

SMARTPHONE ADDICTION, LONELINESS, INTERPERSONAL RELATIONSHIP AND QUALITY OF LIFE IN ADOLESCENTS AND ADULTS

Dur e Safa

MS Clinical Psychology
Riphah Institute of Professional and Clinical
Psychology, Riphah International University, Lahore
PAKISTAN
duresafa94@gmail.com

Ms. Sana Majeed

Senior Lecturer
Riphah Institute of Professional and Clinical
Psychology, Riphah International University, Lahore
PAKISTAN
sanamajeed@riphah.edu.pk

ABSTRACT

The purpose of the present study was to examine association between Smartphone Addiction, Loneliness, Relationship Satisfaction and Quality of Life in Late Adolescents and Early Adults. In this study data was taken from 200 Adolescents and Adults. Purposive sampling technique was used to recruit the sample. Smartphone Addiction Scale (Kwon, 2013) was used to measure the level of Smartphone Addiction, Moreover, UCLA Loneliness Scale (Russell, 1995) was utilized to assess the level of Loneliness in the current study, Relationship Satisfaction Scale (Din,1988) was also used to assess the level of relationship satisfaction, Furthermore, to measure the level of Quality of Life Quality of Life Scale (Burckhardt &Anderson, 1970)was used. Results revealed significant positive relationship between Relationship Satisfaction and Quality of Life. In present study, Smartphone Addiction and Loneliness showed significant negative relationship with Quality of Life in late adolescents and early adults. Furthermore, results also revealed that Relationship Satisfaction was significant predictor of Quality of Life.

Keywords: Smartphone Addiction, Loneliness, Relationship Satisfaction, Quality of Life, Early Adolescents, Late Adults.