


RESEARCH ARTICLE

Parental phubbing and smartphone addiction among adolescents

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ABSTRACT

This study investigated the correlation between parental phubbing and smartphone addiction among adolescents. The number of participants in this study was 292 adolescents that consist 76 boys and 216 girls who lived on Java Island with an age range of 12 to 21 years old. This study used the quantitative method with the Likert scale. The measurement for the variables in this study used Smartphone Addiction Scale Short-Version (SAS-SV) by Kwon et al. (2013) and Parental Phubbing by Roberts and David (2016). The analysis result of this study showed a positive correlation between parental phubbing and smartphone addiction among adolescents, with the coefficient of correlation $r=0,200$ and $p<0,001$. This finding meant that a higher parental phubbing score would indicate a higher smartphone addiction score. Based on the result, we can conclude that the hypothesis of this study is accepted.

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INTRODUCTION

Current technological advances are reflected in the number of smartphone user penetrations that continue to increase. Statista (2019) states that the smartphone user penetration in the world in 2018 has reached 38%. The number of penetrations is expected to increase to 44.9% in 2020. Statista (2019) also mentioned that the penetration of Indonesian smartphone users in 2019 is estimated to have reached 47.6% of the total Indonesian population. That is an increase of 4.4% from 2017. On the other hand, survey data from the Ministry of Communication and Informatics of the Republic of Indonesia or *Kementerian Komunikasi dan Informatika Republik Indonesia* (2014) said that there are at least 30 million children and adolescents in Indonesia who are internet users, of which 52% access using ordinary mobile phones and 21% use smartphones.

Because the number of users of this technology product is very high, it is not surprising that a new type of dependency disorder has been found outside of drugs and alcohol, namely smartphone addiction (Kwon, Kim, Cho, & Yang, 2013). Kuss & Lopez-Fernandez (2016) explained that smartphone addiction is a maladaptive behavior toward smartphones characterized by the appearance of negative consequences. Smartphone addiction has the same negative symptoms and effects as internet addiction (Kwon, Kim, Cho, & Yang, 2013).

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Young, as quoted by Kwon, Kim, Cho & Yang (2013), argues that the symptoms or aspects of internet addiction are: a) disturbed daily life, namely disruption of daily activity due to excessive internet/ smartphone use, b) positive anticipation or change in psychic and emotional conditions after the use of internet/smartphone, c) withdrawal, which is the condition of individuals who feel very uncomfortable after being kept away from the internet/smartphone, d) excessive use or very prolonged use of the internet/smartphone in the absence of apparent interests, e) oriented to relationships in cyberspace, i.e., more concerned with social relations with others in cyberspace than with people around, and f) tolerance or increase in the time and frequency of internet/smartphone use over time.

An overview of the high level of dependence of adolescents on smartphones in Indonesia can also be seen from several research results. Research by Muflih, Hamzah, & Purniawan (2017) examined the level of smartphone dependence on 207 students (39.6% men and 60.4% women) at SMA Negeri 1 Kalasan Yogyakarta. The study's results revealed that smartphones' dependence rate reached 45.9%. Another study by Primadiana, Nihayati, & Wahyuni (2019) at SMA X Sidoarjo showed that 53.1% of 289 subjects (41.9% male and 58.1% female) students experienced moderate to high levels of smartphone addiction.

The condition of smartphone addiction will undoubtedly have negative impacts on addicts, including teenagers. Examples of physical health disorders include weight loss, dehydration, fatigue, and obesity (Li, Deng, Ren, Guo, & He, 2014). In addition, psychosocial and mental health problems that arise include a decrease in the level of subjective well-being (Jin & Spence, 2016), reduced problem-solving ability (Ibili, 2017), depression, the onset of interpersonal problems in the family and social environment (Griffiths, 2000), adolescent sexual delinquency (Choi et al., 2017), and decreased academic achievement (Yildiz Durak, 2019).

Several internal and external factors influence the condition of dependence on smartphones. Internal factors include self-control and low self-esteem (Agusta, 2016), physical and psychological problems suffered (Cha & Seo, 2018), and gender (Cha & Seo, 2018; Lee, Seo, Jeung, & Kim, 2019). External factors include the family and parental environment (Kwon et al., 2013), social-economic status (Cha & Seo, 2018), the type of smartphone and application used (Shin, Hong, & Dey, 2012), the influence of the media in marketing smartphones (Agusta, 2016), the life of adolescents at school (Kwon, Kim, Cho, & Yang, 2013), and the environmental conditions of friendship and family (Yuwanto, 2010).

The family, in this case, in particular, is that parents play a crucial role in the life of every period of human development. Although adolescents in their developmental duties have the task of growing into more emotionally independent human beings (Davis, 1985), this does not mean that the role of parents in their adolescent children is detached. Since long ago, many studies have revealed the importance of active roles and parental involvement in the upbringing of teenage children. Baumrind (Alinaksi & Sari, 2015) explained that adolescents with competent parents who play an active role in parenting patterns focus on better developmental tasks.

Smartphone addiction disorder in adolescents is also inseparable from the role of parents. Several research results, such as those conducted by Terras and Ramsay (2016), explained that problematic smartphone use behavior in parents would be a role model for their children. Wang et al. (2020) even explained that the behavior of ignoring children in parents when using smartphones could harm the child's psyche. McDaniel (2019) explains that adolescents generally feel negative emotions when their parents ignore them when using smartphones. These negative emotions are feelings of anger, wanting to spit out bad or grumbling words, feelings of loneliness, and sadness.

Neglect behavior toward children due to using these phones is currently known as parental phone snubbing or abbreviated as parental phubbing. Parental phubbing constructively has only one aspect: the togetherness of parents and children who are distracted due to parents' use of mobile phones (Liu et al., 2019; Roberts & David, 2016). This kind of parental behavior has impacted their children's cell phone use behavior. For example, Xie et al. (2019) and Liu et al. (2019) produced data that parental phubbing positively correlates with smartphone addiction in adolescents.

Mapping literature related to parental phubbing relevant to internet use in adolescents has been widely carried out outside Indonesia, but no studies have been found in Indonesia. Niu et al. (2020) showed a direct relationship between parental phubbing and adolescent problematic cell phone use and the mediation effect of parent-child relationships moderated by self-control. The study of Wang et al. (2022) proved that parental phubbing correlates to bullying behavior in cyberspace in adolescents. The study of Geng et al. (2021) mentioned that parental phubbing in fathers and mothers in the early days predicted smartphone use in problematic adolescents. The study of Zhang et al. (2021) proved that the relationship of parental phubbing with adolescent cell phone abuse is mediated by social anxiety and core self-evaluation. The study of Xie et al. (2021) provides evidence that parental neglect affects adolescents' internet game disorders through parental phubbing and depression. The study by Shen, Xi, & Wu (2022) proved that parental phubbing and internet gaming disorder are mediated by maladaptive cognition and adolescent self-esteem. In the study by Zhao et al. (2022), there is a role in the tendency for boredom to mediate in the parental relationship of phubbing has a positive effect on smartphone addiction.

Based on the literature review, researchers found that there is still no research on parental phubbing and smartphone addiction in Indonesia. Hence, researchers want to confirm the relationship between parental phubbing and smartphone addiction in Indonesian adolescents, especially in Java.

METHOD

Participants in this study were 292 adolescents aged 12 to 21 years who were domiciled in Java. Based on the sex of the subjects consisted of 76 adolescent boys and 216 adolescent girls with an age range of 12-21 years (Mean=17.83, SD=2.14). The sampling method is convenience sampling, whereas nonrandom sampling, where members of the target population meet applicable criteria that match the participant criteria (Etikan, Musa, & Alkassim, 2016).

A scale to measure the level of smartphone addiction using the Smartphone Addiction Scale Short-Version (SAS-SV) developed by Kwon et al. (2013) is based on the theory of internet addiction (Young, 1998). This scale consists of six aspects, namely trust, communication, and alienation. The number of items on this scale is ten items favorable. This scale comes with six alternative answers, namely SD (Strongly Disagree), D (Disagree), RD (Rather Disagree), RA (Rather Agree), A (Agree), and SA (Strongly Agree). The higher the total score obtained, the higher the respondent's level of addiction to smartphones. Cronbach alpha Cronbach's resulting Smartphone Addiction Scale Short-Version (SAS-SV) of $\alpha = 0.775$.

The Parents Phubbing scale is adapted from the Partner Phubbing scale developed by Roberts & David (2016) based on Bowlby's attachment theory. On parental phubbing measurements, the word 'my partner' was changed to 'my parents'. This scale consists of one aspect, togetherness, which is disrupted due to the use of mobile phones. The number of items on this scale is nine, with eight items favorable and one item unfavorable. The scale is equipped with five alternative answers, namely "Never," "Rarely," "Sometimes," "Often," and "Always." The higher the total score obtained, the

higher the level of phubbing behavior parents carry toward their children. Parents Phubbing Scale produces an alpha Cronbach of $\alpha = 0.777$.

Data analysis was performed using the help of the Statistical Product and Service Solution (SPSS) program version 24.0 for Windows. The assumption test is a normality test using Kolmogorov-Smirnov provided that the value of $p > 0.05$ is said to be normally distributed data and applies the other way around. The next assumption test is a linearity test with the provision that the value of $p < 0.05$ is said that the data is of a linear relationship and applies the other way around. The Hypothesis Test conducted in this study is a correlation test using Pearson product-moment.

RESULT

Table 1. Demographic data of research participants

Aspect	n (%)
Sex	
Male	76 (26.0%)
Female	216 (74.0%)
Age	
Early adolescence (12-15 years old)	13 (4.5%)
Middle adolescence (15-18 years old)	130 (44.5%)
Late adolescence (18-21 years old)	149 (51.0%)
Region	
Banten	11 (3.8%)
Special Region of Yogyakarta	37 (12.7%)
Special Capital Region of Jakarta	15 (5.1%)
West Java	59 (20.2%)
Central Java	150 (51.4%)
East Java	20 (6.8%)
Educational level	
Junior high school	20 (6.8%)
Senior high school	127 (43.5%)
University	136 (46.6%)
Other	9 (3.1%)
Parental income (IDR)	
< 1,000,000	33 (11.3%)
1,000,000—2,500,000	71 (24.3%)
2,500,001—4,000,000	67 (22.9%)
4,000,001—5,500,000	49 (16.8%)
>5,500,000	72 (24.7%)

The results showed that adolescent smartphone addiction is generally at a medium level (40.1%) to high (33.9%). Meanwhile, parental phubbing is low (36.0%) to medium (38.4%). Table 2 shows smartphone addiction and parental phubbing data based on their categorizations.

Table 2. Frequency data of smartphone addiction and parental phubbing level

Categorization	Variable	
	Smartphone addiction	Parental phubbing
Very low	8 (2.7%)	38 (13.0%)
Low	48 (16.4%)	105 (36.0%)
Medium	117 (40.1%)	112 (38.4%)
High	99 (33.9%)	35 (12.0%)
Very high	20 (6.8%)	2 (0.7%)

Based on the results of the correlation test analysis that has been carried out shows that parental phubbing and smartphone addiction are significantly positively correlated with a value of $r = 0.200$ and a value of $p < 0.001$. These results show that the higher the parental phubbing score, the higher the level and score of smartphone addiction, and vice versa. Furthermore, the value of the contribution of the effectiveness of parental phubbing to smartphone addiction is 4%.

Several additional analytical tests to see each difference in smartphone addiction levels seen by different demographic groups. The data obtained are as follows:

Table 3. Mean of smartphone addiction based on gender, parental income, age, and education

Aspect	Smartphone Addiction		Explanation
	Mean	p-value	
Sex			
Male	36.61	0.244	Not significant
Female	37.75		
Age			
Early adolescence (12-15 years old)	35.38	0.641	Not significant
Middle adolescence (15-18 years old)	37.53		
Late adolescence (18-21 years old)	37.52		
Educational level			
Junior high school	37.30	0.433	Not significant
Senior high school	37.28		
University	37.30		
Other	41.78		
Parental income (IDR)			
< 1,000,000	36.88	0.64	Not significant
1,000,000—2,500,000	38.23		
2,500,001—4,000,000	36.87		
4,000,001—5,500,000	37.29		
>5,500,000	37.53		

Based on table 4, the level of smartphone addiction level showed no difference when reviewed based on gender, parental income, age, and education.

DISCUSSION

This study aims to determine whether there is a positive relationship between parental phubbing and smartphone addiction. Based on data analysis in this study, it was revealed that there is a positive relationship between the two variables. The results of this study are the results of similar studies that have been carried out previously. A study by Hong et al. (2019) explained that parental phubbing and smartphone addiction in adolescents directly or indirectly related positively. The respondents to the study were high school students, who differed in this study which focused on the characteristics of the adolescent life-span development. In addition, the results of research by Hong et al. (2019) revealed that parental phubbing is not only directly related to problematic internet use in children but also indirectly related to problematic internet use through the mediation role of parent-child relationships and children's self-esteem after gender and age are controlled. In this study, there was no difference in the gender and age levels at the level of smartphone addiction.

The data in this study also revealed that the average score of smartphone addiction in adolescent girls tends to be higher than in adolescent boys. The results are similar to those of previous studies conducted by Cha and Seo (2018), which also showed that the average score of smartphone addiction in a group of adolescent girls was higher than in adolescent boys. Walsh et al. (2011) explained that adolescent girls are more likely to involve smartphones in daily activities than men.

Based on the level of education and income of parents, this study showed that the group of adolescents who had the highest level of smartphone addiction were the group of adolescents with unknown education (average score of 41.78) and the group of adolescents with parental income of IDR1,000,000 to IDR2,500,000 (average score of 38.23). This study's results do not follow previous reference research, which explained that the higher the level of education and economic status, the higher the level of smartphone use will be (Cha & Seo, 2018). This result may be due to an uneven

distribution of the number of samples. Thus, the study's results did not show more comprehensive data related to the level of smartphone addiction in these two categories.

Categorically, this study puts the level of smartphone addiction in the moderate category. This data shows the high number of adolescents who are estimated to have smartphone addiction disorders. These results show how many teenagers are currently thought to have experienced smartphone addiction disorders. This research is in line with several studies that have previously described the high rate of smartphone contamination among adolescents in Indonesia. The results of research by Muflih, Hamzah, & Purniawan (2017), for example, also showed a significant level of smartphone addiction in adolescents, reaching 45.9%.

Researchers also categorized parental phubbing variables into five groups, namely deficient (13%), low (36%), medium (38.4%), high (12%), and very high (0.7%). Based on these data, it was found that subjects with parents behaved parentally high to very high at 12.7%. On the other hand, the effective contribution of parental phubbing as a factor of smartphone addiction is not significant enough. The practical contribution given is only 4% of it. The small number of influential contributions to this study reflects that parental phubbing has insignificant implications for adolescent smartphone addiction behavior.

Based on the data above, it is known that the parental phubbing factor in this study has quite a negligible effect on smartphone addiction behavior. The degree of relationship between the two variables is also known to be relatively low. These results allow that the parental phubbing variable in this study indirectly affected the high level of smartphone addiction in the subjects. This result is also in line with previous research studies. Such as research conducted by Liu et al. (2019) explains that parental phubbing is indirectly related to smartphone addiction in adolescent subjects. The low influence of parental phubbing on smartphone addiction in adolescents can be explained because it requires the role of the mediator variable. Several studies related to the study of parental phubbing and problematic internet use in adolescents found that some mediators were needed (Niu et al., 2020; Gang et al., 2021; Xie et al., 2021; Shen, Xi, & Wu, 2022; Zhao et al., 2022).

Some limitations in this study, such as research conducted online, made researchers less able to control the situation and conditions at the time of data collection. In addition, the frequency of the distribution of questionnaires is not the same geographically and age, making the distribution of data uneven. Another limitation of this study is the absence of demographic aspect data that can describe whether the respondents lived together or were separated from their parents. Another demographic aspect that was not disclosed was the time-intensity data and the frequency of mobile phone use per day. Researchers also did not specifically separate the scores of phubbing behavior in father and mother figures.

CONCLUSION

There is a positive relationship between parental phubbing and smartphone addiction in adolescents. The higher the intensity of parents doing parental phubbing, the higher the intensity of adolescents addicted to using smartphones. Parents need to pay more attention to the quality of the child-parent relationship by reducing cellphone use so that children do not feel neglected. This case will impact teenagers who will use time on more productive things and only focus on excessive smartphone use to addiction. The recommendation in the subsequent study is to measure the moderator or mediator variables in the relationship between smartphone addiction and parental phubbing, and this is due to the low correlation rate between the two variables.

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