



DESCRIPTION LEVEL OF NOMOPHOBIA TENDENCY IN ADOLESCENT CHILDREN AT JUNIOR HIGH SCHOOL IN BANDUNG

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ABSTRACT

The development of technology such as smartphones is growing rapidly which can facilitate teenagers activities to be easier. The convenience provided can increase a sense of dependence and cause adolescents to tend to nomophobia. Nomophobia (No Mobile Phone Phobia) is a modern phobia characterized by fear and anxiety due to not being with a smartphone. This study aims to determine how the level of nomophobia tendency in adolescent children in Bandung middle school. The study used descriptive quantitative method with cross sectional design. The population in this study were students of SMPN Bandung grades VII, VIII, and IX totaling 928 students. The sampling technique used was proportional stratified random sampling with a sample of 99. Determination of the sample from each class will be done randomly using the wheels of names application through the absentee number. Data were obtained through a questionnaire in the form of google forms distributed online. The instrument used is Nomophobia Questionnaire (NMP-Q) made by (Yildirim & Correia, 2015) consisting of 20 questions with the results of the validity test r count of 0.468 – 0.754 (r table = 0.195) and Cronbach's alpha results of 0.945. Univariate analysis was used in this study with frequency distribution and percentage. The results showed that most of the respondents 62 people (62.6%) showed moderate nomophobia tendencies, 36 people (36.4%) showed mild nomophobia tendencies and 1 person (1%) did not experience nomophobia tendencies. There were no respondents who showed severe nomophobia tendencies. Most of the respondents belonged to the moderate nomophobia tendency category. Therefore, it is hoped that nurses can make efforts to deal with nomophobia in the form of health education, REBT self management techniques, and KEKINIAN family.

Keywords: adolescent; nomophobia; smartphone; tendencies level

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INTRODUCTION

Global technological developments continue to grow and increase, which makes the need for digital communication important for every individual (Mustiakawati, 2019). This need encourages the development of various types of communication tools, including smartphones, which are one of the most commonly used communication devices in daily activities (Yildirim, 2015). Based on Statista data (2022) shows that Indonesia is in the 4th largest position of smartphone users with 187.70 million users after China, India and the United States (Statista, 2020). The results of a survey of internet penetration and behavior that has been conducted by APJII (Association of Indonesian Internet Service Providers) in 2023 show that internet penetration in Indonesia continues to increase from year to year (APJII, 2023). In 2023, Indonesia's internet penetration amounted to 78.19% of the total Indonesian population of 275,773,901 people (APJII, 2023). Penetration is viewed by island, the island of Java occupies the first largest position at 81.83% (APJII, 2023). West Java is in the third position

(82.73%) (APJII, 2023). Based on data from Diskominfo Jabar (West Java Communication and Informatics Office) in 2020, as many as 80% of villages in West Java already have internet access with Bandung City having the highest percentage in terms of districts / cities in West Java.

This research was conducted on mid-teenagers aged 13-15 years. The adolescent stage is a period of development, where individuals seek to express their identity, which can lead to emotional crises and trigger interpersonal and social conflicts (Rakhmawati et al., 2021). Middle adolescents generally do not have mature thinking to stem the desire to play smartphones and avoid the adverse effects that might occur (Jumaroh, 2023). They tend to be closer to peers because at this time there is often a conflict between the desire for independence and control from parents (Jumaroh, 2023). Without a doubt, smartphones have many benefits, for teenagers smartphones can access the internet as a learning media, communication media in chat-based applications, and as an entertainment media with various features in it (Mustiakawati, 2019). However, over time, without realizing it, they can become increasingly dependent on their smartphones, which in turn can cause them to tend to nomophobia (Pakpahan, 2022). The term "Nomophobia" was first coined in the UK by the UK Post Office in 2008, followed by research at a UK security company in 2012 (Securevoy, 2012). Nomophobia comes from two terms, "Nomophobe" and "Nomophobic" (Yildirim, 2015). Nomophobe refers to a person who experiences nomophobia, while nomophobic is an adjective that describes the behavior associated with nomophobia (Yildirim, 2015). Someone who experiences nomophobia is characterized by excessive anxiety and fear, such as difficulty turning off their smartphone for a while, excessive worry when running out of battery power, and a tendency to constantly check messages, calls, e-mails and social networks on their smartphone (Aruan, 2019). Supported by research Hestia et al (2021) and Sudarji (2018), anxiety and fear can arise due to various other conditions, such as no network coverage, or no internet connection.

Individuals said to be nomophobic can be shown through the dimensions of nomophobia, namely not being able to communicate the condition of individuals feeling anxious when they cannot contact or be contacted by others. Losing connectedness, individuals cannot connect to connectivity or internet networks so that these individuals feel anxious and lost, Not being able to access information, individuals feel anxious when they cannot obtain information through smartphones, and finally giving up convenience, namely the desire to utilize the smartphone so that these individuals always carry their smartphones wherever they go. In addition, factors that can influence the occurrence of nomophobia are gender and age, self-esteem, extraversion, and neuroticism (Yildirim, 2015). According to research by Riyanti et al (2021), the impact that will arise from nomophobia is the impact on a person's physical and mental health (Riyanti et al., 2021). Physical impacts such as lack of sleep, eye muscle tension, headaches, and the most severe case may be the risk of brain tumors (Riyanti et al., 2021). Psychological impacts, such as low self-esteem, depression, bullying and violent behavior (Riyanti et al., 2021). In addition, research by Syania et al (2022) and Bilgin et al (2017) said there are psychological impacts such as social isolation, ringtones can interfere with concentration, and the individual becomes more closed. Based on preliminary studies conducted by researchers at junior high school in Bandung, 10 students said that more assignments on the internet so that students almost carry smartphones every day at school. During learning hours there are several teachers who have a policy that student smartphones are collected at the teacher's desk, stored in front of the student's desk, or in the bag. 7 out of 10 students, said that when their smartphones were not allowed to be used they felt lost, anxious and bored. They feel anxious if their smartphone loses signal, runs out of battery or is

left somewhere. Even 2 out of 7 said it was difficult to study and they often brought smartphones everywhere including into the toilet. Based on the phenomena in addition to the underlying theories above, this object over here research aims to describe the level of nomophobia tendencies in adolescent children in Bandung junior high school.

METHOD

This research method uses quantitative descriptive research with a cross sectional design. The study population was 928 students in grades VII, VIII and IX of middle adolescence age 13-15 years. The sampling technique used was proportional stratified random sampling technique. After calculating and adding 10% as a reserve, the research sample amounted to 99 samples, taking into account the inclusion and exclusion criteria. The researcher has obtained a research ethics permit from the Research Ethics Commission of Padjadjaran University with number 104/UN.6KEP/2024. The instrument used in this study is the Nomophobia Questionnaire (NMP-Q) made by Yildirim & Correia (2015) in addition to has been translated into Indonesian by Ma'arif Dwi Prasetyo (2017) which consists of 20 questions with Likert scale, each statement used to exist given 5 choices, namely (1) strongly disagree, (2) disagree, (3) neutral, (4) agree, (5) strongly agree. The instrumen has been tested of validity test result of 0.468 – 0.754 and the Cronbach's alpha results of 0.945. The researcher conducted informed consent such as explaining the purpose and objectives of the study and asking for the respondent's availability to participate in the study without coercion. Then, the researcher shared a google link of the research form. Filling in the instrument was done only once and filled in as it was to get objective results. Data collection was carried out using a questionnaire through a google form that was distributed online. After the data is collected, editing, coding, data entry, tabulation in addition to analysis currently are carried out. The data is processed using SPSS and used is univariate analysis, which is data analyzed with an ordinal scale and presented in the form of a frequency distribution table.

RESULTS

Table 1.
Respondent characteristics (n= 99)

Respondent characteristics	f	%
Age		
< 13 years old	42	42.4
14-15 years old	48	48.5
>15 years old	9	9.1
Class		
VII (Seven)	35	35.4
VIII (Eight)	33	33.3
IX (Nine)	31	31.3
Gender		
Male	59	59.6
Female	40	40.4
Ownership of smartphones		
Teenager	97	98
Parents	1	1
Sister/Brother	1	1
Duration of using a smartphone		
1-3 hours	28	28.3
4-7 hours	56	56.6
>7 hours	15	15.1
Main uses of smartphones		
Communication	48	48.5
Entertainment	40	40.4
School work	11	11.1

Table 1, it was obtained that almost half of the students who were respondents in this study were aged 14-15 years, totaling 48 people (48.5%). Furthermore, in the class category, most of the respondents from class VII (seven) were 35 people (35.4%). In the data on the characteristics of smartphone ownership, almost all of the respondents had their own smartphones, 97 people (98%). Characteristics of the duration of using a smartphone, the results showed that almost most of the respondents used smartphones with a duration of 4-7 hours as many as 56 people (56.6%). Then, based on the characteristics of the main use of smartphones, almost half of the respondents used it for communication as many as 48 people (48.5%).

Table 2.

Distribution of nomophobia tendency level in adolescent children (n= 99)		
Characteristics	f	%
No nomophobia	1	1
Mild nomophobia	36	36.4
Moderate nomophobia	62	62.6
Severe nomophobia	0	0

Table 2, it was found that almost most of the respondents, 62 people (62.6%) experienced moderate nomophobia, almost half of the respondents, 36 people (36.4%) experienced mild nomophobia and 1 person (1%) did not experience nomophobia.

DISCUSSION

The activity of using a smartphone is a habit that is considered commonplace for many people (Widyastuti & Muyana, 2018). Excessive smartphone use will influence habits and make smartphone users dependent (Widyastuti & Muyana, 2018). Without realizing it, this excessive intensity in using smartphones can cause various impacts on users, such as nomophobic tendencies (Widyastuti & Muyana, 2018). Nomophobia in the field of psychology as a specific type of phobia that refers to feelings of fear and anxiety with smartphones (Mutawally, 2020). The term nomophobia is also said to be a modern disorder that describes a state of discomfort, anxiety, fear and sadness if unable to use a smartphone (Ramaita et al., 2019). The results of the study in Table 1 show, in the category of smartphone ownership, almost all of the respondents have their own smartphones (98%). Thus, most adolescents have been given trust in the use of smartphones they own (Mutawally, 2020). However, if in its use adolescents are not supervised or guided by their parents, they will have a higher risk of experiencing nomophobic tendencies (Ramaita et al., 2019). With the convenience and benefits provided by smartphones, teenagers are more dependent on smartphones than before, so smartphones can exacerbate feelings of anxiety (Widyastuti & Muyana, 2018). One of the benefits of smartphones when viewed from Table 1 is that almost half of the respondents, smartphones are used for communication (48.5%). Smartphones are sophisticated communication technology devices that are able to communicate directly or indirectly (Riyanti et al., 2021). This is in line with research by Widyastuti & Muyana (2018) that smartphones have become a major part of teenagers' lifestyles as a means of communication (Widyastuti & Muyana, 2018).

The high level of nomophobia tendency in adolescents can occur when its use is not limited in a long period of time (Ramaita et al., 2019). In the category of characteristics of the duration of using a smartphone, it was found that almost most of the respondents used smartphones with a duration of 4-7 hours a day (56.6%). The intensity of smartphone use can be seen from how often teenagers use it in one day or from the frequency of use in one week (Fitriana et al., 2021). According to research by Fitriana et al (2021) smartphone usage is categorized as high if the duration is more than 120 minutes / day and in one use it ranges from > 75 minutes. In addition, in a day it can be multiple times (more than 3 times usage) with a duration of 30-75

minutes will cause addiction (Fitriana et al., 2021). This the results of this study, almost most of the respondents were in the high intensity category in using smartphones. Someone who has an addiction can use it for a long time and continuously (Fitriana et al., 2021).

Apart from the duration of using a smartphone, according to Yildirim & Cooreia (2015) one of the factors that influence the occurrence of nomophobia tendencies is gender (Yildirim & Cooreia, 2015). Judging from Table 1, it shows that almost most of the respondents are male (59.6%) while female (40.4%). The results this study are in line with research by Pamungkas (2022) that male adolescents (58%) are more likely to experience nomophobic tendencies than women (48%). This is because men view smartphones as a technology that can receive faster information and technology while women more often use smartphones only to communicate (Pamungkas, 2022). Supported by research Juwariyah et al (2023) results that most of the tendency of nomophobia is male at 60.7%, because it is used to play online games. However, this is not in line with the results of research by Pasongli et al (2020) which shows that the majority of women (51.1%) tend to experience nomophobia compared to men (48.9%). This is because women's use of smartphones is influenced by activities such as thinking, using social media, and a sense of obligation to stay connected to social media which can increase the risk of nomophobia tendencies (Pasongli et al., 2020). Apart from gender, according to (Yildirim & Cooreia, 2015) is age, in this study almost half of the respondents were 14 – 15 years old (48.5%). At this age, according to research (Khakim et al., 2023), the development of adolescents is still not emotionally stable so that many adolescents are still unable to control their emotions and often explode emotionally in various circumstances and certain situations so they are still said to be identity seekers. This is because teenagers experience confusion which results in the development of conformity attitudes (Khakim et al., 2023). Conformity is a process of changing behavior that is influenced by the beliefs of other people or peers, with the growing trend of smartphone use, allowing teenagers to follow trends in order to be accepted (Khakim et al., 2023). The results of the research that has been done, different levels of nomophobia tendencies are obtained, mild nomophobia, moderate nomophobia and no nomophobia. There are no respondents who experience severe nomophobia. Judging from Table 2, almost half of the respondents (36.4%) experienced mild nomophobia tendencies. Adolescents who are in the category of mild nomophobic tendencies show that they do not feel fear and anxiety when not carrying a smartphone and still survive even though they are not with their smartphone (Rachman et al., 2019). There is 1 person (1%) who does not experience nomophobia tendencies, individuals who do not have nomophobia tendencies in their daily lives can do good time management and can control themselves in using smartphones (Rachman et al., 2019).

In addition, in this study it was found that almost most of the respondents (62.6%) experienced moderate nomophobia tendencies. The results of this study are in line with research by Mustiakawati (2019) in Pekalongan showing that there were 124 respondents (53%) experiencing moderate nomophobia (Mustiakawati, 2019). Individuals who experience nomophobia are considered a pathological fear of not being connected to technology which is included in social phobia which can become a more serious mental disorder if not treated immediately (Mustiakawati, 2019). A condition where individuals feel anxiety, fear, and anxiety when they are away from their smartphones, cannot contact relatives, are not connected to the internet, run out of battery, cannot search for information and cannot view their social media (Aruan, 2019).

It is possible that if not immediately addressed, the number of moderate nomophobia tendencies can become severe nomophobia tendencies (Ramaita et al., 2019). This is because

smartphones have an important position in the lives of their users, with many capabilities, smartphones facilitate ease of communication, help a person to connect anywhere and provide easy access to information (Ramaita et al., 2019). So that efforts are needed to prevent nomophobia, and individuals who are already included in the category of moderate nomophobic tendencies do not turn into severe nomophobic tendencies. As nursing students, efforts can be made such as conducting health education and counseling related to nomophobia such as the definition of nomophobia, factors that influence a person to experience nomophobic tendencies, and even the negative impacts that will arise if someone has experienced nomophobic tendencies. In addition, health promotion is a form of prevention and treatment related to nomophobia tendencies among middle adolescents. Nurses can collaborate with schools, regarding the efforts of nomophobic tendencies.

In line with research by Riyanti et al (2021) efforts that can be made at school for adolescents who experience nomophobia, namely providing health education such as the impact of nomophobia that can occur or by diverting adolescents' concentration by providing extra activities (Riyanti et al., 2021), Supported by research Gezgin et al (2018) in addition to health education, teachers and parents must also work together in preventing adolescents from tending to nomophobia (Gezgin et al., 2018). Parents supervise the activities carried out by adolescents when using smartphones, and can control the use of their smartphones (Gezgin et al., 2018). Apart from parents, families can also have an influence on adolescents because the family at home is the social environment closest to adolescents, through the KEKINIAN (Creative, Communicative and Fun) family, which optimizes the role of a prosperous, harmonious, and quality family by making adolescents busy with various activities made together such as family gathering schedules, meals together, and vacations (Hidayah & Fitriana, 2017). Research by Dewi et al (2022) says efforts can be made with the Rational Emotive Behavior Therapy (REBT) approach of self management techniques. In accordance with the results of his research in Yogyakarta, it shows that the level of nomophobia has decreased from severe nomophobia to moderate nomophobia even to the category of mild nomophobia after being given group counseling services with the Rational Emotive Behaviour Therapy (REBT) approach with self management techniques (Dewi et al., 2022). Through group services, human personality can develop optimally, because it will form a personality (Dewi et al., 2022). These efforts can be made so that adolescents do not experience nomophobic tendencies.

CONCLUSION

The conclusion in this study shows that the description of the level of nomophobia tendency in adolescent children at SMPN Bandung is at the level of moderate nomophobia tendency. Which means, almost most of the respondents have an uncomfortable feeling when away from their smartphones even though the feeling is not excessive. It is recommended that interventions such as health education, Rational Emotive Behaviour Therapy (REBT), family KEKINIAN, and policy development to regulate the use of smartphones be given.

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