

**PENGARUH *BOREDOME PRONENESS* TERHADAP PHUBBING  
DENGAN *SELF REGULATION* SEBAGAI MODERATOR  
PADA GENERASI Z DI SURABAYA**

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Dengan ini saya menyatakan bahwa skripsi yang berjudul “Pengaruh *Boredom Proneness* Terhadap Phubbing dengan *Self-Regulation* Sebagai Moderator pada Generasi Z di Surabaya” merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis di acu dalam naskah ini dan disebutkan dalam daftar Pustaka.

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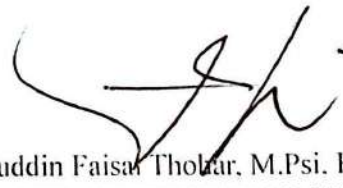
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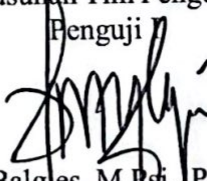
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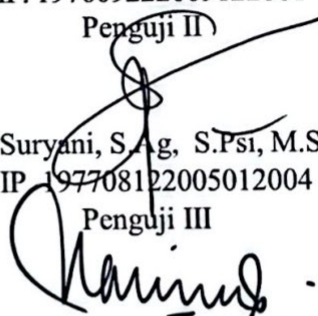
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## INTISARI

Tujuan penelitian ini adalah menguji pengaruh *boredom proneness* terhadap *phubbing* dan pengaruh *self-regulation* sebagai variabel moderator yang mempengaruhi hubungan tersebut pada generasi Z yang ada di Surabaya. Penelitian ini menggunakan metode kuantitatif korelasional. Untuk mendapatkan data, angket disebarakan kepada 400 subjek penelitian dengan kriteria bahwa subjek berada di usia 18 sampai dengan 25 tahun dan bertempat tinggal di kota Surabaya. Skala instrumen yang digunakan ada tiga, diantaranya yaitu *Generic Scale of Phubbing*, *Self-Regulation Scale* dan *Boredom Proneness Scale-Short Form (BPS-SF)*. Data yang telah terkumpul dianalisis dengan teknik *Moderated Regression Analysis*. Hasil penelitian menunjukkan signifikansi *boredom proneness* terhadap *phubbing* dan *self-regulation* mempengaruhi hubungan antara *boredom proneness* dengan *phubbing*. *Boredom proneness* memberikan sumbangan pengaruh sebesar 21,4% sedangkan *self-regulation* memberikan sumbangan pengaruh sebagai variabel yang dapat memperlemah pengaruh dari *boredom proneness* terhadap *phubbing*. Hal tersebut menunjukkan bahwa individu dengan tingkat *boredom proneness* yang tinggi cenderung lebih sering melakukan *phubbing*, terutama ketika kemampuan *self-regulation* yang dimiliki berada pada tingkat rendah. Sebaliknya, *self-regulation* yang baik dapat berperan sebagai faktor protektif yang melemahkan kecenderungan perilaku *phubbing* pada generasi Z.

Katakunci: *boredom proneness*, *phubbing*, *self-regulation*

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## **ABSTRACT**

*The purpose of this study was to examine the effect of boredom proneness on phubbing and the influence of self-regulation as a moderating variable that influences the relationship in Generation Z in Surabaya. This study used a quantitative correlational method. To obtain data, questionnaires were distributed to 400 research subjects with the criteria that the subjects were aged 18 to 25 years and residing in the city of Surabaya. Three instrument scales were used, including the Generic Scale of Phubbing, Self-Regulation Scale and Boredom Proneness Scale-Short Form (BPS-SF). The collected data were analyzed using Moderated Regression Analysis techniques. The results showed the significance of boredom proneness on phubbing and self-regulation influenced the relationship between boredom proneness and phubbing. Boredom proneness contributed an influence of 21.4% while self-regulation contributed an influence as a variable that could weaken the influence of boredom proneness on phubbing. This suggests that individuals with high levels of boredom proneness are more likely to engage in phubbing, especially when their self-regulation skills are low. Conversely, good self-regulation can act as a protective factor, weakening the tendency for phubbing behavior in Generation Z*

**Keywords:** *boredom proneness, phubbing, self-regulation*

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S U R A B A Y A

## DAFTAR ISI

PERNYATAAN KEASLIAN PENELITIAN .....	iii
HALAMAN PERSETUJUAN.....	iv
HALAMAN PENGESAHAN.....	v
LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI.....	vi
KATA PENGANTAR.....	vii
DAFTAR ISI .....	ix
DAFTAR TABEL.....	xi
DAFTAR GAMBAR .....	xiii
DAFTAR LAMPIRAN .....	xiv
INTISARI.....	xv
<i>ABSTRACT</i> .....	xvi
BAB I .....	1
PENDAHULUAN .....	1
A. Latar Belakang .....	1
B. Rumusan Masalah .....	9
C. Tujuan Penelitian.....	9
D. Manfaat Penelitian.....	10
E. Keaslian Penelitian .....	11
BAB II.....	13
KAJIAN PUSTAKA .....	13
A. <i>Phubbing</i> .....	13
B. <i>Boredom Proneness</i> .....	15
C. <i>Self Regulation</i> .....	17
D. Hubungan Antar Variabel .....	22
1. Hubungan <i>Boredom Proneness</i> terhadap <i>Phubbing</i> .....	22
2. Peran <i>Self-Regulation</i> pada Hubungan <i>Boredom Proneness</i> dan <i>Phubbing</i> .....	24
E. Kerangka Teoritis .....	26
F. Hipotesis.....	29
BAB III .....	30
METODE PENELITIAN.....	30
1. Identifikasi Variabel .....	31

2. Definisi Operasional.....	31
3. Populasi, Sampel, dan Teknik Sampling .....	32
4. Instrumen Penelitian.....	34
5. Analisis Data .....	38
BAB IV .....	46
HASIL PENELITIAN DAN PEMBAHASAN.....	46
A. Hasil Penelitian .....	46
B. Uji Asumsi Klasik .....	59
C. Pengujian Hipotesis.....	61
BAB V.....	73
PENUTUP.....	73
DAFTAR PUSTAKA.....	76
LAMPIRAN.....	84

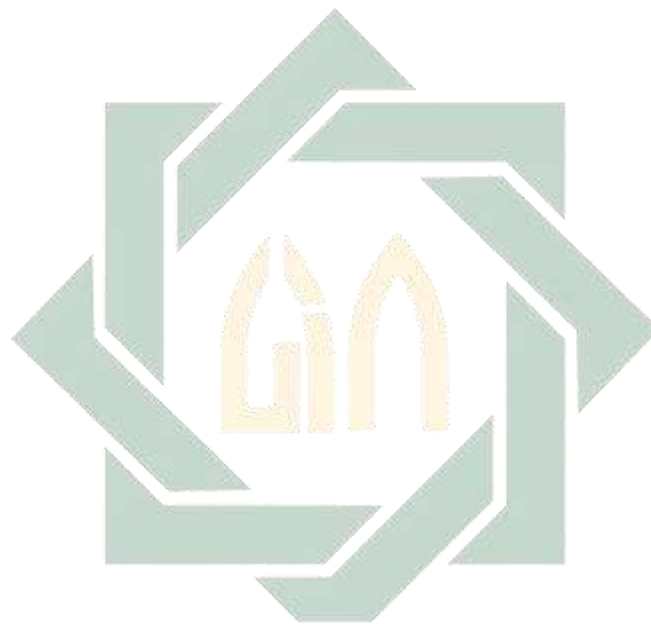


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S U R A B A Y A

## DAFTAR TABEL

Tabel 1. Rumus Perhitungan Sampel Issac dan Michael .....	33
Tabel 2. Blue Print <i>Generic Scale of Phubbing</i> (GSP) .....	34
Tabel 3. Alternatif Jawaban Skala <i>Generic Scale of Phubbing</i> .....	34
Tabel 4. Validitas <i>Generic Scale of Phubbing RASCH Model</i> .....	35
Tabel 5. Reliabilitas <i>Generic Scale of Phubbing (GSP)</i> .....	35
Tabel 6. Alternatif Jawaban Skala BPS-SF .....	36
Tabel 7. Blue Print <i>Boredom Proneness Scale-Short Form</i> .....	36
Tabel 8. Validitas <i>Boredom Proneness Scale-Short Form</i> .....	36
Tabel 9. Reliabilitas <i>Boredom Proneness Scale-Short Form</i> .....	36
Tabel 10. Blue Print <i>Short Self-Regulation Scale</i> .....	37
Tabel 11. Alternatif Jawaban Skala <i>Self-Regulation Scale</i> .....	37
Tabel 12. Validitas <i>Short Self-Regulation Questionnaire</i> .....	38
Tabel 13. Reliabilitas <i>Short Self-Regulation Questionnaire</i> .....	38
Tabel 14. Hasil Try Out Uji Reliabilitas <i>Generic Scale of Phubbing</i> .....	41
Tabel 15. Hasil Try Out Uji Reliabilitas <i>Boredom Proneness Scale</i> .....	41
Tabel 16. Hasil Try Out Uji Reliabilitas <i>Short- Self-Regulation Scale</i> .....	42
Tabel 17 Rumus Persamaan Umum Regresi Linier Sederhana .....	43
Tabel 18 Rumus <i>Moderated Regression Analysis</i> .....	44
Tabel 19. Data Subjek Berdasarkan Jenis Kelamin .....	47
Tabel 20. Data Subjek Berdasarkan Usia .....	47
Tabel 21. Data Subjek Berdasarkan Status Pekerjaan.....	48
Tabel 22. Data Subjek Berdasarkan Pendidikan Terakhir .....	48
Tabel 23. Data Subjek Berdasarkan Status Pernikahan .....	49
Tabel 24. Data Subjek Berdasarkan Domisili Kecamatan .....	49
Tabel 25. Deskripsi Data Penelitian .....	50
Tabel 26. Rumus Kategorisasi Interval .....	51
Tabel 27. Mean dan Standar Deviasi Variabel .....	52
Tabel 28. Hasil Kategorisasi Interval .....	52
Tabel 29. Hasil Kategorisasi Skor Subjek Penelitian Variabel Phubbing .....	52
Tabel 30. Hasil Kategorisasi Skor Subjek Penelitian Variabel <i>Boredom Proneness</i> .....	53
Tabel 31. Hasil Kategorisasi Skor Subjek Penelitian Pada Variabel <i>Self-Regulation</i> .....	53
Tabel 32. Crosstabulation Phubbing dengan <i>Boredom Proneness</i> .....	54
Tabel 33. Hasil Crosstabs Phubbing Berdasarkan Jenis Kelamin.....	55
Tabel 34. Hasil Crosstabs Phubbing Berdasarkan Usia .....	55
Tabel 35. Hasil Crosstabs Phubbing Berdasarkan Status Pekerjaan .....	56
Tabel 36. Hasil Crosstabs Phubbing Berdasarkan Pendidikan Terakhir .....	56
Tabel 37. Hasil Crosstabs Phubbing Berdasarkan Status Pernikahan.....	57
Tabel 38. Hasil Crosstabs Phubbing Berdasarkan Domisili.....	58
Tabel 39. Hasil Uji Normalitas.....	60

Tabel 40. Hasil Uji Heteroskedastisitas .....	60
Tabel 41. Hasil Uji Multikolinearitas .....	61
Tabel 42. Coefficients Hasil uji regresi linier sederhana .....	62
Tabel 43. Model Summary Hasil Uji Regresi Sederhana .....	63
Tabel 44. Anova Hasil Uji Regresi Sederhana .....	63
Tabel 45. Coefficients Hasil Uji MRA / <i>Moderated Regression Analysis</i> .....	64
Tabel 46. Model Summary Hasil Uji MRA / <i>Moderated Regression Analysis</i> .....	65
Tabel 47. Anova Hasil Uji MRA / <i>Moderated Regression Analysis</i> .....	66



UIN SUNAN AMPEL  
S U R A B A Y A

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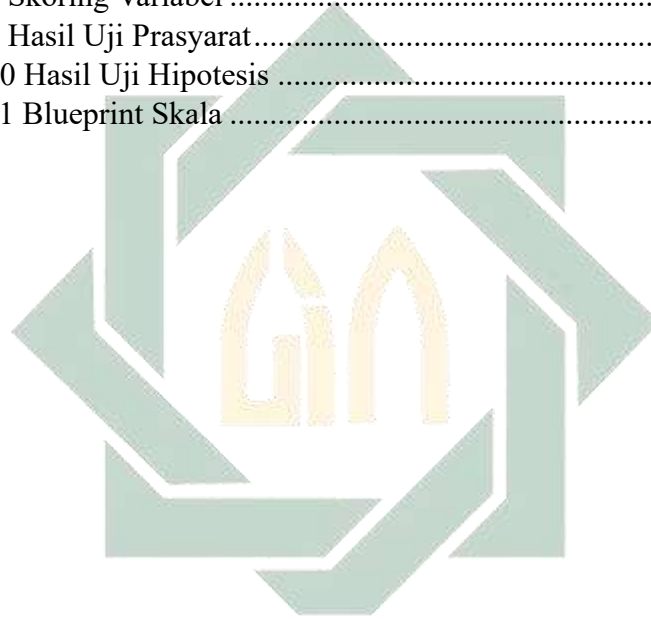
Gambar 1 Kerangka Teoritis .....28



UIN SUNAN AMPEL  
S U R A B A Y A

## DAFTAR LAMPIRAN

Lampiran 1 Penyebaran Kuesioner dan Persetujuan Responden.....	84
Lampiran 2 Data Demografi .....	85
Lampiran 3 Kuesioner Penelitian.....	86
Lampiran 4 Validitas dan Reliabilitas dari Jurnal Skala Asli.....	94
Lampiran 5 Hasil Uji Validitas dan Reliabilitas.....	95
Lampiran 6 Hasil Uji Crostab .....	98
Lampiran 7 Data Demografi Responden.....	108
Lampiran 8 Skoring Variabel .....	121
Lampiran 9 Hasil Uji Prasyarat.....	155
Lampiran 10 Hasil Uji Hipotesis .....	157
Lampiran 11 Blueprint Skala .....	159



UIN SUNAN AMPEL  
S U R A B A Y A

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