
The Effect Of Phubbing In Group Learning

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Abstract. *The purpose of this study is to look at the effect of phubbing in group learning. Phubbing, the behavior of ignoring those around them while using electronic devices, has become increasingly popular in today's digital world. The goal of group learning can be achieved by group members working together in the learning process. The quality of social interaction between group members and the success of learning can be negatively affected by the presence of phubbing in group learning environments. The library research technique used in this research literature review to collect and examine data related to the influence of phubbing in group learning. The findings of this study are expected to provide an overview of how phubbing affects the efficiency of group learning and provide a basis for reducing the adverse impact of phubbing on group learning.*

Keywords: *Phubbing, Study Groups, Library Research*

Abstrak. Tujuan dari penelitian ini adalah untuk melihat pengaruh phubbing dalam pembelajaran kelompok. Phubbing merupakan perilaku seseorang yang mengabaikan orang-orang di sekitarnya saat menggunakan perangkat elektronik, telah menjadi semakin populer di dunia digital saat ini. Tujuan dari belajar kelompok dapat dicapai dengan anggota kelompok yang bekerja sama dalam proses pembelajaran. Kualitas interaksi sosial antara anggota kelompok dan keberhasilan pembelajaran dapat dipengaruhi secara negatif oleh adanya phubbing dalam lingkungan belajar kelompok.

Teknik penelitian library research digunakan dalam tinjauan literatur penelitian ini untuk mengumpulkan dan memeriksa data yang berkaitan dengan pengaruh phubbing dalam pembelajaran kelompok. Temuan dari penelitian ini diharapkan dapat memberikan gambaran tentang bagaimana phubbing mempengaruhi efisiensi dari belajar kelompok dan menjadi dasar untuk mengurangi dampak buruk dari phubbing terhadap belajar kelompok.

Kata Kunci: Phubbing, Belajar Kelompok, Library Research

INTRODUCTION

As social beings, humans cannot live without communication. Communication is a skill that everyone should have. Face-to-face communication is a communication method that allows people to get to know each other, convey information, and exchange ideas and thoughts.

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Direct communication has long been viewed as the most successful type of communication in all situations. Smartphones have become one of the things that cannot be separated from life anymore because of its prevalence in the globalization era which requires everyone to be more technologically literate. Smartphones are a form of digital media that undoubtedly offers many advantages to society. This is evidenced by the rapid development of the digital world in Indonesia, where 60% of the people use smartphones and 91% of the population use mobile phones.

This will lead to a number of social phenomena, such as changes in the way people interact with those around them when they are engrossed in using social media on their smartphones, or even just the vibration of a smartphone can distract people from ongoing direct communication. Phubbing is a new term for the phenomenon where people prefer to connect with their cellphones rather than interactions in the real world.²

Phubbing is the behavior of ignoring people around you in social situations by constantly checking or using electronic devices, such as cell phones, tablets or computers. With the widespread use of electronic devices and easy access to the internet, the phubbing epidemic is growing. Phubbing can damage interpersonal relationships, interfere with social interactions, and distract from focus. In a group learning setting, this can have disastrous consequences. This has the potential to have a negative impact in the context of group learning.

One of the effective learning methods to increase students' knowledge and abilities is group study. To achieve the goals of shared learning in this method requires interaction between group members, exchange of information, and teamwork. However, the practice of phubbing is a major concern in the context of group learning in an increasingly sophisticated digital society. In order to share ideas, clarify concepts, and tackle problems together during group learning, there must be direct interaction between group members. The success of group learning can be threatened if one member of the group continues to phubbing. Phubbing can decrease the attention and involvement of group members, which reduces the overall effectiveness of group learning.

Previous research has emphasized the impact of phubbing in a variety of situations, including in academic settings. However, only a few studies have specifically examined the role of phubbing in group learning. Therefore, this study aims to analyze the effect of

² Rafinita Aditia, "Phubbing Phenomenon: A Degradation of Social Relations as the Impact of Social Media," *KELUWIH: Journal of Social and Humanities* 2, no. 1 (2021): 8–14, <https://doi.org/10.24123/soshum.v2i1.4034>.

phubbing in group learning, focusing on its negative impact on the effectiveness of group learning.

This research will use accessible literature sources such as books, journals, papers, and other sources of information, as part of the Library Research approach to collect data on the impact of phubbing on group learning. This research is intended to deepen our understanding of how phubbing affects group learning or group learning by utilizing information from previous research. This research will also be the basis for creating ways to reduce the negative impact of phubbing on group learning.

RESEARCH METHODS

The research method used in this research is library research or library research. The research strategy known as library research utilizes available literature in the form of books, journals, articles and other data sources. Researchers will use online academic databases and digital libraries to find literature sources related to the impact of phubbing in group learning. Relevant literature sources will be analyzed systematically to identify findings related to the research topic. The findings of the analysis will be applied to understand the effect of phubbing on group learning and uncover its negative impacts. By utilizing information from previous studies, the library research approach will provide a thorough understanding of the research problem.

RESULT AND DISCUSSION

1. Study Group

Since the beginning of human history, groups have existed. Since humans are social creatures, they need the ability to interact and collaborate with others in order to function in this life. If we observe everything we do, we will see that the success of our efforts is undoubtedly because it has been influenced by the contributions of others—both in the form of thoughts and the results of the process.

For example, if you want to create a school activity where the Indonesian teacher encourages each student to write a free essay. A lot of information is needed, especially from teachers and students, to do this. Equally important, because free essays are the result of other people's thoughts, students also need guidelines for writing scientific essays to write them. Thus, working alone vs collaborating with others will yield different results in some situations. Because collaborating with others provides benefits, it can be beneficial to take these actions by considering the perspectives of

others. Therefore, many educators use group study methods as a way to increase student success in learning.³

Group learning is a learning method by forming small groups so students can collaborate to improve each student's learning activities. Carrying out group activities requires cooperation; in this case what is meant by collaboration is working together to achieve common goals, then group learning is instruction used in small groups so that students can work together to maximize the learning activities of each student. In group study, students discuss subject matter together, help each other understand it, and encourage each other to work hard.

There is social interdependence, healthy competitiveness, individuality, and collaboration in group learning. Teamwork usually leads to greater success, more fulfilling relationships, and better mental health. Contrast that with the idea of competitive learning, when students compete with each other to achieve academic goals such as straight A's, which only a select few can achieve. In addition, group learning is different from individual learning, where individuals work alone to achieve unique goals that are not related to their peers. Group learning is also different from individual learning, where students learn individually to achieve specific goals that are it has nothing to do with the goals of other students.⁴

According to Zawawi, group learning is when a group of people work together to obtain or develop information, abilities, attitudes, or skills in a logical and systematic way in order to improve student learning. Pratikno also concluded that group study is a series of tasks that are carried out rationally and methodically by a number of individuals who have the capacity to act simultaneously in order to obtain changes in behavior and learn to be more effective.⁵

2. Phubbing

Phubbing, which mainly focuses on smartphones, is described as the act of hurting others in social interactions, according to Haigh in 2015. Phubbing is a blend

³ Amiruddin Saleh, "Definition, Limitations, and Forms of Groups," *Group Dynamics*, 2015, 1–64, <http://repository.ut.ac.id/4463/1/LUHT4329-M1.pdf>.

⁴ Nur Wahyuning Sulistyowati, "Implementation of Small Group Discussion and Collaborative Learning to Improve Student Learning Achievement in the Accounting Education Study Program Ikip PGRI Madiun," *Assets: Journal of Accounting and Education* 5, no. 2 (2017): 173, <https://doi.org/10.25273/jap.v5i2.1197>.

⁵ Suharni, "Implementation of the Group Study Model in Indonesian Language Learning in an Effort to Increase Interest and Learning Achievement of Grade V Students at SD Negeri 37 Ampenan," *Pandawa* 2, no. 2 (2020): 365–77.

of the terms telephone and snubbing.⁶In addition, Engin Karadag added that Phubbing refers to those who glance at their cell phones when talking to other people, are busy with their cell phones, and ignore interpersonal interactions.⁷

Phubbing was originally the result of cellphones being so easy to get and constantly being updated. Phubbing evolved to become a regular part of people's daily lives over time. As a result, it is accepted as a matter of course, communication is also considered as excessive. The worst scenario that will happen later is when someone is ostracized and no longer accepted.

According to CNN Indonesia (14/07/2017), phubbing behavior has long-term consequences and threatens relationships if done repeatedly. Julie Hart, a social relations specialist from The Hart Center in Australia, stated that phubbing affects three aspects of social interaction, including: 1. Access to information, or the ability to pay attention and accept what other people are saying. 2. Response, namely efforts to understand what other people say and the meaning that is expressed. 3. Engagement. If the first and second two aspects were neglected, one would not participate in the conversation and would only nod in agreement. The worst part is that the other person will be offended and the worst part is that the other person will be lazy to engage in conversation again.

Phubbers use their cellphones as an escape from uncomfortable situations in crowds or what is commonly called awkward silence, for example, in an elevator or traveling alone by bus or being bored at a party. But now the phubbing behavior is getting worse, teenagers are no longer just because of the things above. But do it every time and to anyone, even while attending lessons in class. Teenagers often check their smartphones when the teacher is teaching class.

Technology was developed to facilitate communication between individuals rather than being a barrier or a disconnect between people. But in reality, because of being preoccupied with his smartphone, a teenager often doesn't pay attention to other people and even hurts him by being a phubber.⁸According to Karen M. Douglas' paper,

⁶ Varoth Chotpitayasunondh and Karen M. Douglas, "How 'Phubbing' Becomes the Norm: The Antecedents and Consequences of Snubbing via Smartphone," *Computers in Human Behavior* 63, no. October (2016): 9–18, <https://doi.org/10.1016/j.chb.2016.05.018>.

⁷ Engin Karadag et al., "Determinants of Phubbing, Which Is the Sum of Many Virtual Addictions: A Structural Equation Model," *Journal of Behavioral Addictions* 4, no. 2 (2015): 60–74, <https://doi.org/10.1556/2006.4.2015.005>.

⁸ Inta Elok Youarti and Nur Hidayah, "Phubbing Behavior as the Character of Generation Z Adolescents," *Journal of Counseling Focus* 4, no. 1 (2018): 143, <https://doi.org/10.26638/jfk.553.2099>.

"The Effects of Phubbing on Social Interaction," phubbing harms four basic human needs, namely: belonging, self-esteem, meaningful existence and control.⁹

Development of new media such as smartphones There are certainly many positive effects in human life. when seen Based on perceived usefulness Respondents, Most Respondents Answered that there is a smartphoneInteraction Journal Vol. 4 No. January 1, 2015:42-5148as a means of communicationincrease intimacy in relationships someone who makes me feel comfortableAccess to certain information, how to do itExpand your network and connectivity.Social media and other media react to it tooMake your work easier, complete your tasks,sell online until you can afford itenhance a person's reputationUsing certain types of smartphones.This matches the statementMentioned by Kim Veltman (2006:336)Who will see this technological invention?especially in communicationEverything becomes virtual. by becomingConveniently usable in a variety of waysReceive virtually, including users think more about the articleMore important than your wallet.Peneliti membuat sejumlah indikatorbagaimana seorang individu dapat dikatakanmemiliki ketergantungan terhadapsmartphone.¹⁰

The first is the intensity of smartphone use per day, where as many as 18 respondents use their smartphone throughout the day, and as many as 14 respondents use it 20 to 30 times a day. The second indicator is the anxiety of respondents when they don't use a smartphone for a few hours, where as many as 27 respondents answered that they would experience this if they didn't use a smartphone, and the last is the intensity of using social media and searching for information via smartphone where as many as 26 respondents answered the intensity of using more than 5 times a day to find information and access social media. This dependence ultimately alienates humans and is in the frame of their own life. As mentioned earlier, how does a new phenomenon such as phubbing arise due to human dependence on smartphones so that people become more apathetic towards the environment, because they are too focused on what is in their hands.¹¹

The hooving phenomenon is the resultYou can analyze the appearance of smartphonesUsing Media Dependence Theory where you just need this theory The more

⁹ Varoth Chotpitayasunondh and Karen M. Douglas, "The Effects of 'Phubbing' on Social Interaction," *Journal of Applied Social Psychology* 48, no. 6 (2018): 304–16, <https://doi.org/10.1111/jasp.12506>.

¹⁰Holland, K. & Legg, T. J. Healthline. 2018. *How To Identify and Manage Phubbing*.

¹¹ Bravely, L. & Hagan, E. *Psychology Today*. 2020. *With All The Remote Work and E-Learning, Beware of Phubbing*.

someone on request The more important the media, the more The role of media in people's lives and there will be more have a great impact on an individual Affected (Barran. 2010:289). Nevertheless the media mentioned in this theory are: Mass media, but still developing We are also working on new media such as smartphones Properties similar to mass media. Where Media Convergence Creates Media Mass can be enjoyed through mediums Smartphone (Littlejohn, 2009:686).¹²

Consistent with the theory of use, Satisfaction, dependence theory think that person rely on media information about meet and achieve specific needs the purpose. Treatment in media correspondence One medium and the other are different. However, the results of the study showed that Respondents are highly dependent Smartphone, but he is more than 15 respondents Even now, we still use mass media such as television, Consider print media and radio Certain media have special properties individually, in other words they Access using your smartphone However, shorter and clearer information Need more information? You should read the newspaper for details Or watch TV.¹³

3. The Effect of Phubbing on Group Study Ethics

Phubbing refers to the practice of deliberately ignoring people around us to use and concentrate on electronic gadgets, such as smartphones or tablets. Phubbing can have a negative influence in the context of group study ethics. Here are some of the impacts:¹⁴

- a. Lack of attention: Group members who are phubbing are less likely to pay attention to conversations or other group activities. This can hinder communication and make it difficult for group members to share ideas and understand the subject matter.¹⁵

¹² Pinchot, dkk. (2010). How Mobile Technology is Changing Our Culture. CONISAR Proceedings Vol. 3 No. 1519. USA: Conference on Information Systems Applied Research Won-jun, Lee. (2012). An Exploratory Study on Addictive Use of Smartphone. CyberPsychology and Behaviour, Vol. 8 No. 5. Korea: Cheoungju University Press Young, K.S. (1996). Internet Addiction: The Emergence of A New Clinical Disorder. CyberPsychology and Behaviour, Vol. 1, No. 3. USA: Sage Publications

¹³ Al-Saggaf, Y. & O'Donnell, S. B. 2019. *Phubbing : Perceptions, Reasons Behind, Predictors, and Impacts. Human Behaviour and Emerging Technologies Wiley Online Library*, 1 (2), Pp. 132-140

¹⁴ Especially Students and Maria Goreti Murni, "The Impact of Phubbing on Teenagers, Especially Students" 3, no. 1 (2023): 95–98.

¹⁵ Drakel, W. J., Pratiknjo, M. H., & Mulianti, T. (2018). *Perilaku mahasiswa dalam menggunakan media sosial di Universitas Sam Ratulangi Manado*. HOLISTIK, Journal of Social and Culture.

- b. Distraction of focus: Phubbing can distract group members from learning goals. Constantly checking cell phones during group study sessions can distract attention and reduce participants' contribution to the group.
- c. Inequity in participation: Participation may be unequal if some group members are more involved in phubbing than others. Opportunities for other group members to speak and participate fairly may be reduced if certain individuals frequently leave the group to use technological gadgets.
- d. Disagreements and conflicts: Phubbing can lead to discord and discontent among group members. People who feel ignored or ignored may become angry and start fights within the group. This can sabotage teamwork and prevent the achievement of common goals.
- e. Negative perceptions and loss of social relationships: Phubbing can create an unfavorable impression on group members who engage in it. Others can feel belittled, underappreciated, or ignored. This can erode group members' trust in one another and damage social relationships.

This harassment is considered disrespectful, abusive, disrespectful and undermines the trust of others. Research shows that faving can damage relationships and relationships, even in the context of romantic relationships, friendships, family, and work.¹⁶ This is because courtship interrupts conversations and creates misunderstandings between individuals. Signs that someone is fabbing Here are some signs that someone is fabbing. · When dining with family, friends, colleagues or partners, keep your phone by the bowl and pay attention to calls and notifications.¹⁷ Well, the negative effects of pub behavior can affect the quality of relationships because it makes a person feel that their existence is not valued. In fact, research shows that Pubbing can even reduce marital and friendship happiness. In relationships, pub behavior diverts focus and attention to the phone, weakening feelings of empathy and trust. 2. Hurts Mental Health When someone Pubbs, others feel excluded, rejected, or unimportant. Phubbing offenders may experience addictions and addictions, so they continue such acts no matter who they are with. People who learn of someone else's harassing behavior will do the same to protect themselves.¹⁸.

¹⁶ Tiara Amelia, dkk. 2019. *Phubbing, Penyebab dan Dampaknya Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Indonesia*. Jurnal Kesehatan Fakultas Kesehatan Masyarakat Universitas Indonesia Jakarta

¹⁷ Sherly Kurnia. 2020. *Kontrol Diri dan Perilaku Phubbing pada Remaja di Jakarta*. Jurnal Psikologi, Fakultas Psikologi Universitas Esa Unggul Nusa Jakarta

¹⁸ Sun, J. & Samp, J. A. 2020. *Phubbing Is Happening to You : Examining Predictors and Effects of*

CONCLUSION

The conclusion of this study shows that group learning is negatively affected by the phenomenon of phubbing or the practice of ignoring other people around which is carried out continuously using technology and electronic devices. Phubbing can interfere with social interaction, reduce the attention and participation of group members, and reduce concentration in achieving shared learning goals.

Previous research has emphasized how phubbing affects many environments, including educational settings. However, there is still little research discussing how phubbing affects group learning. Therefore, a library research approach was used in this study to collect data from available literary sources.

The results of this study will deepen our understanding of the detrimental effects of phubbing on group learning. In addition, this research can be used as a basis for knowing the negative impact of phubbing in group learning in the classroom. This is meant to be with greater knowledge about how phubbing affects group learning.

There may be a need for better awareness and education regarding the use of electronic devices in social contexts and group learning. In addition, developing rules or policies governing the use of electronic devices during group study sessions can also be an effective measure to reduce the negative effects of phubbing.

Based on the conclusions described earlier, there are several suggestions that researchers can give regarding the process and results of this research. Students especially those who are indicated or do phubbing, preferably when students are in face-to-face interactions are expected to be able to increase their empathy by learning to listen actively when other people are talking, reflecting the feelings of others within themselves, trying to be open and not judge others, and learn to focus on their surroundings.

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