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File name: 050821\_Jurnal\_Noor\_Hafizah\_1402105054.docx  
File size: 143.8K  
Page count: 18  
Word count: 5,760  
Character count: 36,959  
Submission date: 05-Aug-2021 12:50PM (UTC+0700)  
Submission ID: 1627943739

  
Wakil Dekan Bidang Akademik,  
  
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PSIKORORNEO | Volume x No x | Month Year: Page

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**Kontrol Diri dan Komunikasi Interpersonal Terhadap Perilaku Phubbing**

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<b>Article Info</b>	<b>ABSTRACT</b>
<b>Article history:</b> Received xxx Revised xxx Accepted xxx	This study based on the high number of problematic smartphone use that can trigger phubbing behavior caused by a lack of self-control and lack of interpersonal communication skills so as to increase phubbing behavior of Mulawarman University students. This study uses quantitative approach with a sample of 88 student who were selected using purposive sampling technique. Data collection methods used are the self control scales, interpersonal communication, and phubbing behavior. Research data will be analyzed with multiple linear regression. The result showed that there was an impact of self control and interpersonal communication on phubbing behavior in Z generation students of Mulawarman University Samarinda with F value = 14.852, R <sup>2</sup> = 0.259, and p = 0.000. There is an impact of self control on phubbing behavior with (β) = -0.370, t = -4.319 and p = 0.000. There is an impact of interpersonal communication on phubbing behavior with (β) = -0.150, t = -2.079 and p = 0.041.
<b>Keywords:</b> Self control Interpersonal communication Phubbing behavior	

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<b>ABSTRAK</b>	<b>Kata kunci</b>
Penelitian ini dilatarbelakangi oleh banyaknya penggunaan smartphone bermasalah yang dapat memicu perilaku phubbing yang disebabkan oleh kurangnya kontrol diri dan komunikasi interpersonal sehingga dapat meningkatkan perilaku phubbing mahasiswa Universitas Mulawarman. Penelitian ini menggunakan pendekatan kuantitatif dengan sampel penelitian berjumlah 88 mahasiswa yang dipilih dengan menggunakan teknik purposive sampling. Metode pengumpulan data yang digunakan adalah skala kontrol diri, komunikasi interpersonal, dan perilaku phubbing. Data yang terkumpul akan dianalisis dengan uji analisis regresi linear berganda. Hasil penelitian menunjukkan bahwa terdapat pengaruh kontrol diri dan komunikasi interpersonal terhadap perilaku phubbing pada generasi Z mahasiswa Universitas Mulawarman Samarinda dengan nilai signifikan F = 14.852, R <sup>2</sup> = 0.259, dan p = 0.000. Terdapat pengaruh kontrol diri terhadap perilaku phubbing dengan (β) = -0.370, t = -4.319 dan p = 0.000. Terdapat pengaruh komunikasi interpersonal terhadap perilaku phubbing dengan (β) = -0.150, t = -2.079 dan p = 0.041.	Kontrol diri, Komunikasi interpersonal, Perilaku phubbing

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