

Hubungan antara Partner Phubbing, Attachment dengan Pasangan dan Kepuasan Perkawinan = The Relationship between Partner Phubbing, Attachment with Partner and Marital Satisfaction

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Abstrak

Perkembangan teknologi komunikasi digital dapat memberikan dampak negatif pada hubungan antar manusia, misalnya *partner phubbing*, atau perilaku individu yang lebih memperhatikan ponselnya saat berinteraksi dengan pasangannya. Penelitian kuantitatif ini berfokus pada hubungan antara *partner phubbing* dan kepuasan pernikahan, dengan mempertimbangkan kecirian *attachment*. Partisipan penelitian ini 525 orang WNI, sudah menikah dan berusia 20 hingga 65 tahun. Hasil menunjukkan bahwa terdapat hubungan signifikan dan negatif antara *partner phubbing* dan kepuasan perkawinan serta *attachment* dan kepuasan perkawinan. Namun tidak ditemukan perbedaan hubungan yang signifikan antara *partner phubbing* dan kepuasan perkawinan ketika dianalisis per pola *attachment*. Penelitian ini menunjukkan bahwa penurunan kepuasan perkawinan berkaitan dengan *partner phubbing* dirasakan seluruh individu terlepas dari pola *attachment* dengan pasangan.

The development of digital communication technology can have a negative impact on human relations, such as *partner phubbing*, or the behavior of individuals who pay more attention to their cellphones when interacting with their partners. This quantitative research is focusing on the relationship between *partner phubbing* and marital satisfaction, taking into account the characteristics of *attachment*. The participants of this study were 525 Indonesian citizens, married and aged 20 to 65 years. The results show that there is a significant and negative relationship between *partner phubbing* and marital satisfaction, same result was found between *attachment* and marital satisfaction. However, no significant difference was found between *partner phubbing* and marital satisfaction when analyzed based on *attachment* pattern. This study shows that the decrease in marital satisfaction associated with *partner phubbing* was felt by all individuals regardless of the pattern of *attachment* with partner.