

Abstract

The present study was conducted to examine the relationship between Mobile Addiction, Emotional Intimacy and Mental Health Problems in married people. A sample size of N=140 married people (n=70 male) and (n=70 female) were recruited using convenient and snow ball sampling for this study. The scales used in the study were Smartphone Addiction Scale SAS (Kwon et al., 2013), Emotional Intimacy Scale EIS (Sinclair & Dowdy, 2005) and Mental Health Inventory MHI (Veit & Ware, 1983). The data was analyzed using independent sample t-test, Pearson product moment correlation and step wise multiple regression. Results showed that mobile usage duration has significant relationship with mental health. Correlation analysis revealed that mobile addiction was significantly correlated with psychological distress, emotional intimacy and psychological well-being. Emotional intimacy had significant positive relationship with psychological well-being and significantly negative relationship with psychological distress. Psychological distress and psychological well-being were found to be negatively correlated. Regression analysis showed that psychological distress was positively predicted by smartphone addiction and negatively predicted by emotional intimacy and age. Psychological well-being was negatively predicted by smartphone addiction, emotional intimacy and profession.

Keywords: Mobile Addiction, Emotional Intimacy, Mental Health Problems, Married People.