91.3	13	6.3	05	2.4

Spouse use phone to keep all friends and make new ones	182	87.9	16	7.7	09	4.4
Spouse use phone to keep them update and current with uses and information etc	186	89.9	14	6.8	07	3.4
Are there different uses of phone peculiar to people that are married?	93	44.9	76	36.7	38	18.4
The usage of phone has nothing to do with marital status	170	82.1	22	10.6	15	7.3

Source: Researcher's Work, 2018

The above table focuses on two major issues. That is, the essentiality of Smartphone use and secondly, how Smartphone leads to rift between married couples. On the essentiality of Smartphone use, 91.3% of the respondents said yes, spouse use phone for communication, 87.9% said yes, spouse use phone to keep all friends and make new ones, 89.8% also said yes, spouse use phone to keep them update and current with uses and information etc and 82.1% of the entire respondents said yes, the usage of phone has nothing to do with marital status. It can be clearly deduced that the essential use of Smartphone among married people is not in any way different from the way other people use browsing phones too. Smartphones are used to interact with people be it people we are meeting newly or old ones. It also makes us to be very current and keeps us update with all those things going on globally and in our immediate surroundings.

On how Smartphone cause or lead to rift between married people, from the table, 65.2% of the respondents said yes, denial of access to my spouse phone cause disagreement between us, 55.4% affirmed yes, pass wording of phone cause quarrel between spouse, 68.1% said no, my spouse frown when I pick his/her phone and 57.0% of the respondents also said no to the statement that my spouse receive/make some calls privately. Form the foregoing, Smartphone as an electronic modern day communication gadget cannot cause any problem among married people but the way it is manage or handles cause or lead to crisis or conflict between married people. When a partner suddenly begins to attach unnecessary importance to the use of Smartphone or keep or guide jealously, then it brings suspect and an attempt to begin to encroach in the phone by the other partner lead to unprecedented act between the two of them.

4.6 Factors which leads to Smartphone Pass wording among Married People

Table 12: Factors which Lead to Smartphone Pass-Wording among Married People

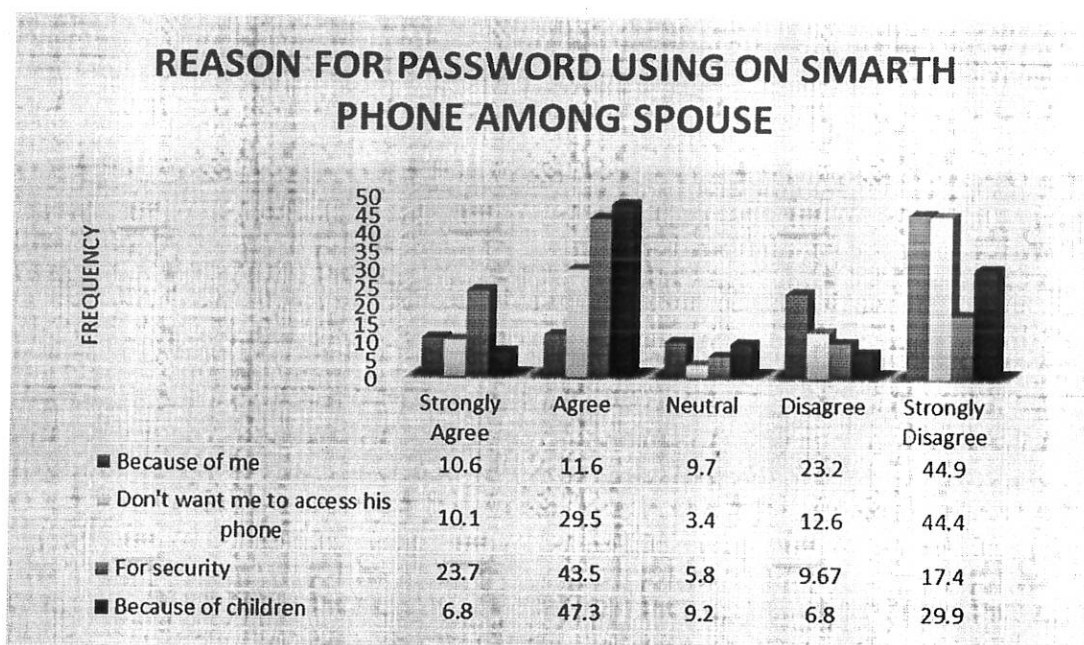
Statement	SA	A	U	D	SD
My spouse's phone is password	43.9	33.3	1.9	1.9	18.8
I know my spouse's phone password	44.4	28.9	6.8	4.4	15.5
My spouse password his/her phone particularly because of me	10.6	11.6	9.7	23.2	44.9
My spouse does not want me to access to his phone	10.1	29.5	3.4	12.6	44.4
My spouse password his phone for security purpose to word external people accessing it	23.7	43.5	5.8	9.67	17.4
My spouse password is very complex	11.6	51.2	3.9	7.3	26.1
My spouse password his phone because of our children	6.8	47.3	9.2	6.8	29.9
It is good for spouses to password their phone	16.4	39.6	11.1	12.1	20.8
It is good for spouses to know each other's phone password and access each other's phone at any time	76.8	19.3	2.4	1.0	0.5

Source: Researcher's Work, 2018

From the above table use a 5-scale indices to measure factors that lead to phone pass wording among married people. Majority of the respondents 43.9% strongly agreed that my spouse's phone is password, 44.4% strongly agreed that I know my spouse's phone password, 44.9% strongly disagreed that my spouse password his/her phone particularly because of me. Also, another 44.4% of the respondents strongly disagreed that my spouse does not want me to access to his phone, 43.5% of the respondents agreed that my spouse password his phone for security purpose against external people accessing it, 51.2% agreed that my spouse password is

very complex, 47.3% agreed that my spouse password his phone because of our children, 39.6% also agreed that it is good for spouses to password their phone and 76.8% of the respondents strongly agreed that it is good for spouses to know each other's phone password and access each other's phone at any time. The above analysis indicated that while it is good for spouses to password their phones, they agreed that they should both know the pass-word. That is, have access to each other's phone. Also, the pass-wording of phone is mainly for security reason against external people accessing their phones and against their biological children. It is noteworthy that this study does not over rule the fact that there are some spouses that pass-word their phones against their husband/wife. This is to prevent their partners from have access to their phone because of some information they keep secretly. But the population of spouses in this situation is very negligible.

Figure 2: Reasons for Pass-Wording Using on Smartphone among Married People



The above chart further buttress the reasons why spouses pass-word their Smartphones. Data revealed that spouses actually pass-word their phones but they know each other's pass-word which gives them unlimited access to the phones. They argued that pass-wording of phones was meant for security purpose against their biological children and external people from having access to their phones.

4.7 The Negative Effects of Smartphone Use and Pass-Wording on Marital Life/Relationship among Married People in Ado-Ekiti.

This part is on the negative effects and pass-wording of Smartphones on the life of married people in Ekiti state.

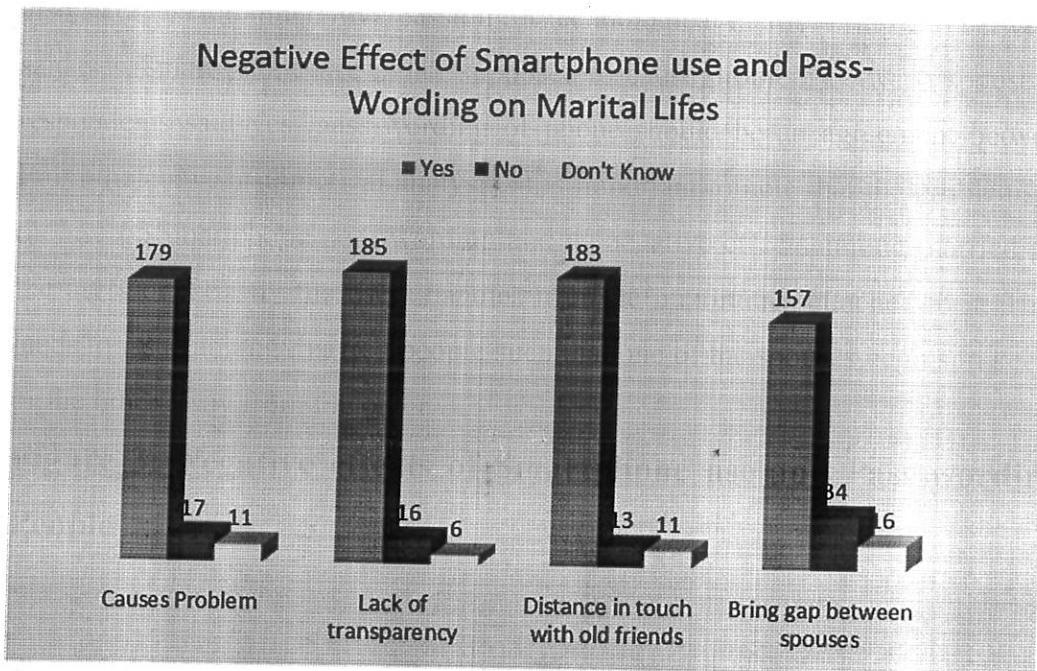
Statement	YES		NO		DK	
	F	%	F	%	F	%
It is a problem when spouse do not have access to each other's phone at will	183	88.4	18	8.7	06	2.9
Too much glue to phone by spouse causes problem	179	86.5	17	8.2	11	5.3
Lack of transparency in marriage especially with our phones to each other is an issue	185	89.4	16	7.7	06	2.9
Partner that jealous don't allow their spouse to relate/keep in touch with old friends	183	88.4	13	6.3	11	5.3
When spouse are not in the same place brings problem in their marriage	105	50.7	82	39.6	20	9.7
Too much love/passion for technological facility bring gap between spouses	17	75.9	34	16.4	16	7.7
Smart phone use is not supposed to cause problem between spouse	169	81.6	26	12.6	12	5.8
Pass-wording of phone should be an agreement between both of them	160	77.3	38	18.4	09	4.4

Source: Researcher's Work, 2018

The above table is on the negative effects of Smartphone use and pass-wording on marital life of married people. It is very important to note that between 50-89.4% of the respondents said yes to all the indices measuring the above variable as shown in the above table. Majority of the respondents said yes, it's a problem when spouse don't have access to each other's phone at will, 86.5% said yes, too much glue to phone by spouse causes problem, 89.4% said yes, lack of transparency in marriage especially with our phones to each other is an issue, 89.4% further said yes, partner that jealous don't allow their spouse to relate/keep in touch with old friends, 88.4% said yes, partner that jealous don't allow their spouse to relate/keep in touch with old friends,

50.7% said yes, when spouse are not in the same place brings problem in their marriage, 75.9% also said yes, too much love/passion for technological facility bring gap between spouses, 81.6% said yes, smart phone use is not supposed to cause problem between spouse and 77.3% of the respondents said yes, pass-wording of phone should be an agreement between both of them. From the above arithmetical analysis, it is important to note that the problems that characterized the use of Smartphone pass-wording and its negative effects among married people is cause by the users or the way the users handles it or the importance attached to it. This is exactly what leads to issue among married people such that one of the spouses begins to keep one information or the other away from the other.

Figure 3: Negative effects of Smartphone use and Pass-wording on Married People



The above chart further buttress the fact that majority of the respondents said yes or agree that all the indices brings about the negative effects of smartphone use among married people and its pass-wording.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION

5.0 Introduction

This chapter brings to light discussion and summary of major findings in the study. The conclusions were based on the major findings in chapter four, recommendations of the factors of the sociological analysis of smart phone use and satisfaction among married people as well as recommendations on areas for further research studies. The summary of findings was based on the study objectives and research questions as shown below:

5.1 Summary of Findings

In the research study the effects of the sociological analysis of smart phone use and satisfaction among married people contributed negatively creating marriage problems, family problems, social and psychological problems. The use of smart phone not only produces feelings of pain and stress but also leads to failure in most marriages if not quickly curbed. The general main objective of this study was to sociologically explore the use of smartphone and the use of pass-wording among married people in Ado Ekiti. In addition to this main objective, other objectives were stated. These objectives include, to examine the knowledge of married people about Smartphone, to determine why married people check each other's phone, to identify the factors which leads to phone pass-wording among married people, to know the essentiality of Smartphone use among married people, to determine the cause of rift among couples when using smartphones, to identify the factors that leads to excessive smartphone use, to critically examine the negative effects of smartphone use and pass-wording on the marital life/relationship among married people in Ado Ekiti.

Questionnaires were administered and data analysis was carried out using the SPSS software. With regard to the findings of the study evidence from data analysis show that the result of the study is supportive of the major assumptions made at the beginning of the study and also support some of the literature that were reviewed.

Married people not only indulge in addiction to their Smartphones, but also exhibit the habit of pass-wording their phones and this has caused more harm than good to their marriages. Smartphone raise trust issues in today's relationships, especially because of notifications that come from social media platforms. People are more suspicious about their partners today, because social media applications on smartphones provide many opportunities for cheating anywhere anytime. As a rise to cheating, couples develop the habit of pass-wording their phones so as to deny access to their spouse. Phone pass-wording among couples brings about jealousy in marriage, and also makes the partner want to curiously know what is behind such act that the spouse will have to pass-word his/her phone. It is an evident fact that the smart phone use and satisfaction among married people nowadays is becoming alarming and deep-rooted.

5.2 Conclusion

The purpose of this research study is to examine the sociological analysis of smart phone use and satisfaction among married people. The Internet is a useful way to reach a mass audience without spending a lot of time or money. Addiction to media has been characterized as excessive or poorly controlled preoccupations and compulsive needs that lead to impairment. Technological advancements in the last two decades has transformed human interaction and relationships in a manner never seen in human history, this has provided the platform for man to push beyond boundaries and achieve dreams that were previously unfathomable. Smartphones are integral part of this revolution, they have become one of the most powerful and indispensable weapons for the advancement of commerce, innovation and communication, a trend fueled by the proliferation in use of social networking sites on the internet. The causes of Smartphone use among married people can be attributed to the technological and content-related features of a Smartphone. Regarding the causes, married people who are too busy for each other could result themselves in Smartphone addiction because the supposed companion is not always available. Many marriages are broken due to the excessive use of Smartphone among the couples. Sometimes jealous comes in place when one spouse finds the other so engrossed with his/her Smartphone, this gradually leads to lack of trust. There is need for government, non-governmental bodies and individuals to work hand in hand in eliminating or reducing these constraints by organizing awareness and educating married people most especially the young ones through seminars, programs.

5.3 Recommendations

Based on the findings of the research study, these are the following are recommended:

- Awareness and seminars should be effectively organized by non-governmental organizations (NGOs) to educate married people on the dangers and adverse effect of the habitual use of smart phones.
- Marriage counselors should give moral support to couples at each zone across the state.
- Medical attention and advice from psychologists and medical practitioners should be given to married people on the adverse effect and dangers smart phone habits may likely cause to health.
- Increase in the level of work at home and at work to less time to the regular use of smart phone use.
- Engaging spouse in work to do so as not to create idle time.

5.4 Areas For Further Research

In further research, a deeper look can be taken of smartphone addiction and its determinants. A qualitative research should be appropriate to investigate the phenomena to a deeper extent and can be expected to provide an insight on how smartphone addiction exists. In short, the following points could receive further investigation. Further research is needed on the role of social stress in smartphone addiction, as the relation between the two is unknown. It could be that new media technologies and the use of smartphones have an effect on social stress and *vice versa*.

Next, deeper research is needed on the relation between social usage and smartphone addiction. In this study, no significant effects were found. Past research states that internet and smartphone addicts use their smartphone excessively for social gratifications. Because of different results a deeper look seems appropriate. Note that the formulation of the items was derived from previously validated research. However, with the modern smartphone technologies, such as the social usage items, some former validated items could cause some problems. Those items could be better adjusted to the smartphone context. For example, social relationships could

be described as online or offline relationships. A note for further research is to investigate smartphone addiction with other methods.

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FEDERAL UNIVERSITY OYE EKITI, EKITI STATE

QUESTIONNAIRE SURVEY

A SOCIOLOGICAL ANALYSIS OF SMARTPHONE USE AND ITS SATISFACTION AMONG MARRIED PEOPLE IN ADO EKITI.

Dear Sir/Ma, I am Agbalajobi, Oluwafemi Michael, a final year student of the department of Sociology Federal University Oye Ekiti, Ekiti State. I am conducting a research on “A Sociological Analysis of Smartphone Use and Its Satisfaction among married people in Ado Ekiti”. This research work is one of the major obligatory academic activities I must fulfill for the award of first degree (B.Sc in Sociology) you are kindly requested to answer the questions by selecting the appropriate answer in your own opinion. Be rest assured that all your information required are for research purpose only and will be kept confidentially. Thank you for your cooperation.

Yours Faithfully

AgbalajobiOluwafemi Michael

SECTION A: SOCIO-DEMOGRAPHIC CHARACTERISTICS OF THE RESPONDENTS

1. What is your age bracket? (a) 18 – 25years () (b) 26 -45 years() (c) 55years and above
2. Sex? (a) Male (b) Female
3. Religious Status? (a) Christian (b) Islam (c) Traditional (d) Atheist ()
4. What is your highest level Education? (a) No Formal Education (b) Primary Education (c) Secondary Certificate (d) ND/NCE (e) B.SC/HND (f) Others (Specify)
5. What is your marital Status? (a) Married (b) Single (c) Widow (d) Separated (e)Divorced
6. What is your occupation? (a) Civil Servant () (b) Self-Employed () (c) NYSC () (d) Student () (e)Business/Trader () (f) unemployed () (g) Artisan () others ()
7. What is your monthly income? (a) #20, 000 - #60,000 () (b) #61,000-#80,000 () (c) #81,000-#100,000() (d) #101,000-#120,000 () (e) #121,000-#140,000 () (f) #141,000 and above.

1. To identify the main functions of smartphones.

S/N	STATEMENT	YES	NO	DK
1.	My phone browse perfectly well			
2.	Smart phones are passwordable			
3.	Smart phones has many apps on them			
4.	Smart phones can be use for online transactions			
5.	Smart phones can be use for entertainment (film, music, radio etc)			
6.	Smart phones can be used to play good and complex game			
7.	Smart phones can be use for educational activities			
8.	Smart phones are use for fraud and crime			

2. To Examine the knowledge of married people about smartphone

S/N	STATEMENT	YES	NO	DK
1.	I have ever use browsable phone			
2.	I am currently using a phone that can browse			
3.	My phone performs a lot of functions			
4.	I can do a lot of activities on my phone			
5.	I can operate my phone by myself			
6.	Operate most of the Apps on my phone			
7.	My phone can be password			

3. To determine the access to and why married people check each other's phone

S/N	STATEMENT	YES	NO	DK
1.	I have unlimited access to my spouse phone			
2.	I have never touch my spouse's phone			
3.	I don't have time for checking my spouse's phone			
4.	Jobless spouse have time to go through checking of their phones			
5.	My spouse keep things away rom me on his/her phone			
6.	Both of us uses the same type of phone			

7.	I can operate my spouse's Phone			
8.	Willingly don't want to touch my spouse's phone except for urgent need			
9.	My spouse go about with his/her phone even to bathroom/toilet			
10.	I only have access to check my spouse phone in the night when he/she is in convenience			

4. To know the essentiality of smartphone use among named people and why it cause rift among named people

S/N	STATEMENT	YES	NO	DK
1.	Denial of access to my spouse phone cause disagreement between us			
2.	Pass wording of phone cause quarrel between spouse			
3.	My spouse frown when I pick his/her phone			
4.	My spouse receive/mouse some calls privately			
5.	Spouse use phone for communication			
6.	Spouse use phone to keep all friends and make new ones			
7.	Spouse use phone to keep them update with uses, information etc.			
8.	Are there different uses of phone peculiar to people that are married?			
9.	The usage of phone has nothing to do with marital status			

5. To investigate the factors which leads to phone pass-wording among named people

S/N	STATEMENT	SA	A	T	S	SD
1.	My spouse's phone is password					
2.	I know my spouse's phone password					
3.	My spouse password his/her phone particularly become of me					
4.	My spouse does not want me to access to his phone					
5.	My spouse password his phone for security purpose to word external people accessing it					
6.	My spouse password is very complex					
7.	My spouse password his phone because of our children					
8.	It is good for spouses to password their phone					
9.	It is good for spouses to know each other's phone password and					