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Technoference as Technology Interference in The Communication Process: A Study on Married Couples
İletişim Sürecine Teknoloji Müdahalesi Olarak Teknoferans: Evli Çiftler Üzerine Bir Araştırma

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Abstract

The use of technology disrupts interpersonal communication and interaction and interferes with the communication process. One of the social areas where this is visible is communication between couples. For this reason, it is important to learn the positive or negative characteristics of the use of technological tools in the communication processes, relationship satisfaction and conflict situations of married couples with different age groups and different demographic characteristics, and the effects of technology use on their relationships. In this sense, to determine these effects, the research was carried out with the participation of 264 married people of different ages and demographic characteristics in the province of Istanbul. Technoference scale, relationship satisfaction scale, and romantic patrner conflict scale were used as data collection tools in the research. As a result of the analysis of the research data, it is observed that, in general, as people's use of technology and the effect of technoference in the relationship increase, there is a decrease in people's relationship satisfaction, and accordingly, indirect married couple conflicts in technology use also increase. In addition, married couples' use of technology, relationship satisfaction, and attitudes towards conflict differ according to gender, age, education, and income level.

Keywords: Technoference, Married Couples, Relationship Satisfaction, Conflict, Digitalization.

Öz

Teknoloji kullanımı kişiler arası iletişim ve etkileşimi bozmakta ve iletişim sürecine müdahale etmektedir. Bunun görünür olduğu toplumsal alanlardan biri de çiftler arası iletişimdir. Bu nedenle teknolojik araçların kullanımının farklı yaş gruplarında ve farklı demografik özelliklere sahip evli çiftlerin, iletişim süreçlerinde, ilişki doyumunda ve çatışma durumlarında olumlu ya da olumsuz ne gibi özellikler gösterdiği ve kişilerin teknoloji kullanımının ilişkilerine olan etkilerini öğrenme noktasında önemli olmaktadır. Bu anlamda bu etkileri belirlemek amacıyla araştırma, İstanbul ilinde bulunan farklı yaş ve demografik özelliklere sahip 264 evli kişinin katılımıyla gerçekleştirilmiştir. Araştırmada veri toplama aracı olarak teknoferans ölçeği, ilişki doyum ölçeği ve romantik partner çatışma ölçeği kullanılmıştır. Araştırma verilerinin analizi sonucunda, genel olarak, kişilerin teknoloji kullanımı ve ilişkideki teknoferans etkisi arttıkça, kişilerin ilişki memnuniyetinde bir azalma olduğu ve buna bağlı olarak teknoloji kullanımı dolaylı evli çift çatışmalarının da arttığı gözlenmektedir. Ayrıca evli çiftlerin teknoloji kullanımı, ilişki memnuniyeti ve çatışmaya yönelik tutumları, cinsiyet, yaş, eğitim ve gelir düzeyine göre farklılık göstermektedir.

Anahtar Kelimeler: Teknoferans, Evli Çiftler, İlişki Doyumu, Çatışma, Dijitalleşme.

Introduction

In recent years, the use of technology-based tools has increased. Individuals use these tools for different purposes (Sundqvist, Heimann, & Koch, 2020, p. 371). These tools become a part of the practices of individuals in their daily lives. At this point, it is seen that technology tools take on a facilitating and functionalist role in the lives of individuals in the new lifestyle that has emerged (Bauer, 2018, p. 157). However, the continuity of the use of technological tools reveals negative effects such as loneliness, depressive personality, addiction, and socialization. In this context, the continuity of technological use negatively affects personal well-being, family, and interpersonal communication (Dudkina & Maslinovska, 2017, p. 504). This hegemony of technological tools in everyday life has also negatively affected face-to-face communication forms and revealed instrumental communication. Thus, one of the technology-based negative forms of communication that emerge in interpersonal communication is technoference (Akbağ & Sayıner, 2021, p. 754).

While the proportional growth in the use of technological tools is not worrisome on its own, this rapid growth has led to the potential to interfere with face-to-face communication and time spent together. (McDaniel, Galovan, & Drouin, 2021, p. 637). The technological intervention of a large number of technological devices, which are frequently found in individuals' lives, towards relationships and interaction is defined as technoference (Krogh, et al., 2021, p. 1016). Technoference, which is a complex function of technology (Bauer, 2018, p. 157), directs the attention and participation of individuals from other individuals to technological devices (Elias, Lemish, Dalyot, & Floegel, 2021, p. 377). Therefore, technoference is expressed as an individual'"s subjective perception of the number of times his married couple's technology use (such as smartphone, TV, computer, and tablet) interferes with the productive time they spend together (Hipp & Carlson, 2021, p. 509). In this sense, individuals are exposed to an interruption in social interactions with their behaviors such as checking their e-mails, surfing social media at mealtimes, or taking care of their phones while playing games with children, and show technoferential behavior (Stockdale, et al., 2020, p. 572).

Such interventions caused by technology, also called technology intervention or technoferencing, are a threat to all kinds of relationships such as family, parent, child, and friend relationships (Qiao & Liu, 2020, p. 2). In such interactions, individuals tend to turn to technological devices more due to the effect of technoferencing, as the attention of individuals is distracted by technological devices. This situation causes the relationship satisfaction and sincerity between individuals to be questioned (Qiao & Liu, 2020, p. 2). Through technoference, the quality of relationships in daily life decreases, couple conflicts occur more frequently, the perceived quality of face-to-face interactions in daily life decreases, and the symptoms of negative mood appear more (McDaniel & Drouin, 2019, p. 3). Thus, individuals who experience the effects of technoference are more prone to conflicts related to technology use and have lower relationship satisfaction, depressive symptoms, reduced attention control ability, and lower welfare levels (Dudkina & Maslinovska, 2017, p. 504).

Technoferential effects experienced by individuals based on their use of technology cause tensions in children and parents, the destruction of family routines, and disruption of social roles (Radesky, et al., 2016, p. 699). There may be situations where the socialization processes of children in daily life do not occur in a healthy way due to the parents' relationship with techno-ferance. In some cases, this can negatively affect children's healthy communication. This can lead to a lack of self-confidence in children (Elias,

Lemish, Dalyot, & Floegel, 2021, p. 379). For this reason, the increase in socialization in children increases the tension in the parents and parents tend to more techno-differential behaviors in order to suppress the mental tension (McDaniel & Radesky, 2018a, pp. 100-101). This situation, namely the use of technology, does not always lead to negative relationships between parents and children. It can be in cases where it affects this relationship positively. For example, given that families involve technology in educating children through the use of technology at the point of children's study, it is important for parents to recognize the benefits of technology at the point of capturing children's attention and studying it and how it can offer different exciting ways for children to learn about the world (Elias, Lemish, Dalyot, & Floegel, 2021, p. 379).

In the technoference, which is more likely to be seen in romantic relationships, since one of the married couples ignores his married couple and uses technology more, it is seen that the other married couple has feelings of sadness, boredom, anger, and even jealousy (McDaniel, O'Connor, & Drouin, 2021, p. 529). On the other hand, it has been determined that individuals exposed to technology find the time they use technology more meaningful and happier than the time they spend with their spouses (McDaniel, O'Connor, & Drouin, 2021, p. 529). Thus, while technoference causes more conflict with the married couples in couples relationships, it also leads to lower relationship satisfaction (McDaniels & Radesky, 2018b, p. 212).

Technology Use, Relationship Satisfaction, and Conflict

Considering the development of technological tools (such as smartphones, TV, computer, tablet), it is critical that technology use focuses on relationship satisfaction (Chesley, 2005, p. 1237) Studies show that the use of communication technology blurs the traditional boundaries separating married couple relationships (Vaterlaus, Stinson, & McEwen, 2020, p. 396).

Marriage satisfaction is defined as the degree to which spouses perceive their own needs and wishes. Insufficient satisfaction between spouses in marriage causes stress, anxiety, and even the disintegration of the family unit (Burpee & Langer, 2005, p. 43). In particular, perceptions of their spouses ability to show interest and respond supportively are central to a couple's intimacy (Zacchilli, Hendrick, & Hendrick, 2009, p. 1075). Others have defined marital satisfaction as an emotional satisfaction related to interactions and experiences in married life (Ward, Lundberg, Zabriskie, & Berrett, 2009, p. 415). In addition, there are studies claiming that marital satisfaction is the central point of individual and family well-being. In addition, the quality of interpersonal interactions, the presence of children, life stresses, economic factors, and the perceived presence of spouse are also defined as important determinants of marital satisfaction (Bradburry, Fincham, & Beach, 2000, p. 964).

Providing relationship satisfaction is related to the fact that each of the couples is with the other. However, being with him here means understanding his needs and desires and communicating with him in real terms, apart from being physically next to each other. Today, although married couples appear physically together through technological devices, they cannot fully exist for each other (Turkle, 2011, p. 169). In the last 20 years, the spread of technology in relationships has increased research on the possible negative effects of technology integration on the lives of couples (Coyne, et al., 2012, p. 388). The displacement hypothesis has an important place in these studies to explain the negative effects of technology use on relationship satisfaction. The displacement hypothesis

proposes that online communication steals time from face-to-face communication, weakens relationships, and promotes weak relationships at the expense of strong relationships (Kraut, Kiesler, & Scherlis, 1998, p. 1029). Accordingly, the use of media technology can be seen as a factor in family life. Married couples put the use of technology before communicating with each other in family life, even if they are side by side, and in this way, the media itself can replace meaningful interactions in couple relationships (Valkenburg & Peter, 2007, p. 1170).

In addition to providing accessibility to other people, technology can create problems if it violates the home boundary of the couple (Duran, Kelly, & Rotaru, 2011, p. 21). Nie and Erbring concluded that the more time people spend using media technologies, the more they lose contact with their social environment (2002, p. 278). In addition, Schiffrin et al., discuss the negative effects of using technological communication tools. They suggested that people generally perceive technology-mediated communication as less beneficial than face-to-face communication and that replacing face-to-face communication with online communication can harm relationships and well-being. In parallel, they found a relationship between technology use and decreased satisfaction (2010, p. 300). In addition, negative relationships were found between certain types of technology-mediated communication, well-being, and relationship satisfaction (Kross, et al., 2013, p. 2). Similarly, Morgan et al., categorized individuals' narratives of their spouse's frustrations about their media use into four main themes: married couple distraction with technology use, amount of technology use, appropriateness of media use, and negative effects of technology use on the relationship. In this sense, the problem with technology use in couples is not just about how much technology is used, but more about how much one spouse is caught up in this technology at the expense of the other's interactions (2016, p. 621). Dew & Tulane underlines that as technology becomes more interactive, it often forces family members to choose between interacting with each other or with the media (2015, p. 621). In addition, current studies show that individuals generally feel forgotten about their spouse's cell phone use, and as a result, they indicate lower relational satisfaction levels (Roberts & David, 2016, p. 134).

In addition, McDaniel et al., found that shared daily technology use in couples' spare time was a positive indicator of leisure and relationship satisfaction, but separate technology uses On the contrary when couples use technology together while interacting with each other, it leads to positive perceptions about their relationship. This is especially true during TV use. In this sense, it is concluded that technology can improve or hinder couple relationships depending on the ability to manage, monitor, and reflect the use of the couple (Leggett & Rossouw, 2014, p. 44). In addition, McDaniel et al., found that shared daily technology use in couples' spare time was a positive indicator of leisure and relationship satisfaction, but separate technology use when in the presence of one's spouse was an indicator of conflict and decreased satisfaction. Therefore, although technology use serves to increase couple interaction and intimacy, it can also lead to couple dissatisfaction when people engage in technology use alone (2021, p. 637). Likewise, concerning satisfaction, couples who agree on how technology is used in the relationship express higher degrees of satisfaction, while couples who report that they are somewhat discordant in terms of technology use state that this incompatibility often leads to conflicts in their relationships (Hertlein & Chan, 2020, p. 740) when in the presence of one's spouse was an indicator of conflict and decreased satisfaction. Therefore, although technology use serves to increase

couple interaction and intimacy, it can also lead to couple dissatisfaction when people engage in technology use alone (2020, p. 739).

Excessive use of popular media technologies has detrimental effects on couples' relationships. Studies have found that 12% of the participants think that their smartphones are an obstacle to their relationships and disrupt their mutual communication and interaction in their relationships (Salmela, Colley, & Hakkila, 2019, pp. 2-3). While 42% of young adult couples (18–29 years old) report that at least one spouses cell phone use interferes with quality time spent together, this rate drops to 10% in people over 65 (Lenhart & Duggan, 2014, p. 2). In addition, there are debates among married couples about who uses technology more. The general idea is that new technologies are designed by and for men. Empirically, gender has been identified as an important factor shaping the use of information and communication technologies. For example, research on phone use has documented higher levels of phone users by women than by men. In addition to this, empirical findings show that the differences in technology use may be due to gender as well as occupational differences, income, and education differences (Chesley, 2006, pp. 591-592). In line with what has been said, this study focuses on the effects of technology use on people's relationships with their spouses, their relationship satisfaction, and the conflicts created by technology use. In this sense, the study basically tries to find answers to the following questions:

- Does the interruption of communication between married couples by technological intervention cause low relationship satisfaction and high conflict?
- Is there a relationship between the amount of time the person spends on technology individually and jointly with his spouse, and relationship satisfaction and conflicts?
- To what extent do the use of technology and related relationship satisfaction and conflicts affect people's demographic characteristics such as age, gender, education, and income status?

Method

This study, it is aimed to examine the use of technology by married couples from different age groups and the related relationship satisfaction levels, as well as the conflict situations they experience in their romantic relationships. In the study, married couples' use of technology, relationship satisfaction, married couple conflicts were measured according to certain demographic variables.

Ethics Committee Permission

Within the framework of the decision taken during the meeting by Muş Alparslan University Scientific Research And Publication Ethics Committee dated 01/04/2022 and numbered 44; the study does not contain any ethical issues.

Study Group

Married couples living in Istanbul are the target group of this study. The Snowball sampling method was preferred to reach all the people in the target audience more easily. Accordingly, 264 people from the said target group voluntarily participated in the study. Demographic variables and the distribution of participants according to these variables are shown in Table 1.

Table 1. *Distribution of Participants by Descriptive Characteristics*

	F	(%)
Gender		
Female	132	50,0
Male	132	50,0
Age		
18-45	86	32,6
46-64	96	36,4
65 +	82	31,1
Income		
Less than 4000 TL	32	12,1
4001-6000 TL	53	20,1
6001-8000 TL	69	26,1
8001-10000 TL	69	26,1
10001 +	41	15,5
Education Status		
Illiterate	18	6,8
literate	20	7,6
Primary School	29	11,0
Secondary School	30	11,4
High School	63	23,9
College	44	16,7
Universty	49	18,6
Postgraduate	11	4,2
Marriage Period		
Less than 5 Years	23	8,7
5-10 Years	44	16,7
11-15 Years	37	14,0
16-20 Years	49	18,6
21-25 Years	55	20,8
26 Years +	56	21,2
Shared Time with Technology[1]		
2 Hours and Under	27	10,2
3-4 Hours	78	29,5
5-6 Hours	87	33,0
7 Hours +	72	27,3

Data Collection Tools

Technoference scale was used to collect research data. The scale was developed to measure whether technological devices prevent communication in interpersonal communication and whether they interrupt communication. While developing the scale, reliability and validity analysis was performed by Mcdaniel & Coyne (2014, p. 15). The scale consists of four items. In the analysis performed on the sample of this study, it was seen that the reliability coefficient of the scale was between .785. On the other hand, the adaptation of the scale developed by Rusbullt et al., (1998, p. 370) to measure the relationship satisfaction of married couples was used in the study. The validity and reliability of the scale were tested in this study. The scale in the Likert form consists of a total of 10 items. As a result of the Cronbach Alpha reliability analyses performed on

the same sample, the coefficient of .804 was reached. In addition, the married couple conflict scale developed by Zacchilli et al., (2009, p. 1081) was adopted for the study to measure the conflicts of married couples due to the use of technology during intercourse. The validity and reliability of the scale were tested in this study. The scale in the Likert form consists of 6 items in total. As a result of the Cronbach Alpha reliability analyses performed on the same sample, the coefficient of .824 was reached. In this respect, it has high reliability and validity in terms of applying both the technoference scale and the relationship satisfaction and married couple conflict scales to married couples.

Analysis of Data

The data in the research were evaluated with the SPSS 22.0 program. Frequency and percentage analyzes were used to determine the descriptive characteristics of the participants, and mean and standard deviation statistics were used to analyze the scale. The relationships between the scale levels of the participants were examined through correlation and regression analyses. T-test, one-way analysis of variance (ANOVA), and post-hoc (Tukey) analyzes were used to examine the differences in scale levels according to the descriptive characteristics of the participants.

Findings

Table 2. *Correlation Analysis Between Scale Scores*

		Technoference	Relationship Satisfaction	Married couple Conflict
Technoference	r	1,000		
	p	0,000		
Relationship Satisfaction	r	-0,595	1,000	
	p	0,000	0,000	
Married Couple Conflict	r	0,297	-0,358	1,000
	p	0,000	0,000	0,000

When the correlation analyzes between technoference, relationship satisfaction, married couple conflict scores were examined; r=-0.595 negative high (p=0.000<0.05) between relationship satisfaction and technoference, r=0.297 positive weak (p=0.000<0.05) between married couple conflict and technoference, r=-0.358 negative between married couple conflict and relationship satisfaction a weak (p=0.000<0.05) level of correlation were founded. Accordingly, as the effect of technoference increases, relationship satisfaction decreases, while married couple conflict also increases. In addition, it was found that as relationship satisfaction decreases, married couple conflict increases. However, as mentioned above, the correlations of these relations are weak. As a result, he evaluates the result of the mentioned relationships as weak.

Table 3. *The Effect of Technoference on Relationship Satisfaction and Married Couple Conflict Level*

Dependent Variable	Independent Variable	ß	t	p	F	Model (p)	R^2
Relationship Satisfaction	Fixed	5,382	25,890	0,000	143,934	0,000	0,355
	Technoference	-0,857	-11,997	0,000			
Married Couple Conflict	Fixed	1,656	6,279	0,000	25,415	0,000	0,088
	Technoference	0,391	5,041	0,000			

Regression analysis to determine the cause and effect relationship between technoference and relationship satisfaction was found to be significant (F=143,934; p=0.000<0.05). The 35.5% rate of the total change in the level of relationship satisfaction is explained by technoference (R2=0.355). In this sense, technoference reduces the level of

relationship satisfaction (ß=-0.857). Regression analysis performed to determine the cause-effect relationship between technoference and married couple conflict was found to be significant (F=25.415; p=0.000<0.05). 8.8% of the total change in married couple conflict level is explained by technoference (R2=0.088). In this case, technoference increases the level of married couple conflict (ß=0,391). In addition, it should be noted that while the use of technology significantly affects relationship satisfaction, it cannot fully explain it. In this sense, it is a natural result that there are other factors that affect relationship satisfaction.

Table 4. *Variation of Scale Scores by Gender*

Demographic Features	n	Technoference	Relationship Satisfaction	Married Couple Conflict
Gender		Mean ± SD	Mean ± SD	Mean ± SD
Female	132	3,085±0,891	2,941±0,668	3,217 ±0,735
Male	132	2,823±1,017	2,722±0,655	3,430 ±0,719
t=		2,219	2,687	-2,384
p=		**0,027**	**0,008**	**0,018**
F=		1,594	0,495	0,800

Technoference values of the participants differ significantly according to gender (F=1.594; p=0<0.05). The reason for the difference is that women's technoference scores are higher than men's. Likewise, the relationship satisfaction values of the participants differed significantly by gender (F=0.495; p=0.0.05). The reason for the difference is that women's relationship satisfaction scores are higher than male participants. In addition, the married couple conflict values of the participants also differ significantly by gender. The reason for the difference is that male participants have higher married couple conflict scores than females.

Table 5. *Variation of Scale Scores by Age2*

Demographic Features	n	Technoference	Relationship Satisfaction	Married Couple Conflict
Age		Mean ± SD	Mean ± SD	Mean ± SD
18-45	86	3,845±0,665	2,443±0,591	3,548±0,728
46-64	96	2,835±0,624	2,894±0,558	3,300±0,739
65 +	82	2,158±0,769	3,167±0,666	3,115±0,672
F=		129,386	30,924	7,553
p=		**0,000**	**0,000**	**0,001**
PostHoc=		1>2, 1>3, 2>3 (p<0.05)	2>1, 3>1, 3>2 (p<0.05)	1>3 (p<0.05)

Technoference values of the participants differ significantly according to age (F=129,386; p=0<0.05). The reason for the difference is that the technoference scores of those aged 18-45 years are higher than those of 46-64 and those over 65 years of age (p<0.05). In addition, the fact that the technoference scores of those aged 46-64 were higher than those aged over 65 also affected the result (p<0.05). The relationship satisfaction scores of the participants differ significantly according to age (F=30,924; p=0<0.05). The reason for the difference is that the relationship satisfaction scores of the 46-64 age group are higher than the relationship satisfaction scores of the 18-45 age group (p<0.05). In addition, it was determined that the relationship satisfaction scores of those over the age of 65 were higher than those between the ages of 18-45 and 46-64 (p<0.05). The married couple conflict scores of the participants differed significantly according to age (F=7.553; p=0<0.05). The reason for the difference is that the married couple conflict scores of those aged 18-45 are higher than those over the age of 65 (p<0.05).

Table 6. *Variation of Scale Scores by Monthly Income*

Demographic Features	n	Technoference	Relationship Satisfaction	Married Couple Conflict
Income		Mean± SD	Mean ± SD	Mean ± SD
Less then 4000 TL	32	2,382±0,948	3,212 ±0749	3,286 ±0,629
4001-6000	53	2,179 ±0,726	3,083±0,638	3,059±0,724
6001-8000	69	2,880±0,808	2,807 ±0,614	3,422 ±0,737
8001-10000	69	3,398±0,789	2,710 ±0,760	3,384±0,728
10001 +	41	3,780 ±0,668	2,458±0,662	3,426±0,771
F=		34,090	9,260	2,420
p=		**0,000**	**0,000**	**0,049**
PostHoc=		3>1, 4>1, 5>1, 3>2, 4>2, 5>2, 4>3, 5>3 (p<0.05)	1>3, 1>4, 2>4, 1>5, 2>5, 3>5 (p<0.05)	(p<0.05)

Technoference scores of the participants differ significantly according to monthly income (F=34,090; p=0<0.05). The reason for the difference is that the technoference scores of the group with an income between 6001-8000 TL are higher than those with an income of less than 4000 TL and 4001-6000 TL (p<0.05). In addition, people with an income level of 8001-10000 TL less than 4000 TL, and those with an income level of 4001-6000 TL and 6001-8000 TL have higher technoference scores. On the other hand, the fact that the technoference scores of those with an income level of 10001 and above are less than 4000 TL, and those with an income level of 4001-6000 TL and 6001-8000 TL were also effective. The relationship satisfaction scores of the participants differ significantly according to monthly income (F=9,260; p=0<0.05). The reason for the difference is that the relationship satisfaction scores of those with an income of less than 4000 TL are higher than those in the 6001-8000 TL, 8001-10000 TL, 10001, and higher-income groups (p<0.05). In addition, the relationship satisfaction scores of those in the 4001-6000 income group are 8001-10000 TL higher than those in the 10001 and higher income group. In addition, it is seen that the relationship satisfaction scores of the people in the 6001-8000 TL income group are higher than the 10001 and higher income group.

Table 7. *Differentiation of Scale Scores by Education*

Demographic Features	n	Technoference	Relationship Satisfaction	Married Couple Conflict
Educational Status		Mean ± SD	Mean ± SD	Mean ± SD
Illiterate	18	1,694±0,424	3,705±0,672	2,916±0,549
literate	20	1,687±0,549	3,415±0,560	2.991 ±0,652
Primary School	29	2,232±0,661	3,272±0,496	2, 982±0,655
Secondary School	30	2,633±0,655	2,843±0,391	3,316 ±0,715
High School	63	2,952±0,634	2,847±0,436	3,362 ±0,623
College	44	3,397±0,548	2,804±0,435	3,409 ±0,724
Universty	49	3,903±0,670	2,173±0,585	3,636 ±0,837
Postgraduate	11	4,113±0,701	2,109±0,578	3,560 ±0,779
F=		54,671	30,054	4,133
p=		**0,000**	**0,000**	**0,000**
PostHoc=		4>1, 4->2, 5>1, 5->2, 5>3, 6>1, 6>2, 6>3, 6>4, 6>5, 7>1, 7>-2, 7>3, 7>4, 7>5, 7>6, 8>1, 8>2, 8>3, 8>4, 8>-5, 8>6 (p<0.05)	1-4, 1-5, 1-6, 1-7, 1-8, 2-4, 2-5, 2-6, 2-7, 2-8, 3-4, 3-5, 3-6, 3-7, 3-8, 4-7, 4-8, 5-7, 5-8, 6-7, 6-8 (p<0.05)	7>1, 7>2, 7>3 (p<0.05)

Technoference scores of the participants differ significantly according to their educational status (F=54,671; p=0<0.05). The reason for the difference is that the technoference scores of those who are secondary school graduates are higher than those who are illiterate and literate. In addition, the technoference scores of high school graduates were higher than those of illiterate, literate, and primary school graduates. On the other hand, the technoference scores of those who graduated from college were higher than those who are illiterate, literate, and primary, secondary, and high school graduates. Apart from these, the technoference scores of university graduates are higher than those who are illiterate, literate, primary, secondary, high school, and college graduates. In addition, the technoference scores of graduates are higher than those who are illiterate, literate, primary, secondary, high school, and college graduates. The relationship satisfaction scores of the participants differ significantly according to their education level (F=30.054; p=0<0.05). The reason for the difference is that the relationship satisfaction scores of the illiterate are higher than those of secondary, high school, university, and graduate graduates (p<0.05). On the other hand, the relationship satisfaction scores of those who are literate are higher than those of secondary school, high school, university, and graduate graduates (p<0.05). In addition, primary school students have higher relationship satisfaction scores than secondary school, high school, university, and graduate graduates (p<0.05). Apart from these, the relationship satisfaction scores of secondary school graduates are higher than university and graduate graduates (p<0.05). On the other hand, the relationship satisfaction scores of high school graduates are higher than university and graduate graduates (p<0.05). In addition, the relationship satisfaction scores of college graduates are higher than university and graduate graduates (p<0.05). The married couple conflict scores of the participants differ significantly according to their educational status (F=4.133; p=0.05; η2=0.125). The reason for the difference is that the married couple conflict rates of the university graduates were higher than the illiterate, literate, and primary school graduates (p<0.05).

Table 8. *Differentiation of Scale Scores by Marriage Period*

Demographic Features	n	Technoference	Relationship Satisfaction	Married Couple Conflict
Marriage Period		Mean ± SD	Mean ± SD	Mean ± SD
Less than 5 Years	23	3,391±0,652	2,817±0,399	3,362±0,706
5-10 Years	44	3,835±0,721	2,245 ±0,590	3,594±0,809
11-15 Years	37	3,466±0, 893	2,700 ±0,657	3,455±0,802
16-20 Years	49	2,913±0,736	2,912 ±0,581	3,340 ±0,667
21-25 Years	55	2,618±0,743	2,885±0,535	3,309 ±0,700
26 Years +	56	2, 111±0,781	3,264±0,680	3,008±0,629
F=		32,431	15,115	3,702
p=		**0,000**	**0,000**	**0,003**
PostHoc=		2>4, 3>4, 1>5, 2>5, 3>5, 1>6, 2>6, 3>6, 4>6, 5>6 (p<0.05)	6>1, 1>2, 3>2, 4>2, 5>2, 6>2, 6>3, 6>4, 6>5 (p<0.05)	2>6, 3>6 (p<0.05)

The technoference scores of the participants differ significantly according to the duration of being with their spouses (F=32,431; p=0<0.05). The reason for the difference is that married couples with less than 5 years have higher technoference scores than those between 21-25 years and over 26 years (p<0.05). In addition, the technoference scores of 5-10 years married couples are higher than those between 16-10 years, 21-25 years, and over 26 years (p<0.05). On the other hand, technoference scores of couples married for 11-15 years are higher than those between 16-10 years, 21-25 years, and over 26 years

(p<0.05). Apart from these, technoference scores of couples married for 16-20 years are higher than those over 26 years (p<0.05). In addition, the technoference scores of couples married for 21-25 years are higher than those over 26 years (p<0.05). The relationship satisfaction scores of the participants differed significantly according to the duration of their married coupleship (F=15,115; p=0<0.05). The reason for the difference is that those with less than 5 years of marriage have higher relationship satisfaction scores than those who have been married for 5-10 years (p<0.05). In addition, the relationship satisfaction scores of those who have been married for 11-15 years are higher than those who have been married for 5-10 years (p<0.05). On the other hand, the relationship satisfaction scores of those who were married between 16-20 and 21-25 years were higher than those who were married for 5-10 years (p<0.05). Apart from these, the relationship satisfaction scores of those who have been married for 26 years or more are higher than those who have been married for less than 5 years, 5-10 years, 11-15 years, 16-20 years, and 21-25 years (p<0.05). The married couple conflict scores of the participants differed significantly according to the duration of their married coupleship (F=3,702; p=0<0.05). The reason for the difference is that the married couple conflict scores of married couples between 5-10 years are higher than those married for 26 years or more (p<0.05). In addition, the married couple conflict scores of married couples between 11-15 years are higher than those married for 26 years or more (p<0.05).

Table 9. *Differentiation of Scale Scores by Couples' Common Technology Use*

Demographic Features	n	Technoference	Relationship Satisfaction	Married Couple Conflict
Shared Time with Technology		Mean ± SD	Mean ± SD	Mean ± SD
2 Hours and Under	27	3,756 ± 0,690	2,396±0,551	4,108 ±0,390
3-4 Hours	78	2,926±1,030	2,0-846±0,654	3,532±0,567
5-6 Hours	87	2,956 ±0,840	2,831±0,598	3,182 ±0,712
7 Hours +	72	2,718 ±1,011	2,955±0,765	2,990±0,755
F=		5,378	3, 096	16,174
p=		**0,000**	**0,016**	**0,000**
PostHoc=		1>2, 1>3, 1>4 (p<0.05)	4>1 (p<0.05)	1>2, 1>3, 2>3, 1>4, 2>4 (p<0.05)

Technological device communication interruption scores of the participants differ significantly according to the time spent by the couples with technology (F=5.378; p=0<0.05). The reason for the difference is that the technoference scores of the couples who spend 2 hours or less with technology daily are higher than those who spend 3-4 hours, 5-6 hours, 7 hours or more with technology (p<0.05). The relationship satisfaction scores of the participants differ significantly according to the time spent by the couples with technology (F=3.096; p=0.004<0.05). The reason for the difference is that those who spend 7 hours or more with technology have higher relationship satisfaction scores than those who spend less than 1 hour with technology (p<0.05). The married couple conflict scores of the participants differed significantly according to the time spent by the couples with technology (F=16.174; p=0<0.05). The reason for the difference is that the married couple conflict scores of those who spend less than 1 hour a day with technology are higher than those who spend 3-4 hours a day, 5-6 hours, and 7 hours or more with technology (p<0.05). On the other hand, the married couple conflict scores of those who spend 3-4 hours together with technology are higher than those who spend 5-6 hours a day with technology for 7 hours or more (p<0.05).

Discussion and Recommendations

As a result of this study, which examines Technoference's communication barrier in married-couple relationships and how this affects relationship satisfaction and spouses conflicts, significant results were obtained in terms of focus variables of the research. As the technology use of married couples and the effect of technoferance on the relationship increase, there is a small decrease in the relationship satisfaction of married couples. The main difference is that the use of technology increases married couple conflicts.

Another finding of the study is that technoference, relationship satisfaction, and married couple conflict differ significantly according to different age groups. Accordingly, while the technoference effect is seen more in young couples, relationship satisfaction decreases, and conflict between spouses increases. It is observed that as the age of the couples increases, technoference and conflict decrease, and relationship satisfaction increases. When compared according to different income levels, technoference and relationship satisfaction show significant differences. Accordingly, as the income level decreases, the technoference effect in the relationship decreases and the relationship satisfaction increases, while as the income level increases, the technoference effect increases and the relationship satisfaction decreases.

In addition, technoference, relationship satisfaction, and married couple conflict differ significantly according to different education levels. Accordingly, as the education level decreases, the technoference effect in the relationship decreases, and the relationship satisfaction increases, the married couple conflict decreases, as the income level increases, the technoference effect increases, the relationship satisfaction decreases, and the married couple conflict increases. Apart from these, technoference, relationship satisfaction, and married couple conflict show significant differences when compared to the duration of being together. Accordingly, as the duration of the married coupleship increases, the technoference effect in the relationship decreases, and the relationship satisfaction increases, the married couple conflict decreases, as the duration of the married coupleship decreases, the technoference effect increases, the relationship satisfaction decreases, and the married couple conflict increases.

Finally, technoference, relationship satisfaction, and married couple conflict show significant differences when compared to the time couples spend with technological tools during the day. Accordingly, as the time spent by the couples together with technological tools increases, the effect of technoference in the relationship decreases and relationship satisfaction increases, and married couple conflict decreases. As the joint time spent with technological tools decreases, the effect of technoference in the relationship increases and relationship satisfaction decreases, while married coupleing conflict increases.

As a result, the use of technological media interrupts the communication between couples in general and reduces the quality of communication in married couples. The level of satisfaction in the relationships of couples who experience communication interruption decreases and conflict arises between couples based on the use of technological tools. In addition, it is seen that there are significant differences between certain demographic characteristics, the effect of technoference in the relationship, relationship satisfaction, and conflict. The fact that the study was conducted only on married couples limits it. It is recommended that future studies expand the field by making these effects based on different social relations such as friendship relations or parent-child relations.

Notlar

[1] In Turkey, the time people spend with technological tools that can connect to the internet is 8 hours a day. In addition, watching TV is about 3 hours, using social media is about 3 hours, listening to the radio is about 40 minutes, listening to podcasts is about 40 minutes, listening to music over the internet, therefore through technological tools, is about 1 hour and 30 minutes, and playing games through technological tools is approximately 3 hours. is about 1 hour (https://datareportal.com/reports/digital-2021-turkey)

[2] The age ranges considered within the scope of the study are divided according to the age ranges determined by the World Health Organization. (https://globaljournals.org/GJHSS_Volume17/6-The-Main-Periods.pdf).

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İletişim Sürecine Teknoloji Müdahalesi Olarak Teknoferans: Evli Çiftler Üzerine Bir Araştırma

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Genişletilmiş Özet

Teknoloji temelli araçların son yıllarda artmasıyla birlikte bireylerin gerçekleştirdiği iletişim süreçleri oyun oynama, e-postalarını kontrol etme ve sosyal medyada gezinme gibi aktivitelerle bölünmektedir. Teknoferans olarak adlandırılan bu teknolojik müdahale bireyleri toplumsal yaşantıya olumsuz etkiler vererek ilişki doyumunun ve samimiyetin sorgulanmasına neden olmaktadır. Böylelikle gündelik hayattaki ilişki kalitesi düşmekte, daha sık çift çatışmaları yaşanmakta, gündelik hayattaki yüz yüze etkileşimlerin algılanan kalitesi düşmekte ve olumsuz ruh halinin belirtileri daha fazla görünmektedir

Teknoferans'ın toplumsal yaşama olan genel etkisinin yanı sıra ilişki doyumu üzerinde de kritik etkileri bulunmaktadır. Çünkü yapılan araştırmalar teknolojik müdahaleler sonucunda çiftler arasında gerçekleşen geleneksel sınırlar bulanık hale gelmektedir. Bu durum evlilik doyumu, eşlerin kendi ihtiyaç ve isteklerini algılamalarında birtakım sorunlar yaratmaktadır. Böylelikle günümüzde evli çiftler teknolojik cihazlar aracılığıyla fiziksel olarak birlikte gözükmelerine rağmen birbirleri için tam anlamda var olamamaktadırlar. Bu durumda ortaya çıkan çiftler arasındaki ilişki memnuniyet derecelerini ve romantik ilişkilerde yaşadıkları çatışma durumlarının farklı yaş gruplarındaki etkilerini ortaya koymak bu çalışmanın amacını oluşturmaktadır. Bu bağlamda araştırmada evli çiftlerin teknoloji kullanımı, ilişki tatminleri, evli çift çatışmaları, belirli demografik değişkenlere göre ölçülmüştür. Bu çalışmanın hedef kitlesi olarak İstanbul'da yaşayan evli çiftlerden yararlanılmıştır. Hedef kitledeki tüm kişilere daha rahat ulaşmak adına kartopu örnekleme yöntemi tercih edilmiştir. Buna göre, söz konusu hedef kitleden 264 kişinin çalışmaya gönüllü olarak katılması sağlanmıştır.

Bu çalışma, teknoloji kullanımının kişilerin eşleriyle olan ilişkilerine, ilişki doyumlarına ve teknoloji kullanımının yarattığı çatışmalara etkilerine odaklanmaktadır. Bu anlamda çalışma aşağıdaki sorulara yanıt bulmaya çalışmaktadır:

• Evli çiftler arasındaki iletişimin teknolojik müdahalelerle kesintiye uğraması, düşük ilişki doyumuna ve yüksek çatışmaya neden olur mu?

• Kişinin eşiyle birlikte ve bireysel olarak teknolojiye harcadığı süre ile ilişki doyumu ve çatışmaları arasında bir ilişki var mıdır?

• İnsanların yaş, cinsiyet, eğitim ve gelir durumu gibi demografik özellikleri, teknoloji kullanımı ve buna bağlı olarak ilişki doyumu ve çatışmaları ne ölçüde etkiler?

Araştırma verilerinin toplanmasında teknoferans ölçeği kullanılmıştır. Ölçek kişilerarası iletişimde teknolojik cihazların iletişimin önüne geçip geçmediğini, iletişimi kesintiye uğratıp uğratmadığını ölçmek için geliştirilmiştir. Ölçek geliştirilirken güvenilirlik ve geçerlik analizi Mcdaniel ve Coyne (2014, p.15) tarafından yapılmıştır. Ölçek dört maddeden oluşmaktadır. Bu çalışmanın örneklemi üzerinde yapılan analizde ölçeğin güvenirlik katsayısının .785 arasında olduğu görülmüştür. Öte yandan evli çiftlerin ilişki memnuniyetini ölçmek için Rusbullt vd., (1998, p.370) tarafından geliştirilen ölçeğin

uyarlaması çalışmada kullanılmıştır. Ölçeğin bu çalışma özelinde geçerliliği ve güvenirliği test edilmiştir. Likert formundaki ölçek toplam 10 maddeden oluşmaktadır. Aynı örneklemde yapılan Cronbach Alpha güvenirlik analizleri sonucunda .804 katsayısına ulaşılmıştır. Bunların yanında, evli çiftlerin ilişki sırasındaki teknoloji kullanımı kaynaklı çatışmalarını ölçmek amacıyla Zacchilli vd., (2009, p.1081) tarafından geliştirilen romantik partner çatışma ölçeği çalışmanın amacına uygun olarak uyarlanmıştır. Ölçeğin bu çalışma özelinde geçerliliği ve güvenirliği test edilmiştir. Likert formundaki ölçek toplam 6 maddeden oluşmaktadır. Aynı örneklemde yapılan Cronbach Alpha güvenirlik analizleri sonucunda .824 katsayısına ulaşılmıştır. Bu açıdan hem teknoferans ölçeği hem de ilişki memnuniyeti ve romantik partner çatışma ölçeklerinin evli çiftlere uygulanması açısından yüksek güvenirlik ve geçerliliğe sahiptir.

Araştırmada elde edilen veriler bilgisayar ortamında SPSS 22.0 istatistik programı aracılığıyla değerlendirilmiştir. Araştırmaya katılanların tanımlayıcı özelliklerinin belirlenmesinde frekans ve yüzde analizlerinden, ölçeğin incelenmesinde ortalama ve standart sapma istatistiklerinden faydalanılmıştır. Katılanların ölçek düzeylerini belirleyen boyutlar arasındaki ilişkiler korelasyon ve regresyon analizleri aracılığıyla incelenmiştir. Katılanların tanımlayıcı özelliklerine göre ölçek düzeylerindeki farklılaşmaların incelenmesinde t-testi, tek yönlü varyans analizi (Anova) ve post hoc (Tukey) analizlerinden faydalanılmıştır.

Teknoferans'ın evli çift ilişkilerindeki iletişim engellemesinde ve bu durumun ilişki memnuniyeti ve evli çift çatışmalarını ne yönde etkilediğini inceleyen bu çalışma sonucunda, araştırmanın odak değişkenleri açısından anlamlı sonuçlar elde edilmiştir. Genel olarak, kişilerin teknoloji kullanımı ve ilişkideki teknoferans etkisi arttıkça, kişilerin ilişki memnuniyetinde bir azalma olduğu ve buna bağlı olarak teknoloji kullanımı dolaylı evli çift çatışmalarının da arttığı gözlenmektedir.

Araştırmanın bir diğer bulgusu da cinsiyete göre teknoferans, ilişki memnuniyeti ve evli çift çatışmasının anlamlı farklılık göstermesidir. Buna göre, kadınlar eşleriyle olan iletişimlerinin teknolojik araçlar yoluyla kesildiğini ve ilişkilerinden memnun olmadıklarını belirtirken, erkekler ise eşleriyle teknolojik araç kullanımı nedenli çok fazla çatışma yaşadıklarını belirtmektedirler.

Bunun yanında, farklı yaş gruplarına göre teknoferans, ilişki memnuniyeti ve evli çift çatışmasının anlamlı farklılık göstermektedir. Buna göre, genç çiftlerde teknoferans etkisi daha fazla görülürken, ilişki memnuniyeti azalmakta ve evli çiftler arası çatışma artmaktadır. Çiftlerin yaşları ilerledikçe teknoferans ve çatışmanın azaldığı ilişki memnuniyetinin arttığı gözlenmektedir. Farklı gelir düzeylerine göre karşılaştırıldığında teknoferans ve ilişki memnuniyeti anlamlı farklılık göstermektedir. Buna göre, gelir düzeyi düştükçe, ilişkideki teknoferans etkisi azalmakta ve ilişki memnuniyeti artmaktayken, gelir düzeyi yükseldikçe teknoferans etkisi artmakta ve ilişki memnuniyeti düşmektedir. Ayrıca, farklı eğitim seviyelerine göre karşılaştırıldığında teknoferans, ilişki memnuniyeti ve evli çift çatışması anlamlı farklılık göstermektedir. Buna göre, eğitim seviyesi düştükçe, ilişkideki teknoferans etkisi azalmakta ve ilişki memnuniyeti artmakta, evli çift çatışması ise azalmaktadır, gelir düzeyi yükseldikçe teknoferans etkisi artmakta, ilişki memnuniyeti düşmekte ve evli çift çatışması yükselmektedir. Bunların dışında, eşlerin birlikte olma süresiyle karşılaştırıldığında teknoferans, ilişki memnuniyeti ve evli çift çatışması anlamlı farklılık göstermektedir. Buna göre, birliktelik süresi arttıkça, ilişkideki teknoferans etkisi azalmakta ve ilişki memnuniyeti artmakta, evli çift çatışması ise azalmaktadır, birliktelik

süresi düştükçe teknoferans etkisi artmakta, ilişki memnuniyeti düşmekte ve evli çift çatışması yükselmektedir.

Son olarak, çiftlerin gün içerisinde teknolojik araçlarla geçirdikleri zamanla karşılaştırıldığında teknoferans, ilişki memnuniyeti ve evli çift çatışması anlamlı farklılık göstermektedir. Buna göre, çiftlerin birlikte, ortak bir şekilde, teknolojik araçlarla geçirdikleri zaman arttıkça ilişkideki teknoferans etkisi azalmakta ve ilişki memnuniyeti artmakta, evli çift çatışması ise azalmaktadır. Teknolojik araçlarla geçirilen ortak süre azaldıkça, ilişkideki teknoferans etkisi artmakta ve ilişki memnuniyeti azalmakta, evli çift çatışması ise artmaktadır.

Sonuç olarak, teknolojik medyaların kullanımı, evli çiftlerde genel olarak çiftler arası iletişimi kesintiye uğratmakta ve iletişimin kalitesini düşürmektedir. Bunun sonucu olarak, iletişim kesintisi yaşayan çiftlerin ilişkilerindeki memnuniyet dereceleri düşmekte ve çiftler arası teknolojik araç kullanımı temelli çatışma ortaya çıkmaktadır. Bunun yanında belirli demografik özelliklerle, ilişkide ki teknoferans etkisi, ilişki memnuniyeti ve çatışma arasında anlamlı farklılıklar olduğu görülmektedir. Çalışmanın sadece evli çiftler üzerinde yapılması onu sınırlandırmaktadır. Gelecekteki çalışmalara, bu etkileri, arkadaşlık ilişkileri ya da ebeveyn çocuk ilişkileri gibi farklı toplumsal ilişkiler temelinde yaparak alanı genişletmeleri önerilmektedir.

Anahtar Kelimeler: Teknoferans, Evli Çiftler, İlişki Doyumu, Çatışma, Dijitalleşme.

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In this study, the rules stated in the **"Higher Education Institutions Scientific Research and Publication Ethics Directive"** were followed.

Yazarların çalışmadaki **katkı oranları** eşittir.

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Çalışma kapsamında herhangi bir kurum veya kişi ile **çıkar çatışması** bulunmamaktadır.

There is no **conflict of interest** with any institution or person within the scope of the study.

Etik Kurul İzni I Ethics Committee Permission

Muş Alparslan Üniversitesi Bilimsel Araştırma ve Yayın Etiği Kurulu'nun 01/04/2022 tarihli toplantısında alınan 44 sayılı karar çerçevesinde çalışma etik açıdan bir sakınca içermemektedir.

Within the framework of the decision taken during the meeting by Muş Alparslan University Scientific Research And Publication Ethics Committee dated 01/04/2022 and numbered 44; the study does not contain any ethical issues.