

# BOREDOM PRONENESS, FEAR OF MISSING OUT AND PHUBBING IN LATE ADOLESCENCE

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## Abstract

Phubbing is a phenomenon that is often found in late adolescents. This is an important concern for researchers, especially regarding boredom and fear of missing out on moments in smartphone users. This study aims to determine the effect of Boredom Proneness and Fear of Missing Out on Phubbing. This study involved 150 late adolescents who use smartphones and are active on social media. Data collection using a questionnaire. The analysis technique in this study used multiple regression tests. The results of this study indicate that there is Boredom Proneness and Fear of Missing Out on Phubbing by 79.1%.

Keywords: Boredom Proneness, Fear of Missing Out, Phubbing, Late adolescence

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## 1. INTRODUCTION

The development of the times, there are many changes in all dimensions of human life, be it in the advancement of science, information and communication technology (Nardo, Forino, & Murino, 2020). The development of science and technology, especially in the field of communication and information, now there are various high-tech products and devices, one of which is a smartphone. Smartphones are products that can fulfill basic human needs such as communicating, shopping for clothing, food and shelter, chatting and even watching movie or drama series (Syifa, 2020). Even smartphones have recently taken over the role of several other technological devices such as personal computers and laptops as the most commonly used devices to access the internet (Buckle, 2016).

This is evident in Indonesia, where the number of smartphone users in 2021 was recorded at 167 million people or 89% of the total population of Indonesia. Of the many functions of smartphones, as a communication tool, there are many features that support one of them, namely social media. This feature, of course, is used by various ages, from children to the elderly. It is known from a survey conducted by the Central Statistics Agency (2021) that one of the age groups that use the internet and social media access the most is late adolescence. This is also reinforced by the results of a survey conducted by the Indonesian Internet Service Providers Association (APJII) (2022) that 18-24 years old are the most internet users in Indonesia (88.22%). From this data, it can be seen that one of the largest groups in accessing the internet in Indonesia is late adolescents.

Adolescence is a transition period from the age of children who are full of dependence to a stronger and more responsible age, namely adulthood (Hurlock, 2004). Where according to Hurlock (2004) during adolescence, adolescent developmental tasks are centered on efforts to achieve new, more mature relationships with peers of different sexes, achieve social roles, accept their physical condition, have responsible social behavior, achieve emotional independence, and acquire a set of values and ethical systems as a guide to behaving in society. However, in reality this is different from the current situation of adolescents where with the ease of internet access contained in smartphones, adolescents feel that there is a world in their hands that can be accessed only through this one small object which makes them more focused on using smartphones and being indifferent to the surrounding environment.

This attachment to the use of smartphones can be seen when teenagers are gathered together in one place, where their frequency of talking is lower because they are using their respective smartphones (Prayudi, 2014). The use of smartphones makes friends who are around them neglected, so that those who are neglected also use smartphones.

A person who ignores others when communicating and focuses more on the smartphone and has less respect for others when interacting with others is called Phubbing (Chotpitayasunondh & Douglas, 2016).

Phubbing stands for phone snubbing. According to Karadag et al. (2015) Phubbing is the behavior of an individual who pays attention to smartphones while talking to others, dealing with smartphones and distancing themselves from

interpersonal communication. In other words, Phubbing is a form of neglect behavior in the surrounding environment by focusing on smartphone use.

One indication of a person's Phubbing behavior is by pretending to pay attention to the interlocutor, but his eyes are on the smartphone (Youarti & Hidayah, 2018). Indications have an impact on the lack of feelings of belonging so that it can affect perceptions of communication quality and satisfaction in socializing (Chotpitayasunondh & Douglas, 2018).

According to Chotpitayasunondh and Douglas (2016) Phubbing is where a person begins to ignore social situations by paying attention to smartphones. Phubbing behavior is an action taken by someone when holding a smartphone without ignoring the people around them, both friends, partners and family. Some of the factors that influence phubbing are nomophobia (anxiety due to being away from smartphones), interpersonal conflict, self-isolation and problem recognition, namely Phubber realizes and admits that individuals have problems caused by individuals using their cellphones too often. Phubbing behavior in adolescents can be caused where the interlocutor is considered uninteresting so that the respondent becomes bored.

The tendency of boredom that arises when interacting with others and causes phubbing in adolescents is called boredom proneness. Mikulas & Vodanovich (1993) define Boredom as a state of low arousal and dissatisfaction with an environment that is not adequately stimulating. Boredom is a brief state of lack of stimulation in which the individual is less interested in the surrounding environment, and cannot concentrate (Ng et al, 2015).

Boredom is described as an unpleasant and temporary mood in which an individual feels indifferent and has difficulty focusing on a task. Boredom can arise from several situations such as being too self-focused, worrying about individual rights such as the right to be happy, not finding anything to do, not receiving external stimuli, not being able to connect with the stimulant already or feeling meaningless, experiencing repetitive tasks and lack of variety, etc. In addition, mood, fatigue, previous experiences and personal interests also affect boredom in certain situations. (Conrad, 1997)

The statement that boredom is the cause of Phubbing can be seen from research conducted by Hanika (2015) which shows that the reason for the increase in Phubbing behavior is because the interlocutor is considered uninteresting which causes respondents to feel bored. Furthermore, research by Al-Saggaf, MacCulloch and Wiener (2018) revealed that trait boredom predicts phubbing behavior, even when controlled with demographic aspects and age.

In addition to boredom, another cause of adolescents feeling anxious if they do not use a smartphone for several hours, causing Phubbing. That cause is Fear of Missing Out or abbreviated as FoMO (Chotpitayasunondh & Douglas, 2016). According to Przybylski et al. (2013) FoMO is a condition where a person experiences anxiety after looking or checking their social media and seeing the excitement that is being done by their colleagues out there and a great desire to stay connected to what other people are doing in cyberspace. FOMO (fear of missing out) is the constant fear that others are having fulfilling experiences that we are missing out on. It is the fear that one might miss out on some important and fun experiences that others are participating in and enjoying (Abel, Buff, & Burr, 2016).

When individuals experience Fear of Missing Out then they check their smartphones regularly to keep updated on all incoming information to reduce the chances of being ostracized. They are also forced to overuse social networking sites to fulfill their need to belong. Fear of missing out has also been shown to negatively impact overall life satisfaction (Beyens, Frison & Eggermont, 2016).

This is also characterized by a desire to stay connected to what others are doing (Przybylski et al., 2013), and the emergence of uncomfortable feelings in the form of a belief that others are experiencing something they are not experiencing (Abel, Buff & Burr, 2016). So that in order to stay connected with others, adolescents tend to check their smartphones all the time and result in Phubbing (Al-Saggaf & O'Donnell, 2019).

Based on the explanation previously described, the hypothesis that can be developed in this study is whether there is an influence of Boredom and Fear of Missing Out on Phubbing in Late Adolescents.

## 2. RESEARCH METHODS

This study involved 150 teenagers as participants. The sampling technique was determined by non-probability sampling technique, namely purposive sampling, with predetermined criteria, namely respondents must meet the sample characteristics, namely adolescents aged 18 to 21 years, owning a smartphone, and actively using social media.

Phubbing is measured using the Indonesian version of the General Scale of Phubbing (Isrofin, 2020) from Chotpitayasunondh and Douglas with its dimensions of nomophobia, interpersonal conflict, self-isolation, problem recognition. This scale consists of 15 items. An example of an item in this scale is I worry that I will miss something important if I don't check my cell phone. This scale has response categories ranging from Never to Very Often with a score range of 1-5 with a reliability value of 0.932.

Boredom is measured using the Boredom Proneness Scale-Short Form (Struk et al., 2017) is a shortened version of the original Boredom Proneness Scale measuring the trait of boredom. This scale consists of 8 items. An example of an item

in this scale is "I find it difficult to entertain myself," This scale has response categories ranging from Very Unsuitable to Very Suitable with a score range of 1-5 with a reliability value of 0.953.

Fear of Missing Out in this study FOMO Scale (Przybylski et al., 2013) from the aspects of not fulfilling the psychological need for relatedness and not fulfilling the psychological need for self. This scale consists of 10 items. An example of an item in this scale is measuring anxiety about missing a social event (e.g. going out with friends). This scale has response categories ranging from Very Unsuitable to Very Suitable with a score range of 1-5 with a reliability value of 0.956.

This study uses data analysis techniques with multiple linear regression tests with the help of SPSS version 22.0 for windows

### 3. RESULTS AND DISCUSSION

The findings related to demographic data can be seen in Table 1. The data presentation in Table 1, contains data regarding smartphone use ranging from gender, age, duration of smartphone use, smartphone use.

Based on the exposure in Table 1, teenagers use smartphones for more than 5 hours a day. This can cause problems for late adolescents, where due to the use of a person's smartphone it is possible for various problems to occur, one of which is phubbing. This is because one of the factors that influence phubbing is nomophobia, anxiety due to being away from a smartphone. So the length of smartphone use here affects the possibility of adolescents phubbing (Chotpitayasunondh & Douglas, 2016).

Table 1. Description of Demographic Data

Characteristics	Frequency	Percentage
<b>Age</b>		
18 Years	39	26%
19 Years	38	25,33%
20 Years	40	26,67%
21 Years	33	22%
<b>Gender</b>		
Female	95	63.33%
Male	55	36.67%
<b>Smartphone Usage Duration</b>		
< 5 Hours/Day	14	9.33%
5-7 Hours/Day	79	52,67%
8-10 Hours/Day	31	20.67%
>10 Hours/Day	26	17.33%

Table 2. Regression Coefficient of *Boredom Proneness, Fear of Missing Out on Phubbing*.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(constant)	4.581	1.794		2.553	.012
Boredom Proneness	1.108	.141	.610	7.838	.000
Fear of Missing Out	.425	.109	.305	3.911	.000

Table 3. Regression Test Results of *Boredom Proneness, Fear of Missing Out on Phubbing*

F	sig.	P	R Square
277.357	0.000	≤0.05	0.791

In Table 2, the significance coefficient value on the Boredom Proneness variable is 0.000 ( $p < .05$ ) with  $\beta = 0.610$  or 61% of the effect. Then, the coefficient of significance on the Fear of Missing Out variable is 0.000 ( $p < .05$ ) with  $\beta = 0.305$  or 30.5% influence. This shows that both variables are significant in influencing late adolescent phubbing.

Furthermore, in the exposure of Table 3, the F value is 277.357 and the significance coefficient is 0.000 ( $p < .05$ ), this indicates an influence that is significant between Boredom Proneness and Fear Of Missing Out on Phubbing in late

adolescents. In addition, the R square value of 0.791 was also obtained, which shows that boredom proneness and fear of missing out together affect phubbing.

This research shows that boredom proneness is a fairly strong predictor. This is in line with previous research conducted by boredom proneness research Gao, et al (2023) individuals with high boredom proneness often experience boredom due to low perceptual sensitivity to environmental stimuli and lack of intrinsic interest. Internal dissatisfaction and aversive experiences drive individuals to seek stimuli to alleviate or reduce this state. Smartphones, characterized by accessibility, affordability, rich functionality, and connectivity, have become an ideal medium for individuals to seek stimulating sensations and relieve boredom. This makes a person more likely to immerse themselves in stimulating behaviors that give them pleasure and satisfy their needs, one of which is phubbing (Lv & Wang, 2023). This is also in accordance with research by Rodiana, Hastutiningtyas, & Nureni (2023) and research by Al-Saggaf, Y., MacCulloch, R., & Wiener, K. (2018) which states that boredom proneness affects a person's level of phubbing.

Another influence that has a role on phubbing in this study is fear of missing out. This is supported by Hura, Novendawati and Yuli (2021) who say that adolescents with a high fear of missing out, he has feelings of anxiety, anxiety and fear of being ignored when he doesn't know what his friends are doing out there, he will feel uneasy when he knows his friends are having fun without him. This makes adolescents have a strong desire to use smartphones so as not to miss information about all the activities that their friends are doing so that this is what ultimately makes the teenager phubbing where he will continuously check his smartphone while communicating, not caring about the surrounding environment, pretending to listen but his attention is on the smartphone and ignoring the interlocutor (Przybylski et al., 2013).

In this study, it is known that boredom proneness and fear of missing out are two predictors that influence the occurrence of phubbing in adolescents. This is reinforced by Al-Saggaf's research (2021) which states that boredom and fear of missing out affect a person's level of phubbing. Where someone is motivated to do phubbing to manage negative feelings in themselves, namely boredom proneness and someone may be able to immediately use a smartphone to eliminate feelings of tension and want to connect with the world (fear of missing out) even though this involves phubbing the other person.

In addition, according to Lv and Wang's research (2023) a lot of free time can exacerbate boredom which leads to higher levels of fear of missing out. Individuals with a fear of missing out tend to have attentional biases, and worry about missing important information, which they can cope with through the use of smartphones, this can form a dependency and neglect communication with their peers in real life, resulting in the emergence of phubbing.

#### 4. CONCLUSION

Based on the results of this study, it can be concluded that *boredom proneness* and *fear of missing out* either alone or together can affect *phubbing*. *Boredom proneness* and *fear of missing out* are conditions that cause individuals, one of which is adolescents, to prefer using smartphones and phubbing their interlocutors.

For future researchers, it is recommended to pay attention to other variables that have not been measured in this study, such as self-control, and smartphone addiction. As well as expanding the research subjects.

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