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Original Article

The correlational study of Technoference and mindfulness among emerging adults

Urmila Shubhankar[1], Dr. Suresh Sankapal[2]
[1]Research Scholar, Department of Psychology, Shivaji University, Kolhapur
[2]Research Guide, Associate Professor, Mahavir College, Kolhapur

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Correspondence Address:
Urmila Shubhankar
Research Scholar, Department of Psychology, Shivaji University, Kolhapur
Email:
urmila.counsellor@gmail.com

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Abstract

Emerging adulthood (18–25 years old) is a crucial developmental stage which frequently characterized by instability, identity discovery, changes and confusion in relationships, Education, and employment. During this time, Excessive use of digital devices often results in technoference, which weakens focus, self-control, and social relationships. The aim of the current study was to explore gender variations in these characteristics as well as the relationship between emerging adults' technoference and mindfulness. for this research,2 standardized tests-1. The Mindful Attention Awareness Scale (Brown & Ryan, 2003) and 2. Smartphone Addiction Scale (Drs. Masaud Ansari and Vijayshri, 2020) were used.60 postgraduate students from Kolhapur district. (30 males and 30 females) has been selected as sample. The t-test, mean, standard deviation, and Pearson's product-moment correlation were used to examine the data. The findings showed a strong contrary relationship between mindfulness and technoference. It indicates that lower technoference is connected to greater mindfulness. However, there is no significant difference among the genders between technoference and mindfulness. The results emphasize the importance of mindfulness-based interventions. They are vital for managing technology-related disruptions and fostering emerging adults' wellbeing. These insights can contribute to formulate educational strategies to promote mindful technology use among youth. Future research will focus on developing structured programs aimed at reducing digital dependence among emerging adults.

Keywords: *Technoference, Smartphone Addiction, Mindfulness, Emerging Adults, Relationships, wellbeing*

Introduction

Emerging adulthood is the critical developmental stage. There are drastic changes in social, emotional, and academic domains. Modern life is significantly formed by digital technology, which influences communication, relationships, and education. There are many advantages to it but excessive use of it creates new problems. Technoference is one of them. To manage such issues mindfulness-based techniques are promising instrument.

Emerging Adults:

According to (Arnett, 2000) "Emerging adulthood" is a developmental stage typically extending from approximately ages 18 to 25, characterized by a unique period of identity exploration, instability, self-focus, feeling 'in-between' adolescence and adulthood, and a strong sense of possibilities"
psychologist Jeffrey Jensen Arnett has originally proposed this concept to describe a diverse life phase marked by prolonged transitions into full adult roles.

Technoference:

Technoference is the term used to describe how technology disrupts overall life particularly relationships and face-to-face communication. We can say that it happens when gadgets hinder people's ability to get connect emotionally and communicate effectively. i.e.it might result in miscommunications and emotional detachment when people put their screens before face-to-face interactions with their friends, family, or partner. Communication, relationship, happiness, and general emotional health are all adversely impacted by Technoference. It is crucial to balance between technology use and meaningful human engagement because studies indicate that technoference can result in elevated stress, discontent, and social isolation (Coyne, 2017)

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Mindfulness:

"Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment (Kabat-Zinn, 2003) In the context of psychological wellness, it lowers stress, improves emotional balance, and helps attention regulation. Developing mindfulness is particularly beneficial for emerging adults in terms of enhancing focus, directing life transitions, and promoting general wellbeing. It improves coping skills by empowering people to respond deliberately rather than impulsively.

Review of the related Research:

In the significant study 'Technoference in Romantic Relationships'(2016), which carried out at Brigham Young University in the US, (Coyne, 2017)and colleagues examines how technology affects romantic relationships, It particular emphasis on how it interferes with the partner's communication. This study was Measuring the effects of frequent technological disruptions, i.e., using a smartphone or social media, on communication quality, emotional closeness, and relationship satisfaction was the goal of this research. Qualitative interviews and quantitative surveys both has been used to find out that relationship dissatisfaction, emotional distance, and disputes were all positively connected with higher levels of technoference. The study highlights the harmful consequences of technology on romantic relationships and the necessity of creating measures to counteract these impacts.

(Xie, 2025)in China, researchers explored the dynamic relationship between parents' technology interference and the excessive mobile phone use of adolescents. Research title was "Reciprocal Associations Between Parental Technoference and Adolescent Problematic Mobile Phone Use" (2023),.The main aim of the study was to understand how both effect each other over time and how family attachment affects this connection. a large sample of 1,664 adolescents has been taken. The researchers found a bidirectional effect that is adolescent problematic mobile phone use (PMPU) predicted increased parental technoference, and parental technoference predicted greater adolescent PMPU. The study highlighted the importance of family-based interventions to balance technology use and strengthen emotional bonds.

In the research "The Correlation Between Mindfulness and Problematic Smartphone Use: A Meta-Analysis" (Ru, 2025) (2025), The examination has been done regarding association between mindfulness and problematic smartphone use, which is a developing issue in educational psychology. Analyzing 29 studies with 17,534 participants, researchers found a strong negative relationship (r = -0.399), It means mindfulness helps to reduce smartphone overuse. The effect was stronger in Eastern cultures (r = -0.428) than in Western cultures (r = -0.316), and females showed greater improvement comparatively. Among different measures, the Child and Adolescent Mindfulness Measure (CAMM) had the most significant effect. The study highlights that digital overuse can get reduced effectively with mindfulness-based approaches

In the research "Effectiveness of Brief Online Mindfulness-Based Intervention on Different Types of Mobile Phone Addiction: Mechanisms of Influence of Trait Mindfulness", (Zhang, 2025)studied how a short online mindfulness-based intervention (MBI) could help to reduce mobile phone addiction among college students, who are likely to use phone excessively. In this research, participants were tested for four types of addiction—social networking, gaming, information searching, and short-form video use. The experimental group has received the mindfulness training. Those students showed a clear reduction in all four addiction types after the intervention. The study also found that higher trait mindfulness (TM) was linked to lower addiction levels. It showed that TM helps to protect against phone overuse. Overall, the research highlights that online MBIs are effective and practical in reducing mobile phone addiction.

Significance of the Study:

This research introduces a novel framework that includes traditional knowledge, including mindfulness, into an systematized, therapy-focused approach. A key element of this research, mindfulness is used as a scientific technique to control impulsive digital involvement and reestablish conscious awareness. It is not just for relaxation.

The theoretical and practical implications of this discovery are noteworthy. In theory, it helps close the gap between traditional methods and contemporary psychological requirements, adding to the body of knowledge on technoference and mindfulness-based therapies. In practical terms, it offers a reproducible framework for educators, counselors, and mental health professionals to assist emerging people in achieving resilience and balance in a world that is heavily reliant on technology.

Aim of the study:

The aim of the study is to find out correlation between Technoference and Mindfulness among emerging adults.

Objectives of the Study:

1. To assess the correlation between technoference and mindfulness among emerging adults.
2. To measure the difference between male and female in terms of technoference.
3. To examine the difference between male and female in terms of mindfulness.

Hypotheses:

1. There will be negative correlation between technoference and mindfulness among emerging adults.
2. There will be no significant difference between male and female emerging adults in terms of Technoference.
3. There will be no significant difference between male and female emerging adults in terms of Mindfulness.

Variables:

Independent Variable:

1. Gender (Demographical)

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Dependent Variables:

1. Technoference
2. Mindfulness

Research Methodology:

A. Sample

The study was conducted on 60 P.G. Emerging adults of Shivaji University, Kolhapur. Out of 60 students, 30 were male and 30 were female. Purposive sampling method has been used. The study was conducted on emerging adults aged 20 to 25 years.

B. Psychological tools

1. Smartphone Addiction Scale (Drs. Masaud Ansari and-Vijayshri, 2020)

Dr. Masaud Ansari and Dr. Vijayshri developed and standardized this Indian scale (2020). 23 items make up the scale, which is scored on a 5-point Likert scale (1 being strongly disagree and 5 being strongly agree). It addresses six aspects: social withdrawal, depression and anxiety, compulsion, forgetfulness, lack of focus, and disturbed hunger or sleep. The scale's higher scores correspond to higher levels of smartphone addiction. It consistently measures smartphone addiction due to its strong dependability (Cronbach's alpha of 0.857). It's construct and content validity are well-established, as evidenced by its excellent relationships with other psychological measures.

2. Mindful Attention Awareness Scale (MAAS).

Brown and Ryan (2003) created the Mindful Attention Awareness Scale (MAAS) to assess whether people are paying attention and being aware of what is happening right now. 15 self-report items make up the measure, and each one is scored on a 6-point Likert scale that goes from 1 (Almost Always) to 6 (Almost Never). Greater mindfulness is reflected in higher scores. The MAAS has a Cronbach's alpha of.80, which indicates good internal consistency and strong reliability. The scale's concept and convergent validity are well-established, as evidenced by its positive correlation with well-being measures and negative correlation with distress indicators.

C. Statistical tools

Mean, S. D., 't' value and Pearson Product moment correlation (r) has used to analyze the collected data.

D. Operational Definition of Variable: -

Technoference –

Technoference is a total score obtained by the subjects on Smartphone Addiction Scale (Dr. Masaud Ansari and-Vijayshri,2020) The score ranges 88 and above indicates very high level of addiction and who scored 28 and below indicates very low level of addiction.

Mindfulness:

Mindfulness is a total score obtained by the subjects on the Mindful Attention Awareness Scale (MAAS) Brown and Ryan (2003) The score of 73 and above indicates a high level of mindfulness, and a score of 47 and below indicates a low level of mindfulness, with higher scores reflecting greater present-moment awareness and attention, and lower scores reflecting more frequent lapses in mindfulness.

E. Procedure of Data Collection:

After being briefed about the goal of the study and given confidentiality assurance, participants expressed their informed consent. After being given instructions in advance, they filled out Smartphone Addiction Scale (5-point Likert scale). After then, participants were instructed to score their present-moment awareness using the 6-point Likert scale of the Mindful Attention Awareness Scale (MAAS). Manual scoring and statistical techniques, such as mean, standard deviation, t-test, and Pearson's product-moment correlation, were used in the data processing process.

Results:

Table 1. Correlation between Technoference and Mindfulness among emerging adults

Factor	N	Mean	S. D.	df	'r' value
Technoference	60	51.01	16.15	118	-0.13**
Mindfulness	60	54.55	8.84		

****Significant at 0.01 level, *Significant at 0.05 level, NS - Not Significant.**

Table 2. Mean, S. D. and 't' value of Male and female emerging adults in Technoference

Groups	N	Mean	S. D.	Df	't' value
Male	30	52.5	15.40	58	0.26 NS
Female	30	49.53	16.99		

****Significant at 0.01 level, *Significant at 0.05 level, NS - Not Significant.**

Table 3. Mean, S. D. and 't' value of Male and female emerging adults in Mindfulness

Groups	N	Mean	S. D.	Df	't' value
Male	30	54.36	9.18	58	0.43 NS
Female	30	54.73	8.65		

****Significant at 0.01 level, *Significant at 0.05 level, NS - Not Significant.**

Discussion and Interpretation:

Table no. 1 displays the correlation value between Technoference and Mindfulness among emerging adults. The 'r' value is -0.13, which is significant. This indicates that there is negative relationship found between the respective variables.

Table no. 2 makes it clear that the mean score of males 52.5 (SD = 15.40) and mean score of female is 49.53 (SD = 16.99) on Technoference. The obtained 't' value is 0.26 which is statistically not significant at any level. The results make it clear that there is no difference between male and female in the terms of Technoference.

Table no. 3 indicates Mean, SD, and 't' value showing difference between Male and female emerging adults in Mindfulness Mean value of male is 54.36 with 9.18 SD. Mean value of female is 54.73 with 8.65 SD. The df is 58. The 't' value is 0.43 which is statistically not significant at any level. The results indicate that, there is no difference between Male and female emerging adults in the terms of Mindfulness.

Technoference is influenced by a variety of factors, including video streaming, gaming addiction, and other related digital activities, and isn't just limited to mobile phone addiction. All of these factors work together to cause problems with relationships, attention, and day-to-day functioning. In order to present a deeper understanding of technoference, the researcher intends to explore these aspects in more depth in a future study.

Conclusions:

1. The result shows that, there is negative correlation between Technoference and Mindfulness among emerging adults.
2. There is no significant difference between male and female in the terms of Technoference.
3. There is no difference between Male and female emerging adults in the terms of Mindfulness.

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Conflicts of interest:

The authors declare that there are no conflicts of interest regarding the publication of this paper.

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