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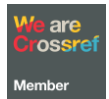
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# Trend of phubbing behavior researches in Indonesian journals: a content-analysis



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## ABSTRACT

The emergence of mobile technology has led to significant transformations in communication. Nevertheless, it has also presented new challenges, notably exemplified by a phenomenon termed as "phubbing," where individuals prioritize their mobile devices over in-person interactions. This analysis of content delves into the research trends surrounding phubbing behavior, focusing specifically on 42 articles regarding phubbing in the Indonesian Journal of Counseling and Psychology within 2018-2024. The data was gathered from the Science and Technology Index (SINTA). Several aspects necessitate examination, such as the publication year, methods, subject or samples, data collection, data analysis, and other discoveries related to phubbing research. This analysis showed a growing interest in phubbing research in Indonesia, characterized by a notable rise in publications over the past 6 years. Furthermore, quantitative methodologies and surveys using questionnaires are becoming prevalent in phubbing research in Indonesia. Another significant point is the prevalence of students as the primary subjects of research, with regression and correlation techniques being the most commonly employed methods of data analysis. Consequently, it can be inferred that further exploration is crucial in phubbing research, incorporating advancements in research topics, participants, data collection methods, and data analysis techniques. The results of this investigation underscore the significance of continued exploration of phubbing, particularly through interdisciplinary approaches, to develop comprehensive strategies in mitigating its negative impacts. This study provides valuable insights for researchers and professionals seeking to comprehend and tackle the phubbing phenomenon in Indonesia.

## Keywords:

Phubbing  
Reseraches trend  
Content analysis

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## Introduction

Indonesia, being among the nations boasting a substantial number of smartphone users globally, is susceptible to emerging phenomena linked to the repercussions of this technological advancement. The progression of technology is concomitant with the surge in internet, smartphone, and social media utilization. As per findings from a survey conducted by the Indonesian Central Statistics Agency, the projected count of social media users in Indonesia by 2024 is expected to reach 139 million individuals (2024). The trajectory of technological advancement indicates a continual rise in smartphone usage, coupled with an upsurge in internet and social media utilization (Mok et al.,

2014). Notably, societal segments, particularly the younger demographic (Setiawan & Winarti, 2021), as well as students (Al Faridzi, Niman, Widianoro, & Shinta, 2022; Putra, Ildil, & Afdal, 2019), manifest a concerning inclination towards reliance on electronic gadgets. As a burgeoning phenomenon, phubbing is progressively taking root in society as an offshoot of technological progress.

Phubbing is the practice of diverting attention from individuals in one's vicinity towards a cellphone or other electronic gadget (Kardiyanti, Rengganis, Kamaluddin, & Mar'ati, 2020). The phenomenon of phubbing has garnered significant attention in academic discourse due to its profound implications on social interactions, emotional welfare, and personal efficacy (Abivian, 2022). The behavior of phubbing has demonstrated adverse consequences across various relationship dynamics. Studies have revealed that phubbing is associated with diminished trust in supervisor-student relationships, resulting in negative outcomes in supervision and student contentment (Alkautsar, Dahlan, & Wulandari, 2023; Rachman, Rusandi, & Setiawan, 2019). Within romantic partnerships, engaging in phubbing activities by one's partner can erode feelings of closeness, reduce satisfaction in the relationship (Murdiana & Ismail, 2018), and heighten levels of social apprehension, ultimately impacting the partners' welfare (Irawati & Nurmina, 2020; Purnamasari, Juniary, & Paradita, 2020). Furthermore, phubbing has been correlated with depression, isolation, aggression, deteriorating communication abilities, and smartphone dependency, underscoring its extensive negative influence on emotional well-being, relational quality, and overall contentment in diverse social settings (Andiana & Barida, 2021).

Investigations into phubbing have been carried out in multiple nations, encompassing a range of themes including its effects on personal relationships, psychological health, and educational achievement (Rachman, et al., 2019). Additionally, an overview of research on phubbing and the associations among published articles in national and international academic journals can be observed in Figure 1.

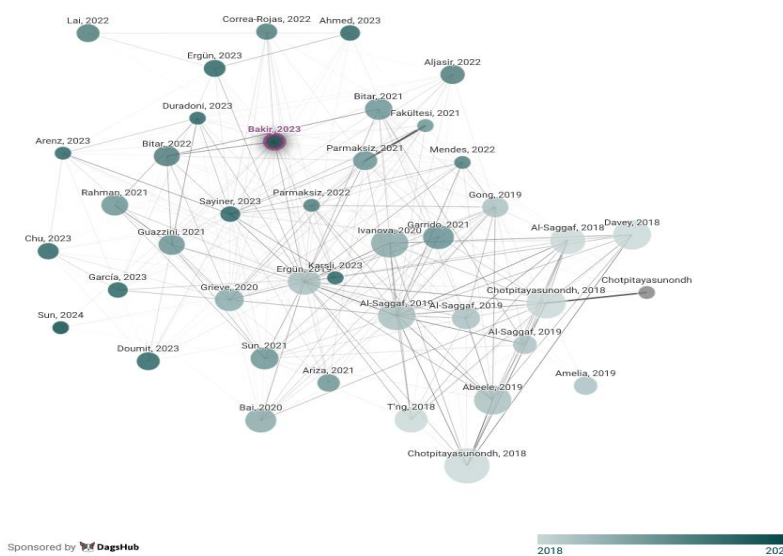


Figure 1 Connected Paper Search Results on the Topic Phubbing

Based on the data presented in Figure 1, it is evident that the exploration of phubbing commenced and became widely disseminated in academic literature in 2018. The interconnectedness of the topics explored is notable across different scholarly articles. Previous investigations have revealed a growing prevalence of this behavior in various nations such as China, Turkey, European countries, and several Asian counterparts, including Indonesia.

A study by Gladys and Raquel (Gladys & Raquel, 2023) in Mexico, involving 643 students, identified a substantial inclination towards engaging in phubbing among the student population. This conduct is intricately linked to the utilization of digital applications during academic sessions. Furthermore, a separate inquiry by Hamidah and Ardi (2023) delved into the correlation between internet dependency and phubbing tendencies among students. Additionally, multiple research endeavors corroborate the adverse effects of phubbing on mental well-being, encompassing stress (Lv, Ye, Chen, Zhang, & Wang, 2022), anxiety (Garcia et al., 2024), and depression (Bitar, Akel, Salameh, Obeid, & Hallit, 2023; Xiao & Zheng, 2022).

The global studies conducted thus far underscore phubbing as a technological phenomenon entailing detrimental repercussions. Diverse national contexts are likely to exhibit varying behavioral patterns concerning technological engagement, particularly with smartphones (Hanika, 2015). Consequently, further investigation is imperative to comprehend this phenomenon within the Indonesian setting, aiming to facilitate tailored psychological support and preemptive strategies involving relevant stakeholders.

Conversely, there is a dearth of studies delineating the trends in phubbing research specific to Indonesia. While localized inquiries have touched upon this subject, a comprehensive scrutiny into the evolution of phubbing research within Indonesian academic publications is lacking. Hence, a thorough grasp of the dynamics of phubbing behavior within the Indonesian research landscape holds paramount significance, influencing educational policies and efficacious psychological interventions (Rimayati, 2023).

Hence, it is crucial to undertake a detailed examination of phubbing research within the Indonesian context. A comprehensive understanding of phubbing research trends in Indonesia is expected to furnish a clearer insight into the scholarly exploration and comprehension of this phenomenon within the domestic milieu. The insights gleaned from such endeavors can furnish substantial contributions to the mental health literature and serve as a foundational framework for crafting targeted psychological interventions in the future. This research endeavor aims to scrutinize the trajectory of phubbing behavior research in Indonesian academic periodicals by dissecting articles based on predetermined criteria.

## Method

### Research Design

This study employs a literature review methodology with content analysis as outlined by Drisko and Maschi (2016) to examine the phenomenon of phubbing behavior in Indonesia. The thesis methodology involves the methodical identification, evaluation, and incorporation of previous research pertaining to the topic in order to provide a comprehensive understanding of the current state of knowledge. This study seeks to investigate, identify, and thoroughly analyze the contents of diverse scientific articles published in esteemed Indonesian journals that focus on the phenomenon of phubbing. The primary objective of this study was to comprehend the underlying patterns, themes, and interpretations present in these articles. Through the application of content analysis techniques, scholars strive to reveal underlying messages, detect patterns, and attain a deeper understanding of the researched phenomenon specifically about phubbing. This approach is utilized to assist scholars in delineating the contents of scholarly articles on phubbing published in esteemed Indonesian journals. The objective was to gain insight into the current landscape of phubbing studies and identify areas requiring further research.

### Data Source

The data sources utilized in this study consist of articles that have been published in scientific journals in Indonesia which have received accreditation from the Science and Technology Index

(SINTA). These publications encompass a total of 42 scientific articles focusing on phubbing behavior, and they have been featured in esteemed national scientific journals within the counseling and psychology field (<https://sinta.kemdikbud.go.id/google/?q=phubbing>). The rationale behind selecting counseling and psychology journals lies in the predominant prevalence of phubbing research within the realms of psychology and applied psychology, both globally and specifically within Indonesia. Presented below is an examination of the prevailing trends in phubbing research worldwide, as informed by scholarly insights.



Figure 2 Phubbing Publication Trends in the World based on Knowledge Groups (Source: <https://www.lens.org/lens/search/scholar/analysis?q=phubbing>)

According to Figure 2, one of the phubbing research fields with the greatest global research trends is psychology. This makes content analysis of scholarly publications published in Indonesian psychology and counselling journals much more compelling for academics.

### Research Instruments

The instrument used in this research is a content analysis framework consisting of the relevant elements observed. The criteria for selecting articles include: 1) Year of publication; 2) Method; 3) Subject; 4) Data collection instruments; and 5) Data analysis. The first aspects was defined before the data collection process (Fauzi & Pradipta, 2018). More explanation about the criteria of the research it will be show on Table 1.

Table 1. The Detail about the Aspects and Categories used for Content Analysis

Aspects	Categories	
Types of research	A.1 R n D	A.4 qualitative
	A.2 SSR	A.5 literature review
	A.3 quantitative	
Research subject	B.1 junior high school students	B.3 college students
	B.2 senior high school students	B.4 adults
Data collection instruments	C.1 questionnaire sheet	C.3 interview sheet
	C.2 observation sheet	C.4 unidentified
Data analysis methods	D.1 T-test	D.5 regression
	D.2 ANOVA	D.6 unidentified
	D.3 ANCOVA	D.7 others
	D.4 correlation	

## Data analysis

Every article is assigned to a certain categorization based on predefined criteria that correspond with the predefined categories. This conclusion is supported by the data that the author has supplied in the methodology, discussion, and abstract sections. Also, a graphical representation of the collected data is provided.

## Result and Discussion

### The year of publication

The amount of research done in a field can be inferred by the number of publications that have been published on it. This implies that further research in this area will be done when more phubbing articles are released. The following information relates to trends in scientific publications in Indonesian counselling and psychology journals.

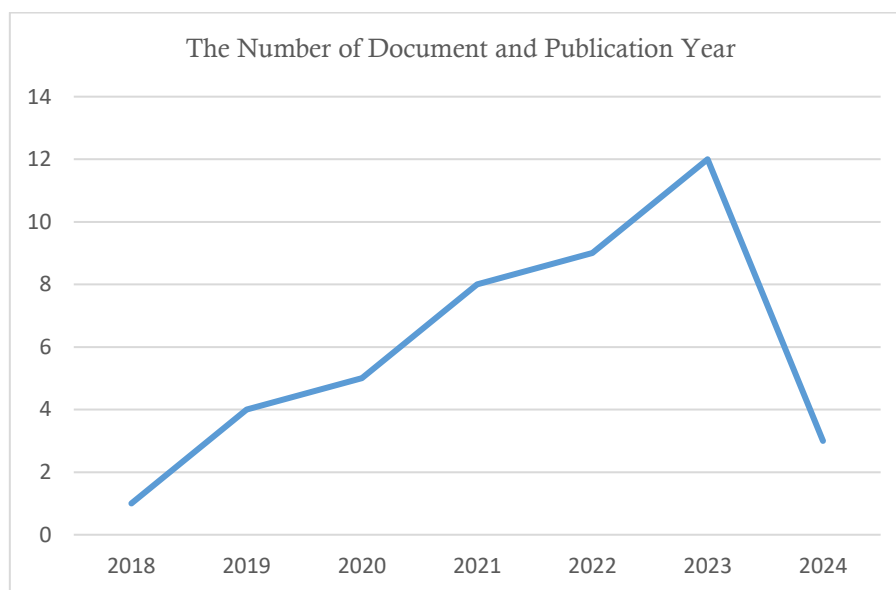


Figure 3 Trend of Phubbing Publication in 7 Years

Figure 3 indicates that research on phubbing behaviour was first published in Indonesia in 2018—particularly in journals related to psychology and counselling. From 2018 to 2023, there was a notable surge in publications. But until May 2024, this trend declined in 2024. Particularly in journals related to counselling and psychology, three studies have been published on phubbing (Damayanti, Mutakin, & Budiono, 2024; Isrofin & Munawaroh, 2024; Rismiyana, Umar, & Buchori, 2024). Additionally, it is evident from the graph's data that phubbing research is still vitally important to conduct in 2024.

Counselling and psychology are two scientific fields where research can have an impact on practices (Jussim, Krosnick, Stevens, & Anglin, 2019; Lee & Kim, 2022). This is evident for a number of reasons: (1) the results can be trusted and applied by different stakeholders managing phubbing behaviour; (2) they can serve as a key foundation for decision-making in psychological assistance initiatives, whether at national, local, or specialised institutions; and (3) they can impact the perspectives of those involved in the psychological assistance field, particularly with regard to behaviour modification. (4) Thorough studies in the realm of phubbing can assist mental health professionals in further investigating suitable support methods for patients with elevated levels of phubbing behavior.

### Research Method

The findings of the study indicate that the predominant approach employed in Indonesian research is quantitative methodologies encompassing various designs such as descriptive, correlational, and experimental. Moreover, there is an emerging trend in the utilization of qualitative methods among researchers investigating the phenomenon of phubbing in Indonesia, including the application of case studies in phubbing research (Rismiyana, et al., 2024).

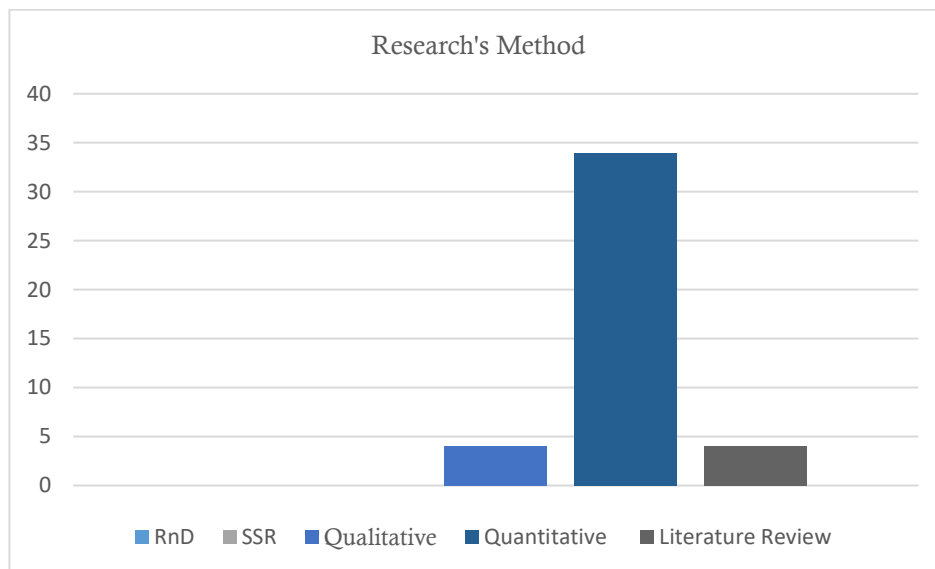


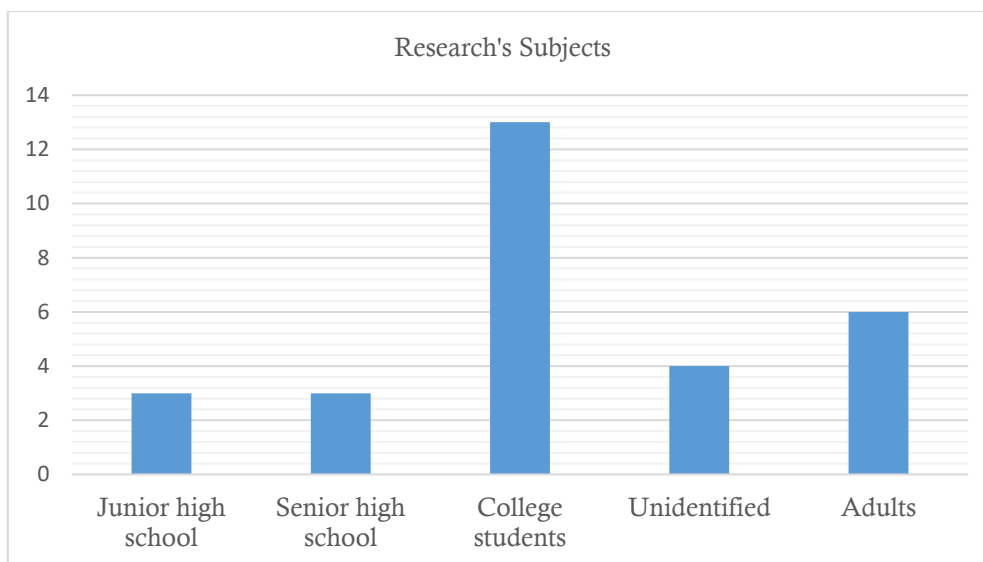
Figure 4 Trend of Phubbing Research Method in 7 Years

Figure 4 illustrates the data on the diversity of research methodologies utilized in the examination of phubbing within the Indonesian setting. An examination of 42 articles indicated a noticeable inclination towards the utilization of quantitative approaches. It is worth noting that two alternative methodologies are conspicuously absent in studies concerning phubbing within the realm of counseling and psychology publications in Indonesia. The insights presented in this synthesis of results could be beneficial for prospective researchers contemplating the integration of SSR (single subject research) (Pilgreen, 2000) or RnD (research and development) methodologies within the field of social science research (Hsuan & Mahnke, 2011).

The utilization of research methodologies is intricately linked to the research aims and outcomes (Rahman et al., 2022; Soehartono, 2008). The comprehension of the correlation between methodologies and outcomes in phubbing research aids both researchers and practitioners in obtaining a more holistic understanding of this phenomenon. The amalgamation of diverse research methodologies yields abundant and diverse data, enabling a more thorough analysis and more efficient practical implementation (Creswell, 2012). Hence, it is imperative to persist in exploring and incorporating various methodological approaches in phubbing investigations to generate deeper and more significant insights.

### Research Subject

There exist multiple considerations when it comes to the selection of research participants or samples, such as (Creswell, 2012): 1) Necessity and Pertinence. Opting for research subjects linked to pragmatic and urgent issues can directly contribute to resolving actual societal problems; 2) Patterns and Novelty. Investigating novel, underexplored subjects can position researchers at the vanguard of scientific advancement; 3) Accessibility of Data and Resources.



**Figure 5** Trend of Phubbing Research based on the Subject

The illustration in Figure 5 depicts various groups of subject categories based on educational attainment and other identified categories representing adults in a scholarly context. Specifically, the adult category in these studies focused on researching phubbing within married couples, while an unspecified category pertained to the general public (such as restaurant waiters) utilized as research participants.

The process of selecting research subjects or samples plays a critical role in advancing scientific knowledge within specific domains, such as the study of phubbing. By opting for pertinent, pioneering subjects supported by ample resources, researchers can offer substantial insights into both theoretical frameworks and practical applications within their field (Tersiana, 2018). Thoughtfully chosen research not only enhances the scholarly literature but also aids in addressing real-world issues, fostering interdisciplinary cooperation, and promoting innovative practices that drive positive societal transformations concerning phubbing conduct.

Presently, the trend in phubbing research within Indonesia leans towards utilizing numerous students as research subjects/participants, alongside married couples. Phubbing occurrences are not limited to specific environments, thus necessitating a comprehensive exploration of subjects ranging from elementary school students to various other demographics, delving into different dimensions beyond existing studies.

#### **Data collecting instrument**

The selection of research subjects stands as a pivotal stage in the scientific research continuum, exerting direct influence on the trajectory and impact of the study on scientific progress in a given field. For seasoned academics, educators, and researchers, grasping this intrinsic connection is vital to ensuring that the research endeavors undertaken are not only pertinent but also pioneering, offering substantive contributions to knowledge enhancement and practical applications within the discipline.

Based on Figure 6, it can be observed that the remaining criteria are quite similar between observation and interview forms. Some studies fail to provide a comprehensive explanation of the data collection tools.



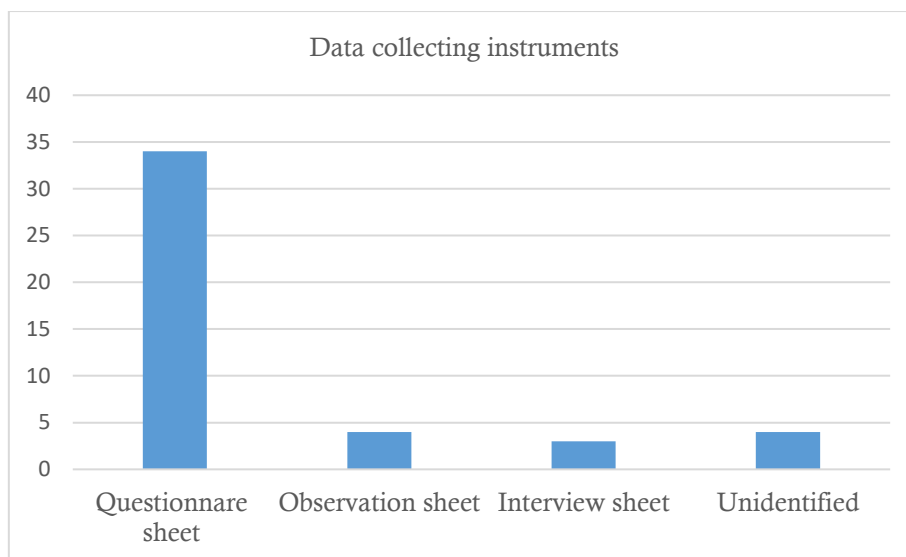


Figure 6 Data Collecting Instrument Aspects on Phubbing Researches

One of the questionnaires employed is the GSP (Generic Scale of Phubbing) initially developed by Chotpitayasunondh and Douglas (Chotpitayasunondh & Douglas, 2018). This tool was later translated into Indonesian and validated using the Rasch model by Isrofin (Isrofin, 2020). The GSP assesses phubbing behavior through four indicators: Nomophobia, Interpersonal Conflict, Self-Isolation, and Problem Acknowledgment. It is specifically tailored for evaluating phubbing behavior in both adolescents and adults

### Data analysis

The coherence among research objectives, methodologies, instruments utilized, and data analysis methods is crucial for ensuring the effectiveness and reliability of the research outcomes. Research objectives offer guidance and focus, research methodologies establish the most suitable approach, instruments gather pertinent and dependable data, while data analysis methods guarantee the appropriate interpretation of data to address research inquiries. By comprehending and applying these connections effectively, researchers can make substantial and significant contributions to their respective scientific domains.

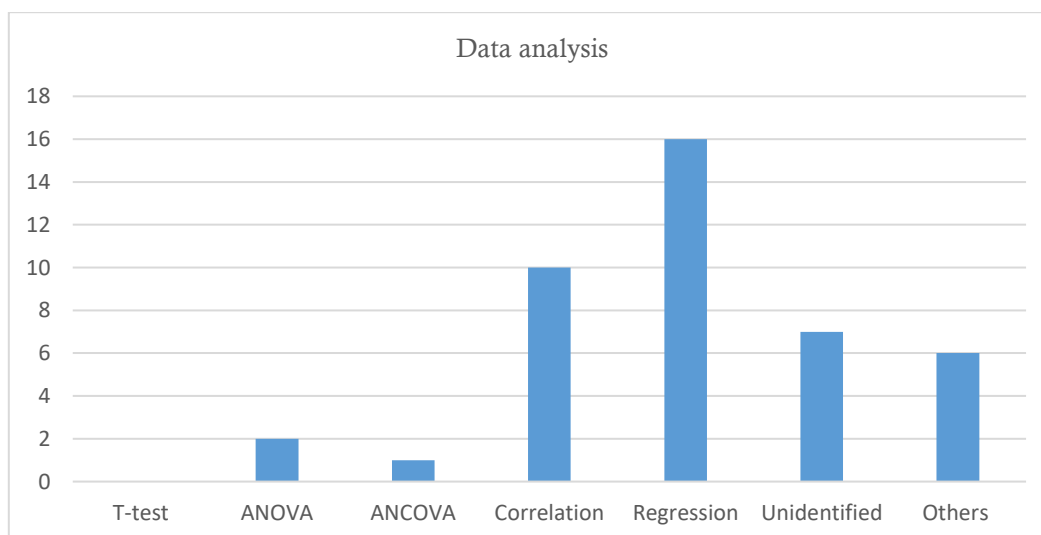


Figure 7 The Data Analysis on Phubbing Researches

Based on Figure 7, it is evident that previous studies have employed regression and correlation (specifically Pearson correlation) as data analysis techniques. Correlation analysis is utilized to examine the connection between the phubbing variable and other relevant variables, such as various aspects associated with this behavior (Garcia, et al., 2024). Moreover, this analysis is conducted to explore the correlation between phubbing and other factors like FOMO and smartphone addiction (Irawan & Tatiyani, 2023).

Another emerging methodology is EFA (Exploratory Factor Analysis) (Ainy, Maslihah, & Wulandari, 2022). This form of analysis is employed to assess the factors contributing to the development of phubbing behavior. Additionally, in qualitative research, the technique of thematic analysis has gained prominence. Thematic analysis serves as a tool for identifying, analyzing, and presenting patterns (themes) within data. This method is commonly utilized in qualitative research to delve into interviews, textual data, or other sources to unveil underlying meanings.

Meanwhile, there is a lack of phubbing studies utilizing the T-test analysis technique. This area requires further optimization in future research endeavors.

### **Other researches information**

The analysis yielded additional data concerning the limited scope of research on psychological interventions for individuals experiencing high levels of phubbing. Among the 42 articles reviewed, only 3 delved into the psychological interventions implemented. These interventions encompass group counseling utilizing brainstorming techniques (Damayanti, et al., 2024), Cognitive Behavioral Therapy Group Counseling (Efriani, Sunawan, & Sutoyo, 2020), and Logo therapy (Fatchurahman, Setiawan, & Karyanti, 2023).

Counsellors and psychologists are a key group of stakeholders in the study of phubbing behaviour. Understanding how phubbing affects college students is crucial to developing successful solutions. The research being done may help shape strategies meant to mitigate adverse effects such as a decline in face-to-face encounters, an increase in feelings of loneliness, and potential psychological difficulties.

## **Conclusions**

The study concludes by noting a notable surge in publications discussing phubbing over the initial 7 years, especially within the realms of interpersonal relationships, mental health, and academic achievement. Quantitative methodologies were found to predominate research approaches, though there is a growing utilization of qualitative methods to probe the social and psychological aspects of phubbing. Furthermore, this investigation highlights a shift from mere phenomenological descriptions towards more comprehensive analyses, amalgamating diverse theoretical and methodological standpoints. The outcomes of this study offer a significant contribution to comprehending phubbing behavior in Indonesia, underlining the necessity for interdisciplinary approaches in forthcoming research endeavors. Additionally, it is anticipated that these findings will aid in critiquing and enhancing prior research not in adherence to scientific protocols. They also furnish valuable guidance for researchers, practitioners, and policymakers in crafting more efficacious interventions to counteract the adverse effects of phubbing in society.

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