



Measuring The Effects of Cell Phone Snooping on Intention to Breakup in A Romantic Relationship

Abdulgaffar Olawale Arikewuyo (Ph.D.)¹, Saudat Salah Abdulbaqi (Ph.D.)²

Department of Mass Communication, Faculty of Communication and Information Sciences,
University of Ilorin, Ilorin Nigeria

Abstract

The evolvement of new trends in information and communication technology such as cell phones has brought about dynamism in interpersonal communication. Cell phones have enhanced communication among romantic partners; however, they also their demerits. Therefore, this study investigated how cell phone snooping by individuals influences the intention to break up in a romantic relationship. The study carried out a cross-sectional sampling of individuals ($n = 389$) in romantic relationships using a pencil paper test. Findings indicate that cell phone snooping is a significant predictor of intention to break up in a romantic relationship. In addition, investigations also revealed that cell phone snooping influences low relational commitment and turbulence. In addition, revelations from the study indicated that low relational commitment and relational turbulence are significant mediators between cell phone snooping and relational turbulence.

Keywords: Cell phone snooping; interpersonal communication; relational commitment; relational turbulence; romantic relationships

1.0 Introduction

Various activities of the human life are inspired by technological products. Interpersonal communication and relationship have been refined over the years, with mobile technology playing a vital role (Miller-Ott, Kelly, & Duran, 2012). A good instance can be seen in romantic relationships, where the utility of using cell phones allows partners freedom to combine other activities, and at the same time, keep their relationship active (Miller-Ott, Kelly, & Duran, 2012). Relationship maintenance is the primary reason for the incessant text messages and phone call options that a cell phone can provide (Juhasz & Bradford, 2016).



Couples have assessed the level of their relationships with cell phone use by highlighting that an appropriate use of the cell phone has brought about satisfaction, effective communication and maintaining a strong bond (Concha-Huarcaya, Castro-Santisteban, Sevilano-Gamboa, & Mory-Chiparra, 2022).

The digital media have been responsible for enhancing abuse in relationships, with snooping a common instrument for cell phone users (Reed, Tolman, & Ward, 2016). An aspect of relational conflicts caused by cell phone use lies in cell phone snooping. Snooping is viewed as a deliberate effort to intrude into a partner's communication activities on their cell phones (Derby, Knox, & Easterling, 2012). Cell phone snooping is a common activity among partners in romantic relationships, and has been mentioned to be a highly common type of snooping, only behind text-message snooping (Derby, et al, 2012). The desire to find out a partner's online or offline activities through their cell phone, without the knowledge of such partner, is considered an unapproved act by an individual (Arikewuyo, Eluwole, & Ozad, 2021).

Snooping is an intrusive behaviour, and a partner is likely to engage in snooping on a partner more than once, owing to jealousy and mistrust (Muise, Christofides, & Desmarais, 2014). It has been discussed that individuals who engage in snooping are in need of a form of psychological control over their partners, and over the behaviour of their partner, as they are seen as craving more power and a desired status in the relationship (Vinkers, Finkenauer, & Hawk, 2011). Vinkers, et al (2011) also noted a difference in the need for snooping among genders, while noting that when females snoop, it is because of a need for a higher emotional involvement than males, whereas, when males snoop in a relationship, it is because they want control of their privacy more than their female partners.

Phone snooping often occurs when a partner is curious or suspicious about the behaviour of their significant other (Derby, et al, 2012), as it becomes a leading motive. If an individual's partner has been earlier involved in cheating in the relationship, it makes for an even greater urge to snoop. Low level of trust, and low level of disclosure are also significant factors in motivating snooping actions by individuals (Vinkers, et al, 2011). Snooping in romantic relationships can trigger trust issues, lack of communication, and conflict in relationships (Derby, et al, 2012), with cell phone use likely to exacerbate the situation, since the more people use their devices for personal purposes, the more likely they are to snoop on others (Marques, Muslukhov, Guerreiro, Carrico, & Beznosov, 2016), leaving an end in sight in terms of break-up among couples. Therefore, this study seeks to investigate how cell phone snooping influences individuals in romantic relationships' intention to break up.



2.1 Cell Phones Snooping and Low Relational Commitment

Cell phone snooping can be defined as the intentional tracking and monitoring of a romantic partner's conversations either via text or via phone calls on cell phones, with or without partner's consent (Tseng, 2020). Emphatically, people in romantic relationships often use technological devices like cell or mobile phones as their major channel of communication (Arikewuyo, Eluwole & Ozad, 2021). However, as crucial as effective communication is in relationships, especially romantic affiliations, cell phones have been a precursor to a number of issues and challenges faced by couples and romantic partners (Miller-Ott, Kelly & Duran, 2012). One of such challenges is associated with cell phone snooping, which can also be referred to as technology-based intimate partner surveillance (Tseng, Bellini, McDonald, Danos, Greenstadt, McCoy, Dell & Ristenpart, 2020).

One of the bonds that keeps romantic couples together is commitment, which is regarded as the deliberate decision to remain in a relationship and maintain emotional attraction towards a romantic partner (Quirk, Owen, Shuch, Fincham & Rhoades, 2016). The importance of relational commitment cannot be overemphasized. It entails the psychological, mental and emotional bond shared between intimate partners and the desire for a relationship to last for a long period of time (Kim, Crockett & Loving, 2010). Commitment in romantic relationships can, however, be threatened by a number of factors such as unmet and unfulfilled relationship desires, breach of relationship trust at one point or the other, and cases of relationship infidelity (Quirk, 2016). This results in lack of trust for one's partner, which can lead to serious monitoring of the affairs of the romantic partner in question.

2.2 Cell phone Snooping and Relational Turbulence

Relational turbulence is a factor that has at a point or the other become common in romantic relationships (Theiss & Nagy, 2013). According to research, the initiation of a serious relationship between two romantic partners comes with a lot of emotional attachment, insecurities, jealousy, relationship conflicts, and some other irritable behaviours (Theiss, 2006). For instance, at initial friendship or dating stage, romantic partners may appear to be unconcerned with extra friendships outside theirs. However, this may end up becoming a potential threat when relationship commitment is made by both partners. Relational turbulence usually occurs at the transition phase in a relationship. These relationship conditions make it more difficult for people to communicate and process information, thereby, intensifying unpleasant feelings, and fostering anxious and negative thoughts. Relational turbulence also explains how uncertainties and inference can creep into a romantic relationship. Thus, relational turbulence is a framework that provides the opportunity to understand how couples and intimate partners react to relational circumstances and several other activities that can destabilize a relationship (Jones & Theiss, 2021).



Relationship uncertainty and interference from romantic partners can lead to increase in relational turbulence (Arikewuyo, Lasisi, Abdulbaqi, Omoloso, & Arikewuyo, 2022). Mc Aninch, Abendschein and Monk (2021) added that although relational uncertainty is inevitable in relationships, it exposes intimate partners to communication challenges, low self-esteem, poor strategisation and cell phone snooping as in this case. For example, from a study conducted by McLaren, Solomon and Priem (2011), findings revealed that when partners, through any medium interfere in the activities of their partners, it increases relational turbulence, alongside other irritable characteristics. Cell phone snooping is one of the ways through which romantic partners monitor the affairs of their relationship partners.

One of the reasons why people engage in cell phone snooping by a romantic partner is known as partner phubbing or 'Pphubbing' (Arikewuyo, Ozad, Abdalbaki, Okoji, & Oloyede, 2019). Pphubbing can be defined as the unconscious neglect of a romantic partner as a result of phone activities like chats on social media, or picture flips on the phone (Seppala, 2017). If this habit persists, the neglected partner may begin to feel less important, which may evolve into negative emotions such as feeling of anxiousness, curiosity and anger (Landis, 2022). In such cases, cellphone snooping is regarded as "a protective reaction" to the perceived fear of losing one's loved partner to someone else (Krasnova, 2016). For example, in a study conducted to examine the dyadic effects of relationship uncertainty and the use of negative relational maintenance behaviours, majority of the respondents identified cellphone snooping as a negative behaviour used in maintaining relationships (Dainton, Goodboy, Borzea & Goldman, 2017). When such methods are employed and used as a relationship maintenance strategy, it produces a loop of relationship dysfunction and turbulence (Stefanita, 2019).

2.3 Cell phone Snooping and Intention to Break Up

The effects of cell phone snooping on a romantic relationship are enormous, and can be really detrimental in the long run. Apart from the various factors that lead to cell phone snooping such as anxiety (Marshall, Bejanyan, Di Castro & Lee, 2013), infidelity (Tseng, et al., 2020) and jealousy (Stefanita, 2019), cell phone snooping has been considered as a form of intimate partner violence (Levy & Schneier, 2020). Levy and Shneier assert that cell phone snooping is a form of intimate partner violence, which should be taken seriously, even when there are no violent or abusive circumstances.

According to Levy and Sheiner (2020), several monitoring activities may result in the partner being monitored. For instance, in the case of intimate partner violence where threat to life is concerned, victims may begin to nurture intentions to exterminate the toxic relationship (Chatterjee, et al., 2018). Quirk (2016) emphasised that in the end, serious alternative monitoring may weaken the basis of a solid committed relationship by prompting individuals to invest less energy and time into their romantic relationship, thus increasing the likelihood



of a break up. Additionally, an increase in partner monitoring in a romantic relationship increases the possibility of a break-up. This is consistent with the findings of Ritchie, Stanley, Rhoades and Markman (2021) in their study of how romantic monitoring increases ahead of fidelity and break-up. Their findings suggest that an increase in partner monitoring leads to a termination of the relationship. Terminating a relationship comes with a lot of heartbreak and trauma, however, it may be a couple's resolve in cases of partner surveillance and increased relational turbulence (Hong & Choi, 2019; Perilloux & Buss, 2008). In fact, partners' use of technology in their romantic relationships will negatively impact any form of romantic relationship intimacy more than it will positively impact such romantic relationship (Campbell & Murray, 2015), to show that there is almost no saving a relationship, once cell phone snooping activities are introduced between romantic partners.

2.4 Low Commitment, Relationship Turbulence and Intention to Break-up

Low commitment is usually associated with couple's intention to break or terminate a romantic relationship. Romantic partners, who have dissociated from their relationships have identified low commitment which results in relational dissatisfaction as a reason for the collapse of their relationship (Perilloux & Buss, 2008). Factors in a relationship that lead to low commitment are numerous, although, intertwined and leading to nearly same or same outcome. One of such factors is unmet relationship needs and the need to pursue alternatives. According to (Slotter & Finkel, 2009), commitment is usually strengthened when a partner's autonomy needs are well met and reduces when such needs are neglected. For example, a study conducted by Dailey, Rossetto, Pfiester & Surra, (2009) proved that a lot of relationships that got terminated were as a result of relationship dissatisfaction, and inability of partners to meet the needs of their spouses, which results into a search for partner alternatives. The scholars emphasized that an intimate partner may be tempted to seek relational satisfaction outside their relationship if such alternative offers greater satisfaction than their current relationships.

Also, when measuring the relationship that exists between low relational commitment and intention to break up, Drift, Agnew and Wilson (2009) assert that break up should be measured as a process involving the suggestion of a break up, the decision to break up, and the actual initiation of the break up, not just as the ultimate termination of the relationship. The scholars argue that low relational commitment will be evident in these progressive thoughts of a partner on relationship dissolution and the behaviour of such partner as dissolution consideration may predict the end of a relationship. Furthermore, the level of commitment of intimate partners in a romantic relationship can be measured based on a number of parameters. Commitment can be measured as a multi-dimensional construct, based on dedication, and other constraint commitment like social pressure to persist, financial



pressure and felt constraint (Rhoades, Stanley & Markman, 2010). However, Rhoades, et al. (2010), assert that all of these factors can predict the length of a relationship.

Additionally, findings from a meta-analysis showed that relational characteristics were the most accurate indicators of relationship dissolution, with low commitment being a significant contributor (Keaveny & Mahmut, 2021). Intimate partners usually experience reduction in relational commitment before a break up. According to (Langlais, Surra, Anderson & Priem, 2017), reduction in level of commitment may not ultimately lead to a breakup. The scholars explain that decline in commitment may lead to increased relationship trust and courage to overcome debilitating situations. However, before a break up occurs, intimate partners are more likely to experience low commitment and instability that influence the lifespan of their relationship.

Relational turbulence on its part, emphasized by relational uncertainty, composes three basic parameters; self-uncertainty, partner uncertainty and relationship uncertainty itself (Solomon & Knobloch, 2016). Self-uncertainty refers to doubts nurtured by an individual about their supposed involvement in a romantic relationship (Owen, Rhoades, Shuck & Fincham, 2014). Partner uncertainty refers to the doubt nurtured by people about their intimate partner's involvement in the romantic relationship (Solomon & Knobloch, 2016), while relationship uncertainty concerns doubt about the relationship itself (Boucher, 2015). Although three separate components, self-uncertainty, partner uncertainty and relationship uncertainty are interrelated and may ultimately lead to a similar end which is a high tendency of relationship dissolution (Knobloch & Theiss, 2011). When dissatisfaction occurs in romantic relationships, the quality of relationships becomes affected, and there exists an increased chance that an intention to break up in the relationship will occur (Arikewuyo, Eluwole, Dambo, & Abdulbaqi, 2020).

Another factor that causes relationship turbulence among couples is sexual dissatisfaction. Although the discourses on sexual intimacy among couples and intimate partners are often passive, making it difficult concept to measure, sexual intimacy among romantic partners is an important relationship factor, that keeps couples together (Delaney, 2021; Brown & Weigel, 2018)). In the case of sexual dissatisfaction, relationship uncertainty is characterized by reduced sexual satisfaction, ignoring sexual communication of any sort, and refusal to initiate any sexual activity (Delany, 2019). For example, in a study conducted by Theiss and Estlein, (2013), findings show that there is a positive association between relationship uncertainty and sexual relationship. Their survey showed that in turbulent relationships, sexual communication was weak among couples, thereby, reducing their emotional and psychological bond.



A relationship reaches the point of dissolution when relationship turbulence or uncertainty persists over a period of time, or when couples find it problematic resolving their differences (Monk, Ogolsky & Maniotes, 2021). According to Stein (2016), the more turbulent or uncertain a relationship is, the more likelihood of the relationship collapsing. Thus, if issues resulting to relationship turbulence are not effectively dealt with, intimate partners may begin to nurse intentions of separation or relationship break up.

2.5 The Present Study

A number of studies have examined the uses and effects of cell phones or factors that influence relational problems independently. However, there is a gap in literature that underscores the many ways cell phone use affect romantic relationships in its different forms. For instance, Arikewuyo, Eluwole and Ozad (2021) assert that cell phone snooping which is a form of monitoring or surveillance has significant negative effects on romantic relationships. Although the study elaborates on how lack of relational trust predicts problems in relationships, cell phone snooping was a significant mediator. Furthermore, stated Reed, Tolman, and Ward (2016) stated that cell phones have enhanced negative and violent dating activities including sexting. While elaborating, the study stated that sexting activities which is usually carried out through the use of cell phones did not record any positive effect on individuals who are dating. Cell phone use have however affected relationships in a number of ways and therefore worth investigating. For instance, some individuals believe that snooping their romantic partner's phone helps them in understanding their partner's personality and character better based on the level of personalisation that could be recorded through its use, however, others believe that cell phones should be an entirely personal device.

At its initial stage, this study investigates how snooping of a romantic partner's cell phone has the tendency of driving a relationship to the point of break up. As such, the study measures the level at which cell phone snooping predicts intention to break up in a romantic relationship. Secondly, the study further investigates how cell phone snooping predicts turbulence and low relational commitment as well as how these two variables influence an intention to break up in a relationship. Finally, the study seeks to measure the level at which turbulence and low relational commitment influences the relationship between cell phone snooping and intention to break up.



2.6 Research Hypotheses

H1: Cell phone snooping will be significantly associated with intention to break up among romantic partners.

H2: Cell phone snooping will be significantly associated with low relational commitment among romantic partners.

H3: Cell phone snooping will be significantly associated with relational turbulence among romantic partners.

H4: Low relational commitment will be significantly associated with intention to break up among romantic partners.

H5: Relational turbulence will be significantly associated with intention to break up among romantic partners.

H6: (a) Low relational commitment and (b) relational turbulence will mediate the relationship between cell phone snooping and intention to break up among romantic partners.

3.0 Method

This research adopted the cross-sectional research design in achieving its ultimate goals. Data was strictly distributed to individuals who had confirmed that they were currently in a romantic relationship; however, instructions were also clearly stated that the study is solely for individuals who are in a romantic relationship. In addition, individuals who filled the paper pencil questionnaire were assured of utmost confidentiality. The data was distributed among university students and was distributed within 8 days with the help of research assistants and undergraduate students with participants freely participating with no compulsion. At the end of the collection, a total of 410 questionnaires were distributed, however, after sieving out incomplete questionnaires, 389 questionnaires were affirmed to be valid, $N = 389$. The sample consisted of 275 (70.7%) respondents who are dating while 114 (29.3%) are dating and cohabiting. The age range of the participants ranged from 19 years to 31 years (M age 25.3). A significant number of the participants were females ($n = 297$; 76.3%) while are males ($n = 92$; 23.7%). The length of relationships within the participants ranged from 6 months to 250months (M relationship 60.3)

3.1 Measures

3.1.1 Cellphone Snooping: To measure cellphone snooping, we adapted the 8-item measure developed by Derby et al. (2012) to measure snooping in romantic relationships and validated by Arikewuyo, Eluwole and Ozad (2022). The items used include: “I snoop through my partner’s cell phone to detect if he/she is hiding anything from me” and “I snoop through my partner’s cell phone to see the update of his/her pictures.”



Items were measured on a 5-point Likert scale ranging from 1= Strongly Disagree to 5= Strongly Agree.

3.1.2 Low Relational Commitment: A 5-item scale was used in measuring relational commitment in this study. The items were taken from the Commitment subscale of the Investment Model Scale (Rusbult et al., 1998). The scale measures to which extent adolescents feel committed to relationship with their intimate partner thereby helping in determining the level of commitment of individuals in a particular relationship. Items used in measuring relational commitment include: “I am not committed to maintaining my relationship with my partner.”, “I not am oriented toward the long-term future of my relationship (for example, I do not imagine being with my partner several years from now).”, and “I don’t intend to stay in this relationship.”. Items were measured on a 5-point Likert scale ranging from 1= Strongly Disagree to 5= Strongly Agree.

3.1.3 Relational Turbulence: The study adapted an 8 item scale that was developed by Knobloch (2007) and validated by many studies (McLaren, & Solomon, 2014, McLaren et al., 2011, 2012) to measure relational turbulence. The items used in the scale include: “At the present time, this relationship is chaotic”, “At the present time, this relationship is overwhelming”, and “At the present time, this relationship is stressful”. Items were measured on a 5-point Likert scale ranging from 1= Strongly Disagree to 5= Strongly Agree.

3.1.4 Intention to break up: a 3-point Likert scale developed by Nongpong and Charoensukmongkol (2016), was used to measure intention to break up in a romantic relationship. Items include: “I have realized that your relationship with my current partner should not continue”, “I have thought about ending the relationship with my current partner and “I want to start a new relationship with another person who might be better than my current partner”. Items were measured on a 5-point Likert scale ranging from 1= Strongly Disagree to 5= Strongly Agree.

4.0 Results

To arrive at the results in this study, SPSS 25.0 was used to test the hypotheses developed in the research. Initially, we loaded all items under their corresponding constructs, all loadings indicated results of above 0.6 as recommended (Chin, Peterson, & Brown, 2008). In addition, Composite reliability, average variance extracted, and Cronbach’s alpha all met the minimum standards as seen in table 1. To test the hypothesised relationships, the study adapted Hayes’ (2017) Process Model 4. The constructs were entered together as a parallel mediation model.



All our hypotheses were supported and upheld, for instance *H1* had a direct effect of cell phone snooping on intention to break up in romantic relationship ($\beta = .272$; $p \leq .001$) while *H2* had a direct effect of cell phone snooping on low relational commitment ($\beta = .514$; $p \leq .001$) as well as *H3* with a direct effect of cell phone snooping on relational turbulence ($\beta = .366$; $p \leq .001$). Also, *H4 and H5* supported a direct effect of low relational commitment and intention to break up ($\beta = .372$; $p \leq .001$) and relational turbulence and intention to break up ($\beta = .027$; $p \leq .001$) respectively, while *H6a and b* proposed intention to break up and relational turbulence will mediate the relationship between cell phone snooping and intention to break up.

Table 1: Indicator outer loading and reliability of constructs

	OL	CR	α	AVE
CS		.88	.94	.735
CS_1	.762			
CS_2	.618			
CS_3	.789			
CS_4	.623			
CS_5	.684			
CS_6	.610			
CS_7	.779			
CS_8	.778			
LRC		.83	.91	.776
LRC_1	.679			
LRC_2	.736			
LRC_3	.759			
LRC_4	.743			
LRC_5	.686			
RT		.87	.89	.765
RT_1	.725			
RT_2	.719			
RT_3	.645			
RT_4	.635			
RT_5	.665			
RT_6	.624			
RT_7	.617			
RT_8	.618			
ITBU		.85	.92	.746
ITBU_1	.724			
ITBU_2	.780			
ITBU_3	.819			

Note: CS (Cell phone Snooping), LRC (Low Relational Commitment), RT (Relational Turbulence), ITBU (Intention to Break Up), SD (Standard Deviation), OL (Outer Loading), CR (Composite Reliability), AVE (Average Variance Extracted), and Cronbach Alpha(α).



Table 2: Correlation, Mean and SD among the variables

	CS	LRC	RT	ITBU	Mean	SD
CS	1	.535**	.506**	.258**	3.545	.778
LRC		1	.372**	.390**	2.864	.748
RT			1	.210**	3.982	.564
ITBU				1	3.300	.820

Note: ** $p < .001$. 2-tail test; CS (Cell phone Snooping), LRC (Low Relational Commitment), RT (Relational Turbulence), ITBU (Intention to Break Up), SD (Standard Deviation).

Table 3: Direct Paths, Indirect Paths, Total and Direct Effects of Sexual Assault on Relational Dissatisfaction

	β	SE	t	p		Conclusion
Direct Paths						
a1-CS→LRC	.5140	.0413	12.4496	.001	$R^2 = .286, F = 154.992, p = .001$	H ₂ = Supported
a2-CS→RT	.3665	.0318	11.5347	.001		$R^2 = .2558, F = 133.0495, p = .001$
b1-LRC→ITBU	.3715	.0615	6.0412	.001		H ₄ = Supported
b2-RT→ITBU	.0269	.0959	.2793	.001		H ₅ = Supported
Total Effect						
c- CS→ITBU	.2721	.0517	5.2581	.001		H ₁ = Supported
Direct Effect						
c1- CS→ITBU	.0357	.0639	.5590	.001		
Indirect Path						
	Coeff. Boot	Boot SE	95% BcaCI		VAF	
			LLCI	ULCI		
(M1)-CS→LRC→ITBU	.1811	.0582	.0672	.2958	66.56%	H _{6a} = Supported
(M2)-CS→RT→ITBU	.1554	.0522	.0530	.2566	57.11%	H _{6b} = Supported

Note: ** $p \leq .001$. 2-tail test; CS (Cell phone Snooping), LRC (Low Relational Commitment), RT (Relational Turbulence), ITBU (Intention To Break Up), SD (Standard Deviation)



5.0 Discussion

This study sought to investigate how cell phone snooping among romantic partners influences their level of intent to break up from such relationship. With cell phone snooping as a predictor in the study, we sought to look into how cell phone snooping influences low relational commitment as well as relational turbulence. Using a sample of individuals who are currently in a romantic relationship, the study makes new and significant findings to the limited existing literature in the area of partner cell phone snooping Arikewuyo, Eluwole, and Ozad (2021). As predicted, cell phone snooping is a significant and strong predictor on intention to break up in a romantic relationship. This may infer that cell phone snooping has quite a strong and negative outcome in a romantic relationship because an intention to break up in a relationship indicates that the individuals involved have reached a breaking point in the relationship. Also, it may indicate that the cell phone snooping as an activity may influence either of the partners thereby reducing the level of satisfaction the individuals experience and therefore, result to an intention to break up.

In addition, findings in the study confirm that cell phone snooping significantly predicts low commitment in romantic relationships. This may arise when individuals involved engage in frequent relational conflicts, or when the individual who snoops discovers certain unpleasant contents on their partner's cell phone, thereby eroding trust in the relationship which will most likely influence the level of commitment. Also, cell phone snooping was significant in predicting relational turbulence. Though Theiss (2006) asserts that relational turbulence is most common during transitions, this study further adds that romantic relationship turbulence is also bound to occur when a relationship is stable. Though individuals in this study are mostly in the dating stage, their current phase is bound to become highly turbulent when individuals involved engage in snooping each other's cell phone.

Furthermore, the study makes significant findings as it asserts that low relational commitment significantly predicts intention to break up. This is quite an interesting finding as it indicates that once an individual is not entirely or significantly committed to a relationship, it tilts the relationship towards break up. For instance, individuals who have no much regard or value for their relationship based on their commitment level will not care if the relationship stabilises or not, as such, it indicates a break up may be imminent. Relational turbulence was also found to predict an intention to break up in the relationship. For instance, during the period of turbulence in a relationship, the level of communication among partners will most likely be quite low, thereby influencing the initiation of a break up in such relationship. Also, turbulence involves relational uncertainties which will strongly predict an intention to break up (Eluwole, Arikewuyo, Lasisi, Arikewuyo, & Adeyemi, 2021). For example, an individual may begin to have doubts about the existence or extent of love in the relationship, and once uncertainties set in, break up may become imminent.



One of the interesting findings in this study is revealed by the results of the mediation tests carried out in the research. Results indicate low relational commitment is a significant but partial mediator between cell phone snooping and intention to break up. As such, the higher the visibility of low relational commitment in a relationship, the higher the chances cell phone snooping will influence intention to break up. This indicates that individuals need to be cautious of their commitment in a relationship. In addition, results indicate relational turbulence also influences the level at which cell phone snooping predicts intention to break up. Just as commitment, relational turbulence was a significant and partial mediator between cell phone snooping and intention to break up. For instance, the more individuals experience turbulence or uncertainties in their relationship, the higher cell phone predicts intention to break up (Arikewuyo, Eluwole, Dambo, & Abdulbaqi, 2021). For instance, when an individual becomes uncertain about their partners or their relational stability, they will most likely look after the activities of their partner which may involve snooping, thereby leading to intention to break up.

6.0 Conclusion

This research through its different approaches has been able to make contributions to literature, most especially in its specific targets. The study has been able to assert that cell phone snooping has an effect on the stability or otherwise of a relationship which may thereafter lead to an intended break up. Future studies may look into the issue of cell phone snooping through a dyadic perspective so as to look into how both partners involved in a particular relationship measure cell phone snooping in a relationship.

7.0 Acknowledgement

I wish to acknowledge Dr. Halima Arikewuyo for her push, commitment towards the paper and conference. I also wish to appreciate my research assistants Glory Aremu and Preye Campbel for their assistance in the completion of this research.



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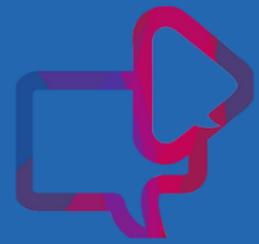
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