



Description of smartphone addiction in adolescents SMP HKBP Padang Bulan Medan 2022

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Article Info	ABSTRACT
<p>Article history:</p> <p>Received Mar 24, 2023 Revised Mar 29, 2023 Accepted May 2, 2023</p> <hr/> <p>Keywords:</p> <p>Addicted; Smartphone; Teenager.</p>	<p>Smartphone addiction as an attachment to a smartphone accompanied by a lack of control and has a negative impact on students. The term smartphone addiction is a behavior of attachment or addiction to a smartphone which is likely to become a social problem such as withdrawal, and difficulties in performing daily activities or as a disorder of impulse control against one's self. This study aims to determine the description of smartphone addiction in HKBP Padang Bulan Medan Middle School Adolescents in 2022. This type of research uses descriptive research. The sampling technique in this study used a total sampling of 80 respondents. The instrument used is the Smartphone Addiction Questionnaire. The results showed that of the 80 respondents, the majority of students who had severe smartphone addiction were 45 respondents (56.25%), and a mild minority of 5 (6.25%).</p>

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1. INTRODUCTION

Teenagers are a nation's future asset, so that the nation's future will be determined by today's youth according to their development. Adolescence is the period in which the transition from childhood to adulthood occurs. Adolescence is a stage of development marked by general physical changes as well as cognitive and social development (Keswara et al., 2019).

According to (Keswara et al., 2019) during adolescence, psychology can also occur in adolescents, including delinquency in adolescents due to conflict conditions in the search for self-identity. Often teenagers are involved in gangs, where they will give each other and get mental support. factors that cannot be avoided because in this era of globalization, teenagers spend more time playing gadgets/smartphones than doing physical activities with friends (Apriany et al., 2021).

Smartphone addiction is a phenomenon related to a person's inability to control smartphone use. Smartphone users in the adolescent group are a group that is at high risk of being affected by smartphone addiction. In the development of the lives of adolescents who are experiencing changes

physically and psychologically, smartphone technology, which has many conveniences, becomes very important for the lives of adolescents. Many teenagers reported that they could not live their lives without a smartphone (Kartika & Arini, 2020). With the sophistication of technological tools, namely smartphones, many teenagers are not precise in using them. A teenager as a student should be able to manage the time to use a smartphone properly (Keswara et al., 2019). This causes individuals to be unable to limit smartphone use and experience adverse effects from smartphone use (Ferianti & Sunawan, 2021).

The negative impacts of smartphone addiction as a result of smartphone dependency behavior are reduced direct social interaction, feeling uncomfortable when away from a smartphone, decreased alertness due to using a smartphone with no signal such as when driving, disturbed sleep patterns or experiencing insomnia, impaired eye health, and decreased achievement (Assari et al., 2021).

The number of smartphone users worldwide is expected to continue to grow from 2.1 billion in 2016 to around 2.71 billion in 2019, with the penetration rate of these smartphones also increasing. More than 36% of the world's population is projected to use smartphones in 2018, this figure has increased by around 10% in 2011. (Firmansyah et al., 2019).

Research based on a survey center on adolescents in the United States states that 95% of adolescents have access to smartphones and 45% claim to be online constantly or continuously (Ferianti & Sunawan, 2021). In Indonesia, as much as 27% of smartphone use among adolescents has increased in 2014 to 73% with 29% having their own gadget in the form of a tablet given by their parents. (Hs & Hidayat, 2021).

In Indonesia, smartphone addiction has been experienced by several groups of people, such as the results of Ambarwaty's research (2018) regarding smartphone addiction in adolescents at the MAN 2 Bekasi school, which stated that 52.3% of respondents had a high addiction level (Asari et al., 2021).

Based on an initial survey conducted by researchers on 10 teenagers at SMP HKBP Padang Bulan Medan by giving 5 questions the results obtained were 8 teenagers (80%) felt calm when using smartphones, as many as 8 teenagers (80%) felt excited when using smartphones, as many as 5 teenagers (50%) live empty without smartphones, as many as 7 teenagers (70%) use smartphones which are the most fun to use.

A number of 10 respondents said that they spent more time using smartphones than interacting with other people. Similar to the results of research conducted by Kibona and Mgaya (2015) on 100 respondents, it was found that 48% of respondents tended to use smartphones for around 5-7 hours per day on social networking sites without taking into account the time they had been infected (Mulyati & Frieda, 2018).

In this solution, it is hoped that teenagers who are addicted to smartphones are able to control themselves well, so that they do not interfere with their daily activities, especially learning activities at home and at school. Based on the phenomena and various related studies that have been described above by the researcher, the researcher considers it important to conduct deeper research on the description of smartphone addiction in adolescents at SMP HKBP Padang Bulan Medan in 2022.

According to (Simangunsong & Sawitri, 2018) defines smartphone addiction as an attachment to a smartphone that is accompanied by a lack of control and has a negative impact on students. The term smartphone addiction is a behavior of attachment or addiction to a smartphone which may become a social problem such as withdrawal, and difficulties in carrying out daily activities or as a disorder of impulse control against one's self.

In adolescence, achievement becomes a more serious issue, and adolescents begin to feel that life is not just for fun. Adolescents begin to view current successes and failures as predictors of future

successes and failures. One form of student achievement is learning achievement at school which is an important indicator or a measure of one's success in the academic world (Nafi'a et al., 2020).

In this stage of development, adolescents are faced with health problems. Health problems include problems related to the (sexual) reproductive organs, where they have reached sexual maturity which causes an urge to satisfy sexual needs outside of marriage. Then psychological problems can also occur in adolescents including delinquency in adolescents due to conflict conditions in the search for self-identity. Often teenagers are involved in gangs, where they will give each other and receive mental support (Keswara et al., 2019).

The overall agency (WHO) sets limits on who youth are conceptually. WHO suggests that there are 3 criteria used, namely biology, psychology and socio-economic, namely: a. Individuals who develop when they first show secondary question marks until they reach sexual maturity b. Individuals who experience psychological development and patterns of assistance from children to adults c. There has been a transition from full socio-economic dependence to a more independent situation (Putro, 2017).

2. RESEARCH METHOD

The type of design used by researchers in this thesis is descriptive research, namely research that aims to describe Smartphone Addiction in Adolescents at SMP HKBP Padang Bulan Medan in 2022. The population in this study were all adolescents at SMP HKBP Padang Bulan Medan with a total of 80 students (Administration of SMP HKBP Padang Bulan Medan, 2022).

The instrument that will be used by researchers in this research thesis is the SAS questionnaire (Monika Trisia Meirianto, 2018). The questionnaire used discusses smartphone addiction. The questionnaire consists of 33 statements with the answer choices being strongly disagree = 1, Disagree = 2, Disagree = 3, Agree = 4, Strongly agree = 5.

3. RESULTS AND DISCUSSIONS

Table 5.1 .Distribution of Respondents Based on Demographic Data (Age and Gender) at SMP HKBP Padang Bulan Medan in 2022 (n = 80)

Characteristics of respondents	(f)	(%)
Age		
11-14 Years (Early teens)	67	83,75
15-16 Years (Middle teens)	13	16,25
Total	80	100
Gender		
Man	43	53.75
Woman	37	46.25
Total	80	100

Table 5.1 It shows that from 80 respondents, the data based on age which is mostly 11-14 years old is 67 respondents (83.75%), and the age which is less is 15-16 years is 13 respondents (16.25%). Based on gender, there were 43 respondents (53.75%) more males, then 37 respondents (46.25%) fewer females.

Table 5.2 Distribution of Frequency and Percentage of Smartphone Addiction to Adolescents of SMP HKBP Padang Bulan Medan in 2022 (n = 80)

Characteristics	Frequency (f)	Percentage (%)
Very heavy	30	37,5

Heavy	45	56,25
Light	5	6,25
Total	80	100

Table 5.2 data obtained from 80 respondents showing 45 respondents (56.25%) with severe addiction, 30 respondents (37.5%) with very severe addiction, and 5 respondents with mild addiction (6.25%).

The results showed that of the 80 respondents regarding smartphone addiction in adolescents at SMP HKBP Padang Bulan Medan, 30 respondents (37.5%) found smartphone use to be very severe. Safitri (2019) said addiction becomes very severe when a person experiences anxiety when not using a smartphone, becomes impatient, gets emotional quickly, and when using a smartphone feels angry or annoyed when someone else invites him to talk so that a person experiences selective attention. Yunita, Lesmana & Jatmitka, (2021) stated that the term smartphone addiction is a behavior of attachment or addiction to a smartphone which is likely to become a social problem such as withdrawal, and difficulties in performing daily activities or as a disturbance of influx control over a person. The level of smartphone addiction is very severe as an attachment to a smartphone which is accompanied by a lack of control and has a negative impact on students. the more someone is addicted to a smartphone, the addiction can be higher, therefore the need for self-ability to make good coping and confidence in the individual will reduce smartphone addiction.

The results showed that out of 80 respondents regarding Smartphone Addiction in Junior High School HKBP Padang Bulan Medan, 45 respondents (56.25%) found smartphone use as a severe addiction (56.25%).

According to Setiawan & Winarti, (2021) the results obtained were 60% (48 people) had a severe level of smartphone addiction, meaning that there were factors that caused emotional and behavioral disturbances apart from the level of gadget addiction, a significant negative impact from gadget addiction, smartphone addiction greatly affects emotional In adolescents, excessive use of smartphones can cause emotional health disturbances.

The results showed that of the 80 respondents experiencing Smartphone Addiction in Junior High School HKBP Padang Bulan Medan youth, 5 respondents (6.25%) found smartphone use to be mildly addicted.

According to Safitri (2019) someone who has a mild addiction will be more alert so that his perception of his smartphone and addiction is not too obsessed with his life. For example, if a respondent is used to not using a smartphone, it is not important if he does not carry a smartphone with him.

The findings of the researchers are supported by Safitri (2019) smartphone addiction is mild because it controls itself more so that its perception of smartphones is not excessive. This has no important effect if you don't have a smartphone with you.

4. CONCLUSION

Based on the results of the study with a sample of 80 respondents regarding the description of smartphone addiction in HKBP Padang Bulan Medan Middle School Adolescents in 2022, it was concluded that smartphone addiction in junior high school youth was in the severe category as many as 45 respondents (56.25%), in the very severe category as many as 30 respondents (37.5%) and mild as many as 5 respondents (6.25%).

For further research It is hoped that this research can be useful as input for researchers and can be developed according to applicable materials and concepts and can be adapted to the required respondents.

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