

Smartphone Addiction and Phubbing Behavior in Indonesian Adolescents

Hunainah & Dody Riswanto

*Mathla'ul Anwar University & Department of Guidance and Counseling Sultan Maulana
Hasanuddin Islamic State University of Banten
ronaldody32@gmail.com; hunainah@uinbanten.ac.id*

Abstract

The purpose of this study was to determine the level of smartphone addiction and phubbing behavior in adolescents in Indonesia, the research method used was a qualitative approach with observation data collection techniques, documentation studies, and audio-visual information, data analysis used was to draw conclusions by producing conclusions Descriptive meanings, results and research discussions provide an explanation that smartphone addiction and phubbing in adolescents is due to attractive visual appearance and interesting content on smartphones such as games, YouTube videos and others, adolescents become addicted due to the brain releasing the hormone dopamine which triggers feelings of pleasure and happiness when playing smartphone, the negative impact of children's dependence on excessive smartphone use is anti-social or apathetic attitude, sadness, crying, anxiety, difficulty concentrating etc. n rules and order for children for example positive physical activities such as sports or outdoor activities outside the home and worshipping to the mosque such as praying 5 times or learning to read the Al Quran, these positive activities will slowly make children release their dependence on smartphone use.

Keywords: Addicted, Phubbing, Smartphone, Adolescents.

A. Introduction

Information technology media developed rapidly in this century to facilitate daily human activities to become more practical and efficient, among the uses of information technology media used are mobile phones or smartphones, namely communication technology media that are accompanied by internet services, which provide benefits and convenience for humans in communicating quickly and efficiently.

Based on statistical data in 2019 there were 92 million smartphone users in Indonesia, while data presented by Statista in 2019 there were more than 100 million active internet users in Indonesia, and 30 million teenagers who played online games on the Internet based on 2019 PR information from the Ministry of Communication and Information.

Based on the age classification of internet users in Indonesia, the results of the 2018 APJII survey show that internet users at the age of 5-9 years are around 25.2 percent, aged 10-14 years are around 66.2 percent, ages 15-19 are around 91 percent, and ages 20-24 around 88.5 percent, statistics show the fact that most internet users are children and adolescents with a combined percentage of 67.7 percent.

The use of smartphones in Indonesia is mostly dominated by the age of adolescents, most of the use of smartphones is used to access Internet services, and some are used to play games, this can have a negative impact on adolescents because basically the use of smartphones is to facilitate communication not as a means of entertainment, the negative impact is addiction and phubbing behavior in adolescents.

The negative impact of smartphone use on adolescents receives less attention from parents, besides providing benefits in the form of ease in communicating quickly and efficiently, parents are less aware of the long-term impact on the psychological and psychomotor development of adolescents.

Negative effects begin to be felt by parents when adolescents begin to show deviant behavior, such as at the stage of addiction or show phubbing behavior that results in the attitude of adolescents to change, such as indifferent behavior, anti-social, not listening to parents, lack of concentration and focus, crying, worrying, threatening parents, and other negative impacts as a negative impact of excessive smartphone use.

The initial symptom of deviation starts from the attitude of parents who let neglect the habits of children who play smartphones, unconsciously parents assume it is normal and normal for adolescents, then the child's behavior becomes less controlled and turns into bad habits, the impact of addiction smartphone is shown by adolescents with deviant behavior.

Distorted behavior shown by adolescents with initial symptoms always holding a smartphone at all times and starting to show negative emotions such as anxiety and anxiety when the smartphone is not in the hands of adolescents, the teen's behavior can turn into a rebel and do not listen to parental advice, other behavior is shown by crying and threatening parents.

Other symptoms are the attitude of phubbing shown by children in the social environment as an impact of smartphone addiction behavior, the behavior of adolescents begins to not care about the conditions around them, children do not listen to parents when calling, adolescents do not listen to the teacher when in class, adolescents are not focused in doing learning is done in class or at home, adolescents do not care about the situation or conditions that occur in the social environment.

Smartphone addiction behavior in adolescents can make a person become apathetic or indifferent to any conditions that occur around him, among the main causes why a teen is addicted to a smartphone is because of the visual display shown by a smartphone, the sophisticated visual display that a teen likes on a smartphone is one the reason why adolescents become addicted.

Other causes of smartphone addiction behavior in adolescents are that adolescents have high imagination or fantasy about something, adolescents can process things in the mind and develop them into an unlimited imagination, adolescents feel life in their own world, because of that communication media like a smartphone that can display visuals on the screen can make adolescents have a high imagination or fantasy.

B. Methods

The method used in the study of this research is a qualitative approach, qualitative research is the effort of researchers in understanding how an individual or group experiencing symptoms of a particular phenomenon, using an exploratory approach to scientific methods to produce temporary findings and develop how understanding of humans, places, and types of groups specific groups (Johnson and Larry, 2014).

The research location is in the Banten region, namely Pandeglang district and Serang city, the study was conducted in the period June-November 2019, the research subjects were children and adolescents of smartphone users, the research subjects were expanded by observing the symptoms of the behavior of smartphone users on print and electronic media such as television, newspapers, magazines, social media, online news, etc. because this phenomenon has become global and has become a national issue.

The researcher acts as a key instrument in this study, the presence of researchers in the field process through several stages and processes namely how the initial observation in the field, how to adjust to field conditions, and establish good relationships with researched subjects (Riswanto, 2017), researchers must be present physically in the field, to observe and observe how the cultural process is taking place (Riswanto, 2017).

Data collection techniques used include observation or observation, documentation study, and audio-visual information. Qualitative researchers must collect a variety of important data, namely interviews, observation, documentation, and audio-visual information (Creswell, 2014).

Observations are made by extending observations by monitoring children's development in using smartphones, documentation studies can be carried out with the results of surveys or data from national statistical centers on smartphone use in children and adolescents, while audio-visual information is obtained through print and electronic media platforms such as television, newspapers, magazines, news online and others.

Data analysis is carried out by drawing conclusions to produce descriptive meanings as the end result of the research process, qualitative data analysis involves examination, sorting, categorizing, evaluating, comparing, synthesizing, and interpreting code and data and reviewing raw data that has been recorded (Neuman, 2014). Characterization of the final findings of qualitative research is to produce meaningful coherence (Sarah Tracy, 2013).

C. Results

The development of information technology that develops in accordance with changing times has changed the pattern of human life to become more practical and efficient, human work is replaced by machines in order to save on industrial production expenses, the development of communication technology which was initially functioned only as a communication tool developed with the advent of internet technology on a cellphone or smartphone.

Internet technology on smartphones that initially functioned as a medium of communication has a negative impact on adolescents in addition to the benefits derived from smartphone use, the cognitive levels of adolescents who have not developed optimally cannot distinguish between good behavior and bad behavior, behavioristic, adolescents have not been able to control their behavior like adults.

Excessive use of smartphones in adolescents can have a negative impact on the psychological and psychomotor development of adolescents, this occurs when the use of smartphones reaches the stage of addiction, where the level of smartphone addiction can make adolescents negligent and forget the obligations of tasks such as studying, doing homework or homework, sleep midnight.

Another negative impact of excessive smartphone use on adolescents is the emergence of phubbing behavior in adolescents, phubbing is the behavior of someone who is indifferent or does not care about the conversation and is more focused on the cell phone used at hand, the act of phubbing ends in vain conversation and can lead to misunderstanding as a result of the unfocused teen and adolescent on conversations with someone.

Phubbing can result in anti-social behavior in adolescents, behavior of adolescents can change which at first social soul, become indifferent to the surrounding environmental conditions, adolescents attitudes can turn apathetic, indifferent to social activities in the community, adolescents behavior becomes less controlled, ignoring social norms, and forgetting the duties and obligations imposed on adolescents.

Phubbing behavior can be an obstacle for adolescents to build a good and comfortable conversation in the social environment, adolescents will be discriminated, excluded, ignored, and make other people offended because when someone communicates, adolescents basically hear but do not respond to the conversation well.

Phubbing can occur in adolescents caused by motor sensors that focus on the smartphone screen, the child concentrates fully on the visual appearance of the smartphone and tends to ignore the surrounding circumstances, including ignoring the ongoing conversation, which makes the child not fully concentrate on the conversation and cause misunderstanding with someone in communication.

Phubbing behavior in adolescents is the impact of excessive smartphone use, which reaches the stage of addiction, this is what underlies adolescents behavior to be negative and uncontrolled, lack of supervision and guidance from parents and teachers at school makes children free to do something he likes, busy parents at home and lack of teacher supervision outside of school results in adolescents behavior becoming less controlled.

Excessive use of smartphones in adolescents who reach the stage of addiction, will have more negative effects on adolescents, these losses include changing the teen's behavior to be antisocial or apathetic, the teen's psychological development is not well, the teen's psychomotor development is hampered, children's health will decrease, adolescents tend to be more irritable, offended, difficult to concentrate, unfocused learning, irregular eating patterns, lack of physical activities such as sports, play, and others.

Among the main factors why adolescents reach the stage of addiction is the pleasure gained from playing smartphone, from psychological reviews, the pleasure that arises is caused by the hormone dopamine released from the human brain, which triggers happiness and feelings of pleasure, children will tend to release the hormone dopamine to get happy and happy when playing smartphone.

Other main factors that cause adolescents to become addicted are a high level of imagination or imagination of children, sophisticated

visual display on a smartphone screen can trigger adolescents to imagine and make adolescents seem to be in another world, this is what underlies children to become addicted, things This is because the age of adolescents tends to have a high imagination or imagination compared to the age of an adult.

Another thing is that the level of addiction is determined by interesting content on smartphones, this is one of the main factors why adolescents become addicted, supporting content on smartphones connected to the internet such as games, social media, streaming video, youtube, music, and some applications the other.

Observation results indicate that the level of smartphone addiction in adolescents is caused by smartphone cell phones that change functions not as a communication tool but as an entertainment medium, the additional features of smartphones connected to the internet have provided other functions on smartphones, namely not only as a communication tool only, but changed into a communication tool with the addition of internet technology.

D. Literature Review

Counselors must have the expertise to help counselees to become individuals who care about social and avoid social conflicts with their environment, CBT techniques are appropriate therapies to be used by a counselor to overcome phubbing behavior, with reduced phubbing behavior, it is expected that teen social care can be increased (Inta , Hidayah, 2018).

The results of the study generally explained that generation Y who lived in big cities like Jakarta and Semarang also experienced the phenomenon of phubbing which was caused due to the dependence on smartphone usage which was quite high, dependency was caused by the convenience provided by smartphones in daily life, such as communication, seeking information, selling, to the need to actualize themselves, because of its ease which is consciously or not, humans eventually become apathetic towards others and the anti-social zeal to increase. (ItaHanika, 2015).

Social interactions of phubbing actors often get into trouble when they interact in a group, for example do not sympathize with the person they have ignored or neglected, negating social contact also appears here due to phubbing or because the behavior causes no social contact and communication that happened. (M. Ali Ridho 2019).

There is a very significant negative relationship between gadget addiction and empathy, meaning that the higher the gadget addiction, the lower the empathy, and vice versa the lower the gadget addiction, the higher the level of empathy (Rahmad, 2017).

There is a significant influence between smartphone usage on the interpersonal communication patterns of SMP Negeri 50 Bandung students, with an indicator of 61.6 percent of the interpersonal communication patterns of SMPN 50 Bandung students, while the remaining 38.4 percent is contributed by other variables not examined (Pitthauly, Nofharina , 2018).

There is a relationship between the level of gadget addiction with emotional disorders and behavior of adolescents aged 11-12 years. While there is no relationship between the level of parental education and the number of siblings with emotional and behavioral disorders of adolescents aged 11-12 years. Details of the results of statistical tests are the number of research subjects as many as 75 people.

From the bivariate chi-square test, significant results were obtained between the level of gadget addiction and emotional and behavioral disorders of adolescents aged 11-12 years ($p = 0.002$). There was no relationship between father's education level with emotional and behavioral disorders ($p = 0.521$), mother's educational level with emotional behavior disorder ($p = 0.903$), and the number of siblings with emotional and behavioral disorders ($p = 0.627$). the final conclusion is that there is a relationship between the level of gadget addiction and emotional and behavioral disorders of adolescents aged 11-12 years (Asif, Rahmadi, 2017).

The inability of adolescents to control themselves using a mobile phone is predicted to cause negative symptoms, such as nomophobia which is a symptom of a person's dependence on a mobile phone so that they emerge feeling anxious, worried, and afraid when far from the cell

phone. Adolescent nomophobia tend to be more intensive in using mobile phones with little regard for the real world around them (Muyana, Widyastuti, 2017).

Based on the discussion of the results of research on gadget addiction behavior of students in SMP Negeri 1 Karangrejo, the following conclusions can be obtained: the symptoms shown by students who experience gadget addiction tend to be the same, namely holding and playing gadgets more than 5 times a day, feeling confused, restless, and lonely if you don't hold the gadget. In addition, parents of students have limited the use of their children's gadgets, but this does not become an obstacle for students to play gadgets at home or at school (Frida, 2018).

The use of gadgets is only playing games and watching animated films and only a little for learning media and the intensity and duration of their use varies depending on parental supervision and control. The impact of using gadgets can be both positive and negative according to the supervision and direction of parents as a good example for children at an early age.

The negative impact of the use of gadgets is that children tend to be individualistic, hard to get along with and when they are addicted it will be very difficult to control from the use of gadgets that in the end the children's brain is difficult to develop because of too often playing games (M Hafiz, 2017). The negative impacts of using gadgets include (1) damaging the eyes, (2) changing body posture, (3) sagging facial skin, (4) disturbing hearing, (5) disturbing rest periods (Puji, 2017).

E. Discussion

Parents and teachers in schools have an important role in the psychological and psychomotor development of adolescents, it is caused by the cognitive development of adolescents who have not developed optimally, the role of parents and teachers is not only to educate adolescents to have intellectual intelligence, but to have other intelligence such as intelligence social, emotional intelligence, spiritual intelligence and others.

Supervision and control from parents and teachers are the main factors to prevent the level of smartphone addiction and phubbing behavior in adolescents, the lack of supervision is caused by one of them because parents consider the teen's behavior in daily life is common, including playing smartphone.

The role of teachers in schools in controlling student behavior has limitations due to having finished school hours, the teacher's responsibility towards students or students lacking supervision, specifically controlling student behavior outside school hours, the teacher only knows when students are still within the scope of the school.

Parents at home must provide intensive guidance to adolescents due to the teen's behavior still requires role models to emulate or become role models for adolescents, but busy parents outside the home such as work or other physical activities often neglect adolescents to guide through prevention or provide education .

The role of parents often has limitations when adolescents play outside the home, parents can not do full supervision if more children's activities outside the home, parents do not know with whom the teen is playing, what kind of environment the teen plays in, whether his friends affect the mindset of adolescents, whether adolescents will make friends as role models and serve as a role model for their daily behavior.

Parents will give actions when the teen's behavior has changed drastically, such as phubbing or not listening to calls from parents when calling, adolescents are confined themselves all day in the room, adolescents do not want to eat, children have difficulty concentrating in learning, behavior of adolescents who often cry, angry, afraid, sad, worried if the smartphone is not in the hands of adolescents and others.

An excessive level of smartphone addiction can have a negative impact on adolescents, such as damage to brain tissue, nerve disorders, eye pain and blindness, lack of physical movement that makes children prone to heart disease, irregular eating and sleeping patterns, not concentrating when studying at school, to emotional disorders such as anger, crying, fear, anxiety and so forth.

Treatment given to adolescents can be by inviting children to start physical activities outside the home, such as sports, playing, swimming, and other physical activities, parents must pay more attention to adolescents, parents must communicate with teachers at school to supervise and evaluate adolescents's behavior while at school.

Treatment given by teachers to students at school can be by making rules or regulations that forbid adolescents or students to bring smartphones to school, or forbid students to access the internet in the school's computer room, rules or rules given by teachers at school can make adolescents or students become more disciplined.

Other main treatment can be by inviting children to worship to the mosque to perform prayers or learn to read Al Quran, parents provide prayer schedules for adolescents to practice their habits of leaving the smartphone, for example, getting up at dawn to perform the morning prayer to the mosque or delivering adolescents to religious teachers to learn to read the Al Quran.

Treatment given by parents will train adolescents's habits to leave bad habits against excessive use of smartphones, activities and programs that are full from morning to night will make adolescents forget to play smartphone, solid activities such as praying 5 times, learning to read the Al Quran and intensive parental supervision and control of adolescents can make adolescents leave these bad habits.

The treatment given cannot make a adolescents leave bad habits using a smartphone in full, but must go through the process for the process that takes weeks or months, habitual adjustments cannot be done in full due to changes in behavior in humans requires time and process, therefore the role of parents and teachers who always provide supervision and control of children has an important and major role.

F. Conclusion

Phubbing behavior and smartphone addiction is a phenomenon that occurs at the age of adolescents in Indonesia, it is caused by several factors and conditions, including a smartphone that changes its function into a means of entertainment for adolescents, the main purpose is not intended as a means of communication, display sophisticated visuals on

smartphones with support for internet networks such as gaming, YouTube video services, and access to social media make adolescents become addicted and become habits.

The impact of excessive use of smartphones on the age of adolescents include phubbing which is characterized by apathetic or antisocial symptoms, anxiety, fear, crying, lack of concentration in learning, not listening to the instructions of parents and teachers, not doing work from school, experiencing physical pain such as eye fatigue, wrist pain, neck and shoulder pain to blindness, and inhibit psychological and psychomotor development in adolescents.

The role of parents and teachers in guiding and assisting adolescents is very important in this case, parents and teachers must conduct intensive supervision of the teen's behavior, parents and teachers can provide rules or order to discipline the teen's behavior, such as the role of the teacher forbid students to bring smartphones to school, or the role of parents to pay more attention to positive activities to adolescents, for example teaching children to worship to the mosque to perform prayers, or learn to read the Al Quran, or invite adolescents to exercise, busy in activities These positive activities will make the child slowly forget his habits against excessive use of smartphones.

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