

## 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.