HASIL CEK_Pros ICSMC_The influence of self-management in using gadgets against nomophobia in adolescents

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The Influence of Self-Management in Using Gadgets against Nomophobia in Adolescents

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Abstract — The study aims to determine the effect of self-management in using gadgets against nomophobia in adolescents. Study is a type of correlational research. Subjects in this study amounted to 540 students of SMK in Yogyakarta City which is determined through random sampling technique. Data collection using the scale of self-management in using gadgets and nomophobia scale. Data analysis using simple linear regression formula. The results show that there is a significant influence between self-management in using gadgets against nomophobia in adolescents. The results of the study can be used as a reference to develop guidance and counselling services that serves to reduce nomophobia and to improve self-management in the use of gadgets in adolescents.

Keywords— self-management, nomophobia, mobile phone addiction disorder

I. INTRODUCTION

Technological advances produce a medium that facilitates communication so that it does not need to meet face to face directly. The intended media is mobile phone. Mobile phone is basically aimed as a medium for the phone and send and receive Short Message Service (SMS) but because of rapid technological development, mobile phone switch function become sophisticated wireless device often referred as mobile phone [1].

Mobile phone becomes an important part of teenage life [2]. Mobile phone has various features that can be used by adolescents to establish communication through social media and provide various applications for the game. Teens can also access information through google and various news applications on-line. The ease of getting acquired through mobile phones can cause teenagers to experience anxiety when away from mobile phones.

The anxiety that teenagers experience when away from mobile phones is called nomophobia. The word "nomophobia" means "No Mobile Phone Phobia", i.e. phobia without mobile phone [3]. Nomophobia is defined as a new psychological disorder that depicts people's fears when away from mobile phones [4]. King considers nomophobia as a modern personality disorder to describe the discomfort or anxiety caused by the desire to be close to a virtual communication device [5]. Based on several statements about the nomophobia, it can be concluded that nomophobia is a series of individual behaviors that describe anxiety when remote or not holding the mobile phone within a certain time.

A UK research organization examined the anxiety suffered by mobile phone users, the results of which illustrate that 53% of mobile phone users in the UK tend to be anxious when they lose their mobile phone, run out of battery, or have no network coverage [6]. The results of a study conducted by Widyastuti and Muyana stated that of 540 adolescents in Yogyakarta City, 36% have been identified to have nomophobia in high and very high category [7]. The results of these studies prove that the number of individuals identified has a very high nomophobia.

Nomophobia experienced by individuals, occurs as a result of low self-management in individuals in the use of gadgets. Self-management in the use of gadgets is the ability of individuals in managing behavior in using a gadget that aims to direct and manage himself in order to use the gadgets in accordance with the needs so that his life becomes more productive. Individuals who have high self-management in using gadgets means that individuals can limit themselves in using mobile phones in accordance with important and urgent needs only.

This study aims to determine the effect of self-management in using gadgets against the emergence of nomophobia in the individual self. The results of the study are expected to be used as a reference to develop guidance and counseling services that serves to reduce nomophobia and to improve self-management in the use of gadgets in adolescents. Through counseling and guidance services that have been developed and applied to adolescents, teenagers are expected to be more productive and can avoid nomophobia.

II. RESEARCH METHOD

Study is a type of correlational research. Subjects in this study amounted to 540 students of SMK in Yogyakarta City which is determined through random sampling technique. Data collection using the scale of self-management in using gadgets and nomophobia scale. Data analysis using simple linear regression formula.

III. RESULTS AND DISCUSSION

The use of mobile phone is a habit that is seen as commonplace for many people. But without realizing the excessive intensity in using mobile phone can certainly cause various negative impacts for its users. One of the negative impacts is that individuals can experience nomophobia (no mobile phone phobia). Nomophobia is an individual's perceived anxiety when away from a mobile phone owned. The results of a study conducted showed that 18.5% of study subjects had nomophobia. The results of this study indicate that nomophobia can occur to anyone regardless of the sex of the individual [8].

Subjects in this study are students of SMK in Yogyakarta City. As adolescents, vocational students tend to be at risk for nomophobia because there are several competency skills in SMK that require students to always interact with mobile phones, for example the competence of software engineering skills. Based on observations on mobile phone usage by students and based on the results of in-depth interviews with counsellors at SMK in Yogyakarta, obtained data that students are susceptible Vocational experiencing nomophobia. The results of these observations and in-depth interviews were then followed up by spreading the nomophobia scale to 540 students of SMK in Yogyakarta City. Based on the results of data collection with nomophobia scale, it is found that 5.19% of students are in very high category, 30.74% high category, 35.37% medium category, 24.26% low category, and 4.44% very category low. The results of this study further reinforce the findings of research results that nomophobia has hit teenagers, especially students at the level of Vocational High School (SMK) in the city of Yogyakarta. The results are in line with the results of a study conducted, which states that most of the students who are subjects in his studies, have a habit of accessing social media for 5 hours per day using mobile phone so that the student's intensity to access mobile phone becomes very high and result in students experiencing nomophobia [9].

The phenomenon of nomophobia among adolescents is closely related to the students' self-management in using gadgets. The vocational counselor in Yogyakarta stated that there are some students who have cases often late in school because they play mobile phone until late at night, do not do homework because they spend a lot of time to play mobile phone, the achievement decreases because the intensity of learning is less than the intensity of using mobile phone, and other cases. Based on the results of the study using the scale of self-management in the use of gadgets given to 540 students of SMK in Yogyakarta, it is found that 9.81% is in very high category, 39.44% high category, 23.15% medium category, 26.67 % low category, and 0.93% very low category. These results indicate that there are still students who have self-management in the use of gadgets in the category of low or very low.

The results of a study that revealed the profile of adolescent self-management in using gadgets, resulted in findings that support the results of in-depth interviews with vocational counselors in Yogyakarta that nomophobia is closely related to adolescent self-management in using gadgets. The low self-management in using gadgets in adolescents is one of the factors causing the high level of nomophobia. The results are evidenced based on simple regression analysis results as listed in Table 1 and Table 2. The results show that nomophobia rate is inversely related to self-management in the use of gadgets. This means that the higher the nomophobia level, the lower the level of self-management in the use of gadgets.

TABLE I. SELF MANAGEMENT CONTRIBUTION IN GADGET USAGE TO NOMOPHOBIA

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.667ª	.445	.444	8.496

TABLE II. ANOVA TEST RESULTS

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	31105.414	1	31105.414	430.890	.000ª
Residual	38837.569	538	72.189		
Total	69942.983	539			

Table 1 shows simultaneously self-management in the use of gadget has a contribution of 0.445 or 44.5% against the occurrence of nomophobia in adolescents, while the rest of 55.5% nomophobia influenced by other variables. Based on the results of Anova Test in Table 2 obtained F count of 430.890 with a significance of 0.000 smaller than 0.05 (0.000 <0.05), then a significant and feasible regression model is used to predict nomophobia. Based on the results of statistical analysis with simple linear regression formula, it can be concluded that nomophobia experienced by adolescents is influenced by adolescent self-management in using gadgets.

According to Pavithra, nomophobia refers to the discomfort, anxiety, nervousness, or sadness caused by being unrelated to a cell phone. The form of discomfort, anxiety, anxiety, or sadness in homophobic sufferers exceeds reasonable limits and leads to addictive behaviors [10]. Nomophobia as well as smart-phone addiction disorder have many comorbid disorders, two or more disorders in individuals, such as anxiety and panic disorder [11]. Specific phobias are defined in DSM-5 because "fear or anxiety is limited to the existence of a particular situation or object, which may be called a phobia stimulus" [12].

Nomophobia as a result of research that started from the development of technology [13]. Nomophobia is a disturbance of the 21st century that shows discomfort or anxiety when there is no contact with mobile phones. Nomophobia has many features, but the main feature of the disorder that begins with the assumption that mobile phone is a source of relief and comfort [14]. The main reason this shows that smart phones have become the center of communication and are considered necessary to keep in touch with others. Nomophobia has varied characteristics such as, using a cell phone regularly and spending a lot of time doing it; always carrying a charger, feeling anxious and nervous at the thought of losing the handset or when the mobile phone cannot be used because there is no pulse, internet quota, network, or battery; give a lot of attention to see the phone screen to see if there is a message or an incoming call; sleeping with a mobile phone in bed, little face-to-face interaction with others and choosing to communicate via mobile phone [15].

The use of mobile phones comes from various levels of development, both children, adolescents, and adults, but it also comes from various professions. Freedom in its use is influenced by many aspects, such as the development of science and technology, association, prestige, and so forth. Kalaskar suggests factors that affect the occurrence of nomophobia, namely the level of use, habits, and dependence that affects the anxiety in the use of mobile phones [16]. These factors, cone caused by low adolescent self-management in using gadgets. Excessive use is caused by a lack of individual self-control in using gadgets that can ultimately influence the habit and rely on mobile phone usage.

Self-management is the ability of individuals to manage and manage themselves in matters relating to the fulfillment of needs, time and achievement of self-goals. More broadly, self-management can be defined as the ability of the individual to fully control the existence of the whole self (physical, emotional, mental or mind, soul and spirit) and the reality of his life by utilizing his capabilities. The first and main strategy in self-management is trying to know yourself with all the shortcomings and advantages possessed with all the strength and potential. Individuals who can manage their time well will never lose the time and opportunity to complete their job duties, be able to make decisions quickly and have brilliant initiative and ideas related to the job. Students with high self-management will be able to self-regulate and prioritize goals by using time as effectively and efficiently as possible in the process of change to create prosperity. Thus, self-management in using gadgets can be interpreted as the ability of individuals in managing and managing the right time in using mobile phones in accordance with the needs to have time to complete other tasks in order to achieve welfare objectives can be achieved.

When adolescents can use gadgets as needed, then the intensity of teenagers interact with mobile phones is very limited. Limited time teens interact with mobile phones, can keep teenagers from suffering nomophobia. Teenagers can use their time effectively and efficiently to carry out other activities that are more useful to encourage teens more active and productive.

Nomophobia is very dangerous for the development of adolescent life. Choliz argues that cell phone addiction can cause some problems, including low tolerance, withdrawal, difficulty controlling impulses, escape from other problems, or negative consequences in everyday life [17]. The problems posed by nomophobia can disrupt the optimal development of adolescents. Therefore, should nomophobia be detected early so that efforts can be made prevention or efforts to reduce nomophobia that has suffered individuals. One of the preventive efforts and to reduce nomophobia that has been suffered by individuals, namely by providing self-management training to individuals, especially in terms of use of gadgets. Individuals who can manage themselves and time in using mobile phone, can minimize himself suffering from nomophobia.

CONCLUSION

The results show that there is a significant influence between self-management in the use of gadgets against nomophobia in adolescents. The results of the study can be used as a reference to develop guidance and counseling services that serves to reduce nomophobia and to improve self-management in the use of gadgets in adolescents.

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