

Phubbing Behavior: How it's Related to Happiness

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Millennial society today may experience various problems including addiction in relation to their use of smartphones, the Internet, social media, and games. We also know this student behavior as phubbing behavior. 'Phubbing' is the term used to describe a person using a technological device while in the company of another person to whom they are not noticing or attending. This study analyses 'phubbing behavior' in Indonesia. 1093 students responded to the study in which a multistage random sampling technique determined participants' level of happiness (happy, unhappy.) via a Phubbing Behavior Scale (APBS). The data was collated using a research method that was comparative, quantitative and descriptive. Data was analysed with an analysis of variance. The results found 45.2% of Indonesian students experienced high expressions of phubbing behaviour (495 respondents). Judging from the correlated level of happiness in participants, there was no significant difference found: The people expressing high amounts of phubbing were not less happy. The mean of students who tend towards phubbing behaviour. This shows that phubbing in your daily life does not affect your happiness as an individual, but phubbing may be one factor inhibiting happiness. Phubbing others may lead to negative psychology and do more harm. Special attention from various stakeholders may assist society overcome the problems faced by students phubbing in socially interactive spaces. Collaboration between various parties toward a shared goal for healthy socialising can be discussed further in future studies.

Keywords: *Phubbing Behavior, Happiness vs unhappiness.*

Introduction

There is phenomenon that has occurred in Millennial society. It is defined by a switch in communication to the heavy use of information technology. A change has occurred in patterns of social interaction and ways of communicating directly. The technological media devices that are widely used today create opportunities to connect and communicate with other people not only in present company but also over long distances. A smartphone is one of these media forms that draws distant communities together. Smartphone use in Indonesia is growing rapidly

(Rahmayani, 2015). Data obtained from EMarketer (2019) showed smartphone usage in the period between 2016 to 2019 progressively increased (2016 - 65.2 million, 2017 - 74.9 million, 2018 - 83.5 million, and 2019 - 92 million). This can be seen in Figure 1 below.

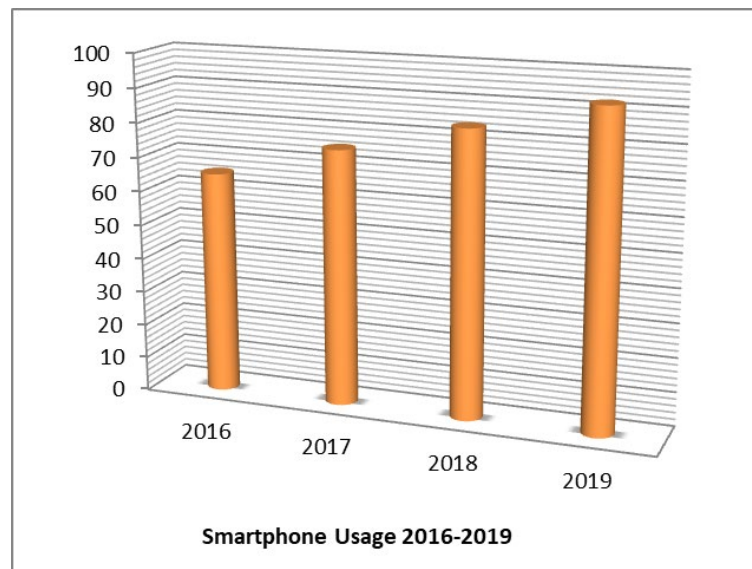


Figure 1. Smartphone Usage 2016-2019

A smartphone is a device that offers advanced technology. It functions similarly to a computer. It supports multitasking and makes it easier to stay connected with others (Anshari et al., 2016; McDaniel & Coyne, 2016). Smartphones have enabled people to connect anytime and anywhere, to information and to access the internet and social networks (Organista-Sandoval, J., McAnally-Salas, & Lavigne, 2013). Further, smartphones can maintain social relationships and meet the demands of everyday life that include sharing and knowing the mood of yourself and others so that they can display the mood of its users (Junco & Cole-Avent, 2008; Junco & Cotten, 2012; Robert LiKamWa, Yunxin Liu, Nicholas D. Lane, 2011). Apart from the advantages offered by smartphones, high use and constant access to smartphones has also had a potentially negative psychological effect on some individuals. Cellular technology is being criticized for having an overall negative impact on human well-being (Volkmer & Lerner, 2019). Some researchers state that the use of mobile phones influences addictive behaviour due to their purpose being embroiled with a habitual and recurring urge to stay connected bearing a negative impact on one's well-being (Anshari M., Alas Y., Hardaker G., Jaidin JH, Smith M., 2016; McDaniel et al., 2018; Oulasvirta, Rattenbury, Ma, & Raita, 2012; J. Roberts, Yaya, & Manolis, 2014). Snubbing via smartphone or habitually checking a smartphone despite being in the physical company of another person based on a recurring urge to stay connected to an online community, is being called 'phubbing'. This behavioural phenomenon occurs in relation to the space between information technology devices and being in the physical presence of others. It is occurring especially within teen communities. 'Phubbing' or phubbing behaviour is a concept that appears strongly tied to smartphones (Al-Saggaf & Macculloch, 2019; Chotpitayasunondh & Douglas, 2016; Youarti & Hidayah, 2018). Phubbing behavior in

individuals tends to interfere with traditional social cohesion. Individuals are increasingly arguably unable to interact with others without having a smartphone themselves (Afdal et al., 2019).

Research conducted by Adams & Kisler (2013) found that 47% of people wake up at night to answer text messages and messages on the network from their smartphones, and 40% wake up to answer night calls. Eighty per cent (80%) of people check their phone before going to sleep and the first thing to do when they wake up in the morning is return to check their cellphone (González-Rivera, Segura Abreu, & Urbistondo-Rodríguez, 2018; Wang, Xie, Wang, Wang, & Lei, 2017). Research suggests when individuals express phubbing behavior it can influence self involvement and apathy (Afdal et al., 2019; Chotpitayasunondh & Douglas, 2018; Kelly, Miller-Ott, & Duran, 2019). Apathy is defined here as arising in individuals who are not thinking about what happens to others. Without active awareness and attuning to our individual affect on others, or the problems being experienced by others, a person may not be able to access their own sense of care and help another in their physical space or social world. They may come to only tend their own needs. This negative effect of phubbing is feared to impact the quality and satisfaction of relationships (J.A. Roberts & David, 2017; Halpern & Katz, 2017; J.A. Roberts & David, 2017; Wang et al., 2017). The use of technology thus may produce conflicts and problems for the ‘happiness’ and consequently the psychological well-being of users who are phubbing (Coyne, Stockdale, Busby, Iverson, & Grant, 2011; McDaniel & Coyne, 2016; James A Roberts & David, 2016).

Everyone wants happiness in themselves. There is an emergence of joy in a person due to interactions between themselves and loved ones such as family members, relatives and friends (Kelly et al., 2019; Wang et al., 2017). In this context, the excessive use of smartphones during time with loved ones may potentially cause a loss of happiness. Indirectly, there may be a negative effect to their level of joy. In this research, we looked at the level of happiness in students who tended toward phubbing and those who did not. the questionnaire showed no significant difference in the happiness levels between the mean of students who tend towards phubbing behaviour and those who don't. This indicates that phubbing action does not affect individual happiness. Phubbing practice leads to negative psychology. Managing to be more detrimental will affect psychological well-being (González-Rivera et al., 2018). There is a tendency not to be able to overcome the problems that occur through happiness will arise in themselves when all that is lived can be arranged optimally.

The longer in using a smartphone, the problems that occur will be more complex and diverse; there needs to be more severe handling that needs to be faced by various parties to help the difficulties encountered in dealing with phubbing behavior. Is it true that one's happiness is not determined by the action of phubbing experienced during this time there is no thought that happiness will be achieved when there are support and convenience provided by related parties to undergo the problems experienced? Surveys prove the tendency to lack joy. Smiles make individuals unable to solve existing problems. Happiness arises because of awareness in

addressing existing issues (Al-Balushi & Al-Shihi, 2016; Moore, Galway, & Donnelly, 2017). With happiness in him, the individual can make it easier to live. Happiness arises because of the joy that occurs in individuals, many problems arise in society are not concerned with cooperation, there are still many who find that joy is the property of everyone who convinces himself to interact with others. The existence of psychological interventions that can understand that life does not always rely on human nature alone. Researchers are interested in having whether there is a relationship between students phubbing behavior with the happiness that they experience when filling out the questionnaire (it is assumed the joy that exists represents the individual's condition in the past).

Methods

This research data was collected using an online survey that is managed through the SurveyMonkey application. The online questionnaire was opened on 17 September 2019 and closed on 6 November 2019. One thousand one hundred eighty-four participants were recruited through social media (links posted by the author on Twitter, Facebook, and WhatsApp). This was done because data collection via the Internet was reliable, valid, quite representative, cost-effective, and efficient (Hewson & Stewart, 2014; Meyerson & Tryon, 2003). Participants are considered eligible for inclusion in the study if they are in junior and senior high school and have or use a smartphone. Mostly all participants were Indonesian children and 40.4% were boys and 59.5% were girls. Individuals who participated in the survey first clicked on the survey link. This link took them to the Survey Monkey application. The first page of the survey consisted of an information sheet for participants, which outlined the objectives of this study, ethical considerations, and the rights of research participants, such as getting a credit souvenir when completing this questionnaire. The bottom of the information sheet then thanked the people who considered the invitation and told them that by continuing this survey, they agreed to participate. As mentioned earlier, participants were deemed to be eligible for inclusion in the study if they were at junior and senior high school and had/used a smartphone. The participants were asked to fill in their cellphone numbers if they wanted to enter the prize draw as a thank you for participation. Data analysis used SPSS version 20 application and STATA program.

Results and Discussion

One thousand one hundred twenty-four respondents participated in this survey. Thirty-one (31) were excluded because there was no data. A final sample was analysed of the 1093 participant students (619 female and 474 male).

This study, found that the phubbing behaviour in Indonesian students surveyed was quite high. Table 1 shows the general the condition of phubbing behaviour of students is in the high category totalling 495 students (45.28%), and in the very high grade, totalling 264 people (24.16%). The majority of students were phubbing in the high and very high categories.

Table 1. Student Phubbing Behavior

	Interval	F	%
Very High	> 61	264	24,16
High	47-60	495	45,28
Low	33-46	316	28,91
Very Low	< 32	18	1,65

Addiction to smartphones may be high among Indonesian people, especially among teenagers. Furthermore, researchers found that there were differences between female and male students in relation to phubbing behaviour. This can be seen in Figure 2 below.

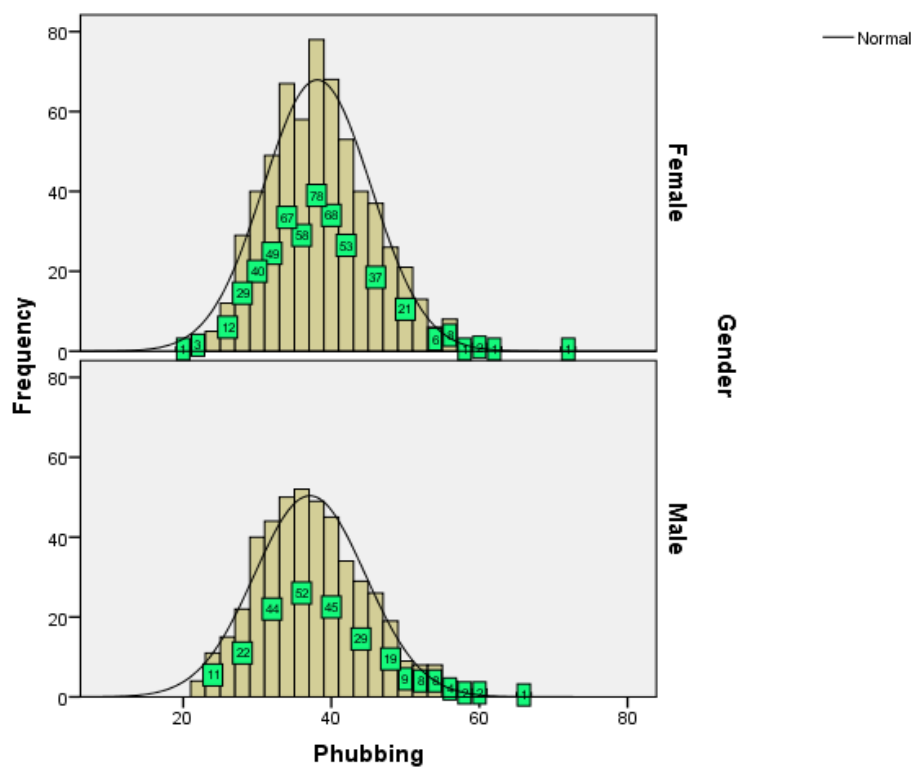


Figure 2. Phubbing behavior of female and male students

Figure 2 shows that women in the study are exhibiting more phubbing behavior than men. Cho & Kim, (2014) found that young women are more likely to become addicted to smartphones than young men when they are stressed. Even in Korea, various interventions have been carried out to reduce phubbing behavior in women (Chun, 2018). This research also looks at how happiness is experienced by individuals who experience a phubbing reaction. Happiness means feeling happy, enjoying life, and feeling extraordinary, while unhappiness means feeling bad and hoping things will be different (Muaremi, Arrich, & Tröster, 2012). Addiction to smartphones has many negative impacts, one of which is that people may become apathetic, and less concerned about the surrounding environment because they are more focussed on smartphone activity. Phubbing occurs when people insult or ignore others at work and

concentrate more on smartphones (Vanden Abeele, Antheunis, & Schouten, 2016). The findings of the study were that there were no differences in the happiness of students phubbing and students not phubbing. Happiness was not correlated with phubbing behaviour. This can be seen in Figure 3 below.

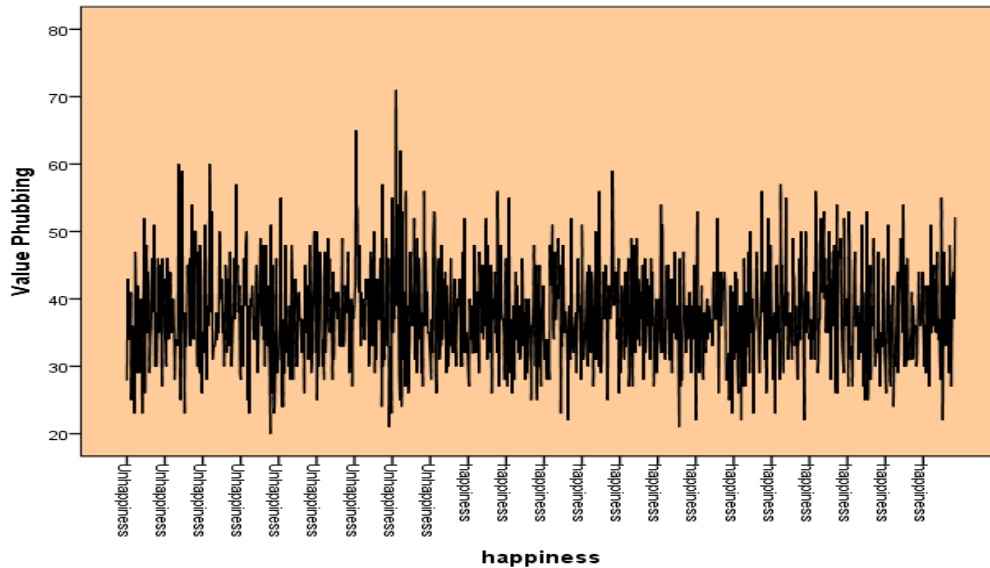


Figure 3. Happiness and unhappiness of students acting phubbing

Figure 3 shows high amounts of phubbing practice did not bring full happiness. Instead, the figure shows that phubbing is not significantly bringing joy to an individual who is phubbing frequently. The results showed that the average unhappiness of participants was 38.14 and the average happiness was 37.38. Based on this, it can be concluded that there is an inconvenience to phubbing behaviour even though this cannot be generalized. Happiness is not only relevant to isolated individuals, but also social communities, to companies, or even to entire countries (Muaremi et al., 2012). This research shows that phubbing behaviour can leave individuals not feeling happiness in their lives. Some researchers have shown that happiness depends on many factors and have analysed why satisfaction is essential (Kitazawa et al., 2019; Muaremi et al., 2012; Organista-Sandoval et al., 2013; Robert LiKamWa, Yunxin Liu, Nicholas D Lane, 2011). One of the inhibiting factors for happiness in an individual is phubbing behaviour, although the determinants of satisfaction cannot be measured through smartphones alone (Afdal et al., 2019; Muaremi et al., 2012; Volkmer & Lerner, 2019). Sometimes phubbing behaviour makes students lazy and stressed when they have not seen a smartphone for a few hours (Al-Saggaf & Macculloch, 2019; Fan, Brown, Das, & Wolfson, 2019; Mallinckrodt, Miles, & Levy, 2014; Oulasvirta et al. , 2012). Dependence, in this case, arguably influences their life to become an unhappy life.

Conclusions

Phubbing – snubbing via smartphone –describes how an individual who sees their smartphone during a conversation with another individual present, engrosses in their smartphone and avoids interpersonal communication (Acat, Tüken, & Karadağ, 2010; Karadağ et al., 2016; Karadag et al., 2015). Happiness in life is understood to be felt when the individual is grateful for what is happening. Phubbing in students has a negative psychological effect, namely the emergence of unhappiness in the individual. In this study students expressed phubbing behaviour in the high and very high category. There is no significant difference in the level of happiness of students who tended towards phubbing behaviour to those who didn't phub as often. This indicated to the researchers that phubbing does not affect individual happiness positively. If high amounts of phubbing practice do not bring full happiness the researchers note that phubbing is not significantly bringing joy to an individual who is phubbing frequently and individuals phubbing in the high category are at risk of experiencing and expressing apathy and loss of connection with loved ones. Future research might determine the effects of phubbing frequently and any lack of connection with loved ones. These results cannot yet be generalized, so there need to be further studies.

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