

THE EFFECT OF COGNITIVE BEHAVIOR THERAPY IN GROUP COUNSELING TO REDUCE PHUBBING BEHAVIOR IN 6TH SEMESTER STUDENTS OF GUIDANCE AND COUNSELING STUDY PROGRAM OF PANCASAKTI UNIVERSITY TEGAL

Sely Wahyu Trisnany^{1*}, Sitti Hartinah^{2*}, Sri Adi Nurhayati^{3*}

¹ *Pancasakti University of Tegal (INDONESIA)*

^{*}*Wahyusely759@gmail.com*

Abstract

This research is motivated by the existence of students who experience phubbing behavior. the problem is marked by students who look at cellphones while talking to other people, providing treatment with a cognitive behavior therapy approach in group counseling services is expected to reduce phubbing. The purpose of this study was to determine the effect of cognitive behavior therapy in group counseling services used to reduce phubbing behavior in students of the Guidance and Counseling Study Program in semester VI of Pancasakti University Tegal. The population was 45 students and the sampling technique used purposive sampling. The sample used was 5 students with high phubbing levels. Data collection techniques used questionnaires, psychological scales, observations, interviews. Data analysis techniques used are validity testing, scale reliability, descriptive analysis, normality test and regression test. The results showed that the significance value obtained was $0.004 < 0.05$, then H_0 was rejected and H_a was accepted so it could be concluded that there was an effect of Cognitive behavior therapy in group counseling to reduce phubbing of 6th semester students of Guidance and Counseling Study Program of Pancasakti University Tegal.

Keywords: Cognitive Behavior Therapy, Phubbing, Group Counseling

INTRODUCTION

The development of technology in this modern era is taking place so rapidly, making students meet their needs very closely with the use of cellphones. With this technology, it has a significant impact on students, because it has many uses and can be taken anywhere as long as it is connected to the internet. Students more often access social media as a medium for getting information, for lectures, making friends and showing their own activities or achievements (Azman, 2018: 9). The influence of the social environment and the demands of the academic environment encourage the use of cellphones at all times.

From the positive impact of using cellphones, it turns out that some students actually misuse cellphones to harm themselves and others. As a result, the order of life every day is disrupted by cellphones. especially in behavior, the process of interaction and communication. Based on a survey (Association of Indonesian Internet Service Providers, 2022) In 2022 internet usage tends to use mobile phones with a percentage of 88.22%, students are one of the largest users with 99.26%.

The occurrence of failed interactions is due to poor communication. Failure to build interactions can be caused by individuals who are not focused when receiving messages or information conveyed. One of the behaviors that cause unfocused communication is busy playing cellphones while talking to someone either intentionally or unintentionally, which spends a lot of time communicating directly by playing cellphones, this phenomenon can be known as phubbing.

Phubbing behavior can be described by someone looking at their cellphone during interaction, dealing with cellphones and escaping from interpersonal communication (Mashoedi & Pekerti, 2022: 49). This shows that individuals become absorbed in their own world by playing cellphones without caring about the people around them. Younger vulnerable individuals are more likely to engage in phubbing behavior than older people because they have normative perceptions of phubbing compared to older generations (Al-Saggaf & MacCulloch, 2019). The emergence of phubbing behavior has spread to various levels of society both from the age, education, occupation and gender levels including the millennial generation due to addiction to using cellphones.

From the series of problems above, it explains that phubbing behavior is a troubling activity. Only excessive use of cellphones can show an attitude of hurting the interlocutor. As according to Karadag (in Raharjo, 2021: 3) he said that there are two aspects that influence phubbing behavior, namely communication disorders and obsession with cellphones. Furthermore, according to (Chotpitayasunondh & Douglas, 2018: 14) aspects of phubbing are behaviors that include Nomophobia, interpersonal conflict, self-isolation, problem recognition.

Based on the phenomenon in the field, researchers found a group of students when they finished their lectures gathered either in the canteen or cooperative, the parking area there were two or more people busy with their respective cellphones without chatting when students gathered with people who made them uncomfortable they avoided and preferred to be silent and play with cellphones, felt bored with the chat and no one started to greet and all were busy with their respective cellphones.

Students do not realize that they are in a phubbing situation. So the need to provide assistance to reduce phubbing behavior by using cognitive behavior therapy techniques in group counseling to reduce phubbing behavior. In accordance with the opinion (Aini, 2019: 77) cognitive behavior therapy (CBT) is a counseling approach that focuses on revamping thought patterns and feelings due to events that damage or disturb him psychologically and physically. The cognitive behavioral therapy approach in group counseling is carried out to help alleviate and prevent problems faced by each group member by changing irrational thought patterns to more rational thinking so that their way of thinking can be directed and can think positively. The purpose of group counseling with a cognitive behavioral therapy approach is a counseling process that invites counselees to oppose and make changes in behavior, emotions and thoughts that are not suitable for making changes for the better (Jabbar et al., 2019: 40).

Based on the description of the above phenomena with the impact that is currently quite rampant around, the author wants to conduct research with the title "The Effect of Cognitive Behaviour Teraphy in Group Counseling to Reduce Phubbing Behavior in Semester VI Students of the Bimbigan and Counseling Study Program of Pancasakti University Tegal".

METHODOLOGY

The research approach used in this study uses a quantitative approach, according to Azwar (2018: 5) quantitative research emphasizes analysis of numerical data collected through data measurement procedures processed by statistical analysis methods. This type of causal research is used to determine the causal relationship of events that have occurred. The population used by researchers was 6th semester students of guidance and counseling at Pancasakti University Tegal, totaling 45 students. The sample in this study were 5 students with high phubbing category obtained through purposive sampling technique. According to Siyoto and Sodik (2015: 66) purposive sampling is a sampling technique with certain considerations or special selection.

Data collection techniques in this study by means of observation, questionnaires, interviews, and psychological scales. The data analysis techniques used are instrument validity test, reliability test, descriptive analysis, normality test, and regression test because to determine the effect of cognitive behavior therapy in group counseling to reduce phubbing behavior.

RESULTS

3.1 Analysis Results Before Treatment

Students who experience phubbing are given treatment first, before that the researcher gives a pre-test in the form of a psychological scale to students to find out the category of phubbing in students, namely low, medium and high. The following are the results of categorization before treatment:

Table 1. Results of Score Categorization Before Treatment

		Category			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Low	1	4,0	4,0	4,0
	Medium	19	76,0	76,0	80,0
	High	5	20,0	20,0	100,0

Total	25	100,0	100,0
-------	----	-------	-------

Based on the results of the acquisition of the psychological scale categorization score of students before being given treatment. It can be seen that the category of students experiencing low phubbing amounted to 1 person (4%) while students with moderate phubbing categories were 19 people (76%), and students in the high phubbing category amounted to 5 people (20%). For this reason, based on the results of the data above, students who will be given cognitive behavior therapy treatment in group counseling are 5 people with high phubbing categories, because these students are the main priority for counselors to help reduce phubbing.

3.2 Analysis Results After Treatment

Furthermore, group counseling with a cognitive behavior therapy approach is carried out, after being given treatment for three meetings, students are given a post-test to determine the level of phubbing. The following are the categorization results after treatment :

Table 2. Results of Score Categorization after Treatment

		Category			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Medium	5	100,0	100,0	100,0

Based on the results of the psychological scale data above after treatment, it can be seen that of the five students who were previously in the high category after being treated with group counseling services, the cognitive behavior therapy approach has changed to the moderate category, therefore students can understand every process during the service and can understand the material presented during service activities. This treatment given is able to have a good impact and have an effect on reducing phubbing behavior in students.

3.3 Normality Test Results

Furthermore, before testing the hypothesis, the data normality test must be carried out first in order to measure the data used whether it is normally distributed or not.

Data criteria for decision making:

1. Sig. value (significance) > 0.05, then the data is not normally distributed
2. Sig. (significance) <0.05, then the data is not normally distributed.

The following is a table of normality test results:

Table 3. Normality Test

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre test	0,329	5	0,082	0,847	5	0,185
Post tes	0,240	5	,200*	0,939	5	0,660

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Based on the results of the data in the table above that the normality test with shapiro wilk shows the pre-test results (Sig.) 0.185 and post-test results (Sig.) 0.660. This shows that the significance value. Pre test 0.185> 0.05. Post test 0.660> 0.05, it can be concluded that the normality test results from the pre test and post test are normally distributed.

3.4 Regression Analysis Results

After the normality test in this study, a simple linear regression test was carried out to determine the effect of the independent variable on the dependent variable. The basis for decision making in regression analysis is by comparing the value (Sig.) with a probability value of 0.05.

1. If the value (Sig.) <0.05 variable X has an effect on variable Y.
2. If the value (Sig.) > 0.05 variable X has no effect on variable Y.

Furthermore, after conducting a simple linear regression test, the following test results are obtained:

Table 4. Regression Analysis

Anova						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	423,122	1	423,122	70,215	,004 ^b
	Residual	18,078	3	6,026		
	Total	441,200	4			

Decision making is based on the following hypothesis:

Ha: There is no effect of Cognitive behavior therapy in group counseling in reducing phubbing of 6th semester students of Guidance and Counseling Study Program of Pancasakti University Tegal.

H0 : There is an influence of Cognitive behavior therapy in group counseling to reduce phubbing of 6th semester students of Guidance and Counseling Study Program of Pancasakti University Tegal.

Based on the results of the simple linear regression test table above, it can be seen that the value of $F = \text{calculated } 70.215$ with a significance level of $0.004 < 0.05$, then H0 is rejected and Ha is accepted. So it can be concluded that there is an effect of cognitive behavior therapy in group counseling in reducing phubbing behavior in 6th semester students of Guidance and Counseling Study Program of Pancasakti University Tegal.

With a counseling process that understands the counselee based on deviant cognitive problems, as well as the belief of the counselee to bring about changes in emotions and behavioral strategies in a better direction. In this study, the Cognitive Behavior Therapy approach in group counseling was used because it was to reduce phubbing where the emergence of phubbing behavior if left unchecked can have difficulty adapting to the people around it, is considered apathetic and prone to conflict with peers and others. Unconsciously inhibits its development both in the personal field of learning, and social. Therefore, by being given Cognitive behavior therapy treatment in group counseling, the level of phubbing can be reduced.

The results obtained related to the problem of phubbing in VI semester students of Guidance and counseling students with high category phubbing were given Cognitive behavior therapy treatment in group counseling obtained by the five students to get a decrease in phubbing. This is because students can understand every process during the service and can understand the material presented during service activities. The results of the level of phubbing after the provision of Cognitive behavior therapy services in group counseling, from the five students who before being given treatment were in the high phubbing category and after being given treatment got a change to the moderate category. For the simple linear regression test results obtained a significance value of $0.004 < 0.05$, it can be concluded that H0 is rejected and Ha is accepted.

CONCLUSIONS

Phubbing behavior is the action of someone who is busy with a cellphone during the interaction that takes place from the phubbing behavior that arises makes the interlocutor trivialized due to the focus on the cellphone and feels that his presence is not important and not wanted. To overcome these problems, it is necessary to provide assistance with a Cognitive behavior therapy approach to assist individuals in revamping cognitive deviations that harm themselves both physically and psychologically. Individuals are directed to learn to change better behavior, calm their minds and make the right decisions.

Tests conducted by researchers to determine whether the data used is normally distributed or not, the normality test results obtained show the pre-test (Sig.) 0.185 and post-test results (Sig.) 0.660. This shows that the significance value. Pre test $0.185 > 0.05$. Post test $0.660 > 0.05$ it can be concluded that the normality test results from the pre test and post test are normally distributed. Furthermore, the simple linear regression test obtained a significance value of $0.004 < 0.05$, then H0 is rejected and Ha is accepted so it can be concluded that there is an effect of Cognitive behavior therapy in group counseling to reduce phubbing of VI semester students of Guidance and Counseling Study Program of Pancasakti University Tegal.

REFERENCES

- Aini, D. K. (2019). Penerapan Cognitive Behaviour Therapy dalam Mengembangkan Kepribadian Remaja di Panti Asuhan. *Jurnal Ilmu Dakwah*, 39(1), 70. <https://doi.org/10.21580/jid.v39.1.4432>
- Al-saggaf, Y, and Macculloch, R.(2019) 'Phubbing and social relationships: results from an australian sample'. *Jurnal of Relationships Research*.10(1):1-10.
- Asosiasi Penyelenggara Jasa Internet Indonesia. (2022). Profil Internet Indonesia 2022. *Apji.or.Od*, June, 10. apji.or.id
- Azman.(2018). Pengaruh media massa dan media sosial di kalangan mahasiswa komunikasi. *Jurnal peurawi*.1(1), 1-13.
- Azwar,Saifuddin.(2018).Metode Penelitian Psikologi.Yogyakarta:Pustaka Pelajar.
- Chotpitayasunondh,V.,& Douglas, K.M(2018). Measuring phone snubbing behavior: Development and validation of the Generic Scala of Phubbing(GSP) and the Generic Scale of Being Phubbed (GSBP). *Computers in Human Behavior*, 88, 5-17.
- Jabbar, A. A., Purwanto, D., Fitriyani, N., Marjo, H. K., & Hanim, W. (2019). Konseling Kelompok Menggunakan Pendekatan Cognitive Behavior Therapy (Cbt) Untuk Meningkatkan Kematangan Karir. *Jurnal Selaras: Kajian Bimbingan Dan Konseling Serta Psikologi Pendidikan*, 2(1), 35–46. <https://doi.org/10.33541/sel.v2i1.1003>
- Mashoedi, S. F., & Pekerti, P. S. A. (2022). Apakah phubbing mengganggu pertemanan? Hubungan phubbing dengan kepuasan pertemanan pada orang beranjak dewasa. *Jurnal Psikologi Sosial*, 20(1), 48–56. <https://doi.org/10.7454/jps.2022.07>
- Raharjo, D. P. (2021). Intensitas Mengakses Internet dengan Perilaku Phubbing. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(1), 1. <https://doi.org/10.30872/psikoborneo.v9i1.5662>
- Siyoto,S & Sodik,A. (2015).Dasar Metodologi Penelitian.Literasi Media Publishing.