

Attachment Dimensions as Moderators of the Relationship Between Partner Phubbing and Marital Satisfaction in Generation Z

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Abstract

The current study explored the relationships between partner phubbing, attachment anxiety, attachment avoidance, and marital satisfaction in the context of Generation Z married Pakistani adults through cross-sectional correlational design. A total of 300 married individuals (18-28 years) were chosen using purposive sampling strategy. The Partner Phubbing Scale, Experiences in Close Relationships-Revised questionnaire, and Kansas Marital Satisfaction Scale were used to collect data. To analyze the data, hierarchical regression analysis, moderated mediation (PROCESS Model 5), and independent sample t-tests were used. The results indicated that marital satisfaction was negatively related to partner phubbing. The relationship between phubbing of the partner and marital satisfaction was partially mediated by attachment anxiety with attachment avoidance intensifying the relationship and was a form of moderated mediation. Conditional indirect effects also indicated that the anxiety-mediated effect was greater in increased levels of avoidance. Attachment dimensions described a substantial amount of variance in marital satisfaction, but no significant gender difference was reported in partner phubbing, attachment patterns, and marital satisfaction. The results of these studies show the harmful impact of technology-related distraction and insecure attachment tendencies on the status of marital well-being among digitally connected youthful couples and indicate the necessity of awareness and preventive counseling measures.

Keywords: attachment insecurity, generation Z, marital satisfaction, moderated mediation, partner phubbing