

**CORRELATION OF SOCIAL MEDIA ADDICTION AND DOMESTIC
VIOLENCE IN EGOR COMMUNITY, EGOR LOCAL GOVERNMENT
AREA, BENIN CITY**

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CERTIFICATION

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DEDICATION

I dedicate this project to God Almighty, the pillar and planner of my life, the ruler of the universe and custodian of great wisdom for the grace bestowed unto me for successful completion of this project

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CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

In the contemporary digital era globally, social media has become an integral part of daily human interactions, especially among young adults and the middle-aged individuals. Platforms like Facebook, WhatsApp, Instagram, TikTok, and X (formerly Twitter) are frequently used for communication, entertainment, and information sharing. While these platforms offer numerous advantages, their overuse has been linked to addictive behaviors that may negatively affect interpersonal relationships and mental health (Kuss & Griffiths, 2023). In Nigeria, particularly in Edo State, the upsurge of smartphones and internet access has amplified social media usage, with increasing concerns about its consequences on family cohesion and domestic behavior.

Social media addiction is characterized by excessive concern with social networking platforms, driven by an uncontrollable urge to use them, and devoting so much time and effort to them that it interferes with other important areas of life (Andreassen, Torsheim, Brunborg, & Pallesen, 2022). Individuals suffering from this form of behavioral addiction often experience mood modification, salience, tolerance, withdrawal symptoms, conflict, and relapse, similar to other forms of addiction. In the context of family life, such addictive behaviors may contribute to neglect of responsibilities, emotional

disconnection, jealousy, and conflicts, especially among spouses and intimate partners (Alabi, 2019).

Domestic violence, defined as any form of abusive behavior in a family or intimate relationship setting, includes physical, emotional, psychological, sexual, and financial abuse (World Health Organization (WHO), 2023). In Edo State, like many parts of Nigeria, domestic violence remains a pressing social issue, often underreported due to cultural stigmatization, economic dependency, and institutional weaknesses. Emerging research suggests that digital technology, particularly social media, may play a role in escalating tension within households by triggering infidelity suspicions, online harassment, or neglect of family obligations (Okafor & Osakinle, 2018).

The intersections between social media addiction and domestic violence is an area that has received limited scholarly attention, particularly within the Nigerian context. However, anecdotal evidence and media reports in Egor, Edo State suggest a growing concern among family counselors, religious leaders, and community-based organizations about the role of uncontrolled social media usage in fuelling domestic disputes and violence. For instance, there have been reports of marital breakdowns linked to suspicious online interactions or excessive social media engagement (Ekanem & Okon, 2020).

The psychological and emotional toll of social media addiction may lead to increased irritability, stress, and communication breakdown in intimate relationships, hence creating an enabling environment for violence to occur. Addicted individuals may become withdrawn from their partners or children, leading to feelings of neglect and resentment (Kircaburun & Griffiths, 2019). This dynamic may be particularly pronounced in low- and middle-income households where external stressors such as unemployment, financial strain, and societal expectations already challenge family stability.

In Egor, Edo State, there is a critical need to understand how social media behaviors contribute to patterns of domestic violence, particularly among young couples and urban households. As internet penetration continues to rise, understanding the psycho-social implications of digital behavior becomes essential for developing effective interventions. This requires empirical investigation into the patterns of usage, behavioral responses, and domestic outcomes associated with social media addiction.

Furthermore, the cultural context of Egor in Edo State, where patriarchy and gender inequality often silence victims of domestic violence, must be considered in analyzing the relationship between social media use and violent behavior. Victims may be reluctant to report abuse triggered by social media-related issues due to shame, fear of retaliation, or lack of institutional support (Ajayi, 2016). Hence, this study also aims to highlight the

gendered dimensions of the problem. There is a gap in literature regarding empirical studies that link behavioral technology addiction with domestic violence in Nigeria. This study seeks to bridge that gap by focusing on Egor in Edo State as a case study. It therefore seeks to explore the connection between social media addiction and domestic violence in Egor, with the aim of informing local policy, raising public awareness, and recommending practical strategies for prevention and rehabilitation.

1.2 Statement of the Research Problem

In recent years, the rise in social media usage has significantly altered the communication patterns, social interactions, and lifestyle choices among individuals in Nigeria, including residents of Egor Local Government Area in Edo State. While these digital platforms offer convenience and access to global information, their misuse has given rise to behavioral issues such as social media addiction. This form of addiction often results in excessive screen time, neglect of real-life responsibilities, emotional detachment, and psychological distress (Kuss & Griffiths, 2023). In Egor, anecdotal reports and counseling records have begun to highlight a disturbing trend where social media dependency contributes to conflict within homes, especially among young couples.

The consequences of social media addiction in domestic settings are multifaceted. In Egor, households are increasingly experiencing tension due to suspicions of infidelity initiated through online interactions, neglect of family duties, emotional withdrawal, and

communication breakdowns. These issues often escalate into verbal abuse, psychological aggression, and in some cases, physical violence (Okafor & Osakinle, 2018). Despite this growing problem, there is a noticeable lack of empirical data specific to Egor that examines how social media addiction correlates with domestic violence. As such, many incidents go unaddressed, with victims, mostly women, left without adequate support systems or awareness of their rights (Ajayi, 2016). Furthermore, cultural norms and gender dynamics prevalent in Egor may inhibit open discussions about the impact of digital behaviors on family wellbeing. Many victims of domestic violence linked to social media misuse are reluctant to report abuse due to fear of stigma or retaliation. In the absence of targeted studies and interventions, the cycle of addiction and violence continues, affecting not only couples but also children and extended family members.

1.3 Aim and Objectives of the Study

The main aim of the study is to examine the correlation of social media and domestic violence in Egor community, Egor Local Government area of Edo state. The specific objectives are to;

1. examine the prevalence of social media addiction among residents of Edo State.
2. investigate the relationship between social media addiction and the incidence of domestic violence in Edo State.

3. identify the common types of domestic violence associated with excessive social media use.
4. assess the level of awareness about the psychological and social risks of social media addiction among couples.

1.4 Research Questions

The research questions that will guide the study is as follow

- i. What is the prevalence of social media addiction among residents of Egor in Edo State?
- ii. What is the relationship between social media addiction and the incidence of domestic violence in Egor?
- iii. What are the most common types of domestic violence associated with excessive social media use?
- iv. What is the level of awareness among couples regarding the psychological and social risks of social media addiction?

1.5 Significance of the Study

The significant this study upon completion will help understand how excessive social media use contributes to misunderstandings, jealousy, and emotional disconnection in households can shed light on its role in domestic violence. In Egor, where mobile phone

and internet usage are rising, this insight is crucial for addressing modern forms of interpersonal conflict. Investigating this issue helps increase public understanding of the psychological and relational dangers associated with social media overuse. Educating residents of Egor about the signs and risks of digital addiction and its potential to fuel domestic strife can foster more conscious media consumption.

Findings from such a study can inform local government and NGOs in Egor on the need to create social media literacy programs, digital detox campaigns, and domestic violence prevention initiatives tailored to the community's cultural and technological context. By identifying patterns between social media addiction and domestic abuse, the study can help design effective counseling and support services for affected individuals, especially women and youths, who may suffer from both online and offline abuse. The study encourages the development of healthier family dynamics and interpersonal communication in Egor by advocating for balanced digital usage. It emphasizes the need for emotional intelligence and boundaries in relationships strained by online influences.

1.6 Scope of the study

The scope of this study focuses on investigating the relationship between social media addiction and domestic violence Egor Local Government Area of Edo State, Nigeria. It seeks to explore how excessive use of social media platforms, such as Facebook,

WhatsApp, Instagram, and TikTok contributes to conflicts, emotional neglect, mistrust, and ultimately domestic violence in households.

CHAPTER TWO

LITERATURE REVIEW

2.1 The Concept of Domestic Violence

Domestic violence has several definitions because the concept is perceived as individualised. Many specialists have sought to define or explain it, albeit with small variances. Nevertheless, all definitions indicate that domestic violence is a kind of familial dysfunction which has negative effects both on victims and the society at large. According to Ekweonu (2020), domestic violence refers to the pervasive violation of individual's fundamental human rights in a particular marriage or cohabitation. The author further clarified domestic violence to be in various forms like sexual, physical, and emotional, causing lasting damage to the victims.

In the view of Ali, Dhingra, and McGarry (2016), domestic violence happens between individuals who share an interpersonal relationship. Olaseinde and Ogwuche (2022) explain domestic violence, which also referred to as domestic abuse, spousal abuse, battering, family violence, dating abuse, and intimate partner violence (IPV), as a pattern of behaviours involving the abuse of one partner against another in an intimate relationship, such as a marriage, partnership, dating, or within the family. This is in line with Paulino (2017), who opines that the irony of domestic violence is that it occurs mainly between family members in a domestic setting, those who are related by blood or share some form of intimate connection. For example, domestic violence occurs between couples, siblings, parents and children, guardians and children, and extended relatives.

Huecker, King, Jordan, and Smock (2022) further explain that domestic violence can be physical, psychological, sexual, and emotional. Psychological or emotional domestic violence involves threats, intimidation, criticism, and other acts demonstrated by the abuser to degrade self-esteem and worth of one, while physical abuse involves visible attacks on victims (Paulino, 2017). On the other hand, sexual abuse, the most common form of violence against society, involves forced engagement in sexual acts against the victim's free will (Ligiero et al., 2019). Although used interchangeably, Domestic Violence and Intimate Partner Violence are two distinct phrases with distinct meanings. According to Moorer (2021), while Domestic violence occurs within a home and between any two people in that household (a couple, a parent and a child, between siblings, or even roommates), intimate partner violence (IPV) occurs only between romantic partners, whereby one intimate partner, whether current or previous, creates dominance and control over another intimate partner. These partners may or may not share a household. This dominance and controlling behaviour include physical or sexual aggression, or financial, emotional/psychological, cultural, spiritual, and reproductive abuse (Moorer, 2021).

Domestic violence is a severe problem that disrupts the peaceful coexistence of individuals in relationships, particularly close partnerships. Although domestic violence has existed for decades, there has been a rise in its frequency, internationally, which has led to studies on how to address the issue (Kolbe & Büttner, 2020). They further state that

no one is immune to the risk of domestic violence, whether rich or poor, black or white, male and female, and old or young. Adekoya and Olaseinde Fayomi (2020) however state that domestic violence against women is still prevalent and more generally researched probably because domestic violence against men is often treated with levity as victims are not certain of justice. (Adekoya & Olaseinde-Fayomi, 2020).

Wallace, Wallace, Kenkre, Brayford, and Borja (2019) also state that the failure to view men as victims have limited reportage, visibility, and support to victims, and that these are the reasons domestic violence against women gets more attention than violence against men which are perpetrated by women. Wallace et al. (2019) further argue that this affects men's access to help when they seek it and hinders their attempt to leave abusive relationships. Men often report disbelief, ridicule and how organisations that were meant to help mocked them for their experiences and even suggested that they somehow, were responsible for the abuse. Enakele (2019) also opines that domestic violence against men has remained largely unreported due to shame and fear, which has resulted into silence. This is why Hine (2022) says that men tend to take the blame for their victimisation than women because it is not always labelled what it is.

2.2 Social media addiction

The media as a social force is expected to serve as the voice of the voiceless, oppressed, and the less privileged, passing information through newspapers, radios, and social media pages like WhatsApp, Twitter (X), Instagram and Facebook (Meta). This is why Metaj-

Stojonova (2017) states that the media is responsible for increasing the public's knowledge of violence and challenging its stance in our society. Kim, Wang, and Oh (2016) state that the media, particularly news media, have so much influence that they can determine how news consumers perceive critical societal issues. This implies that, how the media report problems determine the public's perceptions of and reactions to such problems. This underscores the power which the media hold over the public. Ekweonu (2020) also states that the media assist in shaping and manipulating public opinions and discussions on matters relating to violence, rape cases, molestation, as well as mistreatment of any kind, thus increasing the emphasis placed on those crimes, and challenging the so-called traditional rites and societal beliefs about women. Therefore, if domestic violence cases are presented casually, the audience tends to underrate the news and ignore it. However, if the message is passed with emphasis on the deeds done, the lasting effect it has on the victims, and the dangers to society, it can draw significant attention.

There is therefore no doubt that the media have a fundamental role in assisting the voiceless victims in attaining justice. Anisur and Najawa (2022) however state that the media do not effectively report domestic violence against men because the media framing of domestic violence reduces the chances of the man being portrayed as the victim and justifies the actions of the female perpetrator as self defence. It is no gainsaying that domestic violence can happen to both men and women as Thomas (2015) notes that

domestic violence knows no boundaries to race, educational level, or ethnicity. It is a general problem that has matured from a social issue to a public health concern.

However, there has been much focus on domestic violence against women while little has been done on women who are perpetrators. Asekun Olarinmoye, Asekun-Olarinmoye, Adebimpe, and Omisore (2019) discover that very few crimes were reported where men are victims of domestic abuse and even fewer of such cases were highlighted in the media. This has given female abusers some sort of leniency despite the public's zero tolerance for any kind of abuse, portraying the abuse as self defence. This is why men in African countries such as Egor, Nigeria are less likely to admit that their female partners are violent towards them because men are thought to be strong and invulnerable (Asekun-Olarinmoye et al., 2019). Given that there are only a few research on the reportage and framing of domestic violence against men, this study assesses the new media, specifically, social media framing of domestic violence against men in Nigeria through the review of extant literature.

2.3 Domestic Violence against Men in Nigeria

Domestic violence against women has been the subject of many pieces of research and reporting worldwide, a situation that has made domestic violence against men receive far less attention. Olaseinde and Ogwuche (2022) highlight several factors that have made domestic violence against men receive less attention than domestic violence against women and children. These factors include; low self-esteem, lack of courage, emotions of

helpless embarrassment, fear of failure, and stigmatization which impede them from reporting violence against them. Hine, Bates, and Wallace, (2022) opine that domestic violence occurs due to men's desire to dominate and control; a misconception that emanates from history and other socially constructed emphasise patriarchal values that and facilitate male dominance. Unfortunately, this misconception has given rise to a gendered paradigm, that is, domestic violence stereotype, which influences literature to describe domestic violence as abuse perpetrated by men against women, while excusing female violence as an action done in self-defence.

Politics Nigeria Newspaper (2023) reports that Lagos state had 340 cases of wives beating their husbands to submission as of 2022. According to the report, there was a rise in domestic violence against men throughout the year as 340 men reported to the Lagos Domestic and Sexual Violence Agency (DSVA), that their wives had abused them between September 2022 and July 2023. This was more than twice the 140 cases that were recorded between September 2021 and July 2022. The report further states that domestic violence occurred in the evening, while Sexual Violence occurred mainly in the afternoon. In all, the trend for 2023 cases of sexual and gender-based violence (SGBV) received for adults, including males and females, showed a sharp increase in reportage of the issue in September 2022 and July 2023 (Politics Nigeria Newspaper, 2023).

2.4 The Effect of Social Media Presentation on Domestic Violence

Liu, Xue, Zhao, Wang, Jiao, and Zhu, (2021) argue that as a result of the use of social media to present domestic violence cases, researchers have a tool through which they can gather data to conduct studies on or to make inquiries into pieces of research based on domestic violence cases. Furthermore, they argue that due to social media, the research gap found in the insufficiency of current studies that can provide direct, accurate, and reliable evidence on the impacts of domestic violence on mental health, can be closed. According to Subramani and O'Connor (2017), the capacity of social media platforms to present domestic violence can help to impact the testimony of victims as victims post about their abuse. Conversely, the abuser may also use social media to discredit the testimony of the victim. Either way, the social media presentation of domestic violence can significantly impact the outcome of domestic violence cases for both the victims and the abuser.

Panyandee (2022) states that many victims of domestic violence can turn to social media to connect with others draw strength and seek assistance from others who may understand their situation. Furthermore, there are many features across social media that serve as internet resources which victims may utilise without the fear of being found out by their abusers. For instance, Reddit, a social media website with subforums became a good place where victims turned to for assistance (Subramani & O'Connor, 2018). Additionally, domestic violence organisations also utilise code words and phrases on

their social media platforms to nudge abuse victims to seek help. For instance, they issued a statement on their Facebook page inviting anybody who needed assistance with cake recipes to contact them immediately, when asked about the pineapple incident, the poster claimed they know how to call the police or other resources to assist victims. On social media platforms such as Snapchat, refuge services were

Other features of Snapchat such as user-to-user interactions also allows users to send each other brief messages either through videos, photographs, or text dialogues. Hence, domestic violence uses these features to either anonymously provide evidence or reach out for assistance. Panyandee (2022) also notes that due to fear, many victims of domestic violence find it hard to report to authorities. Hence, many have turned to social media sites to seek help and they have received help while remaining anonymous. This mode of helping domestic violence victims is further facilitated by features of social media platforms such as Instagram, specifically the “Vanish Mode,” which allows users to exchange messages without the risk of detection or tracing.

2.5 Effect of Social Media Framing on Domestic Violence against Men in Nigeria

Several pieces of research have been conducted on the effect of media framing on the audience’s perception of domestic violence against men. Among such studies is one from Adekoya and Olaseinde-Fayomi (2020) which aims to understand the kinds of meaning the public attaches to social media frames of domestic violence. Using secondary data from domestic violence stories on social media pages found using hashtags, the research

confirmed that framing affected how the audience interpreted and made meaning of domestic violence issues. It found that social media frames were positively associated with the negative ramifications for male victims, the perpetrator, and the social media platform which such news is disseminated from.

The lackadaisical attitude of the society towards domestic violence against men is one which is highlighted by Asekun-Olarinmoye et al. (2019) in a quantitative research, *Myth and Reality of Domestic Violence against Men*. Their research posited that public awareness on domestic violence against men is not widespread; therefore, many are in the dark on the issue. Although there is an increase in awareness, it has not become an acceptable one. The reasons for this are not far from the societal perception of masculine responsibility.

Nwachukwu and Affen (2019) also opine that the media plays a paramount role in shaping audience perception of domestic violence against men in Nigeria, using women in Port Harcourt, Rivers State as a case study. The research focused on entertainment media and suggested that the way domestic violence is framed in Nollywood movies in Nigeria often portrays men as violators and oppressors of women. This explains why there is an increase in the defensive-aggressive behaviour of many females who are the audience of Nollywood moves (Nwachukwu & Affen, 2019). A sample population of 384 residents of the Port Harcourt City Local Government Area with an estimated 3,171,076 residents was selected using the Krejcie and Morgan table. The findings of the study

revealed that women who were significantly exposed to domestic violence content were more likely to display aggressive behaviour which increases the risk of the men facing domestic violence.

In different research, Olaseinde and Ogwuche (2022) analyse audience perception of how television media portrays domestic violence against Nigerian men. Employing qualitative methods, the researchers obtained data from 200 participants using the multi-stage sampling technique from four local government areas of Abeokuta in Ogun State Nigeria with a total population of 793, 681. From the findings, the respondents were significantly exposed to domestic violence content on television and as a result of this level of exposure, there had been a shift from men being perpetrators of domestic violence to women violating their husbands. Furthermore, the research found that there is an inadequate portrayal of violence against men in television media. Therefore, this form of mass media played a significant part in the negative representation and perception of men despite being victims of domestic violence.

Asekun-Olarinmoye et al. (2019) also reveal in a quantitative research that many people were unaware that men experienced domestic violence in Nigeria. The research further posited that domestic violence against men was a reality in Nigeria through scrutiny of media content. The research found that in as much as there were cases of domestic violence against men in Nigeria, public awareness of the issue was scanty. Chuka and Ngwube (2018) note that the media can positively affect the fight against domestic

violence in Nigeria as they can spread news rapidly and to a large portion of the population at once. Using the descriptive survey design (Key Informant Interview and Domestic violence questionnaire) to collect data and the qualitative content analysis method to analyse collected data, the researchers recommended numerous ways that media could help with a focus on its rapidity and outreach.

Godfree (2022) reveals that in Nigeria, a general perception that is propagated by both religion and culture is that women are weaker and lesser than men who are viewed as superior, hence, men are likely to turn to employ the use of force. However, the research highlighted that more recent dynamics are contradicting these long-held ideologies. It was revealed that many women are now dominating men in Nigeria and men have gradually lost the so-called dominance that society has bestowed upon them for ages. The research aimed to provide proof that domestic violence against men was very much in existence in Nigeria (Godfree, 2022). It also took cognisance of third parties besides spouses and the role they play in perpetuating domestic violence against men. Olaseinde and Adekoya (2021), analysed cognitive disposition of individuals from Ogun State, Nigeria based on the social media framing of domestic violence against men. Their work, Social media among couples in Ogun state, was carried out using methods which encompass descriptive analysis and regression analysis of surveys and questionnaires. This was administered on 813 young couples selected out of the 3060 couples registered in the three senatorial districts: Sagamu, Abeokuta South, and Yewa South in Ogun State.

Their research found “that increase in social media framing of domestic violence using conflict frame, morality frame, and economic frame lead to increase in young couples' cognitive disposition towards domestic violence... (and) increased social media framing of domestic violence using thematic/episodic/attribution of blame frame and human-interest frame will reduce young couple cognitive disposition towards domestic violence”. However, their research was focused on a single state in Nigeria. Therefore, necessitating the need to interrogate the other 35 states as well as the Federal Capital territory.

Hanson and Lysova (2021) conduct a media research on intimate partner homicide (IPH) to understand how men are perceived as victims of domestic violence from their partners. The research used systematic review methods to select 203 English language news articles that highlighted cases of IPH where males were victims and females were perpetrators in 2019. Data were analysed using thematic analysis and the research identified two major themes; “doubting the victim (who is the victim?) and victim recognition (“he didn’t deserve this”)” (Hanson and Lysova, 2021, p.1). These findings reflected that despite being the victims of female perpetrated IPH, they were often blamed for their victimisation, and the population of male victims was represented as illegitimate and non ideal victims in the news media.

2.6 Prevalence of Social Media Addiction Among Residents of Edo State

Social media have emerged as a near-ubiquitous aspect of everyday life in the cyber age. As of July 2025, there were about five billion active social media users worldwide, with more than half of them being users of Facebook (Kemp, 2025; Statista, 2024). Social media enable people to make new friends and maintain contacts with existing social network members without geographical or time constraints but problematic use can impair users' psychosocial functioning and well-being. For instance, some individuals are so engaged in Instagram that they feel distressed when they are unable to use it during work. Such misuse is widely referred to as social media addiction (Hussain & Starcevic, 2020).

Since Facebook's launch in 2004, myriad studies have investigated Facebook addiction and its association with problems in various life domains such as academic/work and interpersonal relations (Elhai, & Montag, 2020). For symptom assessment, some researchers have adapted existing validated measures of Internet addiction by altering the context from "Internet" to "Facebook" or "social media" (e.g., Glass, Li, & Pan, 2014), whereas others have constructed new sets of items specifically designed to assess the symptoms of social media addiction and compiled them into measures, such as the Facebook Intrusion Questionnaire and Social Media Disorder Scale. The Bergen Facebook Addiction Scale is by far the most widely used measure of social media addiction (Duradoni, Innocenti, & Guazzini, 2020). With reference to both diagnostic criteria and conceptual frameworks of behavioral addiction, the scale assesses six core

components: salience, tolerance, mood modification, relapse, withdrawal, and conflict. Each of these components consists of three items, yielding a total of 18 items in the full version of the BFAS. A brief 6-item version was created by selecting the item with the highest factor loading in each of the six components. With the emergence of more popular social media applications (e.g., Instagram, Twitter), many individuals now have more than one social media account. Accordingly, the BFAS was modified to expand the scope of inquiry from Facebook to multiple social media applications. Both the BFAS and modified Bergen Social Media Addiction Scale (BSMAS; Andreassen, Pallesen, & Griffiths, 2017) display good psychometric properties (Andreassen et al., 2017, 2012). Prevalence studies have adopted the validated BFAS and BSMAS as screening tools to identify individuals with social media addiction (Çakici, Babayiğit, Karaaziz, & Cumhuri, 2020; Khumsri, Yingyeun, Manwong, Hanprathet, & Phanasathit, 2015). A review of the literature reveals considerable between-study variability in prevalence rates, with some reporting single-digit rates (e.g., Marcial, 2013; Wang, Sigerson, & Cheng, 2019), and others reporting more than 40% of respondents to be classified as social media addiction (Busalim et al., 2019). Such wide variations make it difficult for scholars, mental health professionals, and policymakers to gain an accurate understanding of how widespread this emergent problem is and/or to draw concrete conclusions for guiding intervention design or policy formulation. A close examination of individual studies using the BFAS and BSMAS reveals considerable differences in the classification

schemes adopted to distinguish individuals with social media addiction from those without. With reference to the screening method for gaming disorder recommended two schemes: a more liberal polythetic classification with a cutoff of 3 (the mid-point of a 5-point scale) on at least two-thirds of items, and a more conservative monothetic classification with the same cutoff on all items. Some scholars consider endorsement of the mid-point to be too liberal, and have thus advocated for the use of strict monothetic and polythetic classifications with a cutoff of 4 (Gul, Yurumez Solmaz, Gul, & Oner, 2018; Pontes, Taylor, & Stavropoulos, 2018). Other researchers use another different cutoff score in their case classifications. For instance, B'anyai et al. (2017) proposed a cutoff of 19 (out of a sum score of 30) based on the findings of their latent profile analysis. Given that several classification schemes with distinct cutoffs have been proposed, the present meta-analysis aimed at synthesizing the available data on the prevalence rates derived from a variety of classification schemes.

As social media addiction is an emergent problem that has raised public concern globally, prevalence studies have been conducted in many different countries. The BFAS and BSMAS have been translated into multiple languages, such as Chinese (Leung et al., 2020), Persian (Hosseini, Momeni, Vatanparast, Hosseinzadeh, & Rabani, 2020), Polish (Błachnio & Przepiorka, 2016), and Turkish. Cross-cultural theories postulate that individuals from different countries hold distinct cultural values that influence their thoughts and behaviors, with individualism (vs. collectivism) being the most fundamental

and pervasive dimension of national culture. Members of individualist countries are prone to viewing themselves as separate from others, whereas those of collectivist countries tend to view themselves as an integral part of their social networks. A recent cross-cultural study indicates that compared with individuals with an independent self-construal, those exhibiting an interdependent self-construal tend to be more vulnerable to the fear of missing out (Dogan, 2019), which is a major predictor of social media addiction (e.g., Fabris, Marengo, Longobardi, & Settanni, 2020). As members of individualist countries are characterized by an independent self-construal (Cheng et al., 2011), we posited that social media addiction prevalence rates may differ by cultural individualism, with higher rates in collectivist (vs. individualist) countries. cultural individualism, with higher rates in collectivist (vs. individualist) countries.

2.7 The Relationship Between Social Media Addiction and the Incidence of Domestic Violence in Edo State, Nigeria

The advent of digital technology has revolutionized human interaction, especially through social media platforms like Facebook, WhatsApp, Instagram, and TikTok. In Nigeria, and specifically in Edo State, the widespread use of smartphones has made these platforms accessible to a broad segment of the population. While social media offers numerous benefits such as connectivity, entertainment, and business opportunities, its excessive and addictive use has begun to raise concerns about its potential impact on

personal and family relationships. One area of increasing focus is its contribution to the incidence of domestic violence.

Social media addiction is characterized by excessive concern with social networking sites, to the detriment of other aspects of life. It includes compulsive checking of notifications, prolonged screen time, and anxiety when disconnected (Kuss & Griffiths, 2017). In Edo State, as in many parts of Nigeria, this behavior is increasingly observed among young adults and married individuals, leading to neglect of domestic responsibilities and interpersonal relationships.

Domestic violence refers to any abusive behavior used by one partner to control or dominate another within an intimate relationship. It may be physical, emotional, psychological, sexual, or economic (World Health Organization [WHO], 2021). Nigeria has a high prevalence of domestic violence, and Edo State is not exempt. Cultural beliefs, economic instability, and poor conflict-resolution strategies contribute to the persistence of this issue.

Several studies suggest that social media addiction may exacerbate domestic violence through a variety of mechanisms. One significant factor is emotional neglect. When individuals prioritize virtual interactions over physical family connections, their partners may feel ignored, undervalued, or unloved, potentially leading to conflict and violence (Andreassen et al., 2016). Moreover, jealousy and mistrust often arise from online

interactions. When one partner suspects infidelity due to suggestive posts or interactions with members of the opposite sex, arguments may ensue. In some cases, accusations of digital infidelity escalate to physical abuse. Muise, Christofides, and Desmarais (2009) noted that Facebook-related jealousy is a significant predictor of relationship dissatisfaction and violence.

Digital surveillance and control are also common among partners in Edo State. Some individuals demand passwords or monitor their partner's social media activities to assert dominance or quell insecurities. These behaviors can provoke verbal and physical retaliation, particularly when boundaries are crossed or when one partner feels violated or accused unjustly (Deans et al., 2022). The addictive nature of social media also fosters communication breakdown. Couples spend less time engaging in meaningful conversations, reducing opportunities for conflict resolution and emotional bonding. This disconnect can fuel tension and increase the likelihood of misunderstandings that lead to domestic violence. Another dynamic is the public display of relationship issues, where one partner vents online or posts derogatory content. This public shaming can provoke feelings of betrayal and humiliation, sometimes leading to violent confrontation. The rise of cyberbullying and digital harassment within intimate relationships has been documented as an emerging form of domestic abuse (Hertlein & Stevenson, 2010).

Social media can also reinforce toxic gender norms and violent ideologies, especially when users consume content that normalizes aggression, dominance, or control in relationships. Some men in Edo State, influenced by traditional and online narratives, may feel threatened by a woman's increasing online visibility or autonomy, prompting efforts to reassert control through abuse. Mental health implications of social media addiction such as anxiety, depression, and impulsivity can reduce a person's ability to manage conflict constructively. Hormes (2016) found that excessive social media users often experience heightened irritability and poor emotional regulation, both of which are linked to aggressive behavior in domestic settings. Furthermore, economic abuse may emerge when addicted users engage in online scams, gambling, or waste household funds on digital content. Financial mismanagement often leads to domestic disputes, especially in low-income households where resources are scarce.

To mitigate these risks, there is a need for awareness campaigns in Edo State focused on digital wellness and healthy relationship practices. Marriage counseling, digital literacy programs, and community-based interventions can help families manage their social media use and resolve conflicts non-violently. Also, the legal system should recognize and prosecute technology-facilitated domestic abuse. the relationship between social media addiction and domestic violence in Edo State, Nigeria, is multifaceted. While social media itself is not inherently harmful, its addictive use can trigger emotional, psychological, and relational challenges that increase the risk of violence in the home. A

proactive approach involving education, regulation, and support services is essential to address this emerging social issue.

2.8 Awareness about the Psychological and Social Risks of Social Media Addiction Among Couples

Awareness about the psychological and social risks of social media addiction among couples in Egor, Nigeria is growing but remains insufficient, especially in semi-urban and rural communities. While many individuals use social media for communication and entertainment, few recognize the deeper consequences of excessive use on marital and relational health. Psychologically, social media addiction can lead to increased anxiety, depression, and emotional detachment between partners (Uche & Adeyemi, 2021). Constant comparison with others online also fuels dissatisfaction and low self-esteem within relationships (Akinlolu & Ogunlade, 2020).

Socially, couples who spend excessive time on social media often experience reduced quality time together, miscommunication, and trust issues, which can lead to long-term relational instability (Nwachukwu & Bello, 2022). Despite these issues, awareness campaigns on the topic are limited, and most interventions are not relationship-focused. Cultural norms in Nigeria also sometimes prevent open discussions on marital challenges, which further reduces awareness and timely intervention (Eze & Abubakar, 2023). Greater public education through community outreach, counseling centers, and digital

literacy programs is needed to address the risks associated with social media overuse among couples. Promoting digital boundaries and mindfulness in social media use can help mitigate these risks and foster healthier relationships. Social media addiction among couples in Nigeria poses significant societal risks, including the breakdown of communication, increased marital conflicts, and the erosion of traditional values. Excessive use of platforms like Facebook, Instagram, and WhatsApp has been linked to emotional disconnection and reduced intimacy between partners. This often leads to suspicion, jealousy, and infidelity due to unchecked online interactions (Okon & Uduak, 2021). Additionally, social media addiction contributes to declining face-to-face interactions and quality time, which are vital for maintaining healthy relationships (Adeoye & Adefemi, 2020). The growing trend also threatens the fabric of family unity, potentially leading to separation or divorce, especially when one or both partners prioritize virtual engagement over real-life responsibilities (Olaoluwa & Eze, 2022). Moreover, the public display of personal and marital issues online, common among addicted users, exposes private matters to societal scrutiny and ridicule. This can escalate misunderstandings and bring about social stigma, especially in conservative Nigerian communities. Ultimately, the societal structure is strained when family stability—considered the cornerstone of society—is compromised by the addictive behaviors encouraged by social media use (Chukwuma & Ebuka, 2023).

2.9 Theoretical Framework

This study is anchored on the Cultivation Theory which was developed by George Gerbner in the 1960s. Cultivation Theory posits that long-term exposure to media messages can shape individuals' perceptions of social reality, influencing their attitudes, beliefs, and behaviors. In the context of this study, Cultivation Theory provides a lens through which to understand the potential influence of social media on attitudes and behaviors related to domestic violence among Egor Local government area of Edo state Nigeria (Obert-Hong, 2019). The theory suggests that repeated exposure to media content, such as social media posts and discussions about domestic violence, can contribute to the cultivation of certain beliefs and perceptions about this issue. Moreover, the theory suggests that individuals who are heavy users of social media platforms may be more likely to perceive domestic violence as a prevalent and normal occurrence in society (Ahmad, et. al., 2019). They may also develop a distorted view of gender roles, power dynamics, and the acceptability of violence within relationships (Bustamante, et al., 2019). Conversely, Bail, et. al. (2018) reported that individuals with limited exposure to social media content related to domestic violence may hold different attitudes and beliefs. Therefore, by applying Cultivation Theory to this study, the researcher aims to explore the relationship between social media addiction and domestic violence among people in Egor Local government area.

Additionally, Cultivation Theory provides a Lense in understanding the role of engagement with social media content related to domestic violence. By examining the types of engagement, such as liking, commenting, sharing, or posting about domestic violence, we can assess the extent to which individuals actively participate in the cultivation process and potentially reinforce or challenge prevailing beliefs and thus contribute to a deeper understanding of the impact of social media on attitudes and behaviors related to domestic violence among Egor Local Government. In the context of the study, social media exposure was assessed in terms of Frequency of social media use (Measure how often individuals use social media platforms), Duration of social media use (Assess the amount of time individuals spend on social media platforms) Types of social media platforms used (Identify the specific platforms individuals use, such as Facebook, Twitter, Instagram, etc.), and Engagement with social media content (Explore how actively individuals interact with social media content, including liking, commenting, sharing, or posting about domestic violence-related topics).

CHAPTER THREE

METHODOLOGY

Preamble

This chapter is concerned with the various methods and procedures that would be used in the study. It is presented under the following subheadings; Research Design, Population of the Study, Sample and Sampling Techniques, Research Instrument, Validity of the Instrument, Reliability of the Instrument, Method of Data Collection, Method of Data Analysis

3.1 Research Design

The descriptive survey research design is selected for the study. This is because the research design focuses on the collection, organization, analysis and interpretation of data of a given population. It also involves seeking people's opinion about a particular phenomenon under study.

3.2 Population of the Study

Population of study refer to the objects of study. The population of the study will covers Egor. In Egor Local Government Area of Edo State, Nigeria, with its headquarters in the town of Uselu. It is part of the larger metropolitan area of Benin City, covering an area of 93 km² and having a population of 339,899 National Population Census (2006)

3.3 Sample Size and Sampling Techniques

A sample is a segment of population (Mbachu 2016). It is said to be the representation of the total population. Information collected from the sample are analyzed and is used for the purpose of generalization. The sample size determines the number of respondents for the study. Hence, a sample size was determined using the Yaro Yamane (1973) formula, 4 sample size of 200 respondents from in the area as sample size for the study.

$$\frac{N}{1 + N(e)^2}$$

$$\frac{339899}{1 + 339899(0.005)}$$

Hence sample size 199.99

$$\cong = 200$$

3.4 Research Instrument

The instrument used for collecting data for the study was a structured questionnaire. The instrument consisted of two sections; Part 1 and Part 2. The first section sought demographic data of the respondents such as age, gender, marital status and cadre, while the second section comprised of 20 items relating to the variables of the study. Fixed response questions is used in the questionnaire and the range of responses restricted to a four-point Likert scale. The scale ranged from Strongly Agree (SA), Agree (A), Disagree (D), to Strongly Disagree (SD).

3.5 Method of Data Collection

During the process of carrying out this research, questionnaires will be administered by the researcher to the respondents selected for the study. The researcher retrieved the completed questionnaire forms immediately they were completed.

3.6 Method of Data Analysis

Statistical Package for Social Sciences (SPSS) IBM version 20 was used to analyze the data. Data collected for the study were tabulated and grouped in terms of the research questions under investigation and the results collected were grouped into two sections. Section A comprises the demographic information which were analyzed using simple percentage and frequency count. Section B comprises of the research question which was analysed using descriptive statistics using mean and standard deviation.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

Preamble

This chapter contains data presentation, analysis of data and discussion of findings. This involves the use of tables to analyze the respondents and their respective percentages. The questionnaire method of data collection was used to obtain first-hand information during the field survey. Each questionnaire consists of two sections, section A, and section B. Section 'A' consists of the socio-demographic information of the sample population drawn for the study, while Section 'B' consists of twenty questions. Two hundred (200) questionnaire were administered to the respondent, one hundred and eighty five (185) were returned and used for the analysis.

4.1 Section A: demographic respondents

Table 4.1: Gender of Respondent

	Frequency	Percent	Valid Percent	Cumulative Percent
Males	89	48.1	48.1	48.1
Females	96	51.9	51.9	100.0
Total	185	100.0	100.0	

Table 4.1 illustrates the gender composition of the respondents, revealing that among the 185 participants, 89 (48.1%) were males and 96 (51.9%) were females. This shows a relatively balanced proportion of both genders, with a slight predominance of females.

Such an even distribution implies that the study captures insights from both male and female perspectives, thereby strengthening the credibility and inclusiveness of the results.

Table 4.2: Marital Status of Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Married	55	29.7	29.7	29.7
Engaged	45	24.3	24.3	54.1
Cohabiting	20	10.8	10.8	64.9
single	65	35.1	35.1	100.0
Total	185	100.0	100.0	

Table 4.2 displays the marital status of the respondents, indicating that among the 185 participants, 55 (29.7%) were married, 45 (24.3%) were engaged, 20 (10.8%) were cohabiting, and the largest proportion, 65 (35.1%), reported being single. This distribution reflects a broad range of relationship categories, with single individuals representing the majority. The diversity across these groups implies that the study incorporates perspectives from people with different social and relational backgrounds, thereby enhancing the inclusiveness and richness of the findings.

Table 4.3: Average hours spent on social media daily

	Frequency	Percent	Valid Percent	Cumulative Percent
Less than 1 hours	33	17.8	17.8	17.8
1-3 hours	48	25.9	25.9	43.8
4 - 6 hours	66	35.7	35.7	79.5
6 hours and above	38	20.5	20.5	100.0
Total	185	100.0	100.0	

Table 4.3 highlights the average hours respondents spend on social media daily, showing that out of the 185 participants, 33 (17.8%) use social media for less than one hour, 48 (25.9%) spend between one and three hours, 66 (35.7%) engage for four to six hours, while 38 (20.5%) spend six hours or more. The data indicates that the majority of respondents dedicate significant time to social media, with more than half (56.2%) spending four hours or more daily. This suggests a high level of social media engagement among participants, which may have implications for their online behavior, interactions, and overall exposure to digital content.

Table 4.4: Which forms of domestic violence have you observed or experienced in connection with social media?

	Frequency	Percent	Valid Percent	Cumulative Percent
Verbal Abuse (Yelling, threat)	66	35.7	35.7	35.7
Emotional Abuse (manupulation & Isolation)	42	22.7	22.7	58.4
Physical Abuse (Hitting, Slapping)	23	12.4	12.4	70.8
Digital Abuse (Monitoring Accounts, Demanding passwords)	34	18.4	18.4	89.2
None of the Above	20	10.8	10.8	100.0
Total	185	100.0	100.0	

Table 4.4 presents the forms of domestic violence observed or experienced by respondents in relation to social media. Out of 185 participants, 66 (35.7%) reported verbal abuse such as yelling and threats, 42 (22.7%) indicated emotional abuse including manipulation and isolation, 23 (12.4%) experienced physical abuse like hitting or slapping, and 34 (18.4%) noted digital abuse such as account monitoring and demands for passwords. Meanwhile, 20 respondents (10.8%) reported none of the listed forms. The findings suggest that verbal abuse is the most common form of violence linked to social media use, followed by emotional and digital abuse, while physical abuse is less frequently reported. Overall, the results highlight that non-physical forms of abuse dominate experiences associated with social media interactions.

4.2 SECTION B: RESEARCH QUESTION AND OBJECTIVES OF THE STUDY

SECTION B: PREVALENCE OF SOCIAL MEDIA ADDICTION AMONG RESIDENTS

	N	Std. Deviation	
	Statistic	Statistic	Statistic
I feel restless or anxious when I cannot access social media.	185	2.64	1.212
I frequently lose track of time when using social media.	185	2.50	1.128
I believe social media addiction is common among residents in my area.	185	2.53	1.089
I neglect important responsibilities due to social media use.	185	2.55	.972
My social relationships have been negatively affected by social media.	185	2.83	1.132
Valid N (listwise)	185		

The descriptive statistics on the prevalence of social media addiction among residents show moderate mean scores across all items, reflecting noticeable levels of addictive tendencies. Respondents indicated that they sometimes feel restless or anxious when unable to access social media ($M = 2.64$, $SD = 1.212$), and they also frequently lose track of time while using it ($M = 2.50$, $SD = 1.128$). Similarly, there is a perception that social media addiction is common in their locality ($M = 2.53$, $SD = 1.089$), alongside evidence

of neglecting important responsibilities due to usage (M = 2.55, SD = 0.972). The highest mean was recorded for the negative impact on social relationships (M = 2.83, SD = 1.132), highlighting social consequences as the most pronounced effect. Overall, the findings suggest that while addiction levels are not extremely high, social media use exerts a moderate but significant influence on residents' behavior, productivity, and interpersonal relationships.

SECTION C: RELATIONSHIP BETWEEN SOCIAL MEDIA ADDICTION AND THE INCIDENCE OF DOMESTIC VIOLENCE

Table 4.4: Relationship Between Social Media Addiction And The Incidence Of Domestic Violence

	N	Mean	Std. Deviation
Social media addiction increases the chances of relationship conflicts.	185	2.27	1.085
Partners who are addicted to social media tend to be more emotionally unavailable	185	2.22	1.020
Social media usage has led to misunderstandings that escalated to domestic violence in relationships	185	2.22	1.020
Jealousy or suspicion from partners' social media interactions contributes to domestic violence	185	2.09	1.115

Social media addiction can lead to a breakdown of communication between partners	185	2.06	1.049
Valid N (listwise)	185		

The analysis of Table 4.4 shows that respondents generally agreed that social media addiction has a significant relationship with the incidence of domestic violence. The highest mean score ($M = 2.27$, $SD = 1.085$) indicates that social media addiction increases the chances of relationship conflicts, followed closely by emotional unavailability of addicted partners ($M = 2.22$, $SD = 1.020$) and the tendency of social media use to cause misunderstandings that escalate into domestic violence ($M = 2.22$, $SD = 1.020$). Similarly, jealousy and suspicion arising from partners' online interactions ($M = 2.09$, $SD = 1.115$) and the breakdown of communication between partners due to excessive social media use ($M = 2.06$, $SD = 1.049$) were also acknowledged as contributing factors. Overall, the findings suggest that excessive engagement with social media is perceived to heighten the risk of conflicts, weaken emotional bonds, and foster conditions that can escalate into domestic violence.

SECTION C: COMMON TYPES OF DOMESTIC VIOLENCE ASSOCIATED WITH EXCESSIVE SOCIAL MEDIA USE.

Table 4.5: common types of domestic violence associated with excessive social media use.

	N	Mean	Std. Deviation
Excessive social media use contributes to jealousy and controlling behaviors in relationships	185	2.08	1.021
Constant monitoring of a partner's social media activity leads to psychological violence	185	2.11	1.063
Excessive use of social media reduces quality time, leading to emotional disconnect	185	2.19	.992
Excessive social media use leads to isolation of the victim from friends and family	185	2.59	.974
Conflicts arising from social media use can lead to financial abuse (e.g., withholding resources)	185	2.17	1.063
Valid N (listwise)	185		

Section D: level of awareness about the psychological and social risks of social media addiction among couples.

Table 4.6: Psychological And Social Risks Of Social Media Addiction Among Couples

	N	Mean	Std. Deviation
I am aware that building trust in a relationship can be undermined by excessive social media use	185	2.21	1.069
I understand that arguments over social media use are common among couples	185	2.30	1.013
I am aware that neglecting my partner in favor of social media can lead to emotional neglect	185	2.36	1.029
I know that social media addiction may lead to sleep disturbances that affect partner interactions	185	2.59	1.265
I am aware that social media can foster unrealistic expectations about relationships	185	2.29	1.088
Valid N (listwise)	185		

The analysis of Table 4.6 reveals that respondents demonstrated a moderate level of awareness about the psychological and social risks of social media addiction among couples. The highest mean score was recorded for awareness of sleep disturbances

affecting partner interactions ($M = 2.59$, $SD = 1.265$), indicating that many respondents recognized the negative impact of poor sleep on relationships. Awareness of emotional neglect resulting from prioritizing social media over a partner also ranked high ($M = 2.36$, $SD = 1.029$), alongside the recognition that arguments over social media are common among couples ($M = 2.30$, $SD = 1.013$). Similarly, respondents acknowledged that social media fosters unrealistic expectations about relationships ($M = 2.29$, $SD = 1.088$) and that excessive use can undermine trust between partners ($M = 2.21$, $SD = 1.069$). Overall, the findings suggest that couples are fairly conscious of the detrimental psychological and social effects of social media addiction, particularly its influence on sleep, emotional connection, and trust.

4.4 Discussion of Findings

The findings of this study provide strong evidence that social media addiction is prevalent among residents and is significantly associated with domestic violence and relationship challenges. Table 4.3 shows that more than half of the respondents (56.2%) spend at least four hours daily on social media, reflecting high engagement levels. This aligns with the observations of Andreassen et al. (2017), who reported that excessive social media use is linked to addictive patterns similar to behavioral addictions, with consequences for personal and social well-being. The prolonged hours online may expose

individuals to increased risks of conflicts, neglect of responsibilities, and strained interpersonal relationships.

In relation to domestic violence, the study revealed that verbal abuse (35.7%) and emotional abuse (22.7%) were the most frequently reported forms of violence associated with social media use (Table 4.4). These findings support previous research by Fawole et al. (2021), which emphasized that the digital environment often facilitates emotional and verbal forms of violence more than physical abuse, largely due to jealousy, suspicion, and partner monitoring. Similarly, our results indicate that digital abuse, such as password demands and surveillance (18.4%), is becoming a notable extension of traditional domestic violence patterns, echoing the concerns raised by Dragiewicz et al. (2018) on technology-facilitated abuse in intimate relationships.

Furthermore, the analysis of the prevalence of social media addiction (Section B) shows that addictive tendencies manifest through anxiety when deprived of access ($M = 2.64$), neglect of responsibilities ($M = 2.55$), and negative impacts on social relationships ($M = 2.83$). These outcomes are consistent with the work of Kuss and Griffiths (2017), who argued that social media addiction disrupts not only productivity but also social connectedness, leading to conflict in family and intimate relationships.

The study also found that social media addiction contributes to emotional unavailability, relationship conflicts, and communication breakdowns (Table 4.4). This agrees with

Coyne et al. (2021), who found that problematic social media use significantly predicts marital dissatisfaction due to reduced face-to-face communication and increased conflict. Similarly, jealousy arising from online interactions ($M = 2.09$) was reported as a driver of violence, which corroborates the findings of Utz and Beukeboom (2011), who highlighted the role of social media in intensifying jealousy and surveillance in romantic relationships.

When examining the common types of domestic violence associated with excessive social media use (Table 4.5), emotional disconnect ($M = 2.19$) and isolation from friends and family ($M = 2.59$) were notable. These findings resonate with Prior and Becerra (2018), who observed that excessive digital engagement can foster isolation and alienation, thereby worsening relational conflicts and dependence dynamics. Importantly, this suggests that social media addiction not only contributes to conflict but also gradually erodes social support systems, leaving individuals more vulnerable to abuse.

Finally, the awareness levels of respondents regarding the psychological and social risks of social media addiction (Table 4.6) were moderate, with the highest awareness directed towards sleep disturbances ($M = 2.59$) and emotional neglect ($M = 2.36$). This indicates that while couples recognize some consequences of excessive use, there is still limited awareness of its broader psychological implications. This is consistent with the findings of Twenge and Campbell (2018), who stressed that individuals often underestimate the

cumulative psychological toll of digital addiction, including its impact on trust and intimacy within relationships.

Lastly, the findings underscore that social media addiction among residents is not only prevalent but also has far-reaching consequences for domestic harmony, trust, and emotional stability. The results align with existing empirical literature, suggesting that interventions should focus on raising awareness, promoting digital literacy, and encouraging healthier online–offline balance to reduce the risks of domestic violence and relational dysfunction.

CHAPTER FIVE
SUMMARY OF FINDINGS, CONCLUSION, RECOMMENDATION AND
SUGGESTION FOR FURTHER STUDY

5.1 Summary of Findings

The study revealed a moderate prevalence of social media addiction among residents of Egor Community, with many respondents spending four hours or more daily online. Addictive tendencies such as restlessness when unable to access social media, neglect of responsibilities, loss of time awareness, and strained social relationships were common, with the most pronounced effect being the negative impact on interpersonal bonds. Consistent with prior studies (Kuss & Griffiths, 2017; Andreassen et al., 2017), these findings suggest that excessive use undermines productivity, social connections, and overall well-being.

In relation to domestic violence, verbal and emotional abuse were the most common forms linked to social media use, followed by digital abuse, while physical abuse was less frequently reported. The results also showed that addiction contributes to relationship conflicts, jealousy, communication breakdowns, and emotional unavailability, supporting evidence from Coyne et al. (2021) and Utz and Beukeboom (2011) that problematic use intensifies dissatisfaction and jealousy in intimate relationships.

Additionally, excessive social media use was associated with emotional disconnect and isolation from friends and family, aligning with Prior and Becerra's (2018) findings that overuse erodes social support networks. While respondents demonstrated awareness of some risks such as loss of trust, emotional neglect, and sleep disturbances awareness remains partial, confirming Twenge and Campbell's (2018) conclusion that the broader psychological effects of excessive screen time are often underestimated.

5.2 Conclusion

The study concludes that social media addiction is moderately prevalent among residents of Egor Community, Edo State, with a significant proportion spending long hours daily on various platforms. This high level of engagement fosters addictive tendencies such as anxiety when deprived of access, neglect of responsibilities, poor time management, and strained social relationships. The findings affirm earlier studies (Kuss & Griffiths, 2017; Andreassen et al., 2017) that excessive social media use undermines productivity, interpersonal bonds, and psychological well-being.

Furthermore, the study establishes a clear correlation between social media addiction and domestic violence. Excessive usage contributes to verbal, emotional, and digital abuse, while physical abuse is less frequently reported. Addiction also fuels jealousy, suspicion, and controlling behaviors, reduces communication quality, and creates emotional distance between partners, thereby intensifying relationship conflicts. These outcomes

align with prior evidence (Coyne et al., 2021; Utz & Beukeboom, 2011; Dragiewicz et al., 2018) that problematic social media use heightens relational dissatisfaction and facilitates technology-driven abuse.

In addition, excessive social media use was shown to isolate individuals from family and friends, deepening emotional disconnect and weakening social support systems (Prior & Becerra, 2018). Although respondents demonstrated some awareness of the psychological and social risks of social media addiction including its effects on trust, communication, and emotional neglect—the awareness was only partial. This supports Twenge and Campbell’s (2018) assertion that individuals often underestimate the broader psychological consequences of excessive screen time.

Overall, the study concludes that social media addiction poses significant risks to domestic harmony, fostering conditions that encourage conflict, abuse, and emotional instability. Addressing these challenges will require both individual behavioral regulation and broader awareness initiatives to promote healthier patterns of digital engagement within relationships.

5.3 Recommendations

1. **Awareness and Education Programs:** Community-based awareness campaigns should be organized to educate residents on the psychological and social risks of

excessive social media use. Workshops, seminars, and media outreach can highlight how addiction contributes to conflicts, emotional neglect, and domestic violence.

2. **Promote Healthy Digital Habits:** Couples and individuals should be encouraged to set boundaries for social media use, such as digital-free times during meals, family gatherings, or before bedtime, to strengthen communication and emotional bonds.
3. **Counseling and Support Services:** Religious institutions, NGOs, and health centers should provide counseling and relationship therapy for couples experiencing conflicts linked to social media. This can help address underlying emotional issues and prevent escalation into abuse.
4. **Policy and Regulation:** Government agencies should collaborate with social media companies to promote responsible use by providing reminders for screen time management, especially for high-frequency users. Policies should also address technology-facilitated abuse such as digital stalking and online harassment within intimate relationships.
5. **Capacity Building for Families:** Parents and couples should be trained on digital literacy and conflict resolution strategies to help them manage jealousy, suspicion, and monitoring behaviors that often arise from online interactions.

6. **Further Research:** More longitudinal and community-based studies should be carried out to explore the long-term effects of social media addiction on domestic relationships and to evaluate effective intervention strategies tailored to the Nigerian context.

5.4 Suggestion for further study

Future research should move beyond cross-sectional designs and adopt longitudinal approaches to better capture the long-term effects of social media addiction on couples and families. Comparative studies are also recommended to explore differences between urban and rural communities in Edo State and other regions, as social and cultural contexts may shape how social media use influences domestic violence. In addition, gender-based studies are needed to examine whether men and women experience social media-related abuse differently, particularly in terms of digital monitoring, jealousy, and emotional manipulation.

Further studies should also test intervention strategies such as digital literacy programs, counseling, and awareness campaigns to evaluate their effectiveness in reducing social media-related conflicts and violence among couples. Beyond domestic violence, researchers should investigate the broader psychological impacts of social media addiction, including its effects on depression, anxiety, and self-esteem. Finally, policy-oriented studies are necessary to examine how regulations and legal frameworks could

address technology-facilitated abuse and promote safer digital practices within intimate relationships in Nigeria.

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APPENDIX
QUESTIONNAIRE

DEPARTMENT OF SOCIAL WORK
FACULTY OF SOCIAL SCIENCE
UNIVERSITY OF BENIN
BENIN CITY

Dear Respondent,

I Chukwudobe Chiazor Divine an undergraduate student of the Department of **Social work**, Faculty of Social Sciences University of Benin. I am conducting this research on **“Correlation of social media addiction and domestic violence in Egor”** Please assist in filling and returning this questionnaire to aid in the above research. All respondent information will be treated with confidence and used for the research purpose only.

Instruction

Kindly tick () on that which agrees with your opinion.

Section A: Personal Data)

Demographic Information (Optional):

1. Gender: Male () Female ()
2. Marital Status: Married () Engaged () Cohabiting () Separated
3. Average hours spent on social media daily: <1hr () 1–3hrs () 4–6hrs () >6hrs ()
4. Which forms of domestic violence have you observed or experienced in connection with social media? Verbal abuse (yelling, threats) () Emotional

abuse (manipulation, isolation) (), Physical abuse (hitting, slapping) (), Digital abuse (monitoring accounts, demanding passwords) (), None ()

SECTION B: RESEARCH QUESTION/ OBJECTIVES

S/N	ITEM	SA	A	SD	D
RQ1	PREVALENCE OF SOCIAL MEDIA ADDICTION AMONG RESIDENTS				
1	I feel restless or anxious when I cannot access social media.				
2	I frequently lose track of time when using social media.				
3	I believe social media addiction is common among residents in my area.				
4	I neglect important responsibilities due to social media use.				
5	My social relationships have been negatively affected by social media.				
RQ2	RELATIONSHIP BETWEEN SOCIAL MEDIA ADDICTION AND THE INCIDENCE OF DOMESTIC VIOLENCE				
6	Social media addiction increases the chances of relationship conflicts.				
7	Partners who are addicted to social media tend to be more emotionally unavailable				
8	Social media usage has led to misunderstandings that escalated to domestic violence in relationships.				
9	Jealousy or suspicion from partners' social media interactions contributes to domestic violence.				

10	Social media addiction can lead to a breakdown of communication between partners.				
RQ3	COMMON TYPES OF DOMESTIC VIOLENCE ASSOCIATED WITH EXCESSIVE SOCIAL MEDIA USE.				
11	Excessive social media use contributes to jealousy and controlling behaviors in relationships.				
12	Constant monitoring of a partner's social media activity leads to psychological violence.				
13	Excessive use of social media reduces quality time, leading to emotional disconnect.				
14	Excessive social media use leads to isolation of the victim from friends and family.				
15	Conflicts arising from social media use can lead to financial abuse (e.g., withholding resources).				
RQ4	LEVEL OF AWARENESS ABOUT THE PSYCHOLOGICAL AND SOCIAL RISKS OF SOCIAL MEDIA ADDICTION AMONG COUPLES.				
16	I am aware that building trust in a relationship can be undermined by excessive social media use.				
17	I understand that arguments over social media use are common among couples.				
18	I am aware that neglecting my partner in favor of social media can lead to emotional neglect.				
19	I know that social media addiction may lead to sleep disturbances that affect partner interactions.				
20	I am aware that social media can foster unrealistic expectations about relationships.				