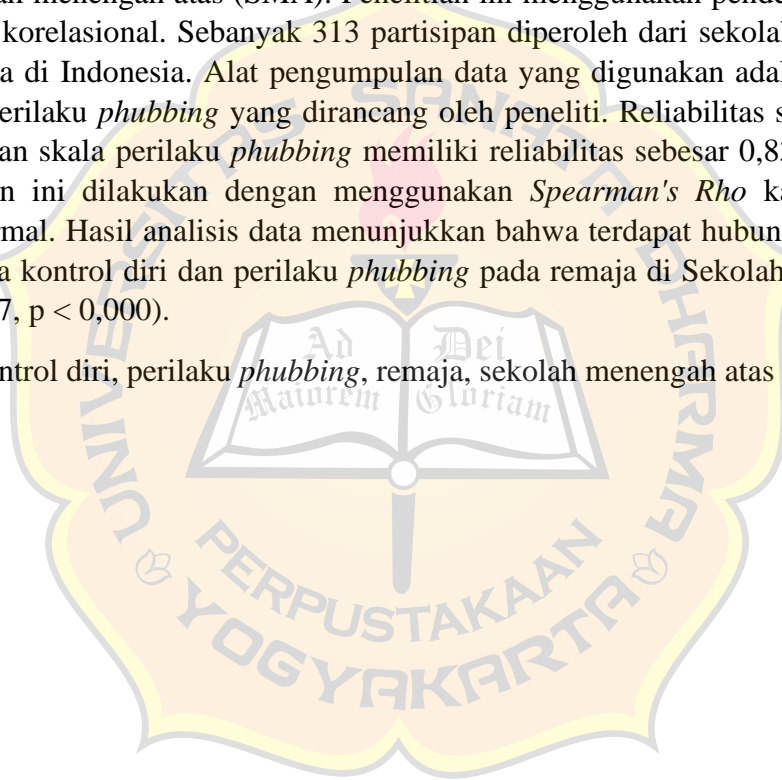


## ABSTRAK

Hutabarat, Patricia Erisa Ayuningtyas (2024). Hubungan antara kontrol diri dan perilaku phubbing pada remaja di sekolah menengah atas (SMA). *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

*Phubbing* merupakan suatu fenomena yang terjadi di lingkungan sosial, dimana individu cenderung melukai individu lain dengan sibuk menggunakan *smartphone* dan mengabaikan individu lain. Penelitian ini bertujuan untuk mengetahui hubungan antara kontrol diri dan perilaku *phubbing* pada remaja di sekolah menengah atas (SMA). Hipotesis penelitian ini menyebutkan bahwa terdapat hubungan negatif antara kontrol diri dan perilaku *phubbing* pada remaja di sekolah menengah atas (SMA). Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Sebanyak 313 partisipan diperoleh dari sekolah menengah atas (SMA) yang ada di Indonesia. Alat pengumpulan data yang digunakan adalah skala kontrol diri dan skala perilaku *phubbing* yang dirancang oleh peneliti. Reliabilitas skala kontrol diri sebesar 0,890 dan skala perilaku *phubbing* memiliki reliabilitas sebesar 0,832. Analisis data dalam penelitian ini dilakukan dengan menggunakan *Spearman's Rho* karena data tidak terdistribusi normal. Hasil analisis data menunjukkan bahwa terdapat hubungan negatif yang signifikan antara kontrol diri dan perilaku *phubbing* pada remaja di Sekolah Menengah Atas (SMA) ( $r=0,597$ ,  $p < 0,000$ ).

**Kata kunci:** kontrol diri, perilaku *phubbing*, remaja, sekolah menengah atas



## ABSTRACT

Hutabarat, Patricia Erisa Ayuningtyas (2024). The relationship between self control and phubbing behavior in adolescents in senior high schools (SMA). *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

*Phubbing is a phenomenon that occurs in social environments, where someone tends to hurt others because they are busy with their smartphone and ignore others. This research aims to determine the relationship between self-control and phubbing behavior in adolescents in senior high schools (SMA). The research hypothesis stated that there was a negative relationship between self-control and phubbing behavior in adolescents in senior high schools (SMA). This research uses a quantitative approach with a correlational method. A total of 313 participants were obtained from senior high schools (SMA). The data collection tools used were the self-control scale and the phubbing behavior scale designed by the researcher. The reliability of the self-control scale is 0.890 and the phubbing behavior scale has a reliability of 0.832. Data analysis in this study was carried out using Spearman's Rho because the data were not normally distributed. The data analysis results showed a significant negative relationship between self-control and phubbing behavior in adolescents in senior high schools ( $r = -0.597, p < 0.000$ ).*

**Keywords:** self-control, phubbing behavior, adolescents, senior high schools

