



Behind The Screen: Exploring The Phenomenon of Obsessive Love for Cell Phones in Family Relationships

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ABSTRACT

This study investigates the phenomenon of obsessive love for cell phones in the context of family relationships. The main objective is to understand how this obsession affects the family dynamics, the interactions between parents and children and the emotional connection in the family nucleus. A multidimensional approach was translated combining quantitative and qualitative methods. Data were collected through questionnaires that assessed cell phone dependency and parental perception of the quality of family interactions. In addition, in-depth interviews were conducted to explore parents' experiences and perceptions of how obsessive love for cell phones affects their relationship with their children. The results revealed the possible negative effects of this obsession, such as emotional disconnection, decreased effective communication, and reduced family involvement. Consequences for children were also identified, such as a feeling of lack of attention and a lesser connection with their parents. This study highlights the importance of establishing a healthy balance between cell phone use and attention to family relationships. The findings conclude a deeper understanding of the challenges associated with an obsessive love of mobile devices and offer a foundation for developing strategies and practices that promote healthy technology use and richer, more connected family relationships. In summary, this study examines the impact of obsessive cell phone love on family relationships, highlighting the need for mindful, mindful attention to family interactions in an increasingly digital environment

Keywords: *Cell phones; Family; Obsession; Relationships; Technology.*

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Detrás de la pantalla: explorando el fenómeno del amor obsesivo por los teléfonos celulares en las relaciones familiares

RESUMEN

Este estudio investiga el fenómeno del amor obsesivo por el celular en el contexto de las relaciones familiares. El objetivo principal es comprender cómo afecta esta obsesión a la dinámica familiar, a las interacciones entre padres e hijos y a la conexión emocional en el núcleo familiar. Se tradujo un enfoque multidimensional que combina métodos cuantitativos y cualitativos. Los datos fueron recolectados a través de cuestionarios que evaluaron la dependencia del teléfono celular y la percepción de los padres sobre la calidad de las interacciones familiares. Además, se realizaron entrevistas en profundidad para explorar las experiencias y percepciones de los padres sobre cómo el amor obsesivo por los teléfonos celulares afecta su relación con sus hijos. Los resultados revelaron los posibles efectos negativos de esta obsesión, como la desconexión emocional, la disminución de la comunicación efectiva y la reducción de la participación familiar. También se identificaron consecuencias para los niños, como una sensación de falta de atención y una menor conexión...

***Palabras clave:** Teléfonos celulares; Familia; Obsesión; Relaciones; Tecnología.*

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INTRODUCTION

In today's digital age, cell phones have become an integral part of our lives, and their influence on interpersonal relationships, especially in the family environment, has aroused increasing interest. The growing reliance on mobile devices has led to the emergence of a worrying phenomenon: the obsessive love of cell phones.

The frequent use of smartphones generates changes in the behavior of human beings, the way we communicate, work and live, we no longer respect family spaces to interact, communicate face to face with our parents. Paris (2019)

The smartphone has become an essential tool on a daily basis, the user is unable to control, interrupt or stop its use, constantly checking the screen to see if a new message has arrived, a "missed" call or simply to see how time flies, second by second. Paris (2019)

He holds it in his hands or in his shirt or pants pocket, close to his body to have a feeling of constant contact with his phone.

Paris (2019).

We have an intimate relationship with our cell phones. We sleep with them, eat with them, and carry them in our pockets.

Alderman (2017).

Among the specific applications of the Internet, the possibility of addiction focuses on the use of communicative and synchronous applications such as online chats and role-playing games because they allow hyper personal communication, identity play, projections and dissociation without consequences in life. Sanchez, et al (2008)

The use of cell phones has spread to a large part of the population of large cities, becoming a fundamental element in the lives of individuals. This advance in the popularity of the device has had a great impact both in the private and social spheres of people, similar to the one that occurred with the emergence of the Internet. Rodriguez et, al (2019).

We have an intimate relationship with our cell phones. We sleep with them, eat with them, and carry them in our pockets. We check them, on average, 47 times a day... although if you are between 18 and 24 years old the number rises to 82 times, according to recent data. And we love

them for good reasons: They tell us the weather, the time of day, and how many steps we've taken. They get us dates (and sex), entertain us with music, and connect us with friends and family. They answer our questions, as well as alleviate loneliness and anxiety. (You are probably reading this on your cell phone), but the love of cell phones can be excessive, so much so that it is possible that it interferes with human love, that traditional face-to-face intimacy with the one you call a partner, spouse, lover or special person.

Alderman (2017)

The mobile phone is a relatively new, versatile and accessible technological tool, and very attractive, especially for young people, but whose use implies a risk of abuse and addictive behaviors. Pedrero et, al (2012)

In recent years, the great impact that the arrival of cell phones has had on individuals has been observed, specifically the child, adolescent and youth population, who use said device throughout the day, when they are at home, on the street, on the bus, at school, at work, as well as in other places progressively developing a certain dependence on the cell phone. Morales (2021)

It was determined that the management of technology should not reach the point where freedom is lost and one is dependent. You cannot lead a life focused only on the cell phone, computer, television, games and social networks, since we deprive ourselves of other things such as going to the movies, playing sports, going to the university, sharing with friends, real life in the that it is essential to interact with people in person without immersing yourself completely in the virtual world. Morales (2021)

NEED FOR THE STUDY

The study of obsessive love for cell phones in family relationships is crucial for the following reasons: understanding its impact on relationships, the negative consequences on communication and emotional connection can be addressed; investigating its influence on family communication helps to improve the quality of interactions; examining its effects on mental health makes it possible to implement support and prevention measures; how it affects children's development contributes to healthier family environments; promoting public awareness of this phenomenon can lead to beneficial educational policies and programs; Investigating this topic allows us to

identify strategies to foster stronger and more balanced family relationships in the digital age.

STATEMENT OF THE PROBLEM

A descriptive correlational study that focuses on understanding how cell phone obsession negatively affects communication, emotional connection, and well-being in family relationships in the digital age.

OBJECTIVES OF THE STUDY

- To analyze the impact of obsessive love for cell phones on family relationships, evaluating how this obsession affects communication, emotional connection, and the quality of family interactions.
- To investigate the effects of obsessive love for cell phones on the mental health and well-being of family members, examining potential mental health risks and exploring appropriate support and prevention strategies.

NULL HYPOTHESIS

There is a negative relationship between obsessive love for cell phones and the quality of family relationships. A greater obsession with cell phones is related to less effective communication, weaker emotional connection, and lower perceived family well-being. In addition, it is suggested that this obsession has a negative impact on the mental health of family members, increasing the probability of symptoms of anxiety, depression and addiction to technology.

METHODOLOGY

A descriptive correlational study was carried out with a mixed research approach that combines qualitative and quantitative elements to study the phenomenon of obsessive love for cell phones in family relationships in the Km5 La Blanca neighborhood of Ciudad del Este. A design was obtained in which quantitative data was collected and analyzed first, followed by qualitative data. Materials used include audio recorders for in-depth and focus group interviews, as well as structured questionnaires to collect quantitative data. Participants were intentionally selected to capture a wide range of perspectives and family experiences. The instruments used consisted of semi-structured interviews, focus groups and validated questionnaires. Content analysis and statistical analysis techniques were used to interpret the quantitative and qualitative data,

respectively. The mixed approach achieved a holistic understanding and performed a triangulation of the results obtained.

RESULTS AND DISCUSSION

Survey

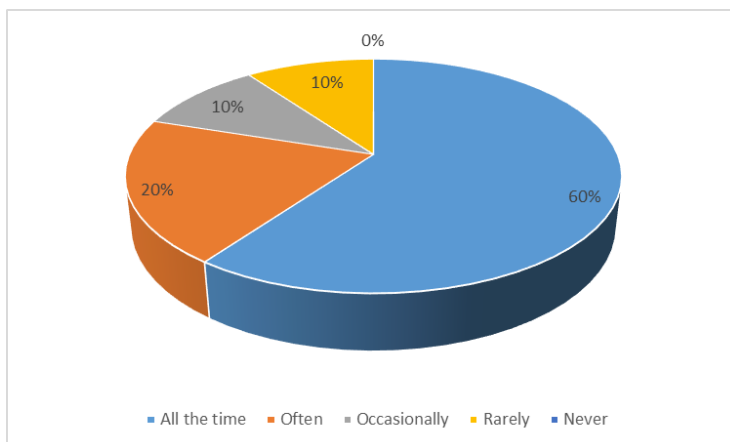
Below are the results of the surveys applied to participants of different family structures and ages, including both adults and adolescents?

Figure 1

Frequency of cell phone use during family interactions

¿ How often do you use your cell phone during family interactions? (Fig.1

Options	Frequency	Percentage
All the time	30	60%
Often	10	20%
Ocasionalmente	5	10%
Rarely	5	10%
Never	0	0%
Total	50	100%



Of the 50 people surveyed, 60% stated that the frequency of cell phone use during family interactions is all the time, 20% answered often, 10% occasionally, the other 10% rarely and 0% never. It is concluded that a large percentage of people use cell phones all the time.

Survey

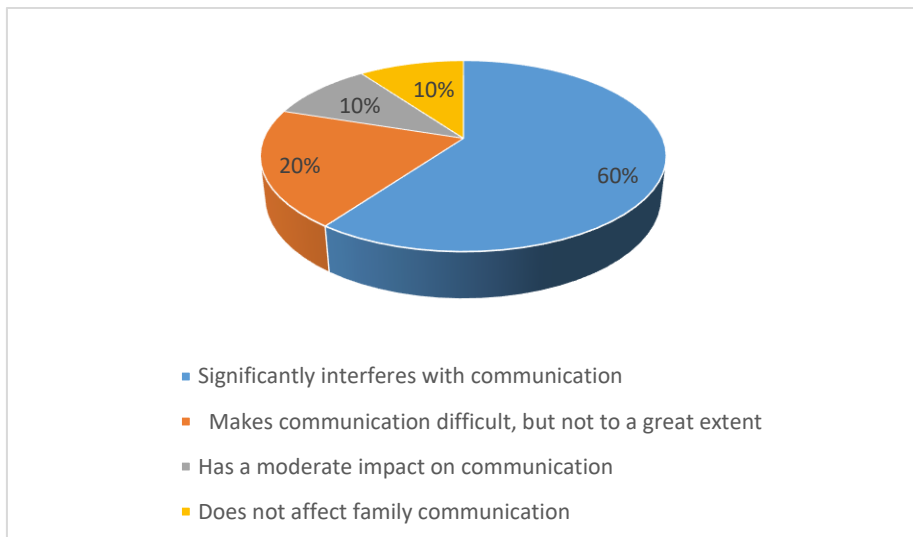
Below are the results of the surveys applied to participants of different family structures and ages, including both adults and adolescents?

Figure 2

How excessive cell phone use affects family communication

¿ How does excessive cell phone use affect family communication?

Options	Frequency	Percentage
Significantly interferes with communication	30	60%
Yes, to some extent	10	20%
Has a moderate impact on the communication	5	10%
Does not affect family communication	5	10%
Total	50	100%



Of the 50 people surveyed, 60% stated that the excessive use of the cell phone significantly interferes with family communication, 20% answered that it hinders communication, but not to a great extent, 10% has a moderate impact on the communication, the other 10% does not affect family communication. It is concluded that a large percentage of people is affected by the excessive use of cell phones in family communication.

Survey

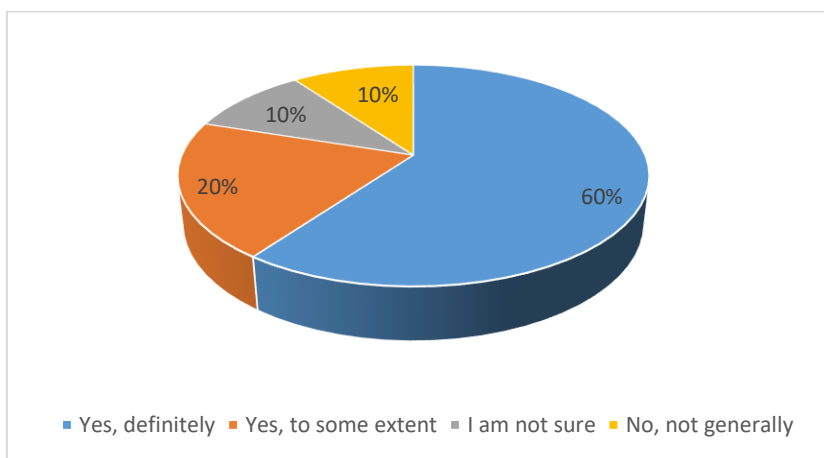
Below are the results of the surveys applied to participants of different family structures and ages, including both adults and adolescents

Figure 3

Experiment Decrease in the emotional connection with his family due to the excessive use of the cell phone.

¿ Have you experienced a decrease in emotional connection with your family due to excessive cell phone use?

Options	Frequency	Percentage
Yes, definitely	30	60%
Yes, to some extent	10	20%
I am not sure	5	10%
No, not generally	5	10%
Total	50	100%



Of the 50 people surveyed, 60% affirmed that they have definitely experienced a decrease in emotional connection with their family due to excessive use of the cell phone, 20% answered yes, to some extent, 10% I am not sure , and the other 10 No, not in general. It is concluded that a large percentage of people have experienced a decrease in the emotional connection with their family due to excessive use of cell phones.

INTERVIEW

Interview with people from different families

Below are the most outstanding results of the interview applied to 5 participants of different family structures and ages, including both older adults and adolescents in the neighborhood of km 5 la Blanca of Ciudad del Este.

1. ¿What is your perception of the use of cell phones in family interactions?

My perception of the use of cell phones in family interactions is that it has become too frequent and, in some cases, excessive. Many times I see people more focused on their devices than on interacting with their loved ones.

2. ¿Do you think there is an obsessive love for cell phones in your family or in families in general?

Yes, there is definitely an obsessive love for cell phones in my family and I think it is a common phenomenon in many other families as well. Most of us are even constantly checking our phones, during meals or important family moments.

3. ¿How does the excessive use of cell phones affect communication and emotional connection in your family?

The excessive use of cell phones in my family has negatively affected communication and emotional connection. Often when we are together, we are all engrossed in our devices and the opportunity to have meaningful conversations and share quality moments is missed.

4. ¿Have you noticed changes in the way you communicate or connect emotionally because of this?

Yes, there have definitely been changes in the way we communicate and emotionally connect due to the excessive use of phones.

SURVEY DISCUSSION

The study revealed that a high percentage of the people surveyed use their cell phones all the time during family interactions. This indicates a constant presence and possibly an excess of cell phones in the family environment.

In addition, it was shown that the excessive use of the cell phone has a significant impact on family communication, according to what was stated by the majority of those surveyed. This

suggests that the constant presence of the cell phone during family interactions hinders effective communication between family members.

Likewise, a large proportion of the people surveyed reported having experienced a decrease in emotional connection with their family due to excessive use of cell phones. This implies that the constant presence of the cell phone during family interactions can negatively affect the quality of affective and emotional relationships within the family.

Overall, these results highlight the importance of addressing obsessive cell phone love in family relationships, as it can have a negative impact on communication and emotional connection. It is essential to promote a conscious and balanced use of mobile devices to maintain healthy and rewarding family relationships.

INTERVIEW DISCUSSION

The analysis of the answers obtained reveals that the use of cell phones in family interactions is perceived as frequent and sometimes excessive. Most of the interviewees reported that people are more focused on their devices than on interacting with their loved ones, indicating a lack of attention and active participation in family interactions.

In addition, it is observed that there is an obsessive love for cell phones both in the interviewed family and in other families. The constant checking of devices, even during important family moments such as meals, demonstrates a prioritization of attention towards phones instead of family interaction.

Regarding the impact of excessive use of cell phones on communication and emotional connection, it was found that this phenomenon negatively affects both areas. The constant presence of devices during family interactions limits the opportunity to have meaningful conversations and share quality moments. This suggests a decrease in effective communication and emotional connection between family members.

In conclusion, the results of the interview support the concern about the phenomenon of obsessive love for cell phones in family relationships. The excessive use of devices negatively impacts communication and emotional connection in the family context, evidencing the need to establish limits and promote a balanced use of cell phones to maintain healthy and rewarding family

relationships.

CONCLUSION

The study findings provided that a large percentage of people use cell phones all the time during family interactions. In addition, it was shown that the excessive use of cell phones significantly interferes with family communication and affects the emotional connection with the family.

These results confirm the existence of a worrying phenomenon of obsessive love for cell phones in family relationships. The constant presence of the cell phone during family interactions hinders effective communication and negatively affects the quality of family relationships, including emotional connection.

It is essential to recognize the importance of setting limits and promoting a conscious and balanced use of cell phones in the family environment. The negative consequences of obsessive love for cell phones can have a significant impact on communication and emotional connection, which can affect the overall well-being of the family.

As a recommendation, it is suggested to promote moments free of mobile devices, promote open and honest communication within the family, and establish clear rules regarding the use of cell phones during family interactions. These measures can help improve communication and strengthen the emotional connection in family relationships in the digital age.

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