

## INTISARI

Mahasiswa pada kehidupan sehari-hari memiliki kecenderungan yang tinggi terhadap penggunaan *smartphone*, sehingga sangat rentan terpapar oleh perilaku *phubbing*. Oleh karena itu mahasiswa membutuhkan regulasi diri sebagai kemampuan dalam menghadapi berbagai kerentanan yang hadir secara kontinu. sehingga diperlukan sebuah upaya dalam memitigasi, menavigasi, dan mengintervensi ketahanan mahasiswa.

Peneliti menggunakan *mixed-methods explanatory design* untuk memperoleh data mengenai peran dan gambaran regulasi diri terhadap perilaku *phubbing*, serta implikasinya pada ketahanan mahasiswa Universitas Gadjah Mada. Pada penelitian kuantitatif didapatkan 177 partisipan mahasiswa, sedangkan pada penelitian kualitatif didapatkan 6 partisipan mahasiswa.

Hasil penelitian pada kuantitatif terdapat peran yang signifikan dari regulasi diri terhadap perilaku *phubbing*, sementara itu pada kualitatifnya ditemukan dua tema pada regulasi diri dan perilaku *phubbing*. Pada regulasi diri ditemukan tematik internal dan eksternal, sementara itu pada perilaku *phubbing* ditemukan tematik pelaku *phubbing* dan korban *phubbing*. Setelah kedua temuan penelitian disandingkan, didapatkan temuan bahwa faktor internal seperti kesadaran diri dan pemecahan masalah, serta faktor eksternal seperti dukungan lingkungan dan ketersediaan sumber daya, memainkan peran krusial dalam mempengaruhi regulasi diri mahasiswa. Kombinasi dari kemampuan internal dan eksternal ini membantu mahasiswa mengelola perilaku *phubbing* dengan lebih efektif, menunjukkan bahwa regulasi diri yang kuat dapat mengurangi kecenderungan untuk terlibat dalam perilaku *phubbing*. Kemudian pada implikasi penelitian ditemukan ketahanan pribadi mahasiswa menjadi rentan ketika menjadi pelaku *phubbing* atau korban *phubbing* dan menghadirkan ancaman, gangguan, hambatan, dan tantangan (AGHT) baru bagi mahasiswa sebagai penerus kepemimpinan bangsa dan negara.

**Kata Kunci: Regulasi Diri, Perilaku Phubbing, Ketahanan Pribadi, Ketahanan Nasional**

## **ABSTRACT**

*Students in their daily lives have a high tendency to use smartphones, so they are very vulnerable to being exposed to phubbing behaviour. Therefore, students need self-regulation as an ability to deal with various vulnerabilities that are present continuously, so that an effort is needed to mitigate, navigate, and intervene in student resilience.*

*Researchers used a mixed-methods explanatory design to obtain data on the role and description of self-regulation on phubbing behaviour, as well as its implications for the resilience of Gadjah Mada University students. In quantitative research, 177 student participants were obtained, while in qualitative research, 6 student participants were obtained.*

*The results of quantitative research showed a significant role between self-regulation and phubbing behaviour, while qualitative research found two themes in self-regulation and phubbing behaviour. In self-regulation, internal and external themes were found, while in phubbing behaviour, themes of phubbing perpetrators and phubbing victims were found. After the two research findings were juxtaposed, it was found that internal factors such as self-awareness and problem-solving, as well as external factors such as environmental support and resource availability, play an important role in influencing students' self-regulation. The combination of these internal and external capabilities helps college students manage phubbing behaviour more effectively, suggesting that strong self-regulation can reduce the tendency to engage in phubbing behaviour. Then on the implications of the research, it was found that college students' personal resilience becomes vulnerable when they become perpetrators of phubbing or victims of phubbing and presents new threats, disruptions, obstacles, and challenges for college students as the nation's leadership successors.*

***Keywords: Self-Regulation, Phubbing Behavior, Personal Resilience, National Resilience***