

ABSTRAK

Lippi, D. J. (2025). Hubungan antara *Partner Phubbing* dan Kepuasan Hubungan Berpacaran pada Emerging Adulthood. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara partner phubbing dan kepuasan hubungan berpacaran pada *emerging adulthood*. Hipotesis dalam penelitian ini adalah terdapat hubungan negatif antara *partner phubbing* dan kepuasan hubungan berpacaran pada *emerging adulthood*. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan teknik pengambil sampel *non-probability sampling*. Partisipan dalam penelitian ini adalah 234 *emerging adulthood* yang berusia 18-25, sedang berpacaran, dan menggunakan *smartphone*. Pengambilan data dalam penelitian ini dilakukan secara daring dengan menggunakan media *google form*. Alat ukur phubbing diadaptasi dari *Phubbing Scale* (PS) oleh Karadag (2015) dan *Relationship Assessment Assessment* (RAS) oleh Hendrick (1988) yang sudah diadaptasi oleh Santoso (2024). Hasil uji coba skala *phubbing* menghasilkan koefisien reliabilitas 0.856 dan untuk skala kepuasan hubungan menghasilkan koefisien reliabilitas 0.712. Hasil uji hipotesis penelitian menggunakan teknik analisis non parametrik *Spearman's Rho* dengan hasil menunjukkan adanya hubungan negatif antara perilaku *partner phubbing* dan kepuasan hubungan romantis dengan nilai koefisien korelasi -0.230 dan taraf signifikansi < 0.000 . Hal ini menunjukkan semakin tinggi *partner phubbing*, maka semakin rendah kepuasan hubungan berpacaran. Sebaliknya, semakin rendah partner phubbing, maka semakin tinggi kepuasan hubungan berpacaran.

Kata kunci: *partner phubbing*, kepuasan hubungan berpacaran, *emerging adulthood*.

ABSTRACT

Lippi, D. J. (2025). The Relationship between Partner Phubbing and Dating Relationship Satisfaction in Emerging Adulthood. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to determine the relationship between partner phubbing and dating relationship satisfaction in emerging adulthood. The hypothesis in this study is that there is a negative relationship between partner phubbing and dating relationship satisfaction in emerging adulthood. This study used a quantitative correlational approach with non-probability sampling technique. The participants in this study were 234 emerging adulthood aged 18-25, currently dating, and using smartphones. Data collection in this study was conducted online using google form media. The phubbing measuring instrument was adapted from the Phubbing Scale (PS) by Karadag (2015) and the Relationship Assessment (RAS) by Hendrick (1988) which has been adapted by Santoso (2024). The results of the phubbing scale trial produced a reliability coefficient of 0.856 and for the relationship satisfaction scale produced a reliability coefficient of 0.712. The results of the research hypothesis test using the Spearman's Rho non-parametric analysis technique with the results showing a negative relationship between partner phubbing behavior and romantic relationship satisfaction with a correlation coefficient value of -0.230 and a significance level of <0.000 . This shows that the higher the partner phubbing, the lower the dating relationship satisfaction. Conversely, the lower the partner phubbing, the higher the dating relationship satisfaction.

Keywords: partner phubbing, romantic relationship satisfaction, emerging adulthood