

DESCRIPTION FOR THE GENERAL PUBLIC (IN ENGLISH)

(State the objective of the project, describe the research to be carried out, and present reasons for choosing the research topic - max. 1 standard type-written page)

People absorbed with using their phones more than communicating with their friends, colleagues or partners can be spotted everywhere, e.g. standing in a shop queue, in a waiting room, at the bus stop, in a café, in a restaurant or at a meeting. This picture has become increasingly common in the modern world. The sales of the smart phones have been dominating a consumer market for the last few years. These devices are very popular because of the wide technological opportunities they offer. On the one hand they create an opportunity to contact other people, to access the Internet, play games, they provide entertainment, and can also be used for education or for work. We can say about new addiction namely mobile addiction that is related to social media addiction and comprises three types of technology anxiety, namely: fear of missing out (FoMO), fear of being offline (FoBO) and smartphone separation anxiety (SSA). On the other hand, these devices can have an adverse affect on the physical and mental health. Instead of talking to each other, very often people who meet look into their phones and may show each other what they look at in their mobile phones. In order to describe this phenomenon a dictionary has been expanded by a new word 'phubbing'. The word incorporates two other words 'phone' or 'telephone', and 'snubbing' (neglect). Phubbing means disregarding the others in social relationships and focusing on the phone instead of relating to the other person. This lowers the quality of communication and has a negative impact on a satisfaction with the relationship. Term 'phubbing' is a broad concept that describes a problematic use of a mobile phone. There has been very little research carried out on the subject up to date. So far, there is no comprehensive approach that would incorporate both, the determinants and the possible effects of this phenomenon.

The aim of the proposed project is to investigate the relationship between cultural indicators, psychological variables (such as self-esteem, loneliness, and self-control) and mobile addiction. Also relation between mobile addiction and phubbing moderated by social support will be taken into consideration. We will also examine results of phubbing on the mental health (understood in wider terms), and its impact on the psychological and social well-being. We predict that the negative effects of phubbing will include: a reduced life satisfaction and a reduced satisfaction with the relationships. Dependence on the Internet, Facebook and a telephone can moderate that impact.

The methodology of the project includes surveys conducted in several countries, which will be designed in order to compare the phenomenon of mobile addiction from the more wider, intercultural perspective and define its universal determinants at the individual and the country levels. Current statistical methods: structural modelling and multi-level analysis will be applied to analyse the data.

Findings of the planned research not only can have an important theoretical value, but they can also be crucial from an applied perspective. They can be used in the treatment of people addicted to the new technologies.