MIKAILALSYS
Journal of Multidisciplinary Sciences

e-ISSN : 2987-2286
p-ISSN : 2987-3924

Index : Dimensions, Scilit, Crossref, Garuda, Semantic, Lens,Google Scholar,Base, etc

https://doi.org/10.58578/mikailalsys.v2i3.4283

The Relationship between Self-Control and Problematic Internet Use with Phubbing in Emerging Adults

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Article Info:

Submitted:	Revised:	Accepted:	Published:
Nov 5, 2024	Nov 20, 2024	Dec 1, 2024	Dec 6, 2024

Abstract

This study aims to determine the relationship between self-control, problematic internet use (PIU), and phubbing behaviour in emerging adults or early adults aged 18-29. Self-control is regulating thoughts, emotions and behaviour to achieve long-term goals. Meanwhile, PIU is an excessive use of the internet that negatively affects mental well-being and social functioning. Phubbing ignores others because they are too focused on cell phones or the internet. The sample selection used a probability sampling technique, with a stratified random sampling method, involving 425 participants, 255 female participants and 170 male participants. The measuring instruments used in this study were the Brief Self-Control Scale (BSCS), Problematic Internet Use Questionnaire (PIUQ), and Generic Scale of Phubbing (GSP). This study has correlation results between variables with a p-value <0.001, which shows that self-control plays a role in reducing PIU and phubbing behaviour and indicates that PIU and phubbing are closely related. Conducting this study can help develop interventions to increase self-control and reduce the negative impact of PIU and phubbing on emerging adults or individuals who are in the early adult phase.

Keywords: Self-Control, Problematic Internet Use, Phubbing, Emerging Adult

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INTRODUCTION

The advancement of technology is a continuous process, with the rapid development of technology today having the potential to alter the pattern of people's lives in terms of fulfilling information needs in almost all corners of the world. One such area of impact is the use of the internet. The Internet serves as a means of communication and information that is growing rapidly in this modern era, playing a pivotal role in human life, particularly for the younger generation, often referred to as emerging adults. The term "emerging adults" or "early adults" is used to describe individuals aged 18-29 years who are in the transition phase from adolescence to adulthood (Arnett, 2006, in Arini, 2021). One of the most notable consequences of technological advancement is the simplicity of access and pervasive Internet utilisation. A survey by the Indonesian Internet Service Providers Association (APJII) indicates that the number of Internet users in Indonesia will reach 221.56 million by 2024.

The Internet offers many benefits, including acquiring new insights and knowledge, online shopping, providing entertainment, facilitating information sharing, and enhancing job search capabilities (Juliyana & Nuraflah, 2020). The impact of internet usage is contingent upon how it is employed. Excessive time spent online can render the internet a dangerous environment. Excessive internet use can have a detrimental impact, including the development of excessive internet use. Excessive internet use, or problematic internet use (PIU), can impact various aspects of an individual's life, including mental health, social relationships, and academic achievement.

Internet overuse is a set of symptoms comprising maladaptive cognitions and compulsive behaviours unrelated to specific Internet functions or applications. Rather, they are associated with the context of communicative Internet use (Caplan, 2002, in Balcerowska & Bereznowski, 2022). As defined by Kormas et al. (2011), problematic internet use (PIU) is characterized by three key elements: dependence, interference with daily activities, and negative impacts on mental health. These impacts include stress, anxiety, and depression. Furthermore, PIU has been linked to diminished academic performance and difficulties in social relationships, largely due to the excessive time spent online. Those who engage in PIU frequently report feelings of depression or dissatisfaction when they are unable to access the internet, which can have a detrimental impact on various aspects of their lives.

In addition to problematic internet use (PIU), there is a phenomenon commonly known as phubbing, often referred to as a social phenomenon involving communication technology (Hanadi et al., 2022). Knausenberger et al. (2022) state that phubbing has been linked to feelings of exclusion, which can threaten an individual's fundamental needs, induce negative moods, and reduce behavioural trust. Chotpitayasunondh and Douglas (2018) posited that phubbing has a detrimental impact on social interactions. Phubbing has the potential to diminish relationship satisfaction. Those who feel neglected are prone to experience discontent, disrespect, and negative emotions such as resentment and isolation.

The excessive use of the internet can negatively impact numerous aspects of one's life. It is, therefore, necessary to exercise self-control in order to prevent individuals from experiencing excessive internet addiction. *Self-control* can be defined as the mental processes that enable an individual to manage their urges, handle conflicting tasks, and maintain concentration (Inzlicht et al., 2014). Those with robust self-control are better positioned to regulate their environment, thereby reducing the potential for distractions that could otherwise trigger impulsive actions or behaviours incongruent with their goals. Individuals who possess self-control can resist excessive desires that arise within themselves (Anggraeni et al., 2019).

The research conducted by Zakkiyah and Latifah (2022) indicates that self-control plays a significant role in developing PIU, or excessive internet use. Subsequently, Putri et al. (2023) research indicated that "phubbing" can be mitigated by fostering enhanced self-control capabilities in individuals. The capacity for self-control enables individuals to engage in regular and socially acceptable behaviours, appropriately regulate their emotions, and refrain from violating established norms and rules within their social environment.

This study examines the interrelationship between self-control and PIU with phubbing in emerging adults, defined as individuals between 18 and 29. Problematic Internet Use (PIU) is frequently linked to many adverse effects on individual well-being, including the deterioration of social relationships and a decline in productivity. One potential moderator of the strength of the relationship is self-control. However, it should be noted that the relationship between PIU and its impact does not always manifest in the same manner for every individual. *Self-control* is a variable that can moderate PIU's influence on specific behaviours, such as phubbing. This study aims to examine the role of self-

control as a moderating factor in the relationship between PIU and phubbing among emerging adults.

This study will likely make a significant contribution to the development of theories regarding the relationship between self-control and excessive internet use with phubbing. Furthermore, it will enhance understanding of the impact of excessive internet use and the importance of self-control, thereby providing appropriate guidance or solutions for individuals who engage in excessive internet use.

METHODS

This study employs a quantitative research methodology, utilizing probability sampling techniques and a stratified random sampling method for sample selection. The study was conducted to recruit participants between 18 and 29 who could be considered in the early adult development phase. The participants had to spend approximately six to ten hours using digital devices or the Internet daily. Additionally, they were required to exhibit symptoms of anxiety and a lack of interest in activities unless they were engaged in online activities. Finally, the participants were required to demonstrate difficulty sleeping. A total of 425 participants met the aforementioned criteria. The data obtained from the 425 participants revealed the following age distribution: 18 years (4.0%), 19 years (8.7%), 20 years (18.6%), 21 years (18.4%), and 22 years (11. The remaining participants were aged between 23 and 29 years old, with 59 people aged 23 (13.9%), 36 people aged 24 (8.5%), 25 people aged 25 (5.9%), 18 people aged 26 (4.2%), 12 people aged 27 (2.8%), 12 people aged 28 (2.8%), and four people aged 29 (0.9%). Subsequently, the data obtained from the 425 participants revealed that 170 individuals (40.0%) were male and 255 (60.0%) were female. The Brief Self-Control Scale (BSCS) was employed to assess self-control. The research instrument utilized to assess self-control variables has been adapted into Indonesian by Arifin and Milla (2020). The BSCS is a two-dimensional scale comprising inhibition and initiation, comprising ten items. The inhibition dimension comprises seven items, while the initiation dimension consists of three items. The BSCS measuring instrument employs a seven-point Likert scale. Validity and reliability tests have been conducted, and the Cronbach's Alpha value of the BSCS measuring instrument is 0.796. The reliability of the inhibition dimension is 0.799, while the reliability of the initiation dimension is 0.772. Problematic Internet Use Questionnaire (PIUQ). The research instrument utilized to assess

the PIU variable has been adapted by Angriyani and Widyastuti (2023). The PIUQ is comprised of three dimensions: obsession, neglect, and control disorder. It consists of 18 items in total. Scoring on this research instrument is conducted on a five-point Likert scale. The research team has conducted validity and reliability tests. The reliability of the PIUQ instrument was determined to be 0.866 using Cronbach's Alpha value. The obsession dimension exhibited a Cronbach's Alpha value of 0.823, while the neglect dimension demonstrated a value of 0.767. The control disorder dimension yielded a Cronbach's Alpha value of 0.799. The Generic Scale of Phubbing (GSP) is a research instrument that measures the variable of phubbing, and it was adopted by Isrofin (2021). The GSP comprises four dimensions: nomophobia, interpersonal conflict, self-isolation, and acknowledgement of the problem. It contains 15 items in total. Validity and reliability tests have been conducted on this research instrument. The results of the reliability test of the GSP measuring instrument yielded a Cronbach's alpha value of 0.904. The reliability test yielded a value of 0.418 for the nomophobia dimension, 0.844 for the interpersonal conflict dimension, 0.867 for the self-isolation dimension, and 0.694 for the acknowledgement of the problem dimension.

RESULTS AND DISCUSSION

Normal Distribution Test

Before conducting the normality test using the One-Sample Kolmogorov-Smirnov Test, the data underwent a regression test to obtain residual data, consisting of self-control, PIU, and phubbing variables. The regression test results on the residual data from the three variables indicate that the regression model is normal and can be used to analyze the relationship between the three variables, as demonstrated in the Normal P-P Plot of Regression Standardized Residual graph below.

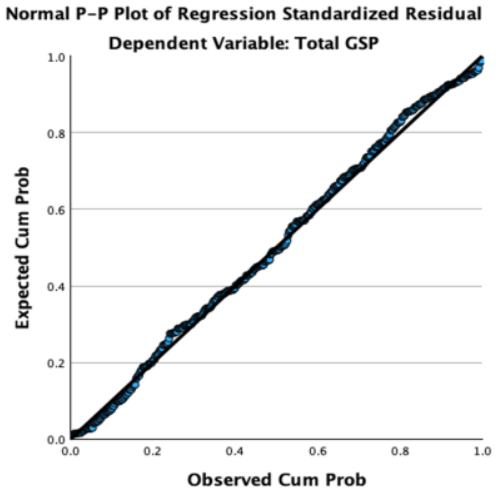


Figure 1. Normal P-P Plot of Regression Standardized Residual

To guarantee that the data exhibited a normal distribution, the researcher conducted a normality test on the residual data from the self-control, PIU, and phubbing variables using the One-Sample Kolmogorov-Smirnov test. The normality test results indicated that the data were normally distributed, as evidenced by the Asymp. The resulting value for the two-tailed significance test (p) was greater than 0.05, indicating a p-value greater than 0.112. For further details, please refer to Table 1.

Table 1. One-Sample Kolmogorov-Smirnov Normality Test

N	Standar Deviasi	*Test Statistic*	*Sig. (2- Tailed)*
425	1.356	0.40	0.112

Correlation Test

The researcher conducted a correlation test between the variables under investigation in the study, namely self-control, problematic internet use (PIU), and phubbing. The correlation test on the research variables employed the Pearson correlation coefficient, as the data in this study exhibited a normal distribution. The correlation test results demonstrated a robust negative correlation between the self-control variable and problematic internet use (PIU) and phubbing. Subsequently, the correlation test of the PIU variable with phubbing yielded robust, positive, significant results. Further details can be found in Table 2.

Table 2. Results of Correlation Test between Variables

Variabel	r	*p*	Keterangan
Self-Control dan PIU	-0.458	< 0.001	Negatively Correlated
Self-Control dan *Phubbing*	-0.493	< 0.001	Negatively Correlated
PIU dan *Phubbing*	0.977	< 0.001	Positively Correlated

Linearity Test

A linearity test was also conducted on the PIU variable in conjunction with phubbing, yielding a statistically significant result ($p < 0.001$). In sum, the results demonstrate that the relationship between self-control and PIU with phubbing is statistically significant and largely linear. For further clarification, please refer to Table 3.

Table 3. Linearity Test Results for Self-Control, PIU, and Phubbing Variables

Variabel	F	*p*	Keterangan
Self-Control dan *Phubbing*	150.443	< 0.001	Linear Data
PIU dan *Phubbing*	10596.501	< 0.001	Linear Data

Heteroscedasticity Test

The researcher conducted a heteroscedasticity test, demonstrating that the pattern was randomly distributed and exhibited a dispersed distribution. It indicates that the heteroscedasticity test of the three variables yielded no problematic results. Therefore, the heteroscedasticity assumption is satisfied in the regression model.

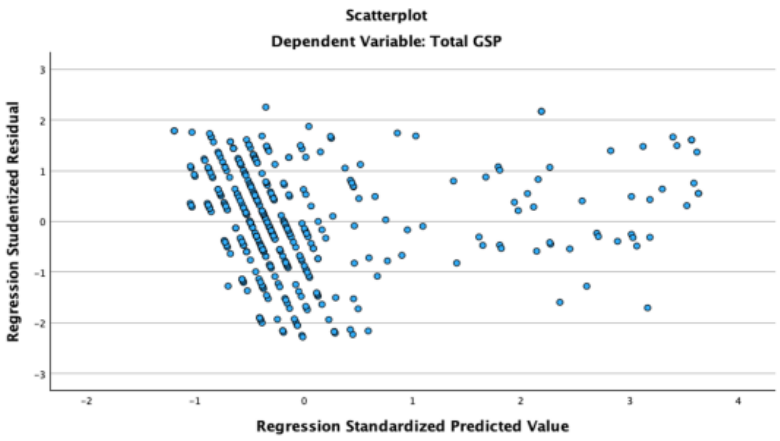


Figure 2. Heteroscedasticity Test Results

Moderated Regression Analysis (MRA) Regression Test

In this study, the dependent variable is phubbing (GSP), while the independent variables are self-control (BSCS) and PIU (PIUQ). The self-control variable is employed as a moderator for the PIU variable in the MRA regression test. The results of the MRA regression indicate that the significance value of the self-control and PIU variables is 0.0560 or $p > 0.05$, respectively. Therefore, there is an insignificant influence between the self-control variable and the PIU and phubbing variables.

Table 4. MRA Regression Test

Variabel	R	R *Square*	*p*	*Mean Sq. Error*
Self-Control -> PIU	0.9782	0.9569	0.0560	1.8381

CONCLUSION

The correlation test analysis of the research on the relationship between self-control and problematic internet use (PIU) with phubbing in the emerging adult phase, with the self-control variable as a moderator in this study, revealed a significant relationship between self-control, PIU, and phubbing. The correlation test results indicate that self-control plays a role in reducing PIU and phubbing behavior and that PIU and phubbing are closely related. The Moderated Regression Analysis (MRA) regression test results indicate that when acting as a moderator, the self-control variable does not yield significant results concerning PIU and phubbing. In light of these findings, self-control is not a full moderator of PIU and phubbing. The correlation test yielded significant results between self-control, PIU, and phubbing variables. It indicates that as a person's level of self-control increases, their level of PIU and phubbing decreases. The correlation test results corroborate the hypothesis proposed in this study, namely that there is a relationship between self-control variables and problematic internet use (PIU) with phubbing.

This research aims to gain a more profound comprehension of the interconnection between self-control, excessive internet usage, and phubbing behavior, particularly among emerging adults or early adults. It is anticipated that the findings of this study will inform the development of programs or interventions designed to enhance self-control abilities in emerging adults or early adults, particularly in the fields of education, psychology, and

mental health. The intervention has the potential to assist individuals in more effectively managing their internet usage and in reducing, or even avoiding, phubbing behavior.

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