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*The Impact of Smartphone Use on Interpersonal Relationships Among Young Adults*

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Smartphones have become an essential part of daily life, particularly among young adults. This research aims to investigate how smartphone use influences the quality of interpersonal relationships among this demographic. Understanding this impact is crucial due to the widespread adoption of smartphones and the potential implications for social interactions, emotional well-being, and communication dynamics. The Pew Research Center's study by Lenhart (2015) highlights the pervasive nature of smartphone adoption among teens and young adults, emphasizing the need to examine its effects on various aspects of life, including interpersonal relationships. Furthermore, the study conducted by (Primack et al. 2017) reveals a significant association between social media use and perceived social isolation among young adults, pointing to the importance of investigating the potential effects of smartphone-mediated communication on emotional well-being and relationships. (Clayton, Nagurney, and Smith 2013) explore the role of Facebook use in relationship dynamics, shedding light on the influence of social media platforms on interpersonal connections. These studies collectively underscore the significance of studying the impact of smartphone use on interpersonal relationships, considering its implications for social interactions, emotional well-being, and the overall communication landscape.

  The field of communications as it explores the intersection of technology and interpersonal communication It contributes to the broader study of how communication channels, including digital devices, shape human connections. Given the prevalence of smartphone use and its influence on communication patterns, this research addresses a significant area within communication studies. The study by (Mazer, Murphy, and Simonds 2007) emphasizes the importance of understanding the effects of computer-mediated communication, such as smartphone use, on interpersonal interactions. Additionally, Beebe, Beebe, and Redmond's textbook (2019) provides insights into the intricate dynamics of interpersonal communication, serving as a foundation to explore how smartphone use may impact these dynamics. Moreover, the handbook edited by Fortner and Fackler (2022) discusses various communication theories that can be applied to studying the effects of technology on human connections, further highlighting the significance of this research within the field of communications. By delving into the influence of smartphone use on interpersonal relationships, this study extends the field's understanding of contemporary communication patterns and their implications for personal connections, contributing to the ongoing discourse on technology-mediated interactions.

 How does the frequency of smartphone use correlate with perceived closeness in interpersonal relationships among young adults? (Primack et al., 2017; Lenhart, 2015). Does the type of smartphone activity (e.g., texting, social media, or calling) affect the emotional connection between individuals? (Clayton et al., 2013; Mazer, Murphy, & Simonds, 2007). To what extent does smartphone use impact face-to-face communication among young adults? (Beebe, Beebe, & Redmond, 2019; Fortner & Fackler, 2022) Variables to Study: Independent Variable: Frequency of smartphone use (measured by hours per day) (Primack et al., 2017; Lenhart, 2015). Dependent Variable: Perceived closeness in interpersonal relationships (measured by a Likert scale) (Beebe, Beebe, & Redmond, 2019; Fortner & Fackler, 2022). Mediating Variable: Type of smartphone activities (categorical variables representing texting, social media, calling, etc.) (Clayton et al., 2013; Mazer, Murphy, & Simonds, 2007).

A survey questionnaire will be designed to collect data from young adults aged 18 to 30. The survey will be adapted from validated scales used in previous research (Primack et al., 2017; Mazer, Murphy, & Simonds, 2007). It will include questions about smartphone use patterns, specific activities (texting, social media, and calling), perceived emotional closeness in relationships, and preferences for face-to-face communication (Clayton et al., 2013; Lenhart, 2015). Participants will rate their agreement on a 5-point Likert scale (1 = strongly disagree, 5 = strongly agree) (Beebe, Beebe, & Redmond, 2019; Fortner & Fackler, 2022). Additionally, qualitative open-ended questions will be included to gather in-depth insights into participants' experiences and perceptions (Byrne, 2017; Bowen, 2022). By incorporating established survey methods and adapting existing scales, this approach enhances the validity and reliability of data collection, allowing for a comprehensive exploration of the research questions and variables.

 A quantitative research design will be employed to analyze the relationship between smartphone use and interpersonal relationships. This design allows for the systematic collection and analysis of numerical data to identify patterns, associations, and potential causal relationships (Creswell, 2014). Correlation and Regression Analyses: To examine the relationship between smartphone use and perceived closeness in interpersonal relationships, correlation and regression analyses will be conducted. Correlation analysis will assess the strength and direction of the linear relationship between frequency of smartphone use and perceived closeness (Field, 2013). Regression analysis will further explore whether the type of smartphone activities (texting, social media, and calling) mediates the relationship between smartphone use and interpersonal relationships (Hair et al., 2019). “Communication as a regulatory component of social action” (Lindlof, 1995, p. 93) you can't get a reaction or any action coming out of a smartphone physically everything is mostly emotionally. Relationships. Much social life can be examined in +terms of the kinds of communicative behavior. (2003). *The basics of communication research*

 Mediation Analysis We will use mediation analysis to determine whether the types of smartphone activities (texting, social media, and calling) have an impact on the relationship between smartphone use and perceived closeness (Preacher & Hayes, 2008). This approach will help determine whether specific activities play a role in explaining the relationship between smartphone use and interpersonal relationships. By utilizing correlation, regression, and mediation analyses, this research design provides a comprehensive approach to examining the complex dynamics between smartphone use and interpersonal relationships among young adults.

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