

SUMMARY

In the era of widespread smartphone use, the phenomenon of *phubbing*—ignoring people in favor of one's phone—is gaining increasing social and psychological significance. This doctoral dissertation focuses on analyzing this phenomenon in the context of its relationship to mindfulness, self-control, and behavioral motives. The aim of the research was to identify the psychological mechanisms underlying phubbing and to evaluate the effectiveness of interventions designed to reduce its prevalence. To this end, I conducted three empirical studies. Study 1 examined whether phubbing is related to mindfulness and self-control. The results showed significant negative correlations between phubbing (and its components) and certain dimensions of mindfulness (specifically, conscious action and non-judgment) as well as self-control. Study 2 analyzed the effectiveness of short-term mindfulness training in reducing phubbing behaviors. Although the intervention did not lead to a significant reduction in phubbing, an increase in mindfulness levels was observed among participants. Study 3 employed the experience sampling method (ESM) to identify the motives behind phubbing in natural settings. The frequency and variety of motives indicate the existence of clear patterns: emotional regulation and reactive motives were reported most frequently, while stress and difficulty concentrating were cited less often. A general tendency to reach for the phone in social situations—understood as a latent disposition—played a particularly important role, proving to be a significant predictor of most motives.

The results of the studies show that phubbing is a complex phenomenon, associated with deficits in attention and impulse control, and can function as a maladaptive coping strategy. These findings contribute to a better understanding of the psychological mechanisms underlying phubbing and open new avenues for further analysis of its determinants and protective factors, both in theoretical and practical contexts.