



Self-Control and Phubbing Behavior in Student Environments

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Abstract. Smartphones are a form of technology that is becoming an everyday necessity for all individuals across all age groups, and phubbing stands for phone snubbing, defined as the behavior of ignoring other people during social interactions and instead focusing on the phone. This study aims to see how problematic smartphone use can trigger phubbing behavior caused by a lack of self-control so that it can increase phubbing behavior. This research method uses a type of library research that contains reviews, summaries, and thoughts on phubbing problems in students at school, which aims to reveal various theories relevant to the problems being faced as material for discussion of research findings. The results of this study reveal a relationship between the level of self-control and phubbing behavior, meaning that students with a higher level of self-control tend to exhibit lower phubbing behavior. Further research is likely to examine the relationship between self-control and phubbing behavior in students at school.

Keywords: self-control, phubbing, students.

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Introduction

In the industrial revolution 4.0, smartphones have become a basic human need because all access is in the hands of a smartphone. All the conveniences that humans get with the development of this technology raise a problem in the fields of religion, economics, social, culture, and human psychology (Nopiarni et al., 2020). At least about 92% of individual internet users in Indonesia access smartphones. From the results of a survey conducted in 2021, there are at least 5.22 billion people using smartphones worldwide. This means that around 66.6% of the world's population owns and uses smartphones (Marsyaf, 2021). Reports from other surveys also show that Indonesia has the most smartphone users (Seftiani, Nurdin, Harisa, Hapsah, & Jafar, 2018). Survey results on smartphone users in Indonesia: On average, most smartphone users are 16-25 years (Kaonang, 2016). Furthermore, this is also supported by the results of a survey conducted by Kominfo.go.id, students are the most smartphone users in Indonesia (Kominfo, 2017). The age range of 20-29 years is the age group with the highest level of smartphone users (75.95%)

Along with the development of science, the function of smartphones today can be interpreted by someone to make changes. Smartphones play an important role in today's activities that demand high mobility. Smartphones play an essential role in communication technology because repairing the body and soul is more accessible, convenient, and faster. Smartphones are increasingly being used, equipped with various means of internet access and easy to carry anywhere (Youarti and Hidayah, 2018)

A smartphone is a telecommunications equipment used by most formats. It is a tool that provides many facilities for those who use it, one of which is the facility in the unit to communicate. Likewise, with the internet, one uses solely to access necessary inputs but uses decades of development and input technology. However, it is not only that; the two categories use stretches that drift and make it easier to meet face to face without going forward but only use video call services. There are still many other services as a vehicle for recreation, refreshment, and the millions of various games available. However, using all the facilities offered one neglects to be a cliché answer since smartphone operations are listed as the only mistake known as phubbing behavior. (Kurnia 2015).

Behind the convenience that comes from using a smartphone, people often forget the adverse effects. One of the negative effects of using a smartphone is phubbing (Ridho, 2019). Phubbing ignores other people in a social situation by preferring to pay attention to smartphones rather than ongoing interactions around them (Al- Saggaf & O'Donnell, 2019). Phubbing is a term used to describe a situation where individuals focus on their smartphones and ignore interactions with the people around them (Al - Saggaf & O'Donnell, 2019; Karadağ et al., 2016). Phubbing behavior can also be interpreted as ignoring others when interacting with others is taking place and choosing to surf on a smartphone.

Phubbing behavior significantly impacts social interaction. According to Chotpitayasunondh and Douglas (2018a), phubbing has many negative impacts on individual social interactions, including reducing the quality of communication, causing feelings of loneliness, and reducing satisfaction in communicating. Furthermore, phubbing can cause depression and make the victim (phubbee) feel neglected in ongoing interactions (Chatterjee, 2020). Several factors affect phubbing: self-control, poor reasoning, and time distortion. Furthermore, Al-Saggaf and O'Donnell (2019) added several factors that influence phubbing: technology addiction, Fear of Missing Out, self-control, and boredom (David and Roberts, 2017).

Phubbing can be seen anywhere in social activities, both in the school environment, from changing subjects and mobile speech, during breaks, and hanging out with friends on campus. Students check their smartphones to check Facebook, use WhatsApp or other social media (Asmara, 2019).

Method

This study used a qualitative approach with the library research method by collecting several books and magazines related to the problem and research objectives. This literature review contains reviews, summaries, and thoughts on the problem of phubbing behavior. This technique is carried out to disclose various theories relevant to the research problems as reference material in discussing research results. Library research is carried out from several sources, such as national and international journals, which are carried out using three databases (BASE, Science Direct, and Neliti) and related textbooks or handbooks regarding various data and facts in society. The purpose of the literature review is to 1) Describe the relationship between writing materials with each other following the topics discussed, 2) Identify new ways of translating distances that existed in previous studies, 3) Resolve conflicts between previous studies that contradict each other, 4) Guide the steps for further research; and 5) Placing the original side in the context of existing literature studies (Utami, 2015).

Results and Discussion

Self-Control

Self-control can be defined as a psychological variable that includes the individual's ability to change behavior, the individual's ability to manage desired and unwanted information, and the individual's ability to choose an action based on something that is believed. The aspects of self-control include the ability to control behavior, cognitive control, and decision control (Averil, 1973; Juliawati et al., 2020)

Self-control is an important aspect that individuals in behaving must possess. Self-control helps individuals to control themselves in determining actions when dealing with a situation. High self-control can help students avoid negative behavior (Tangney et al., 2018a). Phubbing behavior can occur due to students' low ability to control themselves (Ju et al., 2019). The limited ability of students to regulate themselves when interacting with other people makes them ignore their interlocutors. In this case, students ignore other people during social interactions by focusing on their smartphones.

This can also be seen in the symptoms shown by students when carrying out direct social interactions. They need help avoiding checking their smartphones when interacting with others. They find it difficult to restrain themselves when they hear their smartphone ringing (J. Kim et al., 2017). Some students even start accessing their smartphones impulsively, and it is hard to stop even though they know they are interacting with other people. In other words, they ignore other people dealing with them in communication.

Phubbing

Phubbing is an abbreviation for phone snubbing, which means focusing more on the phone than the surroundings. According to Robert, phubbing is defined as modern communication in which one person ensnares another in social interaction by concentrating

on their cell phone, not the conversation. This phenomenon of phubbing illustrates the negative impact of cell phone addiction and can lead to reduced social communication, affect human relationships, and affect feelings of personal well-being. The word phubbing itself was formulated by experts and entered into the dictionary (Butler, 2017). This behavior has two aspects, namely phubbed, and phubbee. Phubber is an individual who engages in phubbing behavior. Meanwhile, phubbee is an individual who becomes a victim of phubbing. Furthermore, linguistically, Phubbing ignores other people in a social environment by diverting attention to smartphones (Chotpitayasunondh & Douglas, 2016, 2018a, 2018b; Mumtaz, 2019).

Phubbing can be described as someone who chooses a smartphone while talking to others, dealing with cell phones, and running away from interpersonal communication. Phubbing can also be defined as ignoring others in social format activities (individuals and individuals, individuals and groups, groups and groups) by focusing on smartphones (Ang, Teo, Ong, & Siak, 2019; Ergün et al., 2020). This behavior can occur in friendships, couples, and families.

Phubbing is just one symptom of an increasing dependency on cell phones and the internet. Someone who is phubbing is called a phubber. Phubbers may experience an inability to properly monitor or control their cell phone and internet use, a compulsive fear of missing out on other satisfying events, and an inability to regulate cell phone and internet use when subjected to temptation.

According to Kwon, Kim, Cho, and Yang (2013), there are three dimensions of phubbing behavior, namely:

1) Disturbances in daily life

Examples of things that interfere with daily life in phubbing behavior are missing planned work, having difficulty concentrating in class or at work, experiencing headaches or blurred distractions, pain in the wrist or the neck, and distraction.

2) Withdrawal

This can be described as a condition in which individuals become irritable, anxious, and unable to restrain themselves when not using a smartphone, are constantly with a smartphone and cannot be separated from it, and become irritated and angry when disturbed while using it.

3) Tolerance

This aspect is defined as someone who consistently fails to control smartphone usage.

Furthermore, Chotpitayasunondh and Douglas (2018b) found aspects of phubbing behavior as follows:

1) Nomophobia. This aspect can be interpreted as fear of being separated from the cell phone.

2) Interpersonal conflict. This aspect refers to the perceived conflict between oneself and others.

- 3) Self-isolation. This aspect intends to use a cell phone to escape social activities and isolate oneself from others.
- 4) Problem acknowledgment. The fourth aspect is the recognition of the existence of phubbing problems.

According to Al - Saggaf and O'Donnell (2019), the factors that influence phubbing are as follows:

- 1) Technology addiction

Technology addiction can be in the form of internet, smartphone, social media, and game addiction.

- 2) FoMO

The feeling of always wanting to connect with other people in cyberspace can make individuals phubbing.

- 3) Lack of self-control

Low self-control can lead to various maladaptive behaviors in individuals, including phubbing. Individuals with low self-control are easier to phubbing than those with high self-control.

Phubbing behavior can impact the quality of students' social interactions (Chotpitayasunondh & Douglas, 2018a). This can happen because in social format interactions, usually, the phubber will ignore the phubbee who is the other person in the interaction. As a result, phubbee feels alienated or can even further cause feelings of loneliness in its victims (Ivanova et al., 2020). Students have an essential role in the social life of society. Students have a role to become agents of change in society. Students are also expected to be an example in their circle.

Wiguna (2022) states some thin and ways that can be done to reduce the habit of phubbing, and the tips are as follows:

- 1) Get off the phone. When communicating with other families, the fundamental cause of someone practicing phubbing is a cell phone centered within reach, such as in a pocket or bag. Because of this, one toxic solution is to leave the phone alone for a while, for example, in the office or car. This will prevent someone from practicing phubbing when connected to other families.
- 2) Limit Cell Phone Use. There is no denying that cell phones make an essential contribution to the all-digital era. However, the units listed do not mean that the cellphone is not toxic, minus its use. Most families use cell phones for non-essential purposes, such as social media or games. The listed characteristics can be reduced to the nature of phubbing.
- 3) Do not use your smartphone while eating. Phubbing is not only born when someone is involved in social associations. One can also practice phubbing when doing other things, such as the stomach. Some families must look at their cell phones to drop off food. Therefore, trying to prevent using cell phones while eating is one of the solutions to reduce phubbing behavior.

The research results show that cell phone addiction or phubbing behavior may be related to weaknesses in self-control. Individuals with low self-control may have difficulty regulating their cell phone use, making them more likely to engage in phubbing. If it is associated with individuals who have self-control can help overcome cell phone addiction. Phubbing behavior is often related to cell phone addiction, where a person cannot stop or reduce cell phone use despite being aware of the consequences. Increasing self-control can overcome cell phone addiction and reduce phubbing behavior.

Conclusion

Good self-control is essential in dealing with phubbing behavior. Students need to learn about the importance of giving full attention to others and being aware of the negative impacts that can arise from phubbing; by increasing self-control, students can become more aware of their surroundings and improve their interactions with others.

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