


## DESCRIPTION OF RISK LEVELS OF GADGET ADDICTION, BULLYING BEHAVIOR, AND DRUG ABUSE IN ADOLESCENTS

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### ABSTRACT

*Gadgets can be interpreted as a tool that can easily be connected to the internet. If the use of gadgets can be done wisely, humans will get many benefits from using gadgets. But if the use of gadgets cannot be controlled, it will have a negative impact. One of the negative effects obtained is dependence or addiction to the gadget itself. Apart from the use of gadgets, bullying is also common today. Approximately three million teenagers become drug abusers in Indonesia. The data was collected using primary data in the form of a questionnaire to collect data on gadget addiction, bullying behavior, and drug abuse among junior high school adolescents at MTs Nahdlatul Wathon Licin. This was a descriptive observational study. The population was students in 8th-9th grades at MTs Nahdlatul Wathon Licin. Sampling was done by total sampling. The number of samples obtained was 93 people. Data were analyzed using descriptive statistical methods which are presented in the form of frequency distribution tables. It was found that 8.6% of respondents had a high risk of gadget addiction, 48.4 % of respondents have a high level of bullying behavior, and 2.2% of respondents are addicted to drugs.*

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### INTRODUCTION

In today's era of globalization, the development of technology and information is very rapid. Technology is something that is needed by humans and is very helpful for every job done by humans. One technology that is widely used is gadgets. Gadgets can be interpreted as a tool that can easily be connected to the internet. If the use of gadgets can be done wisely, humans will get many benefits from using gadgets. But if the use

of gadgets cannot be controlled, it will have a negative impact. One of the negative effects obtained is dependence or addiction to the gadget itself. In a previous study, early adolescents with an age range of 12 to 17 years, as well as late adolescents with an age range of 18 to 29 years both have a 93 percent percentage of dominating gadget use worldwide. This data is supported by the statement of the Ministry of Communication and Information of the Republic of Indonesia which states that teenagers with an age

range of 15 to 19 years with a percentage of 80 percent have dominated the use of gadgets in Indonesia.<sup>1-2</sup>

According to observations made to several families in one area in Yogyakarta in 2013, it shows that since using gadgets, at home children become difficult to communicate with, do not care and respond less when parents ask them to talk. Apart from the use of gadgets, bullying is also common today. Bullying is aggressive behavior carried out by a person or group of people or other groups repeatedly by hurting physically or mentally. Bullying behavior can occur in various places, starting from the education or school environment, workplace, home, neighborhood, play area, and others. Data from the Komisi Perlindungan Anak Indonesia (KPAI) explains that from 2011 to August 2014, the number of bullying cases was at the top. KPAI noted that there were 369 cases of complaints about bullying in the educational environment. That number is around 25% of the total complaints in the education sector of 1,480 cases. From the results of KPAI's research in 2014, 17% of violence against children occurred in schools. In fact, in 2013, there were 181 cases which resulted in the death of the victim, 141 cases of victims suffering serious injuries, and 97 cases of minor injuries. Violence at school can be committed by teachers, school principals, and fellow students.

Emotional and behavioral disorders are serious problems in adolescent development. The results of a survey by the Indonesian Mental Health Federation

(Fekmi) in 2003 in 10 major cities namely Medan, Padang, Jakarta, Bandung, Semarang, Yogyakarta, Surabaya, Banjarmasin, Denpasar and Ujung Pandang showed that 54% of adolescents admitted to having fought, 87% lied, 28 % feel violence is commonplace, and 8.9% have tried drugs. The development of modernization, the rapid flow of information and communication has an impact on the use of illegal drugs in society. The United Nations Office for Drugs and Crimes/UNODOC (2005) reports that 200 million or 5% of the world's population are abusers of narcotics, psychotropic substances, narcotic addicts, psychotropic substances, addictive substances (NAPZA). Around three million teenagers become drug abusers in Indonesia. Around 40% of drug users in 2004 were teenagers. Adolescence is a period of transition from children to adults. At this time, a person does not want to be considered as a child by the surrounding environment, but if seen physically, psychologically and mentally there are no signs of real maturity. Currently vulnerable to juvenile delinquency is an action taken by adolescents that is against the law, values and norms that exist in society so that it can harm themselves and others. One form of juvenile delinquency is drug abuse.<sup>3,4</sup>

The prevalence of drug abusers in Indonesia is increasing every year. In 2011 the prevalence was 2.32%, in 2013 it was 2.56%, and in 2015 it was 2.80%. The results of research conducted by the National Narcotics Agency in collaboration with the University of Indonesia Research Center in 2011 showed that the highest prevalence of drug abuse in Indonesia.

(2.2%) was in the 10–59 years age group. The prevalence of drug abuse in the city of Surabaya is 0.012%, while students who abuse drugs in the city of Surabaya are 0.0064%. Based on the outreach that has been carried out to 359 drug abusers from various age groups, there are 189 students involved in drug abuse. The number of students who are drug abusers in Surabaya is always increasing. Data from the Surabaya Polrestabes in 2015, in 2013 there were 29 students, in 2014 there were 37 students, and in 2015 it increased to 51 students.<sup>3-4</sup>

The national data for drug users in East Java is in the second position, the first is West Java with 302,689 drug abusers, the second is East Java with 265,871 drug users and the third is North Sumatra with 123,194 drug abusers and the total number of drug abusers in East Java starting from the year 2010-2015 reached 1,145,839 cases. Based on data from the National Narcotics Agency, East Java Province in 2016 rehabilitated 1270 drug abusers from the ages of children and adolescents. Of the 1270 abusers, 60% of these drug abusers had an age range of 10-30 years.<sup>4</sup> Therefore, based on the description above, this preliminary survey aims to collect data to determine the risk of gadget addiction, bullying behavior, and the risk of drug dependence as the basis for community therapy to be carried out.

## MATERIALS AND METHODS

This is a descriptive observational study. The population of this study were students in grades 8 and 9 at MTs Nahdlatul Wathon Licin Banyuwangi. Sampling was

done by total sampling with the exclusion criteria of students who were not included at the time of data collection and students who did not fill out the questionnaire data completely. Data collection was carried out on August 13, 2019. The number of samples obtained was 93 people.

Data analysis was carried out in several stages. The first stage is editing which includes checking the completeness of the respondent's identity and answers. The second stage, namely coding, is providing code to facilitate tabulation and data analysis. The third stage is data entry, entering the respondent's identity and answers to Microsoft Excel. Furthermore, doing descriptive analysis with SPSS 23.

The population of this study were students in grade 2 and 3 at MTs Nahdlatul Wathon Licin. Sampling was carried out by total sampling with the exclusion criteria of students who were not present at the time of data collection and were unwilling to become respondents. Data collection was carried out on August 13, 2019. The number of samples obtained was 93 samples.

## RESULTS

This research was conducted on August 13, 2019, starting from licensing, data collection, data processing, to data analysis. This research is a descriptive epidemiological study. Samples were taken using total sampling, and the number of respondents who met the inclusion and exclusion criteria was 93 people. The data obtained in this study are primary data,

taken using the self-report method with a measuring instrument in the form of a questionnaire.

**Table 1. Distribution of General Characteristics and Risk of Gadget Addiction, Bullying Behavior, and Adolescent Drug Abuse**

	Number of people	Percentage (%)
<b>Gender</b>		
Male	38	40.9%
Women	55	59.1%
Total	93	100%
<b>Class Distribution</b>		
8th grades	45	48.4%
Grade 9	48	51.6%
Total	93	100%
<b>Gadget Addiction Risk</b>		
Low (Score range 33-65)	29	31.2%
Moderate (Score range 66-112)	56	60.2%
High (Score range 113-165)	8	8.6%
Total	93	100%
<b>Bullying Behavior Level</b>		
Low (Score range 33-54)	48	51.6%
High (Score range 55-165)	45	48.4%
Total	93	100%
<b>Drug Dependence Level</b>		
Drug abuse	2	2,2%
Not dependent on drugs	91	97.8%
Total	93	100%

**Table 2. Analysis of the Characteristics and Risks of Gadget Addiction, Bullying Behavior, and Drug Abuse in Adolescents**

Information	Analysis results
<b>Characteristics of Respondents Age</b>	
Mean (year)	13.9
Median (years)	14.0
Standard deviation (year)	0.8
Minimum (year)	12.0
Maximum (year)	16.0
<b>Characteristics of the risk score for gadget addiction (Score range 33-165)</b>	
Average	88.8
Median	89.0
Standard Deviation	23.2
Minimum	36.0
Maximum	148.0
<b>Bullying behavior score characteristics (Score range 33-165)</b>	
Average	55.9
Median	54.0
Standard Deviation	13.0
Minimum	35.0
Maximum	105.0

**Table 3. Details of activities carried out on gadgets (score range 1-5)**

Activities	Average	Median	SD	Drinking	Maximum
Browsing	2.7	3.0	1.20	1.0	5.0
Game	3,4	3.0	1.3	1.0	5.0
Chat	4.0	5.0	1.3	1.0	5.0
Group	3,6	4.0	1,2	1.0	5.0
Social media	3,2	3.0	1.6	1.0	5.0

## DISCUSSION

It is found that the age group of respondents is in the age group 12 (twelve) to 16 (sixteen) years old, with the greatest proportion in the 14 year age group, when the age of junior high school is considered to be dominated by this age group, but it is also found that students with older age. This probably happened because in the village students started schooling at an older age so that there was a group of people aged up to 16 years old . This was not found in the results of the study above with the percentage of respondents based on age as follows; 12 years, 4.1%, 13 years 56.25%, 14 years 37.5%, and 15 years of 2.03%.

Most of the respondents were female, namely 59.1% compared to men who contributed 40.9%. Research by Halimah (2015) states similar results with 48 subjects who participated in the study, the subjects consisted of 27 (56.25%) male and (43.75%) female. This happens because the demographic proportion between male and p omen in general is not much different from about 1:1. While in absolute terms, this survey obtained more female samples, this is in line with BPS data in 2015 which shows that the proportion of women in the Indonesian population is also dominated by women. While the distribution of respondents based on class in this survey shows that 51.6% (48 people) are grade 9 students while the rest

are class 8 students as many as 45 people, so that the total respondents are as many as 93 respondents. From 93 respondents, it was found that the mean age was 13 years old.

Amounting to 60.2% of respondents detected a risk of moderate of gadget addiction. It was found that the majority of students had moderate levels of addiction. This happens because the sample is taken from a homogeneous population, so that it is less biased to describe the condition of adolescents in general. In addition, the sample was also taken from madrasah students who had protecting values in the form of religious values which were emphasized more in school so that this might be the reason for the majority level of addiction to be at a moderate level. Based on the literature, this is related to the use of gadgets which is dominated by adolescents aged 12-17 years (93%). Research conducted by Sherlyanita (2016) also shows the same results, where of the 379 respondents studied there were 11 people (2.9%) who were not addicted to gadgets, of the 379 respondents studied there were 11 people (2.9%) who were not addicted to gadgets, of the 379 respondents studied there were 11 people (2.9%) who were not addicted to gadgets, 105 people (27.7%) who had low gadget addiction, 189 people (49,9%) moderate gadget addiction, 67 people (17.7%) had high gadget addiction and the rest was very high.<sup>1</sup>

The results showed that when using gadgets more for personal chat (mean 4.0), group chat (mean 3.5), games (mean 3.4), social media (mean 3.2), and browsing (mean 2.6). This is similar to research conducted by Saifullah (2017), of 70 respondents aged 11-12 years generally use gadgets for chatting (37.1%) followed by social media activities, browsing, games, and sms. These results are additional data obtained from the addition of questionnaire items to find out what application causes the most students to use gadgets.

Gadgets are a product of the sophistication of 21st century technology which has various forms, for example smartphones, tablets, laptops, cameras, iPhones, and so on. Data taken in 2014 by detikINET shows that around 47 million Indonesians are active smartphone users or around 14% of all cellphone users. Gadget users in terms of age, early childhood and adolescents occupy a high enough place, 79.9%. Gadget addiction is an activity or behavior that is carried out repeatedly and will have a negative impact if the behavior cannot be controlled. One of the things that will be very influential if someone is dependent on using gadget, namely the amount of time spent playing gadgets. In this era of globalization, many teenagers are already using gadgets, even these teenagers are smarter in using gadgets than adults. In adolescents, they are more likely to learn things related to gadgets than adults. This is because in the development of adolescents, they have a greater curiosity than adults.

Adults have self-control were more than teen age children.<sup>2</sup>

Addiction is dependent behavior on something you like. Someone will usually do something they like when they have the opportunity to do something that is liked. An individual can be said to be addicted if the individual does an activity continuously and does the same activity more than five times a day. Addiction is compulsive behavior, dependence and lack of control. Behavior can be said to be addictive behavior if the behavior cannot be controlled and can have a negative impact on the person concerned. The effects of gadget addiction include: Lack of socialization with friends, less sensitivity to the surrounding environment, forgetting basic obligations and homework, difficulty concentrating on school lessons and stress.<sup>2</sup>

Bullying behavior in the group with high bullying behavior was 46.4% and low bullying behavior was 51.6%. The survey results show that there are more students who have mild bullying behavior even though the comparison is not too far away. Once again this phenomenon also occurs because the samples taken are homogeneous and have protecting value as explained in the section on gadget addiction. This is similar to the results of Yuniartiningtyas's (2013) study which showed that the bullying behavior of 87 research subjects was included in the very high category of 10 people (12%), high 8 people (9%), low 54 (62%) and very low. 15 people (17%).<sup>7</sup>

Bullying can be classified as follows: (1) direct physical contact (hitting, pushing,

pinching, scratching, also including blackmail and damaging goods dimliki others). (2) Direct verbal contact (threatening, humiliating, humiliating, disturbing, giving name calls (name-calling), sarcasm, putting down, criticizing/mockng, intimidating, mocking, spreading gossip, (3) Non-treating direct verbal (looking sarcastically, sticking out the tongue, displaying a demeaning, mocking, or threatening facial expression, usually accompanied by physical or verbal bullying). (4) Indirect non-verbal behavior (silencing someone, manipulating friendships into cracking, deliberately isolating or ignoring, sending anonymous letters) and (5) Sexual harassment (sometimes categorized as physical or verbal aggression).<sup>5-7</sup>

The impact of bullying can threaten every party involved, both children who are being bullied, children who are bullying, children who witness bullying, even schools with the issue of bullying as a whole. Bullying can have a negative effect on the physical and mental health of children. In severe cases, bullying can trigger fatal actions, such as suicide and so on. By bullying, the perpetrator will assume that they have power over the situation. If allowed to continue without intervention, this bullying behavior can lead to the formation of other behaviors in the form of violence against children and other criminal behavior. Impact on other students who witness bullying (bystanders). If bullying is left without follow-up, then the other students who are the audience can assume that bullying is socially acceptable behavior. In this condition, some students may join the bully for fear of being the next target and some

may just sit there doing nothing and at worst they feel they don't have to stop it. The impact of bullying behavior on perpetrators includes dropping out of school and the emergence of criminal acts.<sup>8</sup>

There are many factors that cause someone to bully. In general, people bully because they feel pressured, threatened, humiliated, revenge and so on. Bullying is caused by the victim from environmental conditions that make their personality aggressive and less able to control emotions, for example the home / family environment is not harmonious, which is often quarrels between husband and wife who are committed in front of children, or frequent acts of violence by parents against their children. children who are too restrained or prohibited or children who are admittedly permissive. The school environment can also be a factor in causing children to bully, for example teachers who abuse students, teachers who do not pay attention to the child's condition both in the socio-economy and in children's achievements or the daily behavior of children in class or outside of class, how they get along with friends. her friend. Friends who often tease and cackle, insult, mock and so on. Another factor that has a strong enough influence on children to bully is the presence of television shows that often show violence in soap operas or films or other programs such as fingerprints, headlines and so on.<sup>9</sup>

Meanwhile, the number of drug dependence on the results of this preliminary survey found that there were Two samples who said that they were dependent on certain substances. However,



this sample is only limited to addiction to coffee and alcohol, not drug use. Shows results that are not far from the national drug user prevalence rate in 2017, which is 2.2% of the national figure of 1.77%.<sup>4</sup> Risk factors for drug use vary widely and differ from one another, drug abuse can occur as a result of the interaction of various factors, such as drug factors, individual factors, and environmental factors. In addition, it is believed that some people are at greater risk than others for drug abuse. Determinant factors: Availability of drugs, ease of getting drugs, inadequate family environment, friends or associations that lead to drugs, types to men and knowledge.<sup>10</sup>

## CONCLUSION

Most of the respondents have a moderate risk of gadget addiction and activities that are often done while holding a gadget, namely personal chatting. Most respondents indicated behavioral bullying degrees being. A total of 2 respondents suffer from drug abuse.

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