

ABSTRACT

DESCRIPTION OF PHUBBING BEHAVIOR IN ADOLESCENTS AT STELLA MARIS CATHOLIC HIGH SCHOOL SURABAYA

ANDGIE VANNIARETTA CHRISTINE EKA PUTRI
20200007

Phubbing behavior is a combination of the words "phone" and "snubbing," which means neglecting when someone else is talking to focus on a smartphone. The phubbing behavior phenomenon among teenagers at Stella Maris Catholic High School in Surabaya showed that teenagers tend to focus more on using their smartphones than on engaging with other individuals as conversation partners. The purpose of this study was to identify the depiction of phubbing behavior among teenagers at Stella Maris Catholic High School in Surabaya. The study design used a descriptive study with a simple random sampling technique. Respondents included 74 grade X teenagers who used smartphones, were willing to be respondents, and were present during the study. The study results showed that among teenagers with phubbing behavior, 47% of respondents experienced high phubbing behavior, 43% experienced moderate phubbing behavior, and 10% experienced low phubbing behavior at Stella Maris Catholic High School in Surabaya. The results of this study suggest to the principal and counseling teachers of Stella Maris High School Surabaya to address the issues caused by phubbing behavior in teenagers through education on self-management techniques in social media use and the wise use of the internet by teenagers.

Keyword : Phubbing Behavior, Teenagers, Self Management

ABSTRAK

GAMBARAN PERILAKU *PHUBBING* PADA REMAJA DI SMA KATOLIK STELLA MARIS SURABAYA

ANDGIE VANNIARETTA CHRISTINE EKA PUTRI
20200007

Perilaku *phubbing* merupakan singkatan dari kata “*phone*” dan “*snooping*” yang berarti perbuatan kelalaian ketika orang lain berbicara untuk fokus pada ponsel pintar. Fenomena perilaku *phubbing* yang terjadi pada remaja di SMA Katolik Stella Maris Surabaya ialah remaja memiliki kecenderungan fokus dengan penggunaan *smartphone* dibandingkan dengan individu lain sebagai lawan bicaranya. Tujuan dari penelitian ini adalah mengidentifikasi gambaran perilaku *phubbing* pada remaja di SMA Katolik Stella Maris Surabaya. Desain penelitian menggunakan studi deskriptif dengan teknik *simple random sampling*. Responden sebanyak 74 remaja kelas X yang menggunakan *smartphone*, bersedia menjadi responden dan hadir saat penelitian. Hasil penelitian didapatkan bahwa pada remaja dengan perilaku *phubbing* terdapat 47% responden yang mengalami perilaku *phubbing* tinggi, 43% responden yang mengalami perilaku *phubbing* sedang, dan 10% responden yang mengalami perilaku *phubbing* rendah di SMA Katolik Stella Maris Surabaya. Hasil dari penelitian ini disarankan kepada kepala sekolah dan guru bimbingan konseling SMA Stella Maris Surabaya untuk mengatasi masalah yang diakibatkan oleh perilaku *phubbing* pada remaja yaitu melalui edukasi mengenai teknik *self management* dalam penggunaan media sosial dan penggunaan internet secara bijak pada remaja.

Kata kunci : Perilaku *Phubbing*, Remaja, *Self Management*