

ABSTRAK

Peran *Mother's Phubbing* Terhadap Kesejahteraan Psikologis Anak Serta Tinjauannya dalam Islam

Mother's phubbing (perilaku ibu yang mengabaikan anaknya karena lebih memperhatikan *smartphonenya* ketika sedang berinteraksi bersama anaknya) berdampak terhadap kesejahteraan psikologis anak. Penelitian ini bertujuan melihat peran *mother's phubbing* terhadap dimensi kesejahteraan psikologis anak serta tinjauannya dalam Islam. Penelitian ini menggunakan metode kuantitatif dengan melibatkan 103 partisipan berusia 8-13 tahun yang duduk di bangku Sekolah Dasar, direkrut dengan menggunakan teknik *accidental sampling*. Alat ukur yang digunakan dalam penulisan ini adalah *Parents Phubbing Scale* (PPS) dan *Psychological Well-Being Scale for Children* (PWB-c). Hasil penulisan menunjukkan bahwa *mother's phubbing* berperan positif dan signifikan terhadap dua dari enam dimensi pada PWB-c, yaitu dimensi penguasaan lingkungan serta otonomi. Hasil ini menjelaskan bahwa semakin tinggi tingkat *mother's phubbing* yang diterima anak maka semakin tinggi pula skor dimensi penguasaan lingkungan dan otonomi pada kesejahteraan psikologis anak. Sementara itu, menurut ajaran Islam, *mother's phubbing* memiliki dampak negatif terhadap kesejahteraan psikologis anak karena tidak sesuai dengan adab berkomunikasi dalam Islam dan sifat-sifat yang dicontohkan Rasulullah SAW dalam memberikan pendidikan dan pengasuhan kepada anak.

Kata kunci: *Mother's Phubbing*, *Phubbing*, Kesejahteraan Psikologis Anak.

ABSTRACT

The Role of Mother's Phubbing towards Children's Psychological Well-Being and Overview in Islamic Perspectives

Mother's phubbing (where a mother neglects her child in favor of her smartphone during interactions) affects children's psychological well-being. This study aims to examine the role of maternal phubbing in relation to various dimensions of children's psychological well-being and its review from an Islamic perspective. Employing a quantitative research method, this study involved 103 participants aged 8-13 years, currently attending elementary school, who were recruited through accidental sampling techniques. The measurement tools utilized were the Parents Phubbing Scale (PPS) and the Psychological Well-Being Scale for Children (PWB-C). The findings indicate that mother's phubbing has a positive and significant role in two out of six dimensions of the PWB-C, namely, environmental mastery and autonomy. This suggests that higher levels of mother's phubbing are associated with higher scores in the dimensions of environmental mastery and autonomy in children's psychological well-being. From an Islamic viewpoint, mother's phubbing has a negative impact on children's psychological well-being as it is inconsistent with Islamic communication etiquette and the practices exemplified by the Prophet Muhammad (SAW) in child-rearing and education.

Keywords: Mother's Phubbing, Phubbing, Children's Psychological Well-Being.

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