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PHUBBING BEHAVIOR AND FACTORS THAT INFLUENCE ON JUNIOR HIGH SCHOOL (SMP) STUDENTS IN SUKOHARJO CITY

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ABSTRACT

The purpose of this study was to determine phubbing behavior and the factors that influenced junior high school students in Sukoharjo District. This research is qualitative research with a phenomenological approach to deepen a person's social interaction when he ignores the other person by continuing to focus on his cell phone and the factors that influence what can make people phubbing. The results of this study indicate that students who do phubbing tend to be prone to this happening when they are at school or in a play environment which erodes the nature of sympathy for the interlocutor who invites them to talk. The factors that form phubbing behavior are communication disorders that come from within each student because students are free to use smartphones, students are obsessed with mobile phones, and are addicted to social media or the internet so they form phubbing behavior in students.

KEYWORDS: Phubbing, School Students

INTRODUCTION

The Covid-19 pandemic has had many impacts on life. One of them everyday life is the use of mobile phones. The use of mobile phones is no longer a luxury among the people, but the use of mobile phones has become a necessity in this 4.0 era. The number of mobile phone users in the form of smartphones that are directly connected to the internet in Indonesia has increased quite significantly.

BPS data on the percentage of the population who own/control cellular phones by province and regional classification for 2018-2020 shows that increasing use of mobile phones continues to change throughout Indonesia, especially in Central Java, this is happening not only in urban areas but also in rural areas, this data shows In 2020, Central Java, mobile phone user data is 60.87%, which means that usage is spread among children, adolescents, adults and the elderly. Source: (BPS, 2021)

Data released by wearesocial.com in January 2020 in the Digital 2020 Report for Indonesia reached 175.4 million people and 160 million social media users, of which nearly 70% were school-age users (Wearesocial.com, 2020). Other research, as reported by Pew Research in 2018 Anderson & Jiang in

Aagaard (2020: 238) found that 95% of teenagers have access to the internet via cell phones and almost 45% of that number are constantly online. This finding when compared with the amount of internet use among adolescents in 2015 is only around 24% (Lenhart in Aagaard, 2020: 237).

Based on the data that has been presented, the number of cell phone use illustrates that advances in communication technology can penetrate almost all age levels and can have consequences for human life both constructively and destructively (Buckle in Chotpitayasunondh & Douglas, 2018). The inclusion of communication technology such as smart phones that are connected directly to the internet network constructively makes it easier for humans to move and interact with each other beyond space and time (Smetaniuk, 2014). However, on the other hand, the presence of smartphones destructively creates addictive behavior among users (Beranuy, Oberst, Carbonell, & Chamarro, 2009).

Phubbing is an acronym from *phone* and *snubbing* Which used to show an attitude of hurting the other person by using *smartphones* Which excessive. *Phubbing* happen Because exists dependency somebody towards *smartphones* and cause excessive anxiety when not using themthe device. Research conducted by Lee (2013) shows that presence phenomenon *phubbing* happens Because magnitude dependency individual to *smartphones* and the internet. It can be known from a study conducted by Young (1995) used the criteria (diagnosis of pathological gambling) from the DSM IV To use differentiate user Internet Which experience dependency and independence, where young find that user Internet Which addiction experiences interference with academic life, relationships with family, as well as his job. Trend the resulted user *smartphones* No Can free from social life they. This is a matter of great concern to life especially in Generation Z. Generation Z is a generation who are very familiar with *smartphones*. Generation Z makes up 18% of the populationexists in the world (Muhazir & Ismail, 2015). The results of research conducted by *Mark plus Insight* Indonesia prove that user *smartphones* the most is teenager the age group of 13 to 21 years with a percentage of 39%. The results of this research too prove that group teenager with range age the is user Internet biggest compared with generations other.

Phubbing behavior has often been encountered in all social situations. In cafes or restaurants, in business meetings, lectures, and even at home people gather but each is only focused on his cell phone. Phubbing behavior is a common behavior and is starting to be accepted as a norm (Chotpitayasunondh & Douglas, 2016). However, this is a gap because based on a survey conducted by Nazir & Bulut (2019), when communicating face-to-face people feel frustrated and irritated because the other person is only focused on their cell phone. This is according to Dwyer, Kushlev, & Dunn (2018) when interacting directly and there is a cell phone, it will reduce the emotional appreciation given by someone to the other person.

Preliminary data collection conducted by researchers on 20 junior high school (SMP) adolescent students in Sukoharjo District last June 2019, found that the ten students had smartphones that were directly connected to the internet 24 hours using either their own home wifi network *or* who use data packets *on and off*.

LITERATURE REVIEW

Phubbing behavior comes from a combination of the words phone and *snooping*. According to Haigh (2015) Phubbing behavior can be interpreted as actions that can offend other people because they are more focused on smartphones. The term phubber refers to someone who is focused on their cell phone and the term phubbed refers to someone who is being ignored or a victim of phubbing behavior.

According to Karadağ et al. (2015) interpret that phubbing behavior is an individual who looks at his cell phone while talking to other people, is busy with his smartphone and ignores his interpersonal communication. In other words, phubbing behavior involves using smartphones in social settings of two or more people, and interacting with smartphones rather than people around them (Chotpitayasunondh & Douglas, 2018). Jaidee in Chasombat (2014) found that phubbing behavior is a behavior that checks the smartphone many times. Another term for phubbing is the individual use of cell phones in the presence of other people (Cizmeci, 2017). Phubbing behavior (verb) is the act of ignoring someone in a social environment by looking at the phone, instead of paying attention. In other words, phubbing behavior is the act of ignoring other people whether it's checking Facebook, using Whatsapp or using other chat applications. Phubbing behavior can be seen anywhere during human daily activities, namely during meals, meetings, lectures, or social gatherings with friends and family. Phubbers (those who are phub) often neglect and neglect the importance of maintaining and developing relationships by not communicating with other people (Karadağ et al., 2015).

According to Karadağ et al. (2015) several factors that influence phubbing behavior include:

1. Communication disorder

Indicates that someone who often experiences interference in communicating by using their cell phones in social interaction environments

2. Has an obsession with the phone

It is indicated that someone who always needs a cell phone in their social environment

3. Smartphone Addiction

Technology that facilitates human life can also have a negative impact on its users. In the industrial world, human life requires faster access to various types of data, faster interaction and communication. Thus, many concepts such as time, perceived needs, and pleasure can change. Technology addiction has consequences such as excessive use of technology. This addiction mostly depends on the factors that mostly affect human life. Smartphones equipped with attractive features have a significant effect.

4. Internet addiction

Smartphones also cause negative effects on humans by offering variety and convenience in browsing the internet and playing games. Excessive individual behavior towards smartphone use has led researchers to investigate the concept. These studies show that the smartphone alone is not a problem, but the cause of the problem is due to the application in it. Play games and stay online

for a long time. In the last decade, the duration and frequency of Internet use has increased. Combined with the fact that the duration of time spent on the internet triggers pathological internet use.

5. Social Media Addiction

Social media, which includes many elements such as play, communication, information exchange and multimedia sharing, and which encourages people to stay online, from computers to smartphones. Social media on a computer requires a desk. However, the case is different with smartphones that can be carried anywhere at any time. That is one of the reasons why individuals tend to be addicted to smartphones. The use of smartphones is now increasing compared to other cellphones.

6. Game Addiction

Among the factors that can increase phubbing, gaming addiction is another source of addiction that is as important as cell phone addiction. Individuals who lack time management skills use it to escape problems and as a means of mental relaxation. Game addiction, which refers to online games, video games and mobile games (which all have the same origins), refers to playing games to the extent that they affect daily life and are considered addictive behavior.

Characteristics of phubbing behavior according to Chotpitayasunondh & Douglas (2018) characteristics of phubbing behavior include:

1. Withdrawal of Eye Contact

May be interpreted (or misinterpreted) as being given the "Silent Treatment", or socially rejected. Gaze avoidance is a passive form of social exclusion, and a signal of disinterest, and individuals on the receiving end tend to experience lower satisfaction of the four basic human needs than those who receive direct eye contact. Phubbing therefore displays many of the most common impacts of social exclusion and it is therefore reasonable to suggest that phubbing could have similar detrimental effects on social needs fulfillment, and on people's feelings.

While cell phone-induced isolation has negative effects on needs, threats and moods, unsatisfied needs and negative affect tend to have a corrosive effect on relational outcomes at the same time. For example, targets that have lost their need for control tend to end or change the pattern of relationships between sources and targets. Losing a sense of belonging can also be a symbol of losing a relationship or attachment to another individual or group. However, in some cases, targets with threatened needs may try to regain them by strengthening their bonds and relationships with others

2. Emotions that Can Limit Interpersonal Relationships

According to attachment theory, many emotions become adaptive functions in human survival. Positive influence brings people closer together which in turn helps individuals form, ensure and maintain relationships with others. In addition, positive emotions will induce a greater possibility of successful social interaction. Based on the description above, it can be seen that there are 2 characteristics of phubbing behavior, namely:

- a) eye contact withdrawal,
- b) emotions that can limit interpersonal relationships.

RESEARCH METHODS

In this Sociology of Education research, the researcher uses qualitative methods because the type of research used is qualitative and descriptive research. The purpose of this study is to describe the results of data processing in the form of words and describe what happened in the field.

This type of research is field research, namely research from the results of data collection sourced from field informants. The field referred to in this case is the research location, namely, Junior High School in Sukoharjo District, Sukoharjo Regency. This study will describe in detail and in detail the social analysis of the implementation of full face-to-face learning in junior high schools in Sukoharjo District, Sukoharjo Regency.

RESULTS AND DISCUSSION

Results

Every individual is a social being who cannot live without the help of others. In everyday life students should interact with each other to get information and fulfill other interests. However, in reality students choose to engage in activities that occupy themselves by playing smartphones rather than interacting with other people in their social environment, especially in the school environment. Factors that influence the formation of phubbing behavior in students at 7 junior high schools in Sukoharjo District include:

Communication disorder

In this communication disorder it was identified that students who often experience problems communicating using their cellphones in the school environment, especially this is influenced by the freedom of students to bring smartphones to school.

Based on the results of the interviews, it was obtained information that communication disorders originate from within each student, because students are free to use smartphones, even though in the rules of some schools there is a prohibition against bringing cellphones and using them during class time without permission and agreement with the subject teacher in charge.

Has an obsession with cellphones

Students at this time often encounter those who have the ambition to have sophisticated and *contemporary mobile phones* because they are obsessed with mobile phones that have the features they need at this time. Like accessing the latest games, social media, Google, YouTube and so on.

From the results of interviews with these children it can be seen that the majority of junior high school students are obsessed with mobile phones because by using mobile phones they foster a mood and give each student their own enthusiasm. In addition, students also think that cellphones are something that is considered a primary need. This is evidenced by students, if cellphones are starting to age and are not the latest updates, students are willing to ask parents to update the latest cellphones. In addition,

when leaving for school, the cellphone is left behind, students are willing to go back home and pick it up.

Smartphone Addiction

In a school environment, technology that facilitates student life can also have a negative impact on its users. In the world of education, student life requires faster access to various types of data, faster interaction and communication. Thus, many concepts such as time, perceived needs, and pleasure can fluctuate rapidly.

Based on the interview above, technological developments greatly affect student behavior in their social environment. Technology addiction has consequences such as excessive use of technology. This addiction is largely dependent on the factors that the majority have affected human life. *Smartphones* equipped with advanced features that break the limits of one's abilities are very attractive and have a significant effect on people's everyday lives.

Internet addiction

Smartphones also cause negative effects on humans by offering a variety of experiences, the ability to penetrate the limits of human desires and the convenience of browsing the internet or playing games. Excessive individual behavior towards smartphone use has led researchers to investigate the concept of addiction in internet use.

This shows that the smartphone alone is not a problem, but the cause of the problem is because of the application in it. Play games and stay online for a long time. In the last decade, the duration and frequency of Internet use has increased. Combined with the fact that the duration of time spent on the internet triggers pathological internet use.

Social Media Addiction

Social media, which includes many elements such as online and offline games, communication, information exchange, and multimedia sharing, and things that encourage everyone to stay online, from computers to smartphones.

Social media is opened using sophisticated cellphones and can be carried anywhere, apart from that it can also be accessed using a computer or laptop, most importantly there is an internet network. The use of smartphones has now increased significantly compared to other cellphones which can only be used for texting and telephone calls.

Game Addiction

Among the factors that can increase phubbing behavior, namely game addiction, is another source of addiction that is as important as *smartphone addiction*. This is like the results of the interview with Agnes;

This makes students unable to have time management skills using it to avoid problems and as a means of mental relaxation. Game addiction refers to online games, video games and mobile games which all have a common origin, refers to playing games to the extent that they affect daily life and are considered as addictive behavior.

Fear of missing out

It is described as "the fears, worries, and anxieties that individuals may have with respect to being in (or outside of) existing events, experiences, and conversations.

Thus, students have a sense of insecurity related to the continuous use of cell phones. This anxiety about falling behind on information also plays a significant role in social networking services, need satisfaction, life satisfaction, and mood, all of which have been linked to *smartphone addiction rates*.

Efforts to reduce phubbing in students can be done in several steps including:

a. Leave the phone for a while

Like leaving your cell phone at home or in the car. This will prevent someone from phubbing when interacting with other people. Reducing cell phone use for things that don't really matter, like playing social media or games. These habits can be reduced to overcome phubbing habits.

b. Keep your cell phone away while eating Reduce the habit of carrying your cell phone while eating. This will help to avoid phubbing and concentrate on the food to be eaten.

c. Find Good Friends

Looking for friends who provide a positive *circle*, who are able to give a good influence. A positive environment and *circle will also have a positive impact on student behavior*. Positive influence and encouragement of positive things will have a positive impact on students' thinking patterns.

d. Making Parents Friends Confide

Adolescence is a period of transition, a period of change, a period without being realistic and a period of many problems. This is where teenagers must take advantage of the role of parents as discussion partners. Parents and their teenage children are now actually becoming as if there is a distance due to the influence of digitalization. The large number of social media that exist today, makes today's teenagers prefer to confide in social media, because many responses are given by their *online friends* compared to when chatting with their parents. Sometimes many parents are also busy and don't pay attention and time to be able to listen to their children's stories.

e. Participate in Positive Activities

To become teenagers with morals, teenagers must do a lot of positive activities, for example participating in sports, cleaning up the environment together, participating as volunteers, or you can also attend motivational events. In addition to doing positive activities, channeling hobbies is one way

to form teenagers who have morals. But it must be remembered that positive and useful hobbies are hobbies that can stem the negative impact of today's digital developments.

f. Following Religious Studies

Religion has a very important role, especially in maintaining the personality of adolescents. Its role is to provide guidance on what to do and what not to do.

This makes students more understandable, so they often have to attend religious studies, either at home or while at school. By frequently participating in religious studies, it is hoped that youth will be able to have a shield within themselves, so that even though the negative impact of digital development continues to be present, youth can counteract it.

DISCUSSION

Phubbing behavior in junior high school students is now starting to develop rapidly without us realizing it, because increasingly sophisticated technological developments and the impact of the pandemic have made students dependent on technology, especially *mobile phones/smartphones*. Not only for learning needs during a pandemic, but as a tool for entertainment and existence in cyberspace. Lots of features that can be obtained from mobile phones, ranging from games, social media such as Facebook, Instagram, TikTok and so on. Conditions like this make children lose control because they focus on cellphones without seeing a condition in the surrounding environment. This kind of thing is called labelling. *Labeling* is the process of giving a stigma/label to someone. Like label according to *A Handbook for The Study of Mental Health*, namely a definition Which when given to somebody, so will become identity self-person That, as well as explain like is type personthat, (Becker, HS, 1963). Thus, the label on one 's self, others will tend to judge him not on his behavior one by one but in a manner whole personality rated based on label the.

Phubbing behavior currently carried out by junior high school students according to theory communication symbolic, student Study play role Which different and acquiring an identity for that role, learning to engage in activities that show who they are, and determine the situation in where they enter. Behavior they happen in context social, understanding, And interpretation situation. This is in accordance with the behavior of students in junior high schools, conditions that are still unstable and easily influenced by the environment make students motivated to *phubbing*. Encouragement from the environment, friends and too much in carrying and playing mobile phones makes children increasingly involved in the role of the digital world. This has an impact on student behavior in the environment, students feel indifferent and ignorant of the surrounding environment. So that it seems that students do not have good character by not respecting and respecting others.

In the condition of students, it can be said that the first two things are normal and not normal. Normal students who are still able to control themselves when playing mobile phones, and can still control themselves when interacting with the environment, do not focus on mobile phones but focus on other people who invite interaction and communication. In contrast to those students who are not normal,

in contrast to those who are normal, students who are said to be abnormal are those who cannot be separated from their mobile phones, wherever they go they are always taken and used to play games or just open social media, until they are indifferent to the environment around. This is in accordance with the theory of epithets *that* only says first, people have normal or abnormal behavior, do not deviate or deviate depends on How person other evaluate they. Evaluation This Already determined by a classification connected to the thinking of others. What even Which No considered enter category Which raw (called residual) as default by the community is automatically set as me- deviate (Kamanto, 2004).

Second, from time to time the judgment changes so that people Which stated Sick day This can stated Healthy (with symptom Which the same) several years later, or vice versa. If someone is given nicknames that refer to crime or criminal behavior, that person can be "careful" to see the negative side (such as people who are branded naughty, criminal, and so forth). More naming/nickname theory focus on understanding mischief teenager, Because This happens every time teenager try For form identity they. So that this can form the identity of the student.

Students who have received labeling as *a phubber* at school, home environment, or play environment are considered as a different person. Basis in labeling theory, where is the thinking is that someone is referred to as someone different and how someone is treated differently and becomes different. The application of this thinking is more or less like "a child who is said to be difficult to manage, will be difficult to manage", or other applications such as "children who are called stupid and how stupid kids are treated as person stupid". This refer on premise base that when give label in a person, people tend to treat that person accordingly with a given label, so that the person is likely to follow label Which given to him, (Khairulyadi, 2017).

The results of this study showed that students who engage in phubbing behavior among friends, teachers, or parents have a labeling effect on them that makes people feel bad. His concern for friends, his decency, became invisible. Labeling covers his goodness. This makes teachers and parents fail to assess children objectively. It is also difficult for children to see the good in themselves. This is dangerous, especially for teenagers who are in the process of searching for identity.

In this study, junior high school students in the Sukoharjo District were included in a high level of self-isolation because they used their cell phones for social media/chatting in order to interact socially with other people rather than face to face with other people. This happens because interacting socially through social media is easier and saves more time than having to meet face to face. A high level of nomophobia is also related to the length of time the phone is used a day, where in this study the group that has the most influence on the severity of phubbing is the group who uses their cell phone for >12 hours/day. The duration of using a cellphone every day will form a habit to depend more on someone's cellphone, if someone in their daily activities already has the habit of using their cellphone for > 12 hours/day then it will cause anxiety if their cellphone is not nearby. 23 On self-characteristics isolation / self-isolation, adolescent cell phone users in the Sukoharjo District Middle School occupying a high level can also be associated with a high level of interpersonal conflict in this study. As explained by

Chin-Siang Ang (2019) in his research, a high level of cell phone dependence will affect one's ability to communicate with other people. People who are dependent on cellphones will have trouble communicating with other people so that there are interpersonal conflicts. This will affect the lack of confidence in adolescents. This causes teenagers to tend to close and isolate themselves. Nomophobia is a feeling of anxiety or discomfort that arises from being away from a cell phone or smartphone. In line with that (King et al., 2014) stated that Nomophobia is a fear that occurs because there is no health insurance contact with their cellphone.

CONCLUSION

Factors Influencing the Formation of Phubbing Behavior

Communication disorders come from within each student, because students are free to use smartphones, even though in some schools there is a ban on bringing cellphones and using them during class time without permission and agreement with the teacher, the majority of junior high school students are obsessed with cellphones because using their cellphones foster mood and give enthusiasm to each student. In addition, students also think that everything is proven by students if they miss their mobile phones, students are willing to go back home and pick it up, technology addiction has consequences such as excessive use of technology. This addiction largely depends on factors that largely affect human life. Smartphones equipped with attractive features have a significant effect, internet dependence to play games and stay online for a long time. In the last decade, the duration and frequency of Internet use has increased. Combined with the fact that the duration of time spent on the internet triggers pathological internet use, the use of social media, social media is opened using sophisticated mobile phones and can be carried anywhere, apart from that it can also be accessed using a computer or laptop, most importantly there is an internet network. The use of smartphones is now increasing compared to other cellphones which can only be used for texting and telephone calls , addicted to games, this makes students unable to have time management skills using them to avoid problems and as a mental relaxation tool. Game addiction, which refers to online games, video games and mobile games (which all have the same origins), refers to playing games to the extent that they affect daily life and are considered addictive behavior.

Suggestions

In this study, researchers suggest not to focus too much on Smartphones if you are in a busy environment because it can have a Phubbing effect on the people around you. It would be nice to maintain communication with each other and respect each other so that there are no problems such as feeling unappreciated or being indifferent to the surrounding environment.

Author contributions

The author's contribution to this article is very dominant as a graduation requirement that must be completed at the master level at Sebelas Maret University.

Competing interests

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