

ABSTRAK

HUBUNGAN ANTARA PERILAKU *PHUBBING* DENGAN *PSYCHOLOGICAL WELL – BEING* PADA MAHASISWA FAKULTAS ILMU KEOLAHRAGAAN DAPARTEMEN PENDIDIKAN KEPELATIHAN OLAHRAGA ANGKATAN 2023 UNIVERSITAS NEGERI PADANG

Penelitian ini bertujuan untuk mengetahui hubungan antara Perilaku *Phubbing* dengan *Psychological Well – Being* Pada Mahasiswa Fakultas Ilmu Keolahragaan Departemen Pendidikan Kepeleatihan Olahraga Angkatan 2023 Universitas Negeri Padang. Variabel penelitian ini adalah Perilaku *Phubbing* (X) dan *Psychological Well – Being* (Y). Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *simple random sampling*. Sampel dalam penelitian ini adalah mahasiswa Fakultas Ilmu Keolahragaan departemen Kepeleatihan Angkatan 2023 Universtas Negeri Padang yang berjumlah 133 orang. Alat ukur yang digunakan dalam penelitian ini adalah skala Perilaku *Phubbing* dan skala *Psychological Well – Being*. Metode analisis data yang digunakan untuk pengujian hipotesis dalam penelitian ini adalah dengan menggunakan korelasi (*pearson*) *product moment pearson* yang dilakukan dengan bantuan IBM SPSS versi 21.0, yang menunjukkan bahwa nilai koefisien korelasi $r = 0,174$ dengan nilai $\text{sig} = 0,045$, karena nilai $(p) \text{ sig } 0,045 < 0,05$ yang berarti terdapat hubungan yang sangat signifikan antara Perilaku *Phubbing* dengan *Psychological Well – Being* dengan arah positif, artinya semakin tinggi Perilaku *Phubbing*, maka semakin tinggi *Psychological Well – Being*. Sebaliknya, semakin rendah Perilaku *Phubbing* maka semakin rendah juga *Psychological Well – Being* pada Mahasiswa Fakultas Ilmu Keolahragaan Departemen Pendidikan Kepeleatihan Olahraga Angkatan 2023 Universitas Negeri Padang. Hal tersebut dapat dinyatakan bahwa hipotesis penelitian diterima. Kontribusi efektif variabel Perilaku *Phubbing* terhadap *Psychological Well–Being* 3%.

Kata Kunci : Perilaku *Phubbing*, *Psychological Well – Being*, Mahasiswa.

ABSTRACT

THE RELATIONSHIP BETWEEN PHUBBING BEHAVIOR AND GOOD PSYCHOLOGY – BEING IN STUDENTS OF THE FACULTY OF SPORTS SCIENCE, DEPARTMENT OF SPORTS COACHING EDUCATION, CLASS OF 2023, STATE UNIVERSITY OF PADANG

This study aims to determine the relationship between Phubbing Behavior and Psychological Well-Being in Students of the Faculty of Sport Science, Department of Sports Coaching Education, Class of 2023, Padang State University. The variables of this study are Phubbing Behavior (X) and Psychological Well-Being (Y). The sampling technique in this study used the simple random sampling technique. The sample in this study were 133 students of the Faculty of Sport Science, Department of Coaching, Class of 2023, Padang State University. The measuring instruments used in this study were the Phubbing Behavior scale and the Psychological Well-Being scale. The data analysis method used to test the hypothesis in this study is by using the Pearson product moment correlation carried out with the help of IBM SPSS version 21.0, which shows that the correlation coefficient value $r = 0.174$ with a sig value = 0.000 because the value (p) sig 0.000, because the value (p) sig 0.000 < 0.01 which means that there is a very significant relationship between Phubbing Behavior and Psychological Well - Being with a positive direction, meaning that the higher the Phubbing Behavior, the higher the Psychological Well - Being. Conversely, the lower the Phubbing Behavior, the lower the Psychological Well - Being in Students of the Faculty of Sport Science, Department of Sports Coaching Education, Class of 2023, Padang State University. This can be stated that the research hypothesis is accepted. The effective contribution of the Phubbing Behavior variable to Psychological Well - Being is 3%.

Keywords : Phubbing Behavior, Psychological Well – Being, Students.