

Abstract

This study aimed to assess the impact of personality and fear of missing out on phubbing behavior in adults using smart phones. The sample comprised 209 adults of age between 18 and 35 years. Sample was drawn by using a purposive sampling technique. Demographic datasheet, Big five inventory (BFI-10), Fear of Missing out Scale, and the Phubbing Scale were used to collect data on demographics personality, fear of missing out and phubbing behavior. Cross sectional research design was used in the present study. Pearson correlation analysis, multiple linear regression and independent sample t-test were run through SPSS 20.0 to assess the relationship and predictive strength of variables. Results showed significant inter-correlations among most of the study variables. Regression analysis showed that conscientiousness and fear of missing out were the significant predictors of phubbing behavior ($\beta=.14, p<.05$; $\beta=.26, p<.01$). The value of R^2 indicates that 17% of variance in phubbing behavior was accounted for by these two variables. Limitations, future suggestion and implications of present study have also been discussed.