

ABSTRAK

PENGARUH *DAILY REFLECTIVE JOURNALING* TERHADAP PERILAKU *PHUBBING* PADA MAHASISWA KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Perilaku *phubbing* yaitu kebiasaan mengabaikan orang lain dan fokus dengan ponsel, menjadi fenomena yang cukup mengkhawatirkan pada mahasiswa keperawatan. Kebiasaan ini dapat mengganggu komunikasi, kualitas hubungan interpersonal, dan empati mahasiswa. *Daily reflective journaling* merupakan metode menulis catatan keseharian yang dapat membantu individu memahami dan mengatasi emosi yang tertahan guna meningkatkan kemampuan individu dalam mengatur perilaku *maladaptive* seperti penggunaan ponsel yang berlebihan. Penelitian ini bertujuan untuk mengetahui pengaruh *daily reflective journaling* terhadap perilaku *phubbing* pada mahasiswa keperawatan.

Metodologi: Penelitian ini menggunakan desain penelitian *true experimental pretest-posttest with control group*. Sampel terdiri dari 74 mahasiswa keperawatan yang dibagi menjadi dua kelompok, kelompok kontrol dan kelompok intervensi menggunakan *simple random sampling*. Pengukuran perilaku *phubbing* dilakukan sebelum dan sesudah intervensi menggunakan *The Phubbing Scale*. Analisis perbedaan perubahan skor antara kedua kelompok dilakukan menggunakan *independent sample t-test*.

Hasil Penelitian: Karakteristik partisipan berusia 19-23 tahun dan mayoritas berjenis kelamin perempuan. Terdapat perbedaan perubahan skor *phubbing* yang signifikan antara kelompok intervensi dan kelompok kontrol, dengan hasil *uji independent sample t-test* menunjukkan nilai $p = 0.008$, yang berarti *daily reflective journaling* berpengaruh dalam menurunkan perilaku *phubbing*.

Kesimpulan: Terdapat pengaruh signifikan *daily reflective journaling* terhadap penurunan skor perilaku *phubbing* pada mahasiswa keperawatan.

Kata Kunci: *Daily reflective journaling*, *phubbing*, mahasiswa keperawatan.

ABSTRACT

THE EFFECT OF DAILY REFLECTIVE JOURNALING ON PHUBBING BEHAVIOR AMONG NURSING STUDENTS AT JENDERAL SOEDIRMAN UNIVERSITY

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Background: Phubbing, the habit of ignoring others and focusing on cell phones, has become a concerning phenomenon among nursing students. This behavior can disrupt communication, the quality of interpersonal relationships, and students' empathy. Daily reflective journaling is a method of writing daily notes that helps individuals understand and process suppressed emotions, thereby improving their ability to regulate maladaptive behaviors such as excessive cell phone use. This study aims to determine the effect of daily reflective journaling on phubbing behavior among nursing students.

Methodology: This study used a true experimental pretest-posttest design with a control group. The sample consisted of 74 nursing students divided into two groups, a control group and an intervention group, using simple random sampling. Phubbing behavior was measured before and after the intervention using The Phubbing Scale. Differences in score changes between the two groups were analyzed using an independent sample t-test.

Research Results: Participants ranged in age from 19 to 23 years, and the majority were female. There was a significant difference in phubbing scores changes between the intervention group and the control group, with the independent sample t-test showing a p-value of 0.008, indicating that daily reflective journaling has an effect on reducing phubbing behavior.

Conclusion: Daily reflective journaling has a significant effect on reducing phubbing behavior scores among nursing students.

Keywords: Daily reflective journaling, phubbing, nursing students

