



My Phone My Burden: Understanding Predictors of Smartphone Burden

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Introduction

- ▶ Define Smartphone Burden
- ▶ Review Potential Predictors of Smartphone Burden



What Is Smartphone Burden?

- ▶ Smartphone Desirability (Refuge vs. Burden)

- ▶ Smartphone Burden

 - Trub & Barbot, 2016

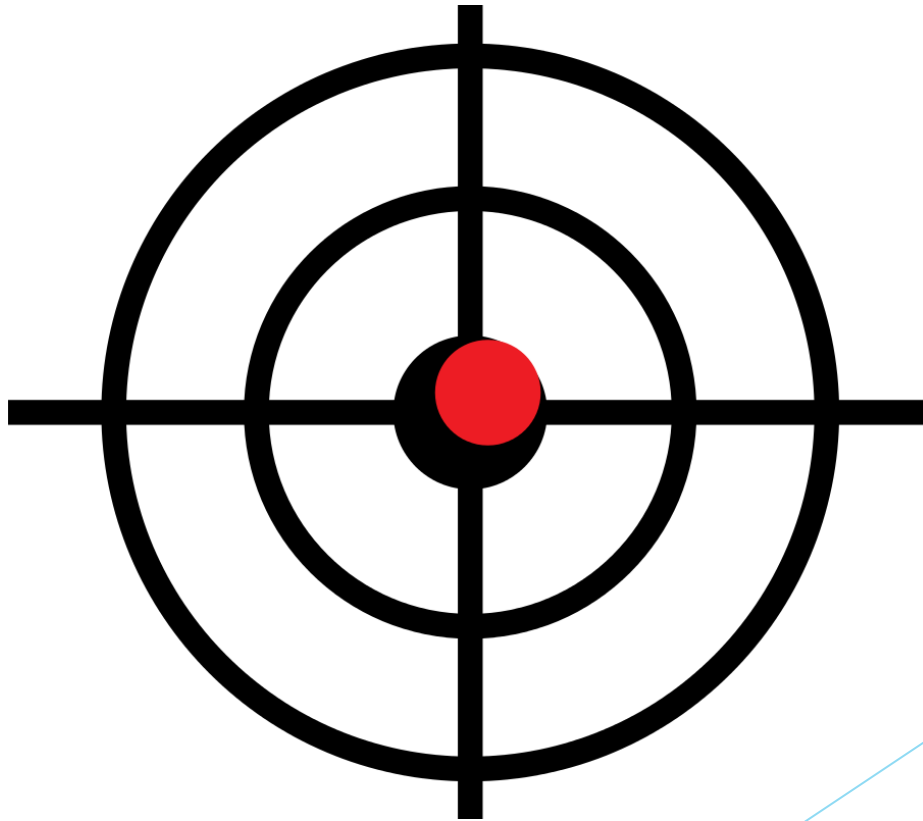


Voids in Research

- ▶ "Though it has been identified that individuals differ on the extent they view their smartphone as a refuge or burden (Trub & Barbot, 2016), little awareness of what individual differences predict these factors is not known."

Goal of This Study For Smartphone Use as a Burden

- ▶ Discover the relations of various predictors with smartphone burden



Who Are The Beasts of Burden When It Comes to Smartphone Use?



Hypothesized Predictors of Smartphone Burden:

- ▶ Extroversion
- ▶ Attachment Avoidance
- ▶ Stress
- ▶ Fear of Missing Out (FoMO)



Extroversion

- ▶ Extroversion can be characterized by high social desirability
- ▶ Research shows that extroverts typically prefer face-to-face (FtF) interactions as opposed to computer-mediated-communication (CMC)
 - Amichai-Hamburger et al., 2002
- ▶ On the other side of the spectrum, research has shown that introverts generally prefer CMC interactions over FtF interactions
 - Meier et al., 2021; Amichai-Hamburger et al., 2002



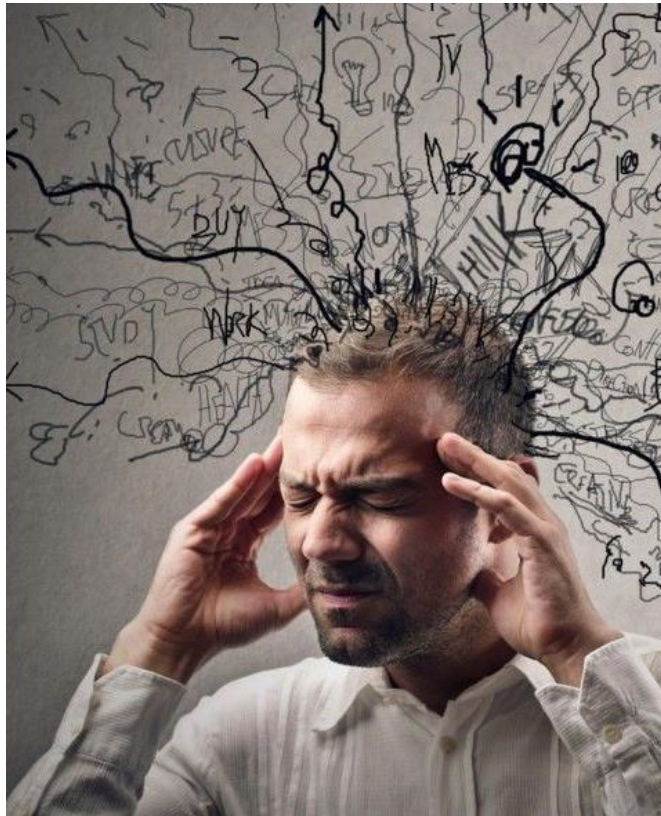
Attachment Avoidance

- ▶ Attachment avoidance can be characterized by avoidance of emotional connections and getting too close to romantic partners
 - Hazan & Shaver, 1987
- ▶ Studies have found avoidantly attached individuals tend to stay away from intimate forms of communication
 - Morey et al. 2013; Drouin & Landgraff, 2011; Gritti et al. 2023



Stress

- ▶ Stress can be defined as a phenomenon in which one may experience from any perceived threat
 - Clemente-Suárez et al. 2022
- ▶ Research has shown that higher levels of stress were associated with lower levels of well-being for participants that use their phones to vent
 - Murdock et al. 2014



FoMO

- ▶ FoMO can be characterized as anxiety that other people are experiencing rewarding situations that one may be "missing out" on
 - Przybylski et al., 2013
- ▶ Research has found FoMO to be positively related to Social Exclusion Scores
 - Holte et al. 2022



Methods and Materials

► Procedure

- The study was advertised on Cloud Research
- The compensation for participating was \$1.00 which was received within 24 hours of research involvement
- Participants who gave informed consent completed a myriad of surveys

► Analyses

- Used AMOS Structural Equation Modeling to test the psychometric fit of Young Adults Attachment to Phone Scale; Used SPSS for the rest of analyses
- Used Little's Missing Completely At Random Test to ensure our data was not missing at random
- Tucker Lewis Index, Standardized Root Mean Square Residual, Comparative Fit Index, and Standardized Root-Mean-Square-Error-of-Approximation



Participants

- ▶ Participants (N=379) were primarily White (68.3%), male (53.8%), received a Bachelors degree as their highest level of education (43.3%), and resided in the Southeast (29.8%)

Coefficients^a

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Collinearity Statistics | |
|-------|-----------------------|-----------------------------|------------|---------------------------|--------|-------|-------------------------|-------|
| | | B | Std. Error | Beta | | | Tolerance | VIF |
| 1 | (Constant) | 6.597 | .155 | | 42.505 | <.001 | | |
| | Avoidance_Centered | .017 | .021 | .041 | .803 | .422 | 1.000 | 1.000 |
| 2 | (Constant) | 6.597 | .155 | | 42.597 | <.001 | | |
| | Avoidance_Centered | .007 | .022 | .018 | .328 | .743 | .923 | 1.084 |
| | Stress_Centered | .030 | .019 | .086 | 1.603 | .110 | .923 | 1.084 |
| 3 | (Constant) | 6.596 | .153 | | 43.095 | <.001 | | |
| | Avoidance_Centered | .038 | .024 | .092 | 1.584 | .114 | .770 | 1.298 |
| | Stress_Centered | .032 | .019 | .092 | 1.740 | .083 | .922 | 1.085 |
| | Extroversion_Centered | .128 | .041 | .177 | 3.151 | .002 | .816 | 1.226 |
| 4 | (Constant) | 6.596 | .153 | | 43.178 | <.001 | | |
| | Avoidance_Centered | .044 | .024 | .106 | 1.818 | .070 | .751 | 1.332 |
| | Stress_Centered | .012 | .022 | .036 | .557 | .578 | .630 | 1.588 |
| | Extroversion_Centered | .120 | .041 | .166 | 2.932 | .004 | .802 | 1.246 |
| | FoMO_Centered | .034 | .022 | .097 | 1.571 | .117 | .677 | 1.477 |

a. Dependent Variable: Burden

Summary and Evaluation of Hypotheses

Extroversion was a significant predictor of smartphone burden

Attachment avoidance was a marginally significant predictor of smartphone burden

Stress and FoMO were not significant predictors of smartphone burden



Limitations

- ▶ Empirical Limitation: Not experimental; Participants were questioned through survey format

What's Next?



Experimental Study Framework



Exploring the relationship of specific personality types and attachment on smartphone use as a burden



Thanks For Watching!