

The Relationship between Self-Control and Fear of Missing Out with Phubbing Behavior in Adolescents

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ABSTRACT

This study aims to determine the relationship between self-control and fear of missing out with phubbing behavior in adolescents. Phubbing is the behavior of ignoring the surrounding environment because they are more focused on their gadgets than establishing social interactions. Self-control is an individual's ability to manage themselves which is characterized by the ability to think (cognitive), act (behavior) and decide something according to their values, norms and beliefs. Fear of missing out is the fear of missing precious moments with friends or peer groups if the individual does not participate. The research method used is quantitative correlational with a sample of 139 adolescents aged 12-15 years. The data collection instrument used a phubbing scale, a self-control scale and a fear of missing out scale which were measured using a Likert scale. Data analysis was carried out using validity, reliability and multiple regression analysis tests. Based on the results of the analysis, it showed that the simultaneous correlation value $F = 52.579$ with a significance of 0.00 ($p < 0.05$), meaning that there is a relationship between self-control and fear of missing out with phubbing in adolescents. Next, the partial correlation value between self-control and phubbing has a coefficient of $t = -1.183$ with a significance of 0.239 ($p > 0.05$). The results show that although there is a tendency towards a negative relationship, this relationship is not statistically strong enough. The partial correlation between fear of missing out and phubbing has a coefficient of $t = 7.067$ with a significance of 0.000 ($p < 0.05$), which means that there is a positive relationship between fear of missing out and phubbing in adolescents. The effective contribution given is 0.436 . This means that self-control and fear of missing out have an influence of 43.6% on adolescent phubbing.

Keywords: *Self-Control, Fear of Missing Out, Phubbing*

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INTRODUCTION

In contemporary society, human life is increasingly intertwined with technology, particularly the internet, whose usage spans across adults, children, and adolescents alike. According to data from APJII (2024), the number of internet users in Indonesia has reached 221.5 million, with a national penetration rate of 79.5%, and notably higher rates in Java (83.4%) and East Java (81.79%). The majority of users belong to Generation Z (34.4%) and millennials (30.62%). This escalating demand for internet connectivity has significantly

increased smartphone usage for activities such as telecommunication, messaging, browsing, online gaming, and accessing social media platforms.

However, the rising dependence on digital devices has also introduced a range of psychosocial issues, including stress, depression, addiction, and deteriorating social interactions. As digital natives, members of Generation Z are particularly familiar with virtual environments; yet excessive device usage has led to neglect of social responsibilities, academic obligations, and engagement with their immediate surroundings. One emerging behavioral phenomenon associated with this trend is phubbing, defined as the act of ignoring a conversational partner in favor of interacting with a smartphone.

Phubbing is characterized by habitual device checking during interpersonal interactions, minimal conversational engagement, and causing the conversation partner to feel disregarded. This phenomenon is evident in various social contexts, including family gatherings, group assignments, and home environments. Observations conducted in Surabaya among adolescents aged 12–15 years revealed that many students preferred using their devices while waiting for school pick-up, even in the presence of teachers.

Empirical studies corroborate these findings. Research has reported that 70% of 143 respondents engaged in phubbing behaviors; another study indicated that 45.1% of 103 respondents frequently engaged in phubbing; while another revealed that 85.1% of adolescents were aware of engaging in such behavior. Additional studies found phubbing behavior in 52% of adolescents, and that 62 out of 100 students engaged in phubbing during conversations.

Phubbing behavior may vary in intensity, categorized as low — where eye contact and attention are still maintained — or high — where two-way communication is substantially impaired. The implications of phubbing are significant, including declines in interaction quality, loss of trust, feelings of jealousy, and emotional disturbances. Furthermore, phubbing has been linked to physical and psychological health issues such as headaches, neck strain, diminished familial and peer closeness, anxiety, depression, academic fatigue, and reduced life satisfaction.

A principal factor contributing to phubbing behavior is low self-control. Individuals exhibiting low self-control are often unable to adequately value face-to-face interactions, displaying a greater propensity to prioritize their digital devices. Self-control refers to an individual's capacity to regulate behavior in accordance with social norms and personal values, especially in interpersonal contexts.

In addition, Fear of Missing Out (FoMO) has been identified as another significant predictor of phubbing. FoMO refers to an excessive fear of missing out on others' social experiences, leading individuals—particularly adolescents—to remain hyper-connected through social media, which in turn promotes phubbing behaviors. Research findings indicate that FoMO levels can reliably predict the occurrence of phubbing among adolescents. In conclusion, higher levels of self-control are associated with a reduced likelihood of experiencing FoMO and engaging in phubbing behaviors. Conversely, lower self-control and heightened FoMO contribute significantly to the prevalence of phubbing, thereby negatively affecting adolescents' social relationships and overall well-being.

METHOD

The The population refers to the entire unit of analysis possessing specific characteristics and serving as the object of a study. In this context, the population includes all individuals who meet the predetermined criteria established by the researcher. The population for this study consisted of 200 Generation Z adolescents enrolled in junior high schools in Surabaya, with the following inclusion criteria:

- a. Adolescents aged between 12 and 15 years.
- b. Possessing at least two social media accounts (e.g., WhatsApp, Instagram, TikTok, Telegram, Lemon8, Pinterest, Threads, Snapchat, etc.).
- c. Actively using digital devices for a minimum of three hours per day.

Table Demographic Characteristics of Participants

No	Participant Classification	Description	N	Percentage
1	Gender	Female	71	51.1%
		Male	68	48.9%
2	Age	12 years	58	41.7%
		13 years	53	38.1%
		14 years	22	15.8%
		15 years	6	4.3%
3	Daily Device Usage Duration	± 3 hours	24	17.3%
		± 4 hours	29	20.9%
		± 5 hours	29	20.9%
		± 6 hours	14	10.1%
		> 6 hours	43	30.9%

According to Sugiyono (2017), a sample is defined as a subset of the population possessing the same characteristics as the population itself. Sampling allows researchers to draw conclusions about the entire population without the need to examine every individual member. In this study, the sampling technique employed was purposive sampling, which involves selecting participants who meet specific characteristics relevant to the research objectives.

As the total population was known, the researcher determined the sample size using the Krejcie and Morgan Table with a confidence level of 95%. Given a total population (N) of 200, the required sample size (S) was determined to be 132 adolescents.

RESEARCH RESULT

The Data collection for this study was conducted over a period of 15 days, beginning with the distribution of online questionnaires on December 16, 2024, and concluding on December 30, 2024. The research involved distributing a link to the online questionnaire through Junior High School X in Surabaya, coordinated via the principal to the homeroom teachers, who then distributed it to their students. Based on the research

requirements, a total of 139 respondents were obtained, fulfilling the necessary sample size.

The first hypothesis of this study proposed that self-control and fear of missing out (FoMO) are simultaneously associated with phubbing behavior among adolescents. The results of the hypothesis test revealed an F-value of 52.579 with a significance value of 0.00 ($p < 0.05$). Thus, the hypothesis stating that self-control and FoMO are simultaneously associated with phubbing behavior was accepted.

Table Hypothesis Test Results for Hypothesis 1

Model	F	p	Description
Self-control and FoMO with Phubbing	52.579	0.00	Significant ($p < 0.05$)
Hypothesis accepted			

The second hypothesis proposed that self-control is negatively associated with phubbing behavior among adolescents. The hypothesis test resulted in a t-score of -1.183 with a significance value of 0.239 ($p > 0.05$). Although there was a tendency toward a negative relationship ($t = -1.183$), it was not statistically significant. Therefore, the second hypothesis was rejected.

Table Hypothesis Test Results for Hypothesis 2

Model	t	p	Description
Self-control with Phubbing	-1.183	0.239	Not significant ($p > 0.05$)
Hypothesis rejected			

The third hypothesis proposed that fear of missing out is positively associated with phubbing behavior among adolescents. The hypothesis test produced a t-score of 7.067 with a significance value of 0.000 ($p < 0.05$). These results indicated a significant positive relationship between FoMO and phubbing behavior, thereby accepting the third hypothesis. This means that the higher the FoMO among adolescents, the greater their tendency to engage in phubbing behavior, and conversely, lower FoMO levels are associated with lower phubbing behavior.

Table Hypothesis Test Results for Hypothesis 3

Model	t	p	Description
FoMO with Phubbing	7.067	0.000	Significant ($p < 0.05$)
Hypothesis accepted			

The multiple regression equation generated in this study is $Y = \beta_0 + \beta_1X_1 + \beta_2X_2$, with coefficients $\beta_0 = 32.360$, $\beta_1 = -0.085$, and $\beta_2 = 0.640$. Therefore, the complete regression equation can be written as:

$$Y = 32.360 + (-0.085)X_1 + 0.640X_2$$

This indicates that in the absence of self-control and FoMO, the baseline phubbing score would be 32.360. The self-control regression coefficient of -0.085 implies that for each one-unit increase in self-control, phubbing behavior decreases by 0.085 units. Meanwhile, the FoMO regression coefficient of 0.640 implies that for each one-unit increase in FoMO, phubbing behavior increases by 0.640 units.

Table Regression Coefficients

Model	β Coefficient
(Constant)	32.360
Self-control	-0.085
FoMO	0.640

The multiple regression analysis also yielded two types of effective contribution: the collective contribution of the two independent variables to the dependent variable, and the individual contribution of each independent variable to the dependent variable.

Table Effective Contribution Results

Model	R	R Square	Sig.	Description
1	0.660	0.436	0.000	Significant

The effective contribution of self-control and FoMO to phubbing behavior was 0.436, meaning that self-control and FoMO jointly explained 43.6% of the variance in phubbing behavior.

The individual effective contribution of each independent variable to the dependent variable was calculated using the following formula:

$$SEX_1 = \left(\frac{b_{x1} \cdot \text{Cross Product} \cdot R^2}{\text{Regression}} \right) \times 100\%$$

The components required for the formula are presented below:

Table Components for Calculating Individual Effective Contributions

Variable	β Coefficient	Cross Product	Sum of Regression Squares	SE	SE Total (R ²)
Self-control	-0.085	-12,328.079	9,641.326	0.047	0.436
FoMO	0.640	13,427.590	-	0.389	

Based on the calculations, the individual effective contribution of self-control to phubbing behavior was 4.7%, while the effective contribution of FoMO to phubbing behavior was 38.9%.

DISCUSSION

The phenomenon of phubbing (phone snubbing), which involves ignoring face-to-face interactions in favor of focusing on a mobile device, has become increasingly common among adolescents. Ideally, adolescents are expected to focus on their social responsibilities, interact with their surrounding environment, form mature relationships with peers, and follow moral ethics (Hurlock, 1990). However, many adolescents today prefer to engage in online interactions via social media rather than face-to-face communication, making them more vulnerable to phubbing behavior. This study examines the relationship between self-control and fear of missing out (FoMO) with phubbing behavior among adolescents. The first hypothesis indicated that both variables simultaneously contribute 43.6% to phubbing behavior, which aligns with the findings of Permata et al. (2023), who reported an influence of 34.1%. Adolescents with low self-control and high FoMO tend to cope with their anxiety by continuously accessing social media, even while interacting with others.

Partial analysis showed a positive relationship between FoMO and phubbing ($t = 7.067$; $p < 0.05$), supporting the findings of Hura et al. (2021), who identified a 5.6% influence of FoMO on phubbing. The higher the FoMO, the greater the likelihood of adolescents engaging in phubbing behavior. Social media plays a significant role in triggering FoMO, causing adolescents to feel the need to constantly monitor social activities for validation or fear of missing out on information.

FoMO accounts for 38.9% of the variance in phubbing behavior, indicating that social pressure has a more dominant role in driving this behavior than self-control. Although self-control is important, it is not sufficient to mitigate the effects of FoMO. Partial analysis showed that self-control did not significantly affect phubbing behavior ($t = -1.183$; $p > 0.05$), contradicting the findings of Safitri & Rinaldi (2022) and Putri et al. (2024), but aligning with those of Isrofin & Munawaroh (2021) and Onn (2024).

According to Averill (1973), self-control refers to the ability to manage behavior in accordance with values and norms. However, for adolescents aged 12-15 years, who are in the process of identity formation (Erikson, 1968), the need for social acceptance tends to dominate. Santrock (2011) stated that adolescents often follow group norms, including using social media for social validation. Environmental factors, peer pressure, and family habits play significant roles in shaping behavior (Lewin, 1951).

The majority of the respondents in this study were adolescent girls aged 12-13 years. Girls are generally more sensitive to social involvement and validation from peers on social media (Twenge, Martin & Campbell, 2019). Adolescent girls often use social media to build their social identity (Granic & Lamey, 2009), which makes them more prone to engaging in phubbing as a means of maintaining their image and social presence.

CONCLUSION

The phenomenon of phubbing has emerged as a significant shift in the social interaction patterns of adolescents, from face-to-face communication to digital engagement. The adolescent years, which should ideally be used to foster healthy social relationships, have increasingly shifted toward a reliance on digital devices. Interactions through social media are favored over direct communication, leading to an increased tendency for phubbing behavior. This study shows that both self-control and fear of missing out (FoMO) simultaneously influence phubbing behavior among adolescents, contributing 43.6%. On a partial level, FoMO was found to have a significant positive relationship with phubbing, meaning that the higher the level of FoMO in adolescents, the greater the likelihood of engaging in phubbing. FoMO causes adolescents to feel the need to stay constantly connected to social media to avoid missing important social experiences or information.

In contrast, self-control in this study showed a negative relationship with phubbing, though it was not significant. This suggests that the level of self-control does not have a strong enough influence on phubbing behavior among adolescents. This indicates that social and emotional drivers, such as the desire for group acceptance and social media pressure, play a more dominant role in shaping phubbing behavior than the individual's ability to regulate their impulses. The study also found that the majority of respondents were adolescent girls aged 12-13 years. Adolescent girls tend to be more active in maintaining social relationships through online media and in constructing their social identity via social media, leading to a higher tendency for phubbing. Social media serves as a crucial tool for adolescent girls to gain self-validation and build a social image, which reinforces phubbing behavior. Overall, the findings of this study emphasize that FoMO is a primary driver of phubbing behavior among adolescents, while self-control is not sufficient to mitigate the influence of social pressures and identity development during adolescencecommunity.

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