

**THE RELATIONSHIP BETWEEN TECHNOLOGY USAGE AND MARITAL
CONFLICTS AMONG YOUNG MARRIED COUPLES: THE CASE OF JIMMA
TOWN**

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The relationship between Technology usage and marital conflicts among young married couples: The case of Jimma town

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Dedication

This thesis is dedicated to Almighty God the source of peace. Nextly, To my wife Mrs. Tsedale Gebisa and my child Rebiru Daba(Rebo) For their endless love, support and encouragement.

Declaration

I, the undersigned, declare that this thesis is my original work, which has not been presented for a degree in this or any other university; and all sources of materials used in the thesis have been duly acknowledged.

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This is to certify that the thesis prepared by Daba Mekuria, entitled: The relationship between technology usage and marital conflicts among young married couples the case of Jimma town and submitted in partial fulfillment of the requirements for the Degree of Master of Counseling Psychology complies with the regulations of the University and meets the accepted standards with respect to originality and quality.

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Abbreviations

ABS:	Australian Bureau of Statistics
GKEN:	Global Knowledge Exchange Network
GSM:	Global system for mobile communication
NGOs:	Non-governmental organizations
SMS:	Short message system
SNS:	Social Networking Sites
SPSS:	Statistical package for social sciences
TVET:	Technical vocation education training

Abstract

This study assessed the relationship between technology usage and marital conflicts in Jimma town. The research identified the nature of technology usage among young married couples, determined technology usage and the appropriateness among marital couples, conveyed the common causes of marital conflicts as a result of technology usage and investigated the level of the extent of association between technology usage and marital conflict. In the study, both quantitative and qualitative research methods were used. The study employed simple random sampling to collect data from 198 couples. In order to collect data, self prepared questionnaire and standardized scales questionnaire and interview guide were employed as data collection instruments. Descriptive data analysis methods such as tables, frequency, percentage and correlation were used to analyze the gathered data with the help of IBM SPSS software version 20. The value obtained from Pearson product moment correlation coefficient shows facebook, mobile usage and television watch were having statistically significant positive relationship with marital conflicts, $r=.788$, $r=.642$, and $r=.63$ respectively. The study found that technology usage was appropriate in marital relationship but only when the couples used technology in appropriate ways. The study also revealed that time spent on those technologies, issues of trust between couples, money and the time when couples have to use these technologies were the common causes of marital conflicts as a result of technology usages. In line with the findings obtained it was recommended that different organization such as welfare offices, NGOs and religious organizations should have to assign trained family and marriage counselors and social workers.

Keywords: Facebook, infidelity, jealousy, marital relationship, Mobile, Television

CHAPTER ONE

1. INTRODUCTION

1.1. Back ground of the study

Many married couples experience that their relationship changes over time. During the first years of the relationship, they had spent many evenings just talking with each other. They wanted to share joys, hurts, and hearts. There was closeness between the two of them that just made them want to get to know one another more and more. Both were sure that they had found the soul mate they had been longing for. But as the relationship progresses, the constraints of everyday life seem to take control of their marriage: technology, children, career, friends & relatives, church, (all are very good in themselves), but in the end they became a burden for the marriage. Suddenly the couple has to realize that their relationship revolves more around such things and people than around each other. Now a day's technology plays fundamental roles in day to day activities of human beings. In parallel with the development of people's social, economical, political and educational level technology usage also develop fastly. A lot of marriages collapse as a result of marital conflicts among married people. Although marital conflict is inevitable in marriages due to the fact that couples are from different backgrounds, many factors have combined to affect the marriage institution. These cause problem which both young and old married couples must contend with. The technology world has been growing and flourishing the interest in designing technologies that mediate and create a feeling of relatedness within interpersonal relationships beyond the explicit verbal communication (Hertlein & Ancheta, 2014). With the increasing use of technology to achieve social connection, questions arise as to what the implications are for face-to-face interactions within couple relationships (Leggett & Rossouw, 2014). Technology is virtually used within all facets of life such as in employment locations, educational institutions, and in interpersonal relationships and has become a necessary tool of contemporary living (Epps, 2016). Yet communication technologies such as cell phones, the internet, and social networking sites still have gained a central feature in people's lives as tools for establishing and maintaining these relationships (Hertlein & Ancheta, 2014).

Leggett & Rossouw (2014) posited that a technological revolution has intruded into couple life in subtle ways, where couples are not always aware of the changes that have emerged in their relationships. In addition, social networking sites such as one of the most popular sites, Facebook, also introduce a potential to misinterpret messages and provide access to users to post messages on another's profiles, comment on one another's photographs, send private messages, and chat online. Hertlein and Ancheta (2014) stated that 33% of divorce cases mentioned Facebook in 2011 while the American Academy of Matrimonial Lawyers stated that the top Facebook concerns are inappropriate messages to individuals of the opposite sex. Couples are using social networking sites (SNS) as a tool to gather information about possible threats to their relationship (Kerkhof, Finkenauer, & Muusses, 2011). The observer may respond to relationship threats by posting on their partner's Facebook, creating status updates, and questioning online behavior (Kerkhof et al., 2011). Relationship threats are anything that has a negative effect on the relationship (Kerkhof et al., 2011). Negative partner behavior, conflicts, and disagreements may negatively impact a relationship (Kerkhof et al., 2011).

Technology use in already-formed romantic relationships has the potential to enhance the relationship or to harm the relationship. Potential benefits of technology use on intimate relationships include: relationship formation, facilitating long-distance relationships, sharing information and interests, expressing sexuality and affection, and providing communication channels. However, just as technology can support relational goals it has tremendous capacity to harm as well. Overuse of social networking can lead to addictive behavior for young people influencing their relationships with others (Epps, 2016). It is likely that technology use plays a role in impacting the functioning of human romantic relationships. Several studies have found that facebook induced jealousy, partner surveillance, posting ambiguous information, compulsive Internet use, and online portrayal of intimate relationships can be damaging to romantic relationships (Clayton, 2014).

Kerkhof et al (2011) found that people who spend more time on the Internet report spending less time with family and friends. They explained the result by the inelasticity of time: time spent online cannot be spent with family and friends. In line with these findings found that time spent online is positively related to family conflict,

especially when the Internet is used for social purposes e.g., playing online games with friends, chatting with friends online, and participating in online group discussions (Kerkhof et al., 2011).

1.2.Statement of the problem

The reduction hypothesis states that online communication hinders the development of meaningful social relationships (Kerkhof et al., 2011). Indeed, several studies have shown that using the Internet for entertainment or to communicate with strangers is negatively related to the quality of social relationships. For example, in a longitudinal study done by Kerkhof et al (2011) followed adolescents over the course of one year found that using the Internet for entertainment negatively affected the quality of both romantic and best-friend relationships over time. Not all studies find the effects proposed under the reduction hypothesis, however; in an often-cited study among new Internet users, found declines in communication with family members, declines in the size of participants' social networks, and increased depression and loneliness within two years after the families got connected to the Internet (Kerkhof et al., 2011).

Hertlein and Ancheta (2014) found that if a partner's computer is left accessible or a spouse's password is known, partners will often engage in investigatory behaviors that lead to the discovery of infidelity activities. There are many activities on the Internet that could be considered emotional or physical infidelity (e.g., sharing emotions with others online via chat; cybersex or pornography (Kerkhof et al., 2011).

Although couples have to decide which online activities are acceptable to them and what they consider infidelity and seem to agree more than random strangers about what kind of behavior is acceptable and what not (Kerkhof et al., 2011). Indeed, several studies found that the consumption of pornography makes people rate their own sexual relationship less satisfying over time (Kerkhof et al., 2011).

As a result from habitual use of SNS, it is not surprising that individuals may begin to resent or have feelings of loathing towards their partner. Romantic jealousy can create negative thoughts about a partner and the relationship as a whole (Kerkhof et al., 2011). Maintaining a satisfying relationship can be more difficult if the individual had a negative past experience on a social networking site (Kerkhof et al., 2011).

Sharaievska (2012) showed that leisure-related conflicts could be more stressful than conflicts related to child rearing and finances. According to Shaw, negative effects of leisure can be related to stress and extra-work associated with organization and facilitation of leisure activities, differences in leisure interests between family members, and variations in physical and developmental abilities of family members. Technology usage may decline couples leisure time with each other, decrease couples good communication, raised conflict in related to financial and trust issues.

In general knowing the relationship between technology usage and marital conflict is a very crucial since technology is now integrated into everyday living. Therefore, to study on the issue is necessary to assess the relationship between technology and marital conflict show the clue to develop good congruence between usage of technology and marital relationship among couple.

Despite of the fact that young married couples are almost at the age of adolescence and early adult range those who are highly used technologies it could be the source of their conflict. Additionally, Even though many researches had been conducted on the role of technology in romantic relationship and in marital satisfaction, as to my knowledge there is no research on the relationship between technology usage and marital conflict. Thus, considering the technology advancement, ages of new married couples and the severity of problems associated with the relationship between technology usage and marital conflict among young married couples in Jimma town, this research was intended to assess the gaps in identifying the degree of association between technology usage and marital conflict among young married couples in Jimma town.

Research questions

Based on the statement of the problem the following research questions were designed:

- What is the nature of technology usage among young married couples?
- What is appropriate technology usage among marital couples?
- What are the common causes of marital conflicts as a result of technology usage?
- What is the level of the extent of association between technology usage and marital conflict?

1.3.Objectives of the study

1.3.1 General objective

To assess the relationship between technology usage and marital conflict among young married couples in case of Jimma town.

1.3.1. Specific objectives

- To identify the nature of technology usage among young married couples.
- To determine technology usage and the appropriateness among marital couples.
- To convey the common causes of marital conflicts as a result of technology usage.
- To investigate the level of the extent of association between technology usage and marital conflict.

1.4.Significance of the study

It is very necessary to conduct research on the relationship between technology usage and marital conflict among young married couples; it is hoped that the results of this research would help:

- The results of this study could bridge the existing research gaps in this area.
- This research also hoped to identify the degree of association between technology usage and marital conflict and give the clue for family and marriage counselors to give an intervention for the couples on the issue.
- Couples can also participate in modes of technology that enhance connections between partners using technology together rather than apart, for example and using forms of technology that provide entertainment or interaction, such as television or interactive virtual games.
- And lastly this research would help future studies relating to technology use and marital conflict could encourage self reflection in relationships in order to establish change if necessary.

1.5.Operational definition of terms

Technology usage: is the usage of facebook, mobile and television watch in the context of this research.

Young married couples: Couples who established a marriage between 2013 –2016 and who were using technology.

Marital conflict: is a conflict/disagreement that happens between young married couples as a result of technology usage.

Infidelity: is a breaking down of honest/trust between couples as a result of technology usage.

Couples: are young married men and women that established relationship and lives together as husband and wife.

1.6. Scope of the study

This research was delimited to Jimma town among young married couples. The researcher choose Jimma town to conduct the research on the relationship between technology usage and marital conflicts among young married couples due to technology usage is more familiar in Jimma town than other different woredas surrounding Jimma and additionally, due to my residency and financial problem. It was also delimited to those young married couples by considering they are more use technology than other age groups of couples.

CHAPTER TWO

2. Literature review

2.1. Technology use and couple relationships

We are in the midst of an Internet revolution and entering an era of enhanced digital connectivity (Leggett & Rossouw, 2014). The consequent increase in the use of social media and technology can either enhance or hinder our need for attachment and control (Leggett & Rossouw, 2014). Computers, mobile phones, and the Internet have an enormous influence, not only on how we function at work but also on how we communicate and interact outside the office (Leggett & Rossouw, 2014). According to the Australian Bureau of Statistics (ABS) in 2009, 74% of Australians aged 15 years and over accessed the Internet at least once in the previous 12 months and by 2013 this figure had increased to 84% (Leggett & Rossouw, 2014). The main social sites used are Facebook, Twitter, and YouTube (Leggett & Rossouw, 2014). Not only is social media and technology used for social connection, technology is increasingly used for education and the sharing of information, which globally aims to make the world more accessible than previously (Leggett & Rossouw, 2014).

Individuals can develop strong relationships with mobile phones, which combine communication, computing abilities, and personalized applications and the advancement of technology, particularly with the mobile phone, has introduced a process of distraction and separation in couple relationships (Leggett & Rossouw, 2014).

2.2. Internet and marital satisfaction

Internet addiction has negative effects on individuals such as problems in passing of life and marital relationship, changing the style of life, spending more time on the Internet, lack of attention to family members and ignorance of family and friends, these are among the consequences of the Internet addiction which can affect the reduction of marital satisfaction (Mojaz, Reza, Paydar, & Ebrahimi, 2015). With regards to the decline in marital satisfaction after sexual relationship, it can be said that, marriage and sexual relationships are the issues mostly affected by internet addiction (Mojaz et al., 2015). Marriage and marital relationships will decrease apparently due to the use of pornography, cybersex and online friend makings. According to Grifield, 62 percent of

the respondents stated that they visit porn websites four hours a week on average for their sexual needs (Mojaz et al., 2015).

Excessive use of the Internet is often associated with the loss of time and important tasks. Since marital life creates various tasks in different dimensions for the couples such as spending time, economic activities, etc., the Internet addiction cause individuals to neglect these important tasks. This issue creates a situation in which the couples' expectations of married life are not met, consequently their marital satisfaction decreases (Mojaz et al., 2015). Over use of the Internet, interferes with everyday tasks and activities, and makes terrible feelings in the addict's wife (Mojaz et al., 2015). Addiction; furthermore, interferes with other daily chores such as shopping, physical health, child care, etc. In order to devote more time to use the Internet, these people change their life style which can cause problems for them (Mojaz et al., 2015). Addicted people have low levels of commitments to society, family, job, friends, marital life, etc. and the lower their commitments; the more likely it is to commit deviant behavior. People, who have no interest in others, are not committed to themselves and others; consequently, their level of marital satisfaction decreases.

According to Mojaz et al (2015) negative feedback such as family members' conflicts, lies and social isolation are among the properties of individuals addicted to the Internet, all of which play an important role in reducing the level of marital satisfaction. The Internet addiction has plenty of negative effects on people's lives, such as problems in the process of life, changing lifestyles, spending more time on the Internet, lack of attention to their health as a result of using the internet, reduced physical activity, avoiding important life activities to spend more time on the internet, reduced social relationships, financial problems and ignoring family and friends (Mojaz et al., 2015). In addition, by losing necessary opportunities in career advancement and economic responsibilities, the financial power individuals will diminish, and this problem leads to a decrease in marital satisfaction in the financial dimension. Furthermore, telling lies to friends and family members about the duration of using the Internet, and using the internet as a means of escaping the problems are among the issues that reduce marital satisfaction in marriage (Mojaz et al., 2015).

2.3. Television watching and marital conflict

Combining the literature on romantic conflict and relational control with cultivation theory (Aubrey, Rhea, Olson, & Fine, 2013), we would expect that the more exposure to representations of romantic conflict on television, the more that television viewers might be cultivated to accept that conflict is an acceptable way to reestablish relational control and mastery in romantic relationships. Thus, repeated exposure to television that is high in interpersonal conflict might coincide with the use of controlling behaviors and expectations in a romantic relationship (Aubrey et al., 2013). Although young people are likely to be affected by a variety of media sources, including music, movies, and the Internet they still spend more time with television than any other type of mass medium (Aubrey et al., 2013). Although research has not investigated the links between television exposure and relational conflict, several correlational studies have examined the relations between television viewing and beliefs about romantic relationships. For example, (Aubrey et al., 2013), reported that adults who watch programs that contain references to romantic relationships hold more idealized beliefs about marriage; however, overall television viewing was negatively related to these conceptions.

Amount of television viewing was also shown to be positively associated with several dysfunctional relationship beliefs, including the beliefs that (a) men and women differ substantially in personalities and relationships needs, (b) it is critically important to find a perfect sexual partner/experience, and (c) partners can change neither themselves nor the qualities of their relationships (Aubrey et al., 2013).

2.4. Technology and its consequences that leads to marital conflict

2.4.1. Infidelity

Infidelity is defined in a myriad of ways and can comprise a number of activities including: “having an affair,” “extramarital relationship,” “cheating,” “sexual intercourse,” “oral sex,” “kissing,” “fondling,” “emotional connections that are beyond friendships,” “friendships,” “Internet relationships,” “pornography use,” and others (Schonian, 2013). Potential challenges of technology use on intimate relationships include: miscommunication as a result of lacking nonverbal communication, more uninhibited behaviors, access to opportunities for infidelity, access to pornography,

monitoring one another, relationship abuse perpetration, overuse, and distraction (Epps, 2016).

Given how greatly recent technological innovations have changed how we communicate and interact, several papers have explored the notion of how technology has changed relationships and possibly expanded the scope of unfaithfulness. Traditionally, infidelity has been viewed as someone having a physical, sexual relationship with someone outside of marriage (Frey, 2010). The widespread adoption of mobile technology and the Internet may also require us to think about broadening the scope of what we define as “infidelity.”

According to Frey (2010) one of the most unexpected consequences surrounding the growth of the Internet concerns the development of online relationships and the Internet’s unique potential to increase the scope of what constitutes infidelity.

2.4.2. Jealousy

Jealousy is a provoked emotion, triggered by an event involving a friend or significant other (Farrugia, 2013). “Facebook increases exposure to information about one’s partner that may arouse jealousy and jealousy in turn, may increase the time spent on Facebook in search of relationship-relevant information” (Farrugia, 2013). When it comes to Facebook, the access to their partner’s information may lead to a higher degree of jealousy based on the information one is exposed to (Farrugia, 2013). Romantic jealousy can create negative thoughts about a partner and the relationship as a whole (Farrugia, 2013). Negative thoughts cause anxiety in the relationship. Couples tend to trust their partners less, and in turn, are less satisfied with their relationship (Farrugia, 2013). Maintaining a satisfying relationship can be more difficult if the individual had a negative past experience on a social networking site (Farrugia, 2013).

2.5. The concepts of marital conflicts

At the initial time couples have high opinion of each other, they overflow with joyous thoughts. Each has a firm intention of pleasing and nourishing feelings of affection and love towards a person who is about to be a partner for life. Some years after, the newlyweds discover that they have entered into an entirely different world and that nothing is quite the same as it was before marriage. He went further to say that as time goes on, things begin to change, the warm and romantic relationship once enjoyed

begin to fade as they may be living in a chronic situation of hate, fear and confusion resulting in an unending conflict. It is inevitable that individuals involved in ongoing relationship will experience marital conflict.

2.6.Theoretical back grounds

2.6.1. Cultivation Theory Definition

Cultivation theory was developed by George Gerbner in the late 1960s, it represented a shift from the limited effects paradigm of Paul Lazarsfeld that had dominated since the 1940s. Cultivation theory (also called cultivation analysis) is called a stalagmite theory Moon (2003) Cultivation theory explains that how people’s conceptions of social reality are influenced according to exposure to television. “The cultivation hypothesis states that the more television people watch, the more likely they are to hold a view of reality that is closer to television's depiction of reality. As a perspective, cultivation developed in the context of the increasing growth of television. Gerbner established the “Cultural Indicators” research project, to study whether and how watching television may influence viewers' ideas of what the everyday world is like (Moon, 2003).

2.6.1.1.Cultivation Theory Principles

Cultivation theory suggests that television is responsible for shaping, or ‘cultivating’ viewers’ conceptions of social reality. The combined effect of massive television exposure by viewers over time subtly shapes the perception of social reality for individuals and, ultimately, for our culture as a whole. Cultivation theorists argue that television has long-term effects which are small, gradual, indirect but cumulative and significant (Moon, 2003).

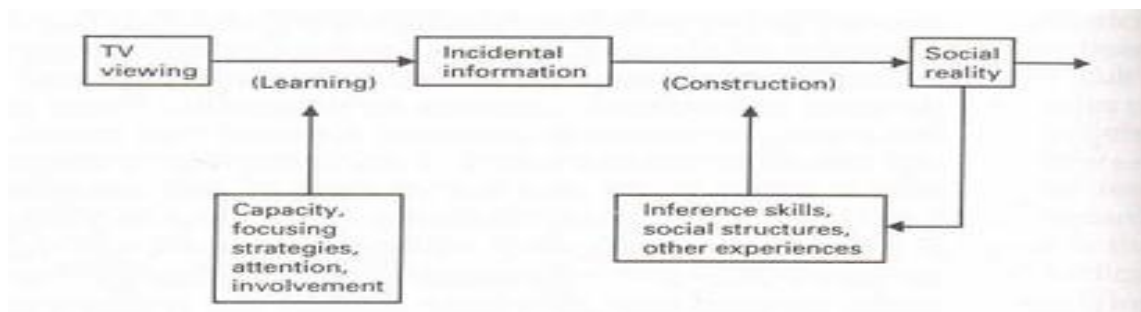


Figure 1, conceptual model of cultivation theory

Source: Adapted from Moon (2003)

According to Gerbner, the main thing that people saw on television was violence and he was especially concerned that it “cultivated” the view among people that the world was a violent place (Moon, 2003). He defined it as “ the overt expression of physical force (with or without weapon), compelling action against one’s will on pain of being hurt and/or killed or threatened to be so victimized, as part of the plot”, included: dramas, cartoons, news and news magazines. Gerbner and his colleagues studied television programming for 22 years. However, they found significant inequalities in victimhood with older people, women and minorities particularly at risk. So even though minorities were under-represented on television, when they appeared, they were much more likely to be victims of violence. To analyze the effects of the violence, Gerbner correlated the data from his content analysis of television with survey data from people who were classified based on the amount of time they spent watching television and questioned about their views on violence in the world. Gerbner classified people into two groups: Heavy watchers (over 4 hours per day) and light watchers (less than 2 hours per day). He predicted that heavy viewers saw the world as more dangerous than light viewers. Using a survey, he targeted four attitudes:

a. Chances of Involvement with violence

Light viewers predicted their weekly odds of being involved in violence were 1 in 100 while heavy viewers said it they were 1 in 10.

b. Fear of walking alone at night

Women were more afraid than men, but sexes who were heavy viewers, overestimated criminal activity, believing it to be ten times more than figures indicate.

c. Perceived activity of police

Heavy viewers believed that about 5% of society is involved with law enforcement. In comparison, light viewers estimated 1 %.

d. General mistrust of people

People who were heavy viewers tended to see other people’s actions and motives more negatively. Gerbner called this “the mean world syndrome”

2.7.Social Penetration Theory

Orientation. According to Altman and Taylor’s social penetration theory, orientation is the first step a person would experience when they meet someone new. This phase allows

individuals to make first judgments as to what the personality of the individual would be like based on things they can see and hear. Twenty years ago, this type of interaction would be more commonly found offline. Today, initial connections can be established in a computer-generated environment where individuals can look for a partner online. By integrating the use of SNS, new acquaintances may self-disclose information during preliminary interactions to help establish a relationship. SNS allow users to interact by sharing photos, status updates, posts, and messages. The act of sharing information on Facebook is a form of self-disclosure. This stage of meeting or getting to know someone online allows for generations of people to develop relationships in a unique way, due to the nature of the technology (Farrugia, 2013).

Exploratory affective exchange: The second relationship stage in Altman and Taylor's theory is exploratory affective exchange. This is where the "newness" of the relationship wears off and the pair becomes more comfortable with each other. It is at this stage where individual personalities are revealed. The conversational exchange is more comfortable than in the orientation phase, but individuals are still cautious not to offend the other person. Once personal character is revealed, people begin to display more personality in a relationship. During this time, an individual's behavior may begin to cause anxiety within the relationship as a person's idiosyncratic nature becomes apparent. Bowe (2010) as cited in (Farrugia, 2013) suggests in his study that couples found it important to reciprocate actions of posting about their relationship online. Nonetheless, of the two sexes, women are more likely to express their affections online (Farrugia, 2013).

Affective exchange: The third stage of social penetration theory is affective exchange. During this stage of the relationship, both parties are quite comfortable with each other, and conversation could carry itself. An individual's true self is apparent as more personal information is revealed in conversation (Farrugia, 2013). During affective exchange, individuals who are getting closer can declare that they are in a relationship (Farrugia, 2013). Facebook as a medium allows users to serve as their own gatekeepers of information, but for affective exchange to be successful users must accurately represent themselves online. Online representations of the true self are important as they can transfer into an intimate relationship during stable exchange (Farrugia, 2013).

Stable exchange: The last step in this relationship progress model is stable exchange, where partners engage in the most honest and comfortable conversation with each other. Few people reach this final phase. Individuals may experience negative feelings toward the others as a result of the brutal honesty that occurs in this phase (Farrugia, 2013). Relationship threats and intimacy issues are struggles felt during this phase. Facebook users don't always consider how a public forum could truly affect their personal relationships (Farrugia, 2013).

CHAPTER THREE

3. Research methods

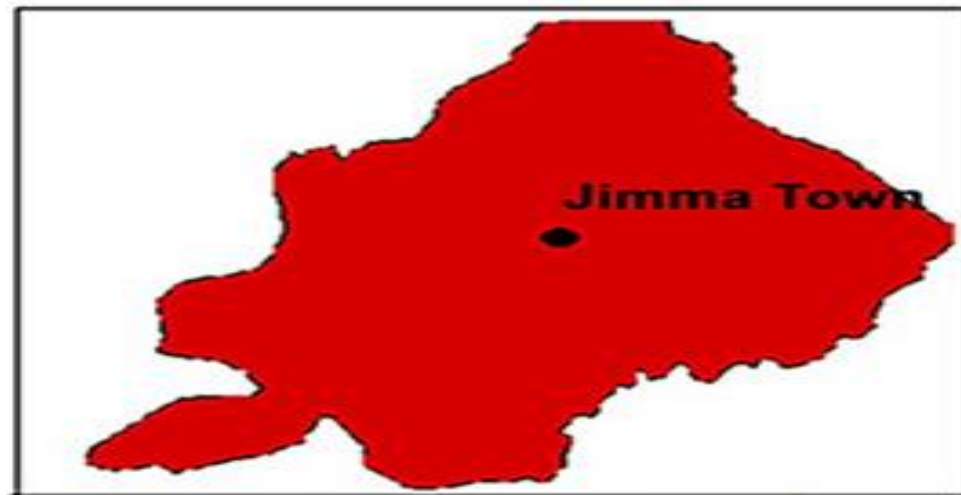
3.1. Research design

A mixed research design was employed for this research. Since the study employed both quantitative and qualitative research methods.

3.2. Study area

This study was conducted in Oromia regional state, Jimma town located in Southwest Ethiopia at distance of about 346 km from Addis Ababa. From Jimma zone woreda and towns, relatively large numbers of populations lives in Jimma town and technology access found in Jimma town, so that the researcher prefer to make a study area at Jimma town.

Map of study area



Source: Jimma town Municipality

3.3. Target population

The target population of this study was young married couples in Jimma town. Because, technology usage are more familiar to young married couples than old married couples and to get the relevance and proper response in related to the technology usage since they are rich with the information.

3.4. Sample size

The sample size for this research is $n = 198$, which is 99 males and 99 females due to the target populations were married couples (husband and wives).

3.5. Sampling techniques

Simple random sampling which is lottery method was employed to select participants. Hence, simple random sampling is selected because of the following reason: It has an advantage of giving equal chance of being selected for all participants since the populations are young married couples. Randomly three kebeles selected from Jimma town: those are Bacho Bore, Ginjo guduru and Hirmata mentina kebeles. In this study to select sample size, a number of the population formally established marriage and registered from 2013-2016 by Jimma town social vital events registration Agency were obtained. The total population of the study is 394 couples which includes 197 males and 197 females. Out of these 82 couples established their marriage in 2016, 144 couples established their marriage in 2015, and 108 established their marriage in 2014 whereas, 60 couples established their marriage in 2013. Slovin's sample size determination formula (Yemane, 1967) was used. The formula is written as $n = N / (1 + Ne^2)$ where n = Number of samples, N = Total population (394) and e = Error tolerance. Based on sample size determination formula, we can get sample of 198, at 95 % confidence level and 0.05 precision levels. Accordingly, 198 which are 99 males and 99 female participants were selected from the total of 394 couples and this sample size was randomly selected from sampling frame. Equal men and females were selected because of the total population were targeted to married couples (husband and wives).

3.6. Inclusion and Exclusion Criteria

The study included couples who established their marriage from 2013-2016 for four consecutive years and who used technology. Couples who established their marriage before 2013 and after 2016 were excluded from this study.

3.7. Instrument of data collection

In collecting the necessary data or information a self administered questionnaires, standardized scales test which was adapted according to the context of the research and individual interviews were used.

3.7.1. Questionnaire

Both open-ended and close-ended questionnaire were used for data collection from both husbands and wives towards technology usage and marital conflict. The open-ended questionnaire was intended because it gives participants a chance of giving their

responses in their own words relatively freely. The closed-ended questionnaire was chosen for it becomes easy to fill out, takes relatively little time, keep the participants on the subject, is relatively objective, and easy to tabulate and analyze. For the degree of association between technology usage and marital conflicts the standardized Likert scales questionnaire was used and adapted in the context of the research. The demographics of the couples and about technology usages were the major concern of the questionnaire. Since instruments were developed based on research questions and objectives, it is possible to collect necessary data from respondents. Then instruments are consistent with the objectives of the study. Furthermore, the validity of questionnaire and scales were checked by taking comments from three experts who are graduated with MA in counseling psychology. Besides, proper detection by an advisor was also taken to ensure validity of the instruments. Based on their comments and suggestions, some items were modified and in some cases, entirely new ones incorporated. For instance, the response options for the efficacy of the mobile usage were reframed to strongly disagree, disagree, agree and strongly agree instead of not at all appropriate, rarely appropriate, somewhat appropriate, fairly appropriate and completely appropriate.

Facebook usage measures contain all negatively stated self report type which consists of three items. The present study has obtained internal consistency (reliability) of 0.84 for facebook usage when determined by cronbach alpha formula. All questions are presented in statement form and the response options range from 1 (very rarely) to 5 (very often).

Scoring the scale- The facebook usage scale consisted three items and the minimum possible score could be three and maximum 15. A higher shows a tendency of respondents to have higher level of marital conflicts.

Mobile usage measures contain all negatively stated self report type which consists of four items. The present study has obtained internal consistency (reliability) of 0.7 for mobile usage when determined by cronbach alpha formula. All questions are presented in statement form and the response options range from 1 (strongly disagree) to 4 (strongly agree).

Scoring the scale- The mobile usage scale consisted four items and the minimum possible score could be four and maximum 16. A higher shows a tendency of respondents to have higher level of marital conflicts.

Television watch measures contain stated self report type which consists of four items. The present study has obtained internal consistency (reliability) of 0.82 for television watch when determined by cronbach alpha formula. All questions are presented in statement form and the response options range from 1 (never) to 4 (always).

Scoring the scale- The television watch scale consisted four items and the minimum possible score could be four and maximum 16. A higher shows a tendency of respondents to have higher level of marital conflicts.

3.7.2. Interview

Semi-structured interview was used to obtain information about the appropriateness of technology usage in marital relationship, common causes of marital conflict as a result of technology usage, the relationship between technology usage and marital conflict.

3.7.3. Procedure of data collection

In the process of data collection first a written letter from Jimma University College of education and behavioral science was obtained. The purpose and importance of the study was discussed with Jimma town social vital events registration agency and how to accessed participants. Randomly three kebeles were selected. Written consent was processed within the couples. On the initial meeting the purpose and importance of the study was explained for the subjects and there was a deep individual interviewing process. The questionnaire was prepared in English language and translated into local language (Amharic/Afan oromo) and distributed for subjects. Data was collected from both young married couples. During data collection from the randomly selected samples there was unavailability of seven participants in case of residency change. Then the rest of the participants were repeatedly randomly selected. There was two assistant graduates class for data collection. The completed questionnaire was checked for the completeness by researcher.

3.8. Methods of data analysis

Data were analyzed both quantitatively and qualitatively. Quantitatively data was analyzed by statistical analysis of Pearson's correlation methods by using statistical package for social sciences (SPSS) version 20.0 to know the level of the extent of association between dependent variable and independent variables. Descriptive statistics (such as percentage, frequency and pie charts) were used in order to enhance and make meaningful analysis and interpretation of the research output. On the other hand, qualitatively data was analyzed by using word description and direct quotation of information obtained by semi structured individual interview.

3.9. Pilot study

A pilot study was conducted to refine the test instruments such as a questionnaire before administering the final phase. At the initial before orienting data collectors about how to administer it; questionnaires was tested on potential respondents to make the data collecting instruments relevant and suitable to the problem and reliable. In this study each statement rated on; for facebook 5, for mobile 5, for marital conflict 6 and for television a 4 point modified Likert response scale. Based on this an internal consistency reliability test was conducted in Jimma town with a sample of 30 Couples and the computed Cronbach's alpha coefficients were for facebook , 0.84; mobile, 0.7; television, 0.82; and marital conflict 0.87 which are reliable. Pilot testing was employed by including young couples from well-educated and less educated. It was confirmed that everyone understood data collection instrument in the same way. Finally, the improved version of the questionnaires were printed, duplicated and dispatched.

3.10. Ethical considerations

To follow the ethical protocols in research ethically written informed consents was obtained from the couples. The consent forms and information sheet were prepared in English and translated into local language (Amharic/Afan oromo). Explanations on the forms and the purpose of the study were given to the couples; and they were requested to sign the forms to show their agreement in providing the required information. The privacy of the subjects was promoted and they were informed that whatever information they provide was be kept confidentially and insured never cause them any harm in anyways. In all cases, names are kept confidential thus collective names like 'participant'

were used. Those who were unwilling to participate in the study are not, in any case, obliged to do so.

3.11. Limitations

Like all research, this study had limitations. One of the problems encountered in the study had to do with the couples reluctance to cooperate due to suspicion that disclosing information may lead to negative effect on their marital relationship. The other limitation of this study was the unavailability of some couples due to their residency changes to different cities out of Jimma town. Another limitation to this study was that, the given time for field work was too inadequate for quantitative and qualitative data collection which resulted to some sort of delay to the researcher in submitting the report on the supposed university schedule. It is very important to note that these limitations did not have any significant interference with the outcome of the study.

Chapter Four

4. Results and Discussion

4.1. Results

Introduction

This chapter presents results and discussion of the study. The results of descriptive analyses presented using frequency, tables, pie chart, percentages and correlations. Pearson correlation is used to estimate the degree of association between dependent and independent variables. The sample size of the current research was 198, in order to get this sample size and to increase the return rate of the items, 210 questionnaires was distributed and 204 questionnaires were collected with return rate of 97.1%. However, due to the required sample size were 198, the rest questionnaire were excluded and 198 questionnaires which were 100% of the required sample size were found to be valid and ready for final statistical analysis. Therefore, the number of participants of this research is 198.

This section is organized in the following manner: First, the general information about Couples were presented and analyzed. Second, data collected through questionnaires and interviews were analyzed concurrently.

4.1.1. General characteristics of the participants

In this section, the study provides details of the gender, age, religion, and educational status of the participants.

Table 4.1. Demographic Characteristics of the sample participants

		Frequency	Percent	Cumulative percent
Sex	Male	99	50	50
	Female	99	50	100
	Total	198	100	
Age	18-23	5	2.5	2.5
	24-28	56	28.3	30.8
	29-34	129	65.2	96
	35-40	8	4	100
	Total	198	100	

Source: Own field survey, 2017

As far as sex of the participant was concerned, the results indicated that equal men and women were included in the study since the target population of the study had

been married couples including married men 99(50%) and married women 99(50%). Regarding the age structure of the participant, 5(2.5%) of participants were found between 18-23 age categories, 56 (28.3%) of the participants were found in the range of 24-28 years age groups, while 129(65.2) of the participants were found in the range of 29-34. Age group 35-40 years constituted 8(4 %). The majority of the participants i.e. 65.2% were found in the age range of 29-34 years. This result showed that, most of the sample participants were almost young married couples. In other words, the finding of this research indicated that since the newly married couples came from single life behavior background they stayed more on technology use, or technology are more used by those young married couples because of their past experience.

Table 4.2. Demographic Characteristics of the sample participants

		Frequency	Percent	Cumulative percent
Religion	Orthodox	53	26.8	26.8
	Muslim	112	56.6	83.3
	Protestant	32	16.2	99.5
	Catholic	1	.5	100
	Total	198	100	
Educational Level	Able to read and write	28	14.1	14.1
	High school Complete	38	19.2	33.3
	Certificate/diploma	69	34.8	68.2
	Degree and above	63	31.8	100
	Total	198	100	

Source: Own field survey, 2017

To use technology properly education and skills are important things to relative and experience us with different technology access. As indicated in Table 4.2, the couples are found in different level of educational achievement. From the sample respondent of 198, 28(14.1%) of participants are able to read and write which means they complete up to grade eight but they are not join their high school class, 38(19.2%) of participants are complete high school level. About 69(34.8%) of participants had completed certificate and diploma, whereas 63(31.8%) of participants had completed and graduated with their first degree and above in different fields. This implies that the majority (34.8%) of couples investigated in this study have attended TVET and college level education. In

other words, most of the sample participants had completed their college and university level of education, which meant they could perform well and familiar with different activities of technology. In other ways 14.1% of participants are able to read and write they are under grade eight which can be a challenge in planning and managing their life on how, what and when they have to uses technology access to safe their marital relationship.

Regarding the religion of the participants out of 198, 53(26.8%) were from orthodox religion, 112(56.6%) were from Muslim, 32(16.2%) were from protestant religion whereas, 1(.5%) was from Catholic religion. This implies that the majority (56.6%) of couples investigated in this study followed Islam religion, while a small number of participant which meant 1(.5%) followed Catholic religion individually. This indicated that with a small number of couples there were religious differences between husbands and wives that might cause disagreement between them.

4.1.2. The nature of technology usage among young married couples

Table 4.3. Technology mostly used by Couples

Sex			Frequency	Percent	Cumulative percent
Single men and women	Male	Facebook	25	25.3	25.3
		Mobile	27	27.3	52.5
		Television	47	47.5	100
		Total	99	100	
	Female	Facebook	30	30.3	30.3
		Mobile	35	35.3	65.7
		Television	34	34.3	100
		Total	99	100	
About their spouse	Male	Facebook	41	41.4	41.4
		Mobile	22	22.2	63.6
		Television	36	36.4	100
		Total	99	100	
	Female	Facebook	26	26.3	26.3
		Mobile	31	31.3	57.6
		Television	40	40.4	98
		Other	2	2	100
	Total	99	100		

Source: Own field survey, 2017

As shown in table 4.3 above, 25(25.3%) of male participants reported that they used Facebook rather than mobile and television, 27(27.3%) of male participants use mobile mostly, whereas 47(47.5%) of participants reported that they used television mostly. This indicated that the majority of male couple participants enjoyed television than mobile and facebook followed by (27.3%) mobile and (25.3%) facebook respectively. Among 99 female couple participants 30(30.3%) of participants were using facebook, 35(35.4%) of female couple were using mobile and the rest (34.3%) of female participants were using television. The above figure was also clear to about the understanding of about couples and their spouse's technology preferences. As it have shown in the above table, 41(41.4%) of male participants reported that their spouse's were mostly using facebook, 22(22.2%) of male participants replied that as their spouse's mostly used mobile whereas, 36(36.4%) of male participants were reported that their spouse's were using television than facebook and mobile. Whereas female participants of this study reported that 26(26.3%) of their spouse's were using facebook, 31(31.3%) were using mobile and the rest 40(40.4%) female participants were reported that their spouse's were using televisions. From this figure we can say when the majority of male couple which is 47.5% were mostly used television, the majority of their spouse's were used mostly facebook 41.4%. This implies that there was incongruence between the couples in the need of technology usage that may leads to disagreement/marital conflict between the couples. Because, if couples need of technology usages is not match when one want to relax with his/her spouse the other may want to stay on using facebook or watching television, dramas, sports and etc. The incongruence in the need of technology usages between the couples could pave the way to marital dissatisfaction/ marital conflicts.

4.1.3. Couples usage of facebook

Table 4.3.1. Couples usage of facebook

Do you check your facebook account daily?

Sex		Frequency	Percent	cumulative percent
	Yes	88	51.5	51.5
	No	83	48.5	100
	Total	171	100	171
	Yes	52	55.9	55.9
Male	No	41	44.01	100
	Total	93	100	
	Yes	36	46.2	46.2
Female	No	42	53.8	100
	Total	78	100	

Source: Own field survey, 2017

As shown in the above table 4.3.1, 88(51.5%) of couples reported that they were have checked their facebook account daily, whereas 83(48.5%) of couples were not checking their facebook account daily. This indicated that the majority of participants 88(51.5%) used facebook daily; this means the majority of couples shared their time with technology usage daily. This figure also demonstrates that even if the time extremities of facebook usage was different from couples to couples using facebook were sharing a time of couples have to share for their spouses, families, leisure time, and several regular activities needed in the marriage institution.

We can also understand from the above table as sex differences existed in relation with facebook usage daily. That means, 52(55.9%) of male couples were checking their facebook account daily when 36(46.2%) of female couple were checking their facebook account daily. This was could be due to the gender role in families. Because, women stayed more time with children, think and prepare about what to eat and the likes. Since females are more responsible for home making activities especially in Ethiopian context.

Table 4.3.2. Relationship status of couples on facebook

Sex		Frequency	Percent	Cumulative percent
	Married	22	12.9	12.9
	In a relationship	31	18.1	31
	It's complicated	6	3.5	34.5
	Single	107	62.6	97.1
	Not listed	4	2.3	99.4
	Other	1	.6	100
	Total	171	100	
Male	Married	13	14	14
	In a relationship	13	14	28
	It's complicated	3	3.2	31.2
	Single	63	67.7	98.9
	Not listed	1	1.1	100
	Total	93	100	
Female	Married	9	11.5	11.5
	In a relationship	18	23	34.5
	It's complicated	3	3.8	38.3
	Single	44	56.4	94.7
	Not listed	3	3.8	98.5
	Other	1	1.5	100
	Total	78	100	

Source: Own field survey, 2017

As indicated in the above table 4.3.2, 22(12.9%) of participants relationship status on facebook showed married, 31(18.1%) of sample participants relationship status on facebook shows in a relationship, 6(3.5%) of participants relationship status on facebook showed It was complicated, whereas; 107(62.6%) of participants relationship status showed single and 4(2.3%) and 1(0.6%) of participants relationship status on facebook showed not listed and others respectively. This indicated that the majority 62.6% of participant's relationship status on facebook showed single relationship. This was because of the intention of couples attention seeking from others opposite sex friends they meet online. If their facebook profile showed married relationship it was difficult to them to communicate on the issues of romantic relationship. Users may be developing new norms, expectations, and behaviors based on what they observe and experience on

these sites. Therefore, making such like false profile on facebook by itself psychologically push them to startup needless chat with others they meet online that may leads to establish a romantic relationship beyond their couples. Once couples established romantic relationship with others they meet online beyond their wife or husband, they start to share interesting romantic words and stay more time on facebook usage that minimize couples leisure time and communication with each other. These have directly led couples to marital conflicts. On the other hand, as we could understand from the above table 4.3.2, there was also a gender difference in the showing of their appropriate relationship status on facebook. As it have shown above males couple were more likely to hide their true relationship status on facebook than females couples, that is out of ninety three males 63(67.7%) and out of seventy eight females couples 54(56.4%) of males and females couple participants puts their relationship status as single respectively. When the relationship status of the couples on facebook was showed in pie chart it was as the following.

Table 4.3.3. Hours spend on facebook and relationship formed as of facebook usages.

		Frequency	Percent	Cumulative percent
In a typical week, how many hours do you spend on facebook	0-2	54	31.8	31.8
	3-5	73	42.7	74.5
	6-9	28	16.4	90.9
	>10	16	9.1	100
	Total	171	100	
Do you have formed unhealthy relationships with others you have met online	Yes	92	53.8	53.8
	No	79	46.2	100
	Total	171	100	

Source: Own field survey, 2017

As it is observed in table 4.3.3, 54(31.8%) of participants responded that they were stayed on facebook for 0 to 2 hours in a typical week. Others 73(42.7%) of couples participants were stayed for 3 to 5 hours, 28(16.4%) of couples were spent on facebook,

and 16(9.1%) were spent on facebook in a typical week. The majority 73(42.7%) of participants responded that they stayed three to five hours on facebook in a typical week, followed by 54(31.8%) of couples stayed on facebook in a week. Even if, marital conflicts might be caused due to several factors staying more times on facebook could be the major factor to raised marital conflicts between the couples. In case of the formation of unhealthy relationship couples may establish with others they meet online 92(53.8%) of couples responded that ‘yes’, that meant they have formed unhealthy relationship with others they meet online, whereas 79(46.2%) of participants responded as ‘no’, that means they have not formed unhealthy relationship with others they meet online. From this we can deduce that the majority 53.8% of participants were formed unhealthy relationship with others they meet. This implies that even if most of couples not reach at divorce stage with their marital relationship, the magnitude was shows as more of couple’s marital relationship were unhealthy/ in conflicts as of facebook usage.

Table 4.3.4. Couples activity on facebook

Which is best describes your facebook activity?

	Frequency	Percent	Cumulative percent
Updating my status	30	17.5	17.5
Commenting on others posts	44	25.7	43.2
Talking with others through facebook chat	84	49.1	92.3
Looking through others’ friends	11	6.4	98.7
Playing games	2	1.3	100
Total	171	100	

Source: Own field survey, 2017

The above table 4.3.4 shows that, 30(17.5%) of participants were most of the time update their status, 44(25.7%) of participants comment on other posts, 84(49.1%) of participants were stayed on facebook to chat/communicate with others online whereas, 11(6.4%) and 2(1.3%) of participants were looking through others friends and playing games respectively. From the above table we can also conclude that the majority 49.1%

of participants were used facebook to chat/communicate with other they meet online. This means for several cases couples might chat online, out of these: the need of enjoyment, for message transferring and the like. Even if the couples used facebook for those purpose they might knowingly or unknowingly establishes romantic relationship with others that disturb and raised conflicts in their own marriage. The couples also developed facebook addiction that affected how couples interact with one another, and that includes how they communicate with their romantic relationship. All the information contained on facebook can create a sense of jealousy, suspicion, and uncertainty for coupled users. Because, many interactions on facebook are ambiguous: as you may not know some of your partner’s facebook friends or the nature of those relationships. In some cases, this may arouse suspicion, especially for people who tend to be jealousy, are anxious their partner may leave them, or generally don’t trust their partner. Not only continued facebook use increase jealousy. But it can have other detrimental effects on the relationship as well. For example, high levels of facebook usage were associated with negative relationship outcomes like cheating and break-up. The interview result conducted to validate data obtained through questionnaires confirmed that: “facebook changed how we interact with each other, when I want to enjoy with my husband he is with his mobile phone on facebook therefore, even if we wouldn’t reach at divorce level facebook was disrupt my marital relationship.”

Table 4.3.5. Couples password sharing on facebook

	Frequency	Percent	Cumulative percent
Yes, we have each other’s Passwords	12	7	7
No, we do not have each other’s passwords	111	64.9	71.9
I have his/her password, but She/he doesn’t have mine	25	14.6	86.5
He/she has my password, but I don’t have his/her	23	13.5	100
Total	171	100	

Source: Own field survey, 2017

The above table 4.3.5, revealed that, 12(7%) of participants were have each others facebook account passwords, 111(64.9%) of total facebook usage participants weren't had each others facebook account passwords and the rest 25(14.6%) and 23(13.5%) of participants were partially share their passwords. That means when husband have his spouse's facebook account password, his wife weren't had her husband's facebook account passwords and vice versa. As one can understand from the above password sharing of couples table 4.7, the majority 111 of total facebook usage participants which means, 64.9 % of couples weren't had one another's facebook account passwords. This implies that there is something behind the couples that make to hide facebook account passwords one another. It is obviously to conceal their spouse's what they have chat with others they meet online. This indicates that the information and chats they shared with others could have an impact on their marital relationship, this is the only reason that limits couples from sharing facebook accounts password one another. Concealing passwords one another by itself psychologically makes the couples to develop doubt of one another that gradually creates a gap/ marital conflict in their marital relationships.

4.1.4. Couples usage of mobile

Table 4.4. Knowing who is calling on their spouse's mobile phone

		Frequency	Percent	Cumulative Percent
Do you	Yes	88	44.4	44.4
ask who	No	72	36.4	80.8
Is calling	I check myself			
to your	secretly	38	19.2	100
spouses	Total	198	100	

Source: Own field survey, 2017

As indicated above in table 4.4, 88(44.4%) of the total sample participants responded that they ask their spouses who is calling to their mobile phone, 72(36.4%) of couples were not ask who is calling to their spouse's mobile phone whereas, 38(19.2%) of couples were checked by themselves their spouses mobile phone secretly. The majority 44.4% of participants were asked their spouses who is calling to their mobile

phone. This implies that they suspect something if their opposite sex men and women may call to their spouses. To identify this, the majority of couples were asked their spouses.

Table 4.4.1. Secretly read the sms messages on once spouse's mobile phone

	Frequency	Percent	Cumulative percent
Yes	105	53	53
No	93	47	100
Total	198	100	

Source: Own field survey, 2017

From the above table 4.4.1, 105(53%) of the total sample of participants reported that they secretly read the sms messages sent to their spouse's mobile phone whereas, 93(47%) of participants responded as they were not check the sms messages sent to their spouse's mobile phone. As we can understand from this table, the majority 53% of couple participants responded that they were check sms messages sent to their spouse's mobile phone. This implies that most of the couple participants were under the pressure of suspecting their spouses due to their mobile usages. Continuous suspecting of one another may minimize the connection between the couples. On the other hand, when one of the couple tried to read secretly their spouses sms messages and their spouses was saw them it could be the beginning of conflict between them.

Table 4.4.2. Couples locking mobile phone with security password and sharing of passwords with one another

		Frequency	Percent	Cumulative percent
Do you lock your Mobile phone	Yes	168	84.8	84.8
	No	30	15.2	100
With security Password		Total	198	100
Does your Spouse's know Your mobiles	Yes	122	61.6	61.6
	No	76	38.4	100
Security Password		Total	198	100

Source: Own field survey, 2017

The participants were asked about locking of mobile phone with security password and responded that 168(84.8%) of participants were locked their mobile phone with security password and the rest 30(15.2%) of participants were locked their mobile phone with security password. The majority 84.8% of couples were locked their mobile phone with security password. This indicates that major couples included in this study locked and used in security passwords by themselves only. When we have seen couples sharing of passwords with one another 122(61.6%) of participants were responded that they know one another's mobile security passwords, whereas 76(38.4%) of participants were responded that they wouldn't exchange their mobile security passwords one another. This implies that the majority 61.6% of couples were know their one another a security password that is good conditions which stayed their marital relationship safe. But, even though the majority of couples were know their one another mobile security passwords there could be the inner password that locked different application to conceal one another.

4.1.5. Television watches among young married couples

Table 4.5. Couples television watch status

How do you view television, films, news, and other at home?

	Frequency	Percent	Cumulative percent
With each other	76	40.4	40.4
Lonely after he/she gone sleep	112	59.6	100
Total	188	100	

As table 4.5, demonstrates 76(40.4%) of couples were responded that they watch television, films, news, and other at home with their husbands and wives, whereas 112(59.6%) of couples were responded that they watch television lonely after he or she gone sleep. The majority 59.6% of participants responded that they view television lonely after their spouse's gone sleep. As this figure indicates that there was a mismatch between the couples in the need of television watch. The occurrence of mismatch in the need of couples television watch had its own side effect on couple's relationship. Because, one may want to enjoy with his/her spouses but he/she want to enjoy with a

television. This creates a gap in couple's marital relationship and even leads to marital conflicts. Watching television alone among young married couples were also led couples to develop loneliness by limiting their good communication, time to couples were staying together and regular activities that were must in every marriage institutions. These in turns might lead the couples to marital conflicts.

Table 4.5.1. Types of programs couples would like to follow on television

		Frequency	Percent	Cumulative percent
Programs do you like to follow on Television	News	33	17.6	17.6
	Films and dramas	60	31.9	41.5
	Sports	39	20.7	70.2
	Music	12	6.4	76.6
	Spirituals	44	23.4	100
	Total	188	100	
	News	14	14.9	14.9
Male	Films and dramas	30	31.9	46.8
	Sport	40	42.6	89.4
	Spirituals	10	10.6	100
	Total	94	100	
	News	19	20.2	20.2
Female	Films and dramas	30	31.9	51.5
	Sport	12	12.8	64.9
	Spirituals	33	35.1	100
	Total	94	100	

Source: Own field survey, 2017

The above table 4.5.1, shows 33(17.6%) of the total couples participants would like follow news program on television, 60(31.9%) of couples were likes Films and dramas on television, 39(20.7%) of participants were responded that they were like to follow sport programs on television, 12(6.4%) of participants were like to follows music and the rest 44(23.4%) of the total participants were responded that they were likes to follow different spirituals program on television. The majority 31.9% of participants were

like to follows films and dramas. By its nature watching film and drama needs long period of time and makes the couples as they lost their regular tasks. Since marriage is a part of small institution, it needs several exertion and activities from all members of the family. Therefore, staying long time on films and drama decline such like expected activities from the couples that are necessary to administer their households. And then, the last result could be a disagreement or marital conflicts between the couples as they intolerance one another and troubled in feeding their families. As it has shown in the above table 4.5.1, the other one is the issues of mismatch in the need of program to follow on televisions. When one wants to follow spirituals program one want to news, drama, sports and the like and vice versa. So, it makes a disagreement between the couples about to change and not to change the channels, in this case it could creates the conflicts between the couples. On the other hand, as the above table indicates there was a gender difference in the preference of different programs on television. These are the majority 40(42.6%) of male couples were likes to follow sports program and the majority 33(35.1%) of female couples were prefers spirituals program to follow. That needs mismatch in television program could be a source of conflicts between the couples.

Table 4.5.2. For how much couples watch television daily

		Frequency	Percent	Cumulative percent
Male	For one hours	9	9.6	9.6
	For two hours	14	14.9	24.5
	For three hours	22	23.4	47.9
	For four hours	22	23.4	71.3
	For more than five hours	27	28.7	100
	Total	94	100	
Female	For one hours	4	4.3	4.3
	For two hours	6	6.3	10.6
	For three hours	29	30.9	41.5
	For four hours	25	26.6	68.1
	For more than five hours	30	31.9	100
	Total	94	100	

Source: Own field survey, 2017

As the above table 4.5.2, indicates from the total ninety four male television usage participants 9(9.6%) of males were stayed for one hour on television per a day, 14(14.9%) of respondents stayed for two hours per a day, 22(23.4%) of male participants follows a television for three hours per day, the rest 22(23.4%) of male participants follows a television for four hours per a day and 27(28.7%) of the total participants of male television usage couples follows a television for more than five hours per a day. When we have seen about female couples out of the ninety four total female participants 4(4.3%) were follows for one hour per a day, 6(6.3%) of female participants were follows for two hours per a day, 29(30.9%) of females participants were follows television for three hours per a day, 25(26.6%) of females participants were responded that they follows television for four hours per a day and the rest 30(31.9%) of the total females participants were follows a television for more than five hours per a day. We can understand two things from the above table 4.5.2, these are: firstly, the majority of male and female couples were stayed long time on television which is for more than five hours per a day. Secondly female couples were more stayed on television when compared to male couples which is for males 28.7% and 31.9% for females couples were stayed on television for more than five hours. This indicates that the majority of couples were stayed on television for long time that could be raised a disagreement between the couples in terms of program preference, losing of their regular tasks, and staying more times on television could leads the couples to develop misbehaving behaviors as aggressive, mannerism, and the like.

4.1.6. The appropriateness of technology usages among young married couples

4.1.6.1. Advantages of facebook usages in marital relationship

People use Facebook for developing and maintaining social ties; and such uses can improve the well-being of individuals by reducing their feelings of loneliness and depression. One of the interviewee said that: Facebook increased the intimacy by explaining: “We are talking all day and it makes you feel closer when you are physically distant.” Similarly other interviewee has forwarded similar idea with the above interviewee saying that: “Facebook can help you practice relationship maintenance techniques: Facebook also allows people to communicate with their romantic partners

easily, at a distance.” One participant also exemplified this statement by commenting that “you are able to send adoring messages to one another and have contact throughout the day to discuss important topics. This may be because it keeps couples “in constant communication”, “without hardly any wait time” and “provides instant communication to express certain emotions you feel that the time.”

4.1.6.2. Disadvantages of facebook usages in marital relationship

One of the couple interviewee saying that: “Facebook can be a source of jealousy and anxiety, all the information contained on facebook can create a sense of jealousy, suspicion, and uncertainty for coupled users.” The interviewee also adds as “Many interactions on facebook are ambiguous, as you may not know some of your spouse’s facebook friends or the nature of those relationships.” The other interviewee also discussed as “excessive time on facebook can harm your marital relationships, facebook can have detrimental effects on the relationship.” Similarly other interviewee has discussed similar idea with the above interviewee saying that: “high levels of facebook usage were associated with negative relationship outcomes like cheating and break-up, such negatives outcomes are generally he result of facebook related conflicts like contacting an ex-partner and constant partner monitoring.” The other interviewee also stated that “Sometimes texting leads to misunderstandings because you can’t see facial expressions or body language.” Another participant noted: “Sometimes things can be taken out of context if you are not careful.” These misinterpretations could have significant consequences and implications for the relationship. Participants described texting and other online communication to “seem that something is going on when nothing is” and that a “couple can think that the other is texting someone else, when they intend not to.” One participant characterized chatting as “dehumanizing...it is easy to never hear your spouse’s voice for an entire day because the only form of communication you did was text. People aren’t always present when they need to be. They get caught up in the facebook in front of them.” Another echoed this statement by noting “It seems like people are always on their phones; so, when you are on a date and your partner is on their phone you could feel like you are being ignored.” One of the interviewee reported that “facebook impaired Trust: First, a secret from spouses and the ability to keep certain information private was a key issue in chatting behavior because “people can hide chats,

messages, contacts, etc.” Related to secrets from one’s spouses, infidelity and jealousy were noted widely by the participants as issues created by facebook. One interviewee stated, “Technology can cause a person to use it more often than the spouses and this may create issues like jealousy or insecurities.”

4.1.6.3. Advantages of Mobile usages in marital relationship

The interviews result conducted to validate the advantages of mobile usages in marital relationship confirmed that: “Mobile call gives us both a chance to really say what we want to and know we’ve been heard.” Mobile usages also improves relationships is in reducing anxiety during difficult conversations. One participant described “It allows people to cool off and really get to say what they want without having to see the person in front of you so you can actually say what you mean without being mad or nervous or anything.” Others stated as Technology (and particularly text messaging) offers “time to think about a response before stating it” which was connected to “helping people gain confidence” and assisted people who were “uncomfortable talking about a certain issue.” allowed one to be “able to think before you react, taking time to prepare a response.” Another participant explained: “Texting allows for slow moving conversations without quick emotional responses so that problems can be discussed rationally.” In the words of one participant, “In long distance relationships, mobile usages is the medium through which the relationship can be maintained. If it wasn’t for technologies such as texts, mobile call, and etc these relationships wouldn’t be so feasible.” Part of the reason such relationships can be enhanced is due to the nature of the technology itself – specifically, its accessible and quick nature. One participant stated “Communication is faster, easier, and available when you can’t be with your spouse’s in person.” Interview conducted with one of couple indicates “mobile provides a quick and accessible way to deal with marital concerns at any time, such as discussing responsibilities throughout the day.” Many participants reported that it was one key way in which apologies could be exchanged. One participant reported “It helps to text when trying to make up from a fight, people apologize easier.” It also assisted in problem resolution other than serving as a forum for an apology. Examples included “‘sorry texts’ and ‘I love you texts,’” to try and smooth things over. According to the most interviewee explained that “mobile help us for our connectivity,” this means mobile serve marriages best when they are used to maintain a

healthy connection between spouses during the work day or while one of the partners is traveling. One of the interviewee also explained that “Mobile phones enable people to communicate when, where, and with whom they wish. However, users are often troubled to find themselves at the beck and call of others.”

4.1.6.4. Disadvantages of mobile usages in marital relationship

Even though mobile technology has so many advantages in marital relationship it has also disadvantages. According to one interviewee the disadvantages of mobile was “it shares the time of couples communication, because most of the time my husband is with his mobile using facebook, games and the like.” The most interviewee also stated “mobile charging was issue that raised conflicts between my spouses if he recharge today 25 birr he recharge 25 birr after one or two days again.” Therefore what we can understand from the above interview result was the major disadvantages of mobile in marital relationship was the time spent on mobile using and the issues of mobile recharging since it expensive if people used more time as mobile call, internets, facebook and the like with mobile.

4.1.6.5. Advantages of Television watch in marital relationship

There are several advantages of television watching in marital relationship. Out of these the interview conducted with couples shows as follows: Television watching help the couples to get new information, knowledge and the like. One of the interviewee reported that “Television watching feels you free when you sit down and watch television right after getting home from work; to pass the time or for relaxation.” The other interviewee reported that “Television watching served us as entertainment with my wife especially on the weekend by watching films with each others. Some interviewee especially from protestant religion explained that watching spiritual programs on television makes them as they connected to their God. One of the interviewee replied that “Watching television makes me and my husband as we always see the work of God, speak about the God’s forgiveness, healing and the like, these strengthen us to connect to our God.”

4.1.6.6. Disadvantages of Television view in marital relationship

Interview conducted with interviewees shows the disadvantages of television watching as follows: One of the interviewee said that “television watching develops the

feeling of inferiority when you are behind everyone in a popular program.” One of the interviewee reported that “watching television have an impact on your psychological wellbeing, because you compared your dressing, eating styles and even what to eat and in general your lifestyles with others you observed in television.” The other one is the mismatch in the need of television programs to follow. As some interviewee explained that, when there is a mismatch in the need of television programs between them and their couples it creates a disagreement between them. The other issue could be understood from the interview conducted was that about time spent on television and their marital relationship. One interviewee discussed that “I like to follow Kana television after dinner always but my husband went to bed after he ate his dinner and follow somewhat news and the like on television then after when I went to bed to sleep my husband couldn’t feel comfort and upset to me.”

4.1.6.7. The value of availability and accessibility of technology in marital maintenance

Most participants included in interview reported that these technology (facebook, mobile and television) are very important in marital relationship and maintenance if and only used in appropriate way. They explained that the availability and accessibility of technology play a vital role to find any information about their spouses and their families. The other one is during someone is travel out of home from the couples, facebook and mobile was served to hear their spouses every situation happened to them. The others that the couples reported that is those technologies are cheap in costs, therefore with a minimum cost you exchange many things about the day, love, job, food, responsibilities and the like without creating communication gap with one another. Watching television also helps the couple to enjoy with each other specially on the weekend but according to the interviewee the programs and the time to enjoy with each other should be arranged, unless and other ways it leads to marital disagreement and marital conflicts. In general, the availability and accessibility of technology are very crucial things in the maintenance of marital relationship because it enables many conditions that limit physical communication in terms of online communication and share whatever the couples want

about their feeling, life situations and etc. Therefore discussing every situation in marital relationship is the very important things that maintain their marital situation at safe level.

4.1.7. The common causes of marital conflicts as a result of technology usage

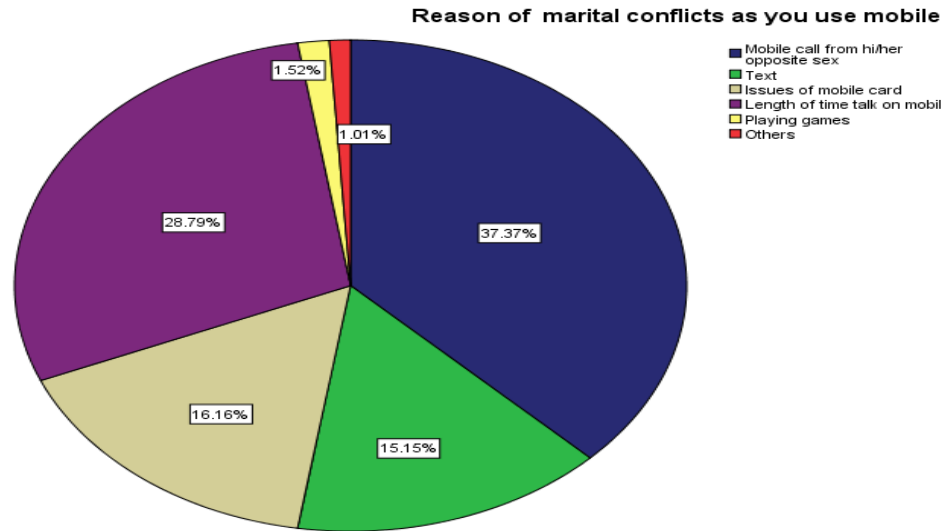


Figure 4.1. Reasons of marital conflicts as of mobile usages

Source: Own field survey, 2017

As it have shown in the above chart 4.1, 74(37.4%) of couples were responded that the reason of their marital conflicts were the mobile call from their opposite sex, 30(15.2%) of couples were responded that mobile text, 32(16.2%) of participants responded that issues of mobile card, 57(28.8%) of participants responded that length of time talk on mobile and the rest 3(1.5%) and 2(1%) of couples were responded that playing games and others respectively. The majority 37.4% and 28.8% of participants responded that mobile call from their opposite sex and length of time talk on mobile. This indicates that when mobile called from their opposite sex their spouses were developing a feeling of jealousy and suspect their spouses. The other one is the issues of time length during calling, one's couples were far from one another and their spouse's phone was busy for a long period of time they started to think several issues about whom he/she was communicating, about what they were communicating and the like. Even after he/she came back together that length of time talking on mobile should their agendas of discussion. Failing that discussion/ not believing one another were lead them to marital conflicts. The interview result conducted to validate data obtained through questionnaires

according to one interviewee confirmed that: “I know my husband’s job whether it needs long time calling or not, I know how he communicate our relatives and friends but sometimes his mobile was busy for long period of time differently from obviously I know him; during this time I suspect him and anger to him because nothing there unless he communicate with girlfriend in case of these situation we gets in conflict more than three times.”

The majority of participants included in the interview also explained that the major and common causes of marital conflicts as of technology usage are about time spent on those technologies. Because as time spent on technology usage increased the couple’s leisure time with each other, normal communication with each other, sharing love and give a time for each other are becomes decreased. The other one that the couple reported through interview was the issue of trust between them. As one of the couples used technology for long period of time their spouses developed the feelings of distrust each other. For example, one of the interviewee reported that “Every week my husband went to follow football at DSTV home and stayed there for two to four hours, I didn’t know whether he stayed at that place or other.” This and the like issues are the causes that the couples suspect each other and could be the causes of their marital relationship. The other one that the couples reported the common causes of their marital conflicts in case of using those technologies are the issues of money. Because, to used these technologies needs money, for example, mobile card and money in cash for DSTV payment. The other one was the time to used these technologies are the common causes of their marital conflicts, one may needs to enjoy with his/or her spouses and their spouses may on facebook, mobile or television. Such like mismatch between the couple could be the causes of their marital conflicts.

Table 4.6. Reasons of marital conflicts in case of technology usage

		Frequency	Percent	Cumulative percent
Reasons of your marital conflicts	Incompatibility	67	33.8	33.8
	Infidelity	21	10.6	44.4
in case of Technology usage	Grew apart	4	2	46.5
	Trust issues	106	53.5	100
Total		198	100	

Source: Own field survey, 2017

As it have shown in the above table 4.6, 67(33.8%) of the total couple participants responded that the reasons of their marital conflicts was incompatibility in case of technology usages, 21(10.6%) of participants responded that infidelity was their source of marital conflicts, 4(2%) of participants responded that grew apart is the reason of their marital conflicts and the rest 106(53.5%) of couple participants responded that the major reasons of their marital conflicts were trust issues in case of technology usage. The majority 53.5% of participants were reported that their reasons of marital conflicts were the issues of trust. Therefore, we can simply understand technology usages increases the level of mistrust between the couples because using technology needs a time, as the time they stayed on technology usages increases their leisure time was minimized, as the couples interconnected with technology couples each other communication was minimized, even if they are stayed with each other but used technology differently the information gap or miscommunication could takes place between the couples because they couldn't pay attention to each other's communication since they are busy to use technology. When all these things were takes place the question was started between them about the length of technology usage, the issues of attention should be given between them, the issues of their mutual leisure time, and trust issues. When the couples repeated such like using technologies for long period of time especially separately out of their spouse's repeatedly the issues of trust one another falls under question and even leads them to further investigation to know about their spouses.

4.1.8. The relationship between technology usage and marital conflicts

Table 4.7. Technology usage and marital conflicts

		Frequency	Percent	Cumulative percent
Does technology	Yes	122	61.6	61.6
usage creates a	No	76	38.4	100
gap in your				
marital relationship	Total	198	100	

Source: Own field survey, 2017

As indicated in the above table 4.7, 122(61.6%) of couples participants were responded that technology usage was creates a gap or intermediates between their marital

relationship and 76(38.4%) of couples participants were responded that technology usage didn't creates a gap between their marital relationship. Therefore from the above figure one can simply understand that as technology usage was intermediate between couples marital relationship and could be a source of marital conflicts.

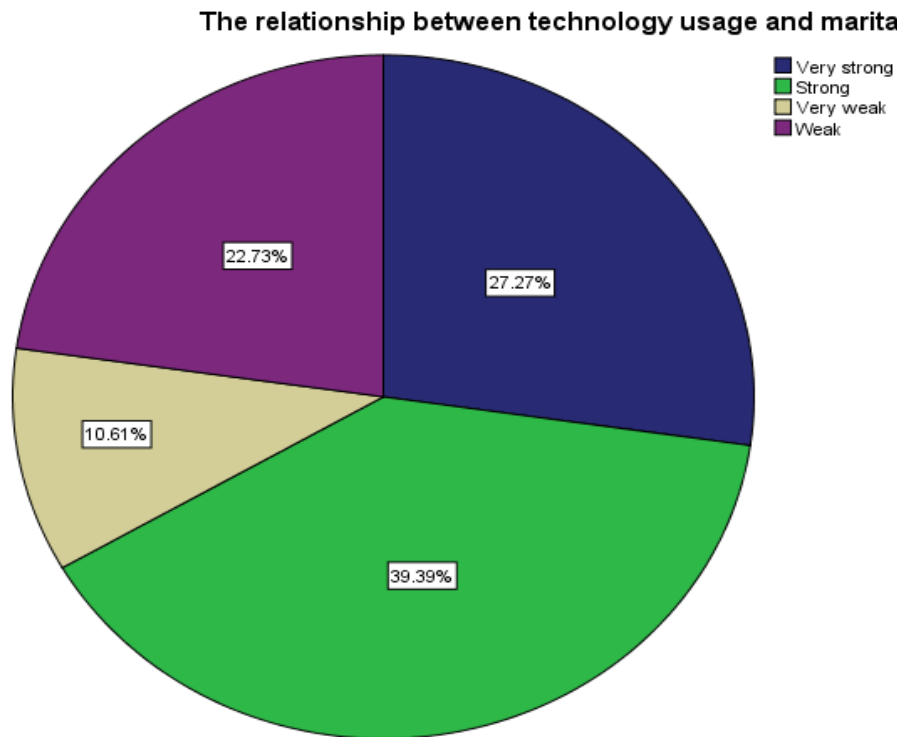


Figure 4.2. The relationship between technology usage and marital conflicts

Source: Own field survey, 2017

The other one what we can understand from the above chart 4.2, is the relationship between technology usage and marital conflicts. From the total couples participants 54(27.3%) were responded as there was a very strong relationship between technology usage and marital conflicts, 78(39.4%) of participants were responded as there was strong relationship between technology usage and marital conflicts, 21(10.6) of respondents responded as there was a very weak relationship between technology usage and marital conflicts. Whereas 45(22.7%) of couples participants were responded as there was a weak relationship between technology usage and marital conflicts. The majority 39.4% of respondents were responded as there was strong relationship between technology usage and marital conflicts.

4.1.8.1. The relationship between facebook usage and marital conflicts

In this section, Pearson correlation was used to estimate the degree of association between the dependent variable (marital conflicts) and independent variables which includes mobile, facebook and television usages.

Measures

To measure facebook usage the Bergen Facebook Addiction Scale (BFAS) was used. This scale comprised 18 items, three for each of the six core features of addiction: salience, mood modification, tolerance, withdrawal, conflict, and relapse. But for this research the pre-test was conducted and included only conflict features of facebook addiction which had three items and was self adapted in the context of this research. Each item is scored on a 5-point scale using anchors of 1: Very rarely and 5: Very often. Higher scores indicate greater Facebook addiction.

Table 4.7.1. Pearson product moment correlation coefficient showing interrelationship between facebook usage and marital conflicts

	facebook usage	Marital conflicts
Pearson correlation	1	.788**
Facebook usage Sig.(2-tailed)		.000
N	171	171

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

The above Table 4.7.1 indicates that there is strong positive relationship between Facebook usage and marital conflict with ($r(171) = 0.788, P = 0.000, p < 0.01$). Hence, we can understand that high facebook usage may mean high marital conflict since facebook usage can predict marital conflict and also the relationship between facebook usage and marital conflicts are statistically significant.

4.1.8.2. The relationship between mobile usage and marital conflicts

Table 4.7.2. The occurrence of marital conflict as of mobile usage

		Frequency	Percent	Cumulative percent
Does marital conflicts occurred in case of mobile usage	Yes	124	62.6	62.6
	No	74	37.4	100
	Total	198	100	

Source: Own field survey, 2017

According to the above table 4.7.2, 124(62.6%) of the total sample responded that there was marital conflict occurred between their spouse's and 74(37.4%) of participants responded that marital conflicts wasn't takes place in their marital relationship in case of mobile usages. The majority 62.7% couples were responded that marital conflicts were occurred in their marital relationship. This implies that if there is no faithfulness and clarity between the couples and if couples experience inappropriate ways of mobile usages, it follows marital conflicts.

Table 4.7.3. Pearson product moment correlation coefficient showing interrelationship between mobile usage and marital conflicts

		Mobile usage	Marital conflicts
Mobile usage	Pearson correlation	1	.642**
	Sig.(2-tailed)		.000
	N	198	198

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

As we can see in Table 4.7.3, mobile usage and marital conflict has significant positive relationship with $r = 0.642$, $P = 0.000 < 0.01$. This means that, these two variables can increase or decrease together. Thus, mobile usage can predict marital conflicts. The above correlation result also indicates that there is a positive strong relationship between mobile usage and marital conflicts.

4.1.8.3. The relationship between television watch and marital conflicts

Table 4.7.4. Pearson product moment correlation coefficient showing interrelationship between television watch and marital conflicts

		Television watch	Marital conflicts
Television watch	Pearson correlation	1	.630**
	Sig.(2-tailed)		.000
	N	188	188

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

Table 4.7.4.demonstrates that there is strong positive relationship between television watch and marital conflicts with ($r (188) = 0.63$, $P = 0.000 p < 0.01$). Hence, we can deduce that high television watch may mean high marital conflict since television watch can predict marital conflict.

4.2. Discussion

The purpose of this research was to assess the relationship between technology usage and marital conflicts among young married couples the case of Jimma town. It was hypothesized that there was a positive relationship between technology usage and marital conflicts. Moreover the demographic variables such as age, gender, religion, educational level and the main variables are also treated under this study. Therefore all such points which were answered in the analysis part were discussed in relation to literature review.

4.2.1. Technology usage and marital conflicts among the participants of study

4.2.2. Facebook usage and marital conflicts among the participants of study

The value obtained from the data analysis section shows that there was a gender difference in related with facebook usage daily. For instance, 52 participants or 55.9% of male couple were check their facebook account daily whereas, 36 participants or 46.2% of female couple were check their facebook account daily. In line with this, previous research conducted indicates that, although it cannot be denied that Internet is embedded in our daily activities especially in the academic environment, but yet there is some reasons why both genders use them differently and how gender role influences their usage behavior at home. Therefore, the study attempts to fill in the knowledge gap by analyzing the Internet usage pattern and the influence of gender role (Thanuskodi, 2013). Women play an important role by performing most of the emotional work in families like listening to and comforting children, giving emotional support to parents, doing things to improve or maintain relationship. Tang and Cousins (2005) as cited in Thanuskodi (2013) further supported that women are still mainly responsible for domestic labor and childcare. Having children and a family are seen as two major milestones between job and family. Therefore, gender role affects men and women in many ways. For instance women find that there are some limitations to the use of Internet at home due to her gender role (Thanuskodi, 2013).

The other one that the result shows is the issue of couple's relationship status on facebook. The majority of couples relationship status was not show the exact of their relationship which could leads the couples to inappropriate conversation with whom they meet online. For example, 107(62.6%) of participants facebook relationship status showed single. This indicates there was something that initiated the couples to lies their

relationship status. They may need extra date beyond their spouses. Similarly, with the above result the previously conducted research stated that, Disclosing oneself as single may signal that you are actively pursuing relationship possibilities or that you are open to the idea of dating, it could also signal that you are available for casual hook ups. In one study, disclosing oneself as “Single” on Facebook was rated as the top method for eliciting contact from potential partners (Larson, 2014).

The result also shows that the time spent on facebook leads the couples in marital conflicts. For example, the majority of participants in this study 73(42.7%) was spent three to five hours on facebook in atypical week. Darvell et al. (2011) as cited in (Farrugia, 2013) found in their study that the more time spent on Facebook or SNS the more time a partner’s behavior would be monitored. Farrugia (2013) concluded that this ease of information into the online world of facebook in daily life directly caused more issues than good. Therefore spending more time on facebook directly isolates the couples and leads them to minimized communication between them about their regular task their families, and then leads marital disagreements and marital conflicts. In simple terms, when a message is sent, the message’s receiver then replies with feedback creating a constant looping motion “Facebook increases exposure to information about ones partner that may arouse jealousy and jealousy in turn, may increase the time spent on Facebook in search of relationship-relevant information”(Farrugia, 2013). In case of staying more time on facebook 92(53.8%) were formed unhealthy relationship with others they meet online. As a relationship moves forward, one partner’s chronic use of Facebook may hinder their relationship because of the jealousy it may cause. Increasing Facebook usage provides individuals with an increased access to information, which may directly cause jealousy in their relationship (Epps, 2016).

This study also found that most couples were not sharing their facebook passwords with one another. For example, the majority of participants 111(64.9%) of total respondents were not have each others facebook account passwords. This indicates that there was no reason to hide passwords between the couple rather than to conceal what they had chat with others they meet online. Hiding passwords one another between the couples were decreased the trust should have to exist between them. Because, according to Epps (2016) sharing passwords is first and foremost, an extension of trust in

a relationship. Your partner will trust you a whole lot more if you are comfortable enough to share your passwords with them. It shows you have nothing to hide and are committed to the relationship a hundred percent. Another benefit of sharing your password with your partner is that you are less likely to engage in any form of indiscretions online if you know your partner has access to your accounts (Epps, 2016).

4.2.3. Mobile usage and marital conflicts among the participants of study

This study revealed that the majority 44.4% of couple participants asked their spouses during mobile call who is calling to their spouses, whereas 19.2% of participants check by themselves secretly their spouses mobile phone. These both asking and checking by self are indicates that there is a feeling of jealousy to their spouses that comes from suspecting the calling is from his/her opposite sex. Previously conducted research also shows that the access to their partner's information may lead to a higher degree of jealousy based on the information one is exposed to. Romantic jealousy can create negative thoughts about a partner and the relationship as a whole (Farrugia, 2013). Due to mobile usage most couples reported that the conflict was created between their marital relationships. According to this study 62.7% of couples were said that marital conflicts were takes place in their marital relationship due to mobile usage in related with text, mobile call, and used facebook through mobile phone.

The other one that this study was found is that the major causes of their marital conflicts in case of mobile usage are mobile call from their opposite and the length of time to talk on mobile. 37.4% and 28.8% of couples responded as mobile call from their opposite sex and length of time talk on mobile. This implies that when couples are far from one another and their spouse's phone was busy for a long period of time they started to think several issues about whom he/she was communicating, about what they were communicating and the like. Even after they came back together this issue could be the topic of their discussion and may leads to marital conflicts.

4.2.4. Television watch and marital conflicts among the participants of study

Another result that this study revealed that was most couples were not watch television with one another at the same time. 112(59.6%) of couples were reported that they follow the programs they like lonely after their spouses gone sleep. This creates a gap between the couples because of the difference on time spent on television or stay

together. By consuming technology individually, this leads to social isolation, household activities become individualized and thus, there is a growing privatization within the household. In turn, this results in a drastic decrease of communication and social interaction within a household (Corcoran, 2012). The other result that revealed by this study was the difference in the interest of programs couples needs to watch. For example, when the majority 42.6% of the total male couple participants has an interest to follow sport programs, but they reported as 35.1% of their spouses or female couples interested to spiritual program to follow on television. From this result we can conclude that, there is a difference in the need of program to watch between couples. This can be the issue that makes the couples to disagree to one another and can be the source of conflict between them. Furthermore, the results also found most female couples are more stayed on television watch for more than five hours per day than male couples. The time spent on television directly affects couples way of life, their regular tasks, family communication in related with how to manage, direct and shares family activities. This indicates that the majority of couples were stayed on television for long time that can be raised a disagreement between the couples in terms of program preference, losing of their regular tasks, and staying more times on television may also leads the couples to develop misbehaving behaviors as aggressive, mannerism, and the like. Similarly, according to Aubrey et al (2013) we would expect that the more exposure to representations of romantic conflict on television, the more that television viewers might be cultivated to accept that conflict is an acceptable way to reestablish relational control and mastery in romantic relationships. Watching television affects people by taking time away from other activities, such as social interaction, sport, and reading (Moon, 2003).

On the other hand, the research conducted also pointed out that found that both male and female adolescents who were considered heavy television viewers (5 or more hours per day) scored higher in loneliness than both moderate (2 to 4 hours per day) and light (less than 2 hours per day) viewers(Wheeler & Wheeler, 2015). Previous research exploring the link between the frequency of television use and subjective well-being found that individuals who watched more television experienced lower levels of subjective well-being than those who watched less television(Wheeler & Wheeler, 2015).

4.2.5. Common causes of marital conflicts as a result of technology usage

The majority of participants included in the interview explained that the major and common causes of marital conflicts as of technology usage were about time spent on those technologies. Because as time spent on technology usage increased the couple's leisure time with each other, normal communication with each other, sharing love, the issue of trust between them and give a time for each other are becomes decreased. Similarly, Potential challenges of technology use on intimate relationships include: miscommunication as a result of lacking nonverbal communication, more uninhibited behaviors, and access to opportunities for infidelity, access to pornography, monitoring one another, relationship abuse perpetration, overuse, and distraction (Epps, 2016).

Trust is an important component of relational ethics because it is the mechanism by which individuals learn to interact with their partner. Technology becomes a distraction or provides access to be unfaithful. Trust is tested when individuals are constantly distracted by technology. If high use of technology influences trust negatively in relationships, this negative impact likely spills over into other relational ethics components (Epps, 2016). Previous research findings that trust may be disrupted in relationships where technology use is high (Epps, 2016).

CHAPTER FIVE

5. SUMMARY, CONCLUSION AND RECOMMENDATION

5.1. Summary

Understanding the relationship between technology usage and marital conflicts among young married couples are helpful for couples for balancing how, when, where, and what technology they have to use to maintain their marital relationship at safe. It is found in some literatures that negative feedback such as family members' conflicts, lies and social isolation are among the properties of individuals addicted to the different technology usage, all of which play an important role in reducing the level of marital satisfaction. The main objective of the current study was to assess the relationship between technology usage and marital conflicts among young married couples the case of Jimma town. This study was conducted in Oromia regional state, Jimma town located in Southwest Ethiopia at distance of about 346 km from Addis Ababa.

The participants of the study were young married couples who have married in three consecutive years from 2013-2016 and have registered by Jimma town social vital events registration Agency. The sample size of the study was 198 taken from 394 married couples population from three Jimma town kebeles; Bacho Bore, Ginjo gudduru and Hirmata mentina kebeles. The sampling technique used to select those participants was simple random sampling. The data collection method is semi structured interview and self administered questionnaire and highly structured questionnaires which include scales of measuring each of the four variables under study. The data was analyzed using SPSS 20 version and techniques used to analyze the data are descriptive statics such as frequency, percentage, pie charts, and Pearson product moment correlation coefficient analysis method were used. The result was presented using table and APA style is used to report the result of the data analysis.

The main findings of the study as couples reported for interview conducted, technology usages was appropriate in marital relationship but only when the couples used technology in appropriate ways. The other findings are there is a positive strong relationship between technology usage and marital conflicts. Thus, facebook usage and marital conflicts has statistically significant positive relationship with ($r(171) = .788, P = 0.000 < 0.01$), mobile usage and marital conflict has significant positive relationship with

($r(198) = .642, P = 0.000 < 0.01$), and television watch and marital conflict with are with ($r(188) = .63, P = 0.000 < 0.01$). The research result also shows about time spent on those technologies, issues of trust between couples, issues of money and the time when couples have to use these technologies were the common causes of marital conflicts as of technology usages.

5.2. Conclusion

This research was conducted in Jimma town Southwest of Ethiopia with the prime intent of assessing the relationship between technology usage and marital conflicts among young married couples. Specifically, the study attempted to identify the nature of technology usage among young married couples, to determine technology usage and the appropriateness among marital couples, to convey the common causes of marital conflicts as a result of technology usage, to investigate the level of the extent of association between technology usages. Based on the findings of the study, the following conclusion was drawn:

- Most couples were sharing their time with technology usage daily. These are directly shares couple's time of staying together, their leisure time, their time of discussion about their regular tasks and their families' condition, and the like that leads the couples to marital conflicts.
- The other result is technology is very crucial and appropriate things in marital relationship only when the couples used technology in appropriate ways; these means when the couples used technology for the purpose of gaining information, give and receives messages to the only concerned bodies, entertainment, and for gaining knowledge using technology is appropriate in marital relationship. But going beyond those purposes of technology usage are pushes couples to marital conflicts.
- The result also shows the relationship between technology usage and marital conflicts are strong positive relationship. This implies that, technology usage and marital conflicts can increase or decrease together. Thus, technology usage can predict marital conflict.
- The common causes of technology usage and marital conflicts are time spent on those technologies, issues of trust between couples, issues of money and the time when couples have to use these technologies. Because, as one of the couples used

technology for long period of time their spouses developed the feelings of distrust each other. Hence, using technology needs a time and money it minimizes the trust between couples and the time they have to stay with each other. Accordingly, technology usage may affect couples marital relationship.

5.3. Recommendation

Based on the findings and conclusions of the study, the following recommendations are forwarded.

- Different organizations such as welfare offices, NGOs and religious organizations should have to assign trained family and marriage counselors and social workers.
- There is need for marriage counselors to create awareness for married people on the existence of marital conflicts through the means of technology usage and how, when, where, and what the couples have to use technology to maintain marital satisfaction. This awareness can be done through seminars, workshops and different social Medias.
- Couples using facebook and mobile should maintain an open door policy by sharing their passwords and patterns with one another to enhance the level of trusting between them.
- Couples relationship status on facebook should make it clear that they are married to one another.
- Couples ought to set boundaries on how, when, where, what, and for how much they should have to use technologies to maintain their marital relationship at safe.
- During television watch couples should prefer what programs they have to follow and watch with each other rather than alone especially at home.

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Appendices 1

Informed Consent Form for young married couples Participation

Dear Sir or Madam,

My name is Daba Mekuria. I am a Graduate student at the University of Jimma. I am conducting a research study on the technology usage and marital conflicts among young married couples the case of Jimma town. I am inviting you to participate in a research study. The purpose of this study is to assess the relationship between technology usage and marital conflict.

I really appreciate you taking the time to share your experiences and perspectives with me. Your opinions will help me accurately represent the relationship between technology usage and marital conflicts. An individual in-depth interview and questionnaire will include for the completion of the Index of the relationship between technology usage and marital conflict. The individual interview and questionnaire completion will be administered in your residence or in another place that is convenient for you. The expected length of the individual interview is approximately 10-30 minutes (20 minutes on average) and the expected length of the questionnaire is approximately 5-15 minutes (10 minutes on average).

Participation in this research is completely voluntary. There is no penalty for choosing not to participate nor are there any risks to participating beyond those that exist in everyday life. You can decide whether or not you want to participate in this research. You also free to withdraw from the study at any time and for any reason.

The information collected will be kept strictly confidential and the only people who will have access to the individual interviews record is the researcher. The audio records will be destroyed as soon as the interview is transcribed and a pseudonym (fake name) will be used on any written notes and transcripts instead of your real name so that the interviews cannot be traced back to you. Information obtained from the study (with the use of pseudonyms) will be included in my research, as well as may be published in an academic journal and presented at scholarly conferences.

A benefit to you from participation in this research is the opportunity to openly discuss and reflect on the use of technology, as well as your relationship with your spouse's. A broader benefit of your participation is that it will help you better understand

and sharing of knowledge on the use of technology to adjust the incongruence between technology use and marital relationship. The findings of this study may be used to develop recommendations for family and marriage counselors and couples themselves in order to improve their marital and family satisfaction and overall wellbeing.

I sincerely thank you for your help with this study.

Mr. Daba Mekuria

College of education and behavioral science

Department of Psychology (M.A in counseling Psychology)

Email: mekuriadaba@gmail.com

Phone: 0934096240

By placing a check in the spaces blow:

I have read and understood the information on this form Yes No

I have had the information on this form explained to me Yes No

I grant permission for my interview to be audio recorded Yes No

Participant's signature

Date

Appendices 2

Part I: Interview Opening Script

Semi structured interview guide questions prepared for young married couples in case of Jimma town.

Hello! Thank you for your willingness to participate in this study. Before we begin, do you have any questions for me?

As you know, this interview is being conducted for the purposes of academic research. At any time, feel free to decline answering any of the questions or ask clarification about questions before choosing to respond. For the purpose of being transcribed for analysis, this interview will be recorded. Please keep in mind to not disclose personally identifying information in our conversation. You are welcome to refer to you and your spouse on a first name basis, or simply as “me/myself/I” and “my husband/wife/spouse”. Do I have your permission to record our interview?

Great! Let’s get started...

Part II: Interview Scripts

Interview #1

Today, I am going to ask you a series of questions about the perceived impact and effect that using Facebook, mobile and watching televisions have on your relationship with your spouse.

Interview questions:

- What are the advantages of using facebook in your marital relationship?
- What are the advantages of using GSM in your marital relationship?
- What are the advantages watching television in your marital relationship?
- What are the disadvantages of using facebook in your marital relationship?
- What are the disadvantages of using GSM in your marital relationship?
- What are the disadvantages watching television in your marital relationship?
- How often do going to facebook affect your relationship? How often do watching television affect your relationship?
- What is the relationship between the usages of those technologies (facebook, mobile and watching television) and marital conflict between you?

- In your opinion, is availability and accessibility of those technologies valuable for relationship maintenance?
- Give reasons on why or why not?

Thank you for your time and information today! In the next interview, we will discuss more about the difference of using facebook, mobile and television watch and its impact on your relationship. It was great speaking/meeting with you and I will speak/meet with you again on next scheduled time.

Interview # 2

Today, I am going to ask you a series of questions about the differences in the role of facebook, mobile and television watch and its impact on your relationship.

- Which technology do you use most?
- Which is the commonest reason of conflict in your relationship?
- As your opinion why those technologies be the beginning of conflict in your relationship?

Thank you for your time and information today! This was our last interview for this study. It was great speaking/meeting with you while doing this research. Thank you for your overall participation in this research study and for your contribution to my research. Your involvement and insights were most appreciated!

Appendices 3
JIMMA UNIVERSITY
COLLEGE OF EDUCATION AND BEHAVIORAL SCIENCE
THE RELATIONSHIP BETWEEN TECHNOLOGY USAGE AND MARITAL
CONFLICTS
QUESTIONNAIRE FOR COUPLES

Dear respondent:

This questionnaire is prepared for the purpose of gaining information about the relationship between technology usage and marital conflict. So, you are kindly requested to answer these questions honestly. Since the information you provide will serve as a base for this study, your genuine responses to the questions that follow are highly valued and taken as essential to the success of the study. Please read each questions and write your answer or opinion for them on the place provided.

All the information you provide will remain confidential and will be used for research purpose only. So, please be confident and frank to give your responses to the best of your knowledge.

N.B. You may not write your name and address, for all thing thank you a lot for your help.

Directions: For the following questions respond only if you were using those technologies (facebook, mobile and Television).

Part 1: General Information of the respondents

Instruction: please circle on the letter that fits best your current status/situation

1. What is your Sex? A. Male B. Female
2. How old are you? A. between 18-23 B. between 24 - 28 C. 29-34 D. 35-40
3. What is your Religion? A. Orthodox B. Muslim C. Protestant D. Catholic E. Wakefeta
F. Others (Please specify) _____
4. What is your educational status: A. Illiterate B. Able to write and read C. High School complete D. Certificate or diploma E. Degree and above

Part 2: Your opinion about technology (facebook, mobile usage and television watch).

5. What type of social media do you use mostly? A. Facebook B. Mobile C. Television
D. other
6. How about your spouse? A. Facebook B. Mobile C. Television D. other
7. Do you use facebook daily? A. Yes B. No
8. What is your relationship status on facebook? A. Married B. In a relationship
C. It's complicated D. Single E. Not listed F. Other
9. In a typical week, how many hours do you spend on facebook?
A. 0-2 B. 3-5 C. 6-9 D. 10⁺
10. Do you have formed unhealthy relationships with others you have met or known
online?
A. Yes B. No
11. Which of the following best describes your facebook activity?
A. Updating my status B. Browsing and commenting on others posts C. Talking
with others through messages and facebook chat. D. Adding new friends
E. Looking through others' friends F. Playing games
12. Do you have password access to your partner's facebook profile?
A. Yes, we have each other's passwords B. No, we do not have each other's
passwords C. I have his/her password, but she/he does not have mine D. He/she has
my password, but I don't have his/ her's
13. Do you ask to know who is calling to your spouse's mobile phone?
A. Yes B. No C. I check myself secretly
14. Do you secretly read the SMS messages on your spouse's mobile phone?
A. Yes B. No
15. In case of mobile using, does marital conflicts occurred between you and your
spouse?
A. Yes B. No
16. If your answer for question number 16 is YES, What is the reason of your marital
conflict as you use mobile?

A. mobile call from his/her opposite sex B. Text C. Issues of mobile card D. length of time to talk on mobile E. Watching sex films F. Playing games G. Others ---

17. Do you lock your mobile phone with security passwords A. Yes B. No

18. Does your spouse's know your mobiles security password A. Yes B. No

19. How do you view television, films, news and other at home, is with your spouse's or separately? A. With each other B. Lonely after he/she have gone sleep

20. What type of programs do you like to follow on television?

A. News B. Film and dramas C. Sport D. Music E. Spirituals

21. How about your spouse's? -----

A. News B. Film and dramas C. Sport D. Music E. Spirituals

22. For how many times do you follow television per day? A. For one hours B. For two hours C. For three hours D. For four hours E. For more than five hours

23. Does technology usage creates a gap in your marital relationship between you and your spouse? A. Yes B. No

24. If your answer for question number 24 is YES, which of the best describes the reason your last relationship with your spouse's ended as of technology usage?

A. Incompatibility B. Infidelity C. Grew apart D. Trust issues

25. How much do you think the relationship between technology usage and marital conflicts? A. Very strong B. Strong C. Very weak D. Weak

26. As your opinion what is the relationship between technology usage (facebook, mobile and television watch) and marital conflict?-----

27. How technologies (facebook, mobile and television watch) were be the reason of marital conflict?-----

28. What are the common causes of marital conflicts as a result of technology usage?-----

Likert scales questions on facebook usage.

Read the following questions and answer the levels of relationship between your facebook usage and marital relationship with a **X**.

Directions: For the following questions respond only if you were using facebook.

No		Very rarely	Rarely	Sometimes	Often	Very often
1	Used Facebook so much that it has had a negative impact on your Marital relationship					
2	Given less priority to hobbies, leisure activities, and exercise because of Facebook					
3	Ignored your partner, family members, or friends because of Facebook					

Likert scales questions on Mobile usage.

Read each statement below and then for each sentence mark the option that applies best to you (“Strongly disagree”, “Disagree”, “Agree”, “Strongly agree”) with a X.

Directions: For the following questions respond only if you were using mobile

No		Strongly disagree	Disagree	Agree	Strongly agree
1	I feel uneasy when my mobile phone is out of network range				
2	Because of my mobile phone use, I am experiencing problem with my spouse				
3	Because of my mobile phone use, I am spending less time with my spouse				
4	Because of my mobile phone use, I gets in disagreement with my spouse in case of balance recharging				

Likert scales questions on the relationship between Television watch marital relationships.

Read each statement below and then for each sentence mark the option that applies best to you with a **X**.

Directions: For the following questions respond only if you were using Television.

No		Never	Sometimes	Frequently	Always
1	Do you prefer to watch the television alone at your home				
2	Do you ever feel a sensation of wellbeing (relaxation) while watching TV rather than staying with your spouse				
3	Do you think that TV may be dangerous and influence your marital relationship				
4	Program preference on television was not the same with your spouse need				

**Likert scales questions on the relationship between marital relationship and
technology usage**

State the approximate extent of agreement or disagreement between you and your mate
on the following items in case of technology usages with a **X**.

No		Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
1	I have recreation time with my spouse						
2	I demonstrate affection to my spouse rather than using facebook, mobile and watching television						
3	I stayed with my spouses rather than on technology usage						

ጅማ ዩኒቨርሲቲ
ትምህርት እና ሥነ ባህሪ ኮሌጅ
ቴክኖሎጂ መጠቀም እና የጋብቻ ግጭት
ለጥንዶች የተዘጋጀ መጠይቅ

ክቡር ምላሽ ሰጪ፡

የዚህ መጠይቅ አላማው በቴክኖሎጂ መጠቀም እና በጋብቻ ግጭት መካከል ያለው ግንኙነት መረጃ ለማግኘት የተዘጋጀ ነው። ስለዚህ እነዚህን ጥያቄዎች በክብር እና በታማኝነት እንድንመለሱ ተጋብዘዋል። የሚትሰጡት መረጃ ለዚህ ምርምር መሰረት ስለሆነ የእርስዎ ትክክለኛ መልስ ትልቅ ዋጋ ያለው እና ለዚህ ምርምር ስኬት አስፈላጊ ነው ተብሎ ይታሰባል። እባክዎ እያንዳንዱን ጥያቄ በማንበብ መልስዎን/ሀሳብዎን በተዘጋጀው ቦታ ላይ ይስጡ።

የሚሰጡት መረጃ በሙሉ በምስጢር ተይዞ የሚቆይ እና ለዚህ ምርምር አላማ ብቻ የሚያገለግል በመሆኑ እባክዎትን በራስ በመተማመን እና በነፃነት የእውቀትዎ ትክክለኛ መልስ ይስጡ።

አስተዋሉ፡ ስምዎን እና አድራሻዎ መጻፍ አስፈላጊ አይደለም፤ ስለትብብርዎ በጣም እናመሰግናለን።

አቅጣጫ፡ ለሚከተሉት ጥያቄዎች እነዛን ቴክኖሎጂዎችን የሚጠቀሙ ከሆነ ብቻ መልስ ይስጡ።

ክፍል 1. ስለ ምላሽ ሰጪዎች ጠቅላላ መረጃ

መመሪያ፡ እባክዎ ስለራስዎ ትክክለኛ መልስ የያዘው ፊደል ይምረጡ።

1. ያታ ሀ. ወንድ ለ. ሴት
2. እድሜዎ ስንት ነው? ሀ. ከ18-23 መካከል ለ. ከ24-28 መካከል ሐ. 29-34 መካከል
መ. 35-40 መካከል
3. ሐይማኖትዎ ምንድን ነው? ሀ. ኦርቶዶክስ ለ. ሙስሊም ሐ. ፕሮቴስታንት መ. ካቶልክ ሠ. ዋቄፊታ ረ. ሌላ
4. የትምህርት ደረጃዎ ስንት ነው? ሀ. ያልተማረ/ች ለ. ማንበብ እና መፃፍ የሚችል/የምትችል ሐ. 2ኛ ደረጃ የጨረሰ/ች መ. ሰርተፊኬት/ድፕሎማ ሠ. ዲግሪ እና ከዛ በላይ

ክፍል 2. ስለ ቴክኖሎጂ ያለዎት ሐሳብ (ፌስቡክ፣ ሞባይል መጠቀም እና ቴሌቫዥን ማየት)

5. ከእነዚህ የማህበራዊ ማገናኛ ዘዴዎች የትኛውን በበለጠ ይጠቀማሉ? ሀ. ፌስቡክ ለ. ሞባይል ሐ. ቴሌቫዥን ሰ. ሌላ
6. ባለቤትዎስ? ሀ. ፌስቡክ ለ. ሞባይል ሐ. ቴሌቫዥን ሰ. ሌላ
7. ፌስቡክ በየቀኑ ይጠቀማሉ? ሀ. አዎ ለ. አይደለም
8. በፌስቡክ ላይ የግንኙነትዎ ሁኔታ ምን ይገልጻል? ሀ. ያገባ/ች ለ. በግንኙነት ሐ. ያልታወቀ መ. ብቸኛ ሠ. ያልተገለፀ ረ. ሌላ
9. በሳምንት ውስጥ ለምን ያህል ሰዓት ፌስቡክ ላይ ይቆያሉ? ሀ. 0-2 ለ. 3-5 ሐ. 6-9 መ. ከ 10 ሰዓት በላይ
10. በቀጥታ መስመር ላይ ከሚያገኝዎቸው ሰዎች ጋር ጤናማ ያልሆነ ግንኙነት ፈጥረው ያወቃሉ?

ሀ. አዎ ለ. አይደለም

11. ከሚከተሉት ተግባራት የትኛው በፌስቡክ ላይ በበለጠ የእርስዎን ተግባር በደንብ ይገልጻል?

ሀ. የራስዎ ሁኔታ ማሻሻል ለ. ሌሎች ህትመቶች ላይ ሐሳብ መስጠት ሐ. በቀጥታ መስመር ላይ ከሌሎች ጋር ማወራረት መ. አዳዲስ ጓደኞችን መጨመር ሠ. የሌሎችን ጓደኞች ማግኘት ረ. የተለያዩ ጫወታዎችን መጫወት

12. የባለቤትዎን የፌስቡክ በአካዎንት የይለፍ ቃል ያወቃል? ሀ. አዎ የእርስ በርሳችን የይለፍ ቃል እናቃለን

ለ. አይ የእርስ በርሳችን የይለፍ ቃል አናቅም ሐ. እኔ የእሱን/ሷን አወቃለሁ ግን እሱ/እሷ የኔን አያቅም/አታቅም መ. እሱ/እሷ የእኔን ያቃል/ታቃለች እኔ ግን የእሱን/ እሷን አላቅም

13. የባለቤትዎ ስልክ ላይ የደወለዉን ሰዓዊ ለማወቅ የጠይቃሉ? ሀ. አዎ ለ. አልጠይቅም ሐ. ራሴ በምስጢር አረጋግጣለሁ

14. በባለቤትዎ ሞባይል ላይ የተላከ መልዕክት በምስጢር ያነባሉ? ሀ. አዎ ለ. አይደለም

15. ሞባይል በመጠቀም በእርስዎ እና በባለቤትዎ መካከል የጋብቻ ግጭት ተፈጥረዉ ያወቃል?

ሀ. አዎ ለ. አይደለም

16. በጥያቄ ቁጥር 16 ላይ መልስዎ አዎ ከሆነ የግጭቱ መንስኤ ምንድን ነዉ?

ሀ. ከተቃራኒ ይታ ስልክ መደወል ለ. የፅሁፍ መልዕክት ሐ. የሞባይል ካርድ ጉዳይ መ. በሞባይል ለረጅም ጊዜ ማወራረት ሠ. የግብረሰጋ ግንኙነት ፊልሞች ማየት ረ.የተለያዩ ጫወታዎችን መጫወት ሰ. ለሎች

17. ሞባይሎን በይለፍ ቃል ምስጢር ይቆልፋሉ? ሀ. አዎ ለ. አይደለም

18. ባለቤትዎ የሞባይሎን የይለፍ ቃል ምስጢር ያወቃሉ? ሀ. አዎ ለ. አይደለም

19. በቤትዎ ቴሌቭዥን፣ ፊልም፣ ዜና እና ሌሎች ፕሮግራሞች ከባለቤትዎ ጋር ወይስ ለብቻዎ ይመለከታሉ?

ሀ. ከባለቤቴ ጋር ለ. ለብቻዬ እሱ/እሷ ከተኛ/ች በኋላ

20. በቴሌቭዥን የትኛዉን ፕሮግራም መከታተል ይወዳሉ? ሀ. ዜና ለ. ፊልም እና ድራማ ሐ. ስፖርት

መ. ሙዚቃ ሠ. መንፈሳዊ ፕሮግራም

21. ባለቤትዎስ የትኛዉን ፕሮግራም መከታተል ይወዳሉ? ሀ. ዜና ለ. ፊልም እና ድራማ ሐ. ስፖርት

መ. ሙዚቃ ሠ. መንፈሳዊ ፕሮግራም

22. በቀን ለምን ያህል ሰዓት ቴሌቭዥን ይከታተላሉ? ሀ. ለ 1 ሰዓት ለ. ለ 2 ሰዓት ሐ. ለ 3 ሰዓት

መ. ለ 4 ሰዓት ሠ. ለ 5 ሰዓት በላይ

23. ቴክኖሎጂ በመጠቀም የእርስዎ እና የባለቤትዎ የጋብቻ ግንኙነት ተቋርዉ ያወቃል? ሀ. አዎ

ለ. አይደለም

24. በጥያቄ ቁጥር 24 ላይ መልስዎ አዎ ከሆነ የመጨረሻ ትልቁ የጋብቻ ግንኙነት የተቋረጠበት ምክንያት ምንድን ነዉ? ሀ. አለመግባባት ለ. ቃልኪዳን ማፍረስ ሐ. መራራቅ መ. አለመተማመን

25. በቴክኖሎጂ መጠቀም እና የጋብቻ ግጭት መካከል ያለዉ ግንኙነት ምን ያክል ነዉ ብሎ ያስባሉ?

ሀ. በጣም ጠንካራ ለ. ጠንካራ ሐ. በጣም ደካማ መ. ደካማ

26. እንደ እርስዎ ሐሳብ በቴክኖሎጂ መጠቀም እና የጋብቻ ግጭት መካከል ያለው ግንኙነት ምንድን ነው?

27. ቴክኖሎጂ መጠቀም (ፌስቡክ፣ ሞዛይል፣ እና ቴሌቫዥን ማየት) እንዴት የጋብቻ ግጭት ምክንያት ልሆን እንደሚችል ይግለጹ?-----

28. እነዚህን ቴክኖሎጂዎች (ፌስቡክ፣ ሞዛይል፣ እና ቴሌቫዥን ማየት) መጠቀም ለጋብቻ ግጭት የጋራ መንስኤያቸው ምንድን ነው?-----

YUUNIVERSIITHI JIMMAA
KOOLLEEJII BARNOOTAA FI SAAYSII AMALAA
TEEKNOOLOOJII FAYYADAMUU FI WALITTI BU'INSA GAA'ILAA
GAAFANNOO ABBAA MANAA FI HAADHA MANAAF QOPHAA'E

Kabajamoo deebii Deebistoota:

Gaafannoon kun walitti dhufeenya teeknooloojii fayyadamuun fi walitti bu'insa gaa'ilaa gidduu jiru argachuuf kan qophaa'edha. Kanaaf, gaaffileewwan kana kabajaa fi amanamummaadhaan akka deebiftaniif kabajaan affeeramtaniittu. Odeeffannoon isin kennitan qorannoo kanaaf bu'uura waan ta'eef, gaaffiiwwan kanaaf deebiin sirriin isin kennitan baay'ee gatii kan qabuu fi milkaa'ina qorannoo kanaaf baay'ee barbaachisaadha. Maaloo tokkoon tokkoon gaaffileewwan kanaa dubbisaatii deebii ykn yaada keessan bakka qophaa'eef irratti kennaa.

Odeeffannoon isin kennitan hunduu icciitiidhaan kan eegamuu fi kaayyoo qorannoo kanaaf qofa kan oolu ta'a. Kanaaf maaloo, ofitti amanamummaa fi bilisa ta'uun deebii keessan kennaa.

Hub: Maqaa fi teessoo keessan barreessuun hin barbaachisu, waan hundaafuu gargaarsa keessaniif baay'een sin galateeffadha.

Kallattii: gaaffilee armaan gadiitiif teeknooloojii fayyadamtan qofa irratti deebii keessan kennaa.

Kutaa 1: Odeeffannoo waliigalaa deebii deebistootaa

Qajeelfama: Maaloo, qubee waa'ee keessan sirriitti ibsu irratti maraa.

1. Saala A. Dhiira B. Dhalaa
2. Umuriin keessan meeqa? A. 18-23 B. 24-28 C. 29-34 D.35-40
3. Amantiin keessan maali? A. Ortodoksii B. Musliima C. Pirootestaantii
D. Kaatolokii E. Waaqeffataa
4. Sadarkaan barnoota keessanii maali? A. Kan hin baranne B. Barreessuu fi dubbisuu kan danda'u C. Sadarkaa 2ffaa kan xumure/te D. Sartifikeetii ykn diploomaa E. Digirii fi isaa ol

Kutaa 2: Yaada keessan waa'ee Teeknooloojii (Facebook, Moobaayilii fi Televiziyoona) irratti

5. Miidiyaa hawaasaa keessaa isa kam irra caalaa fayyadamtu? A. Facebook
B. Moobaayilii C. Televiziyoona E. Kan biraa
6. Abbaan manaa ykn haati manaa keessan hoo? A. Facebook B. Moobaayilii
C. Televiziyoona E. Kan biraa
7. Facebook keessan guyyaa guyyaan ni fayyadamtuu? A. Eeyyee B. Lakki
8. Haalli walitti dhufeenya keessanii facebook irratti maal ibsa? A. Kan fuudhe/heerumte
B. kaadhima kan qabu/qabdu C. Kan hin beekamne D. Kan hin fuune/heerumne E. Kan
hin ibsamne F. Kan biraa
9. Torbee keessatti, sa'aatii meeqaaf facebook irra turtanii fayyadamtu? A. 0-2 B. 3-5
C. 6-9 D. 10⁺
10. Namoota sarara irratti beektan waliin walitti dhufeenya hin taane uumtanii beektuu?
A. Eeyyee B. Lakki
11. Kanneen armaan gadii keessaa kamtu gochoota yeroo facebook fayyadamtan sirriitti
ibsa? A. Haalota koo ammayyeessuu/fooyyessuu B. Maxxansa namoota biraa irratti
yaada barreessuu C. Karaa ergaatiin/chat namoota biroo waliin haasa'uu D. Hiriyyaa
haaraan walbaruu E. Hiriyoota namoota biroo ilaaluu F. Taphoota taphachuu
12. Fuula facebook abbaa manaa/haadha manaa keessanii banuuf jecha darbii isaa ni
beektuu? A. Eeyyee, jecha darbii walii walii keenyaa ni beekna B. Lakki, jecha darbii
walii walii keenyaa hin beeknu C. Ani jecha darbii isaa/ishee nan beeka, garuu
inni/isheen hin beeku/beektu D. Ani jecha darbii isaa/ishee hin beeku, garuu inni/isheen
kan koo ni beeka/ni beekti
13. Nama abbaa manaa/haadha manaa keessanitti bilbile beekuuf ni gaafattuu?
A. Eeyyee B. Lakki C. Ofiikoon icciitiidhaan mirkaneeffadha
14. Ergaa bilbilaa bilbila abbaa manaa/haadha manaa keessaniitti ergame karaa icciitii ta'een
ni dubbiftuu? A. Eeyyee B. Lakki
15. Moobaayilii fayyadamuu keessaniin walitti bu'insi gaa'ila gidduu keessanitti uumamee
beekaa? A. Eeyyee B. Lakki
16. Gaafii Lakk.15ffaaf deebiin keessan eeyyee yoo ta'e Moobaayilii fayyadamuu abbaa
manaa/haadha manaa keessaniin sababni walitti bu'insa gaa'ila keessanii maali?

- A. Bilbila saala faallaa isaa/ishee irraa bilbilamu B. Ergaa bilbilaa C. Dhimma kaardii moobaayilii D. Dheerina saa'aatii moobaayilii irraan haasa'amu E. Fiilmii walqunnamtii saalaa ilaaluu G. Playing games H. Kan biro
17. Bilbila moobaayilii keessan icciitii jecha darbiitiin ni cuftuu? A. Eeyyee B. Lakki
18. Abbaan manaa/haati manaa keessan icciitii jecha darbii moobaayilii keessanii ni beekuu? A. Eeyyee B. Lakki
19. Mana keessanitti televiziyoona, fiilmii, oduu fi kan biroo abbaa manaa/haadha manaa keessan waliin moo kophaa keessan doowwattu? A. Waliin B. Kophaa erga inni/isheen rafee/raftee
20. Televiziyona irratti sagantaa gosa kam irra caalaa hordofuu jaalattu? A. Oduu B. Fiilmii fi diraamaa C. Ispoortii D. Muuziqaa E. Sagantaa Hafuuraa
21. Abbaan manaa/haati manaa keessan hoo sagantaa isa kam irra caalaa hordofuu jaalatu? A. Oduu B. Fiilmii fi diraamaa C. Ispoortii D. Muuziqaa E. Sagantaa Hafuuraa
22. Guyyaatti sa'aatii meeqaaf televiziyoona hordoftu? A. Sa'aa tokkoof B. Sa'aa lamaaf C. Sa'aa sadiif D. Sa'aa afuriif E. Sa'aa shanii oliif
23. Sababa teeknooloojii fayyadamuu keessaniin walitti dhufeenyi gaa'ila keessanii adda cite beekaa? A. Eeyyee B. Lakki
24. Sababni guddaan teeknooloojii fayyadamuudhaan walitti dhufeenyi gaa'ila keessanii itti cite isa kami? A. Waliigaluu dhabuu B. Kakuu diiguu C. Wal irraa fagaachuu D. Wal amanuu dhabuu
25. Walitti dhufeenyi teeknooloojii fayyadamuu fi walitti bu'insa gaa'ilaa gidduu jiru hammami jettanii yaaddu? A. Baay'ee cimaa B. Cimaa C. Baay'ee dadhabaa D. Dadhabaa
26. Akka yaada keessaniitti, walitti dhufeenyi teeknooloojii (facebook, moobaayilii fi televiziyoona) fayyadamuu fi walitti bu'insa gaa'ilaa gidduu jiru maali?-----

27. Teeknooloojiiwwan (facebook, moobaayilii fi televiziyoona) kun akkamitti sababa walitti bu'insa gaa'ilaa ta'u?-----

28. Teeknooloojiiwwan kanneen fayyadamuu keessatti sababni waliinii isaan walitti bu'insa gaa' ilaa keessatti qaban maali?-----

ቴሌቭዥን ማየትን መለኪያ ልኬርት ጥያቄዎች

አቅጣጫ፡ ለሚከተሉት ጥያቄዎች ቴሌቭዥንን የሚጠቀሙ ከሆነ ብቻ መልስ ይስጡ።

ከዚህ በታች ያሉትን መግለጫዎች በማንበብ በበለጠ አርስዎ ላይ ተፈጻሚነት ያለዉን ምርጫ ላይ የ X ምልክት ያስቀምጡ።

ቁጥር		በፍጹም	አንዳንድ ጊዜ	ብዙ ጊዜ	ሁልጊዜ
1	በቤትዎ ቴሌቭዥን ለብቻዎ ማየትን ይመርጣሉ				
2	ከባለቤትዎ ጋር ከመቆየት ቴሌቭዥን በማየት ደስታ ያገኛሉ				
3	ቴሌቭዥን የጋብቻ ግንኙነትዎን ጎድተዋል ብሎ ያምናሉ				
4	ቴሌቭዥን ላይ የሚከታተሉት የፕሮግራም ምርጫዎ ከባለቤትዎ ጋር ተመሳሳይ አይደለም				

ሞባይልን የመጠቀም መለኪያ ልኬርት ጥያቄዎች

አቅጣጫ፡ ለሚከተሉት ጥያቄዎች ሞባይልን የሚጠቀሙ ከሆነ ብቻ መልስ ይስጡ።

ከዚህ በታች ያሉትን መግለጫዎች በማንበብ በበለጠ አርስዎ ላይ ተፈጻሚነት ያለውን ምርጫ ላይ የ X ምልክት ያስቀምጡ።

ቁ ጥ ር		በጣም አልስማም	አልስማምም	እስማማለሁ	ባጣም እስማማለሁ
1	ሞባይሌ ከኔትዎርክ ስወጣ አይመቸኝም				
2	ሞባይልን በመጠቀም ምክንያት ከባለቤቴ ጋር ችግር ውስጥ ገብቻለዉ				
3	ሞባይልን በመጠቀም ምክንያት ከባለቤቴ ጋር የሚያሳልፈዉ ጊዜ ጥቂት ነዉ				
4	ሞባይልን በመጠቀም ምክንያት ከባለቤቴ ጋር የሞባይል ካርድን መሙላትን አስመልክቶ አለመግባባት ላይ ደርሼ አዉቃለሁ				

ፌስቡክን የመጠቀም መለኪያ ልኬርት ጥያቄዎች

አቅጣጫ፡ ለሚከተሉት ጥያቄዎች ፌስቡክን የሚጠቀሙ ከሆነ ብቻ መልስ ይስጡ።

ከዚህ በታች ያሉትን መግለጫዎች በማንበብ ፌስቡክ መጠቀም እና የጋብቻዎ ግንኙነት መካከል ያለዉ ግንኙነት መጠን የሚያሳይ ምርጫ ላይ የ X ምልክት ያስቀምጡ።

ቁጥር		በጣም ትንሽ	ትንሽ	አንዳንድ ጊዜ	ብዙ ጊዜ	በጣም ብዙ ጊዜ
1	ፌስቡክ የጋብቻ ግንኙነቴን እስክጎዳ ድረስ ለብዙ ጊዜ እጠቀማለሁ					
2	ከፌስቡክ ምክንያት የተነሳ ማድረግ ለሚፈልጋቸዉ፣ ምርጫዎች፣ መዝናኛ ድርጊቶች ዝቅ ያለ ቦታ እንድሰጥ አድርጎኛል					
3	ፌስቡክ በመጠቀም ባለቤቴን፣ ቤተሰቦቼን እና <input type="checkbox"/> ደኞቼን አግልጫለሁ					

ቴክኖሎጂ መጠቀም እና የጋብቻ ግንኙነት መካከል ያለው ግንኙነት ለመለካት የተዘጋጀ ልኬርት መለኪያ ጥያቄዎች ከዚህ በታች ያሉትን መግለጫዎች በማንበብ ቴክኖሎጂ መጠቀም እና የጋብቻ ግንኙነት መካከል ያለው ግንኙነት መጠን ምርጫ ላይ የ X ምልክት ያስቀምጡ።

ቁ ጥ ር		ሁሉ እስማማለዉ	በተወሰነ ሁሉ እስማማለዉ	አልፎ አልፎ እስማማለዉ	ብዙ ጊዜ እስማማለዉ	በተወሰነ ሁሉ አልስማማም	ሁሉ አልስማማም
1	ከባለቤቱ ጋር የመዝናኛ ጊዜ ይኖረኛል						
2	ፌስቡክ፣ሞባል እና ቴሌቫዥን ከማየት ለባለቤቱ ፍቅርን አሳያለዉ						
3	ቴክኖሎጂን ከመጠቀም ከባለቤቱ ጋር እቆያለዉ						