

ABSTRAK

Hubungan *Emotional Regulation* dengan Perilaku *Phubbing* Remaja

Akhir serta Tinjauannya Menurut Islam

Phubbing merupakan perilaku seseorang yang mengabaikan kehadiran dalam interaksi sosial karena terlalu fokus pada *smartphone*. Fenomena ini banyak terjadi pada remaja akhir dan dapat mengganggu kualitas hubungan interpersonal. Salah satu faktor yang berperan dalam mengurangi perilaku ini adalah kemampuan dalam *emotional regulation*. Penelitian ini bertujuan untuk mengetahui “Hubungan *emotional regulation* dengan perilaku *phubbing* pada remaja akhir serta tinjauannya menurut Islam”. Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Sampel berjumlah 152 remaja akhir berusia 18-21 tahun dengan menggunakan *non-probability sampling* dengan teknik *accidental sampling*. Instrumen yang digunakan adalah *emotion regulation questionnaire* (ERQ) dan *generic scale of phubbing* (GSP) versi Bahasa Indonesia. Hasil penelitian ini menunjukkan adanya hubungan negatif yang sangat kuat dan signifikan antara *emotional regulation* dengan perilaku *phubbing* pada enam dari delapan hipotesis yang diajukan, yaitu hubungan *cognitive reappraisal* dengan *interpersonal conflict*, *self-isolation*, dan *problem acknowledgement*, serta hubungan *expressive suppression* dengan *nomophobia*, *interpersonal conflict*, dan *self-isolation*. Artinya, individu yang dengan *emotional regulation* yang baik cenderung tidak mudah terdistraksi oleh penggunaan *smartphone* saat berinteraksi dengan seseorang. Sebaliknya, kesulitan dalam *emotional regulation* dapat mendorong seseorang untuk melakukan perilaku *phubbing* dan mencari pelarian melalui *smartphone*. Hal ini juga sesuai dengan pandangan dalam perspektif Islam bahwa kemampuan *emotional regulation* yang baik dapat menghindarkan perilaku *phubbing*. Penelitian ini memberikan implikasi penting bagi remaja dan lingkungan sosial dalam meningkatkan kesadaran akan pentingnya *emotional regulation* di era *digital*.

Kata kunci: *Emotional regulation, Phubbing, Remaja akhir*

ABSTRACT

The Relationship Between Emotional Regulation and Phubbing Behaviour in Late Adolescents and its Review from an Islamic Perspective

Phubbing is a behaviour in which an individual ignores the presence of others during social interactions because they are overly focused on their smartphone. This phenomenon is particularly common among late adolescents and can negatively affect the quality of interpersonal relationships. One factor that plays a role in reducing this behaviour is emotional regulation. This study aims to examine the relationship between emotional regulation and phubbing behaviour in late adolescents, along with its review from an Islamic perspective. A quantitative correlational approach was employed, involving 152 late adolescents aged 18–21 years selected through non-probability accidental sampling. The instruments used were the Emotion Regulation Questionnaire (ERQ) and the Generic Scale of Phubbing (GSP) in the Indonesian version. The results revealed a very strong and significant negative relationship between emotional regulation and phubbing behaviour in six out of eight proposed hypotheses, namely the relationships of cognitive reappraisal with interpersonal conflict, self-isolation, and problem acknowledgement, as well as expressive suppression with nomophobia, interpersonal conflict, and self-isolation. This indicates that individuals with good emotional regulation are less likely to be distracted by smartphone use during face-to-face interactions. Conversely, difficulties in emotional regulation may encourage individuals to engage in phubbing and use smartphones as an escape. From an Islamic perspective, good emotional regulation is seen as a means to prevent phubbing behaviour. The findings of this study have important implications for adolescents and their social environments in raising awareness of the importance of emotional regulation in the digital era.

Keywords: Emotional regulation, Phubbing, Late adolescence