Loneliness, Jealousy, and Personality Functioning in Smartphone Overuse

NAADAC Annual Conference 2022
Indianapolis, IN

Errol O. Rodriguez, Ph.D., CRC, MAC
Adelphi University

Agenda

- Evolution of the internet and social networking
- Early challenges with advancing social media technology
- Smartphone Use & Problematic Use
- What is the Fear of Missing Out (FoMO)
- Our previous studies (FoMO & personality)
- New study (FoMO, psychopathology risk, jealousy, & loneliness)
- Future directions
AOL, Netscape, & the Dial-Up Internet

- Social Connection
- Services
- Communication
- Stimulation Seeking

The Original Devices

Source: Wikimedia Commons
Social Networking in the Millennium

AOL  Facebook  Twitter  GEnie  Instagram  Geocities  MySpace

By 1998 reports indicated problematic internet use similar to substances with some similar negative outcomes (Young, 1998)

Merit for Inclusion in DSM-V but… (Block, 2008)

Internet Addiction (IA, or, better, Internet Use Disorder) global prevalence rate hit 6%
How many times do Americans check their cell phones daily?

- 8 billion

How often does the average user check their cell phone per day?

- 46x

How long before you checked your phone in this workshop?

Source: Time Magazine (Dec. 2015)
Smartphone Use Demographics

**Smartphone Use by Age**

- **18-24**: 90 checks per day
- **25-34**: 80 checks per day
- **35-44**: 70 checks per day

*Source: Time, Dec. 2015*

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**How long is the interval between waking up and looking at your phone?**

- 40% say within 5 minutes
- 18% say immediately

*Source: USA edition, Deloitte Global Mobile Consumer Survey*
How long is the interval between looking at your phone for the last time and preparing to sleep?

- 30% say 5 minutes before bed
- 50% check in the middle of the night


What is the first thing accessed on a smartphone daily?

- 35% Text Messages or IM
- 22% Email
- 12% Social Media

Smartphones, Social Media, & Emerging Concerns

Facebook → Instagram → Twitter

Smartphones, Social Media, & Emerging Concerns

YouTube → SnapChat → TikTok
Smartphones, Social Media, & Emerging Concerns

- Easy access to social media has led to overuse for some users.
- Most studies on Facebook users.
- Some users experience difficulty controlling their time on Facebook. (Lee, Cheoung, & Thadani, 2012)

Facebook Studies

- Lower Self-Esteem
- Lower Subjective Well-being
- Facebook
- Anxiety
- Psychological Well-being
- Social & Academic

Most studies since 2008 generally indicate strong relationships exist between one’s personality and overuse or problematic use of social media.

As the need for narcissistic validation increased so did the amount of time spent on Facebook.

Lower self-esteem was moderately associated with higher check-ins on Facebook.

Source: Mehdizadeh, 2010

Fear of Missing Out (FoMO)

A “pervasive apprehension that others might be having rewarding experiences from which one is absent.” [Przybylski et al., 2013]

An intense desire to stay continually connected with what others are doing.
Fear of Missing Out (FoMO)

- Huffington Post
- Time
- Anxiety & Depression Association of America
- The New York Times

FoMO Characteristics

- Preoccupation with social media often to the exclusion of other social interactions
- Mood & Anxiety
- Psychosocial issues
- Loss of control
- Increasing need to use social media
- Withdrawal Effects
FoMO Studies

- Worthman (2011)
- JWT Intelligence (2012)
- Przybylski (2013)
- Haeto (2013)
- Alt (2017)
- Rodriguez (2017)

Personality & FoMO 2017

People who reported a higher-than-average degree of FoMO also experienced a moderate level of Neurotic symptomatology

\[ r = .336, \ n = 114, \ p < 0.01 \]
Personality & FoMO 2018

- Moderate level of risk for Emotional & Behavioral Problems
- High level of Negative Affect
- Moderate level of Social Withdrawal
- Moderate level of Anger Control
- Experienced less sense of Autonomy (decision making)
- Less sense of Personal Growth in their life or a “true self”

“When I feel unhappy about my life, I grab my phone and see what others are doing. At least I feel like I am doing something.”
Loneliness, Jealousy, and Personality Functioning in Problematic Mobile Phone Use

“I look at my phone when I am bored or just need to pass time. It is like I just have to do it. I don’t even think about it. That’s crazy, right?”
-- 16 year old

Source: www.slate.com

Current Study Question

Since we found a relationship between personality traits, struggles with overall psychological well-being, and FoMO, is there an expanded relationship between certain psychopathology, FoMO, loneliness, and jealousy with problematic mobile phone use?
Loneliness, Jealousy, and Personality Functioning in Problematic Mobile Phone Use

Method

- 195 undergraduate students
- Demographic Form
- UCLA Loneliness Scale v3 (Russell, 1996)
- Social Comparison Scale (Allan & Gilbert, 1995)
- Fear of Missing Out Scale (Przybylski et al., 2013)
- Mindful Attention Awareness Scale (Brown & Ryan, 2003)
- Personality Assessment Screener (PAS) (Morey, 1997)
- Mobile Phone Problem Use Scale

Results

- 79% Female
- 92% 18-21 years old
- 51% White
- 34% check Snapchat 7+ times per hour
Main Finding

The FoMO model continued to explain 31% of the variance and was a significant predictor of problematic mobile phone use. 

$F(14,180)= 5.866, p<.001$

Secondary Correlations

Negative affect was moderately & positively associated with FoMO

$r(193)=.371, p<.01, r^2 = .14$

Negative affect was moderately and positively association with loneliness

$r(193)= .457, p<.01, r^2 = .21$
Secondary Correlations

Mindful awareness was moderately and negatively associated with negative affect
\[ r(193)= -0.389, \ p<.01, \ r^2 = .15 \]

Secondary Correlations

Mindful awareness was moderately and negatively associated with FoMO
\[ r(193)= -0.315, \ p<.01, \ r^2 = .10 \]
Secondary Correlations

Mindful awareness was moderately & negatively associated with problematic mobile phone use
\[ r(193) = -0.282, \ p<.01, \ r^2 = 0.080 \]

Negative affect was moderately & positively associated with problematic mobile phone use
\[ r(193) = 0.280, \ p<.01, \ r^2 = 0.078 \]

Mindful awareness was moderately and negatively associated with loneliness
\[ r(193) = -0.277, \ p<.01, \ r^2 = 0.08 \]
# Secondary Correlations

## Social Media

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* Correlation is significant at the 0.05 level (2-tailed)
** Correlation is significant at the 0.01 level (2-tailed)

## Discussion – The Take Away

Technological advances has made it possible for us to stay connected regardless of location and time BUT...

It also appears to attract people with heightened worries about staying connected and "being in the know."

In our first study, Neuroticism played a key role in understanding FoMO.

In our second study, although FoMO, neuroticism, and anxious attachment were moderately correlated, only FoMO predicted problematic mobile phone use.
Discussion – The Take Away

- For young adults, FoMO has been the best predictor of compulsive, problematic use of mobile phones.
- Negative affect continues to be associated with problems with mobile phone usage. Anxiety, depression, tension states, worry, and demoralization are common symptoms.
- Mindful awareness demonstrated a relationship with loneliness, FoMO, and problematic mobile phone use. As present focus and positive, here-and-now experiences decline, negative emotional feelings increase, as well as mobile phone usage.

Since FoMO represents a preoccupation or obsession with knowing what others are doing in “real time, young adults use smartphones compulsively in a manner that resembles other behavioral addictions.

Clinical work might focus on the underlying variables of declining personal growth, self-acceptance, negative affect as a core problem, and struggles with “being in the present”
Limitations

- Not a full representative sample
- Social comparison Scale (jealousy)
- Loneliness Scale

Future Directions

- FoMO/Problematic Mobile Phone Use Phase Four
  - Negative Affect (PAS)
  - Boredom vs loneliness
  - Ryff Scales of Psychological Well-being (RSPW)
  - Mindful Awareness
  - Adult Attachment

- ACT-Mindful Meditation Intervention targeting
  - negative affect
  - Personal growth
  - Mindful awareness
  - ?
Thank you!

Questions?

References


References


