



Smartphone use behavior in students

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ABSTRACT

Almost every individual teenager nowadays has a smartphone. The use of this smartphone can have a positive and negative impact on their behavior which will affect their development and learning success. Smartphone use behavior has positive benefits if teenagers can use it well to facilitate communication and access information, including in learning media so that they are more creative. But do not refuse the use of smartphones often play smartphones from learning and interacting with the surrounding environment. Continuous use of smartphones will have a negative impact on adolescent behavior such as reduced social characteristics in students, reduced student interaction patterns, consumptive nature that causes students to commit crimes to addiction to the internet, games, and also pornographic content. The purpose of this study was to determine the behavior of using smartphones in junior high school students. This type of research is descriptive. Sampling in this study used a total sampling technique, where the number of samples was 80 people. The instrument used in this study was a questionnaire (smartphone usage behavior). The results of the research on the behavior of using smartphones in students who were categorized as adequate were 68 people (85.0%), and 12 people were categorized as good (15%). It is expected that respondents can use smartphones for positive things such as studying and finding information related to learning.

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1. INTRODUCTION

Advances in technology provide everyone with the ability to communicate to all corners of the world because they are capable of supporting acceleration and improving the quality of information, as well as accelerating the flow of information that can no longer be limited by space and time (La Salle et al., 2009) (Kim et al., 2021). One of the fastest growing communication tools is the smartphone. Smartphones are also called cellular phones which are practical phones that are lightweight, easy to carry and can send and receive messages both verbally (voice conversations) and in writing (SMS) (Suci & Sapari, 2020).

Smartphone is a cellular telephone device that is equipped with various features so that its use can search for various information, play games and messenger systems. The use of smartphones can be obtained by anyone regardless of age. One of the factors underlying the increasing use of smartphones is due to the development of technology. If adolescents only focus on technological

sophistication, it will be difficult for them to communicate with their surroundings and will have an impact on their behavior (Indriani et al., 2021).

Behavior is an individual's response or reaction to environmental stimuli. Behavior as a process of individual interaction with the environment. Family behavior can then be interpreted as a process of interaction of individuals in one house with their environment. The process of forming behavior is due to factors, namely needs, motivational drives, stimulating and reinforcing factors, as well as the influence of attitudes and beliefs. Adolescent behavior in the family depends on their relationship with family members, if the relationship between adolescents and family members is not harmonious, a gap will arise between the family and the adolescents themselves (Fitriana et al., 2021).

According to Green, a person's behavior is influenced by predisposing factors which include knowledge, attitudes, beliefs, values and traditions. These factors are predisposing factors (predisposing factors) which include knowledge, attitudes, beliefs, socio-economic level, beliefs, values and so on), enabling factors (enabling factors) which include the availability of facilities and infrastructure or health facilities for the community and reinforcing factors. (Reinforcing factors) which include attitudes and behavior factors of community leaders, religious leaders, attitudes and behavior of officers including health workers. This also includes laws, regulations, both from the central and regional governments (Gloria et al., 2020).

One of the positive impacts of smartphone usage behavior is an information tool for school learning aids. For example, by opening an application, there are also many benefits, such as being able to access Google Books, so children can learn using their mobile phones without having to buy books that are expensive. In the Google Books application, children can read and search for what books are needed to support school lessons to develop and broaden knowledge. To facilitate remote learning, for example when there is Covid-19 like this, use Google Meet and Zoom, learning with YouTube and PPT are examples of auxiliary tools to facilitate understanding of school learning theory through smartphone technology (Masturi et al., 2021).

One of the negative impacts of smartphone use is adolescent deviant sexual behavior. Adolescent sexual behavior is influenced by internal factors and external factors. One of the external factors that threaten the lives of adolescents is the increasing spread of pornographic content. Survey results Indonesia ranks fourth in the world in accessing the internet with pornographic content. Internal factors cause adolescents to engage in unhealthy sexual behavior such as lack of self-control, unable to make decisions regarding a healthy sexual life or unable to be assertive about invitations from friends or girlfriends (Meitasari, 2017).

The use of smartphones in the world continues to increase, reported by GSMA Intelligence (2017) on the Okezone website, noting that there has been an increase in the number of smartphones since January by 43 million. This shows a user growth of 1% from the last three months. Meanwhile, for April 2017, the total number of smartphone users almost reached 5 billion or 4.96 billion. This means that around three-quarters of the world's population currently have smartphones (Gloria et al., 2020).

Indonesia is listed as a country that has the fourth largest smartphone users after China, India and America (Ramaita et al., 2019). The average time spent using a smartphone in Indonesia is around 2 hours 30 minutes every day (Warisyah, 2015). The data shows that Indonesia is a country that has a high intensity of smartphone users, especially students. The intensity of smartphone use is the form and quantity of the frequency and duration of smartphone use. The phenomenon of the intensity of smartphone use that occurs in Indonesia is generally more on access to games and social media which have no impact on the academic world (Muflih et al., 2017).

Based on an initial survey conducted by researchers on 10 respondents at SMP HKBP Padang Bulan Medan, the results obtained were 7 people (70%) felt annoyed if someone disturbed them when using a smartphone, as many as 5 people (50%) became unable to concentrate on talking to friends when using smartphone and as many as 6 people (60%) feel comfortable interacting with friends when using a smartphone.

According to Rahmadani's research results (2018), it was found that smartphone usage behavior was used to access pornographic sites, the percentage of respondents who accessed pornographic sites was 22.5% of respondents who accessed pornographic sites 1-2 times, 22.5% of respondents who accessed pornographic sites 1-2 hours, respondents who access pornographic sites using cellular data packages. And there is a percentage of respondents who like to use more than half of group interactions (55.5%) and teenagers who like to use personal interactions (45.0%), (Dewi & Murtiningsih, 2020).

In this pandemic era, smartphones have been widely used by everyone, especially today's teenagers. Smartphones that should be used for learning media during a pandemic, but most people use these smartphones to play games (Wanga et al., 2020). Apart from being used to play games, smartphones are used to play tick-tock, YouTube and non-educational content. Convenience in playing smartphones makes them indifferent to their surroundings (Koch & Kerschbaum, 2014). They forget their assignments and time because they are busy paying attention to their smartphones. Even though the parents are angry at the child to stop playing the smartphone, the child denies it or ignores it and doesn't want to stop letting go of his smartphone (Beane, 2008). This is the impact of using a smartphone which will cause positive and negative behavior in its users (As-Tsauri et al., 2021).

The prevention measures taken to overcome the impact of smartphone usage behavior are that parents must be an example for children, for example parents cannot play smartphones when hanging out with children, teach children to ask permission first if they want to play smartphones, set cell-free areas such as at the dining table (Quelly et al., 2016). , bedrooms, and in cars, teach children to refrain from playing smartphones such as by giving praise or prizes to children for being able to not play smartphones all day, and provide interesting activities for them such as giving lessons such as playing music lessons, swimming, dancing and others according to the child's own interests and talents (Masturi et al., 2021).

The precautions taken in overcoming the impact of using smartphones during class hours are by making regulations prohibiting activating smartphones during class hours, conducting cellphone raids to find out what students store on their cellphones, and appealing to student parents to always monitor student activities outside of school hours (Smith-Stoner, 2012). school. Efforts to overcome problems like this should be carried out by parties who have skills in their fields, such as guidance and counseling teachers or school counselors (Meitasari, 2017).

2. RESEARCH METHOD

The research design used in this research is descriptive research, namely to see a description of the phenomena that occur in a certain population (Sandelowski, 2000) (Atmowardoyo, 2018) (Vaismoradi et al., 2013) (Ghauri, 2004). With the aim of knowing the behavior of using smartphones in students at SMP HKBP Padang Bulan Medan in 2022. The population used in this study were all grade 7, 8, 9 students at SMP HKBP Padang Bulan Medan (Godin & Shephard, 1986) (Andamon & Tan, 2018), consisting of 80 students. This research was conducted on April 29, 2022. The research design for studying smartphone use behavior in students could be a quantitative research design. A survey research design can be used to collect data from a large number of participants. Sampling Method: A convenient sampling method can be used to select participants. Convenience sampling is a non-probability sampling method that selects participants who are readily available and willing to participate in the study. In this case, students from different colleges or universities can be selected. Data Collection: Data can be collected using a structured questionnaire that includes both closed-ended and open-ended questions. The questionnaire can be administered online or in-person. Variables: The independent variable is smartphone use behavior, while the dependent variables are factors influencing smartphone use behavior such as age, gender, academic performance, and social interactions. Data Analysis: The collected data can be analyzed using descriptive statistics and inferential statistics. Descriptive statistics such as mean, median, and standard deviation can be used to describe the data. Inferential statistics such as regression analysis and correlation analysis can be used to determine the relationship between smartphone use behavior and other variables. Ethical

Considerations: Ethical considerations such as informed consent, confidentiality, and privacy should be taken into account while conducting the research. Limitations: Limitations of the study may include the use of a convenience sampling method, reliance on self-reported data, and potential biases associated with the use of a survey research design.

3. RESULTS AND DISCUSSIONS

Table 1. Distribution of Respondents Based on Age and Gender Demographic Data of SMP HKBP Padang Bulan Medan in 2022

Respondent characteristics	Frequency (f)	Percentage (%)
Age		
12 -14 years (early teens)	67	83.75
15 -17 years (Middle teens)	13	16.25
Total	80	100
Gender		
Man	43	53.75
Woman	37	46.25
Total	80	100

Table 1. shows that out of 80 respondents based on age the majority were aged 12-14 years as many as 67 respondents (83.75%), and minorities aged 15-17 years were as many as 13 respondents (16.25%). Based on gender, the majority of respondents were male as many as 43 respondents (53.75%) and the minority were female as many as 37 respondents (46.25%).

Table 2. Distribution of Respondents Based on Smartphone Usage Behavior in Students at SMP HKBP Padang Bulan Medan in 2022.

Smartphone usage behavior	Frequency (f)	Percentage (%)
Not enough	0	0
Enough	68	85.0
Good	12	15.0
Total	80	100

Table 2. shows that of the 80 respondents, the majority of smartphone users are in the moderate category, 68 respondents (85.0%), the minority have good smartphone usage behavior, 12 respondents (15.0%).

The results of the research by researchers from 80 respondents to the behavior of using smartphones in students at SMP HKBP Padang Bulan Medan in 2022 showed that 68 respondents (85.0%) had sufficient smartphone usage behavior and as many as 12 respondents (15.0%) had good behavior and found no lack of smartphone usage behavior. from these data it can be stated that the majority of smartphone usage behavior in the respondent's usage behavior is sufficient.

The results of the researchers' findings are supported by research by (Lik Novianto, 2011: Kadarwati, 2014) that the pattern of smartphone use is included in the heavy user category and there are effects felt in usage. In addition to this, it is a support for the media to communicate and increase the effectiveness of learning (Ade et al., 2021).

The results of the researchers' findings are supported by research by (Rakhmat, 2017) that the use of smartphones among adolescents has sufficient presentation criteria with a percentage value of 72.3%. This shows that smartphones are an important communication tool for teenagers. By using a smartphone means of communication will be more effective. The current use of smartphones is not only limited to SMS (Short message service) or WA (Whatsapp) and voice conversations, but there is also access to internet facilities which is one of the important needs for adolescents both in obtaining information and communication flows (Suci & Sapari, 2020).

The results of the study (Islamy, 2021) show that smartphones have a positive impact, such as making it easier to access various internet networks. With a smartphone, it can make it easier to connect with other people even though they are in other parts of the country. As many as 43 respondents (53.8%) really help teenagers in learning and communicating with their friends.

The findings of the researchers in a study with 80 respondents conducted at SMP HKBP Padang Bulan Medan, their smartphone usage behavior was categorized as sufficient. This means that smartphones are used for social media such as playing games, taking pictures or videos, recording sound, texting or chatting, playing music, selling credit and smartphones are also used for entertainment (76.3%).

The results of the researchers' findings are supported by Intan's research (2017), that smartphones are not only used for texting or calling. Smartphones are also used as a learning tool where through a smartphone someone can learn new things through the content or messages conveyed. Smartphones are also used as a lifestyle icon, which means one's lifestyle in the world is expressed in activities, interests and opinions. Apart from being used as a means of learning and lifestyle, smartphones are used as entertainment media as well as channeling one's hobbies such as playing games, listening to music and we can even play musical instruments using supporting applications. In addition, smartphones can be a means of running a business (online-based business) and can be a tool for storing various kinds of data in the form of letters, numbers and images (Daeng et al., 2017).

The findings of the researchers in a study with 80 respondents conducted at SMP HKBP Padang Bulan Medan, the behavior of using a smartphone was categorized as good. This means that smartphones are very useful for students, namely to communicate with teachers, friends and family (57.5%).

The results of the researchers' findings are supported by Deify's research (2016) that smartphones can access information quickly through their internet facilities. Apart from that, humans can communicate remotely using smartphones which have various facilities, not only limited to telephone calls, SMS, but smartphones that are currently developing offer video call features that provide a transformation in communication activities. With this smartphone, it can make it easier for humans to communicate with other people wherever they are, both far and near (Timbowo, 2016).

During the covid period the learning process was carried out online. This is because so that the spread of covid does not become widespread. Even though the learning process is carried out online, it does not rule out the possibility that the learning process will be hampered. With a smartphone can help in the learning process. For example, teachers can teach students via smartphones using applications such as WhatsApp, Zoom meeting, Google classroom and so on. So, with this application the material that the teacher wants to convey can be conveyed to students.

According to researchers, the existence of a smartphone can help in carrying out tasks and make it easier to communicate. The solution for students at SMP HKBP Padang Bulan Medan is that students can use smartphones in a positive direction, such as using smartphones in doing assignments. Parents must be an example for children, for example parents cannot play smartphones when they are together with children, teach children to ask permission first if they want to play smartphones, set mobile-free areas such as at the dining table, bedroom, and in the car, teach children to refrain from playing smartphones such as by giving praise or prizes to children for being able to not play smartphones all day, and providing interesting activities to them such as giving lessons such as playing music lessons, swimming, dance and others according to the interests and talents of the children themselves.

4. CONCLUSION

The results of the study found smartphone usage behavior among students at SMP HKBP Padang Bulan Medan in 2022 showing that the majority of smartphone usage behavior was sufficient in the majority category of 68 respondents (85.0%). Future research on smartphone use behavior in students can focus on the following areas: Smartphone Usage and Academic Performance: Future research can explore the relationship between smartphone use behavior and academic performance in more depth. This can help identify specific behaviors that may have a negative impact on academic performance and ways to address them. Impact of Social Media: The impact of social media on smartphone use behavior can be studied in more detail. This can help identify the relationship between social media use and

excessive smartphone use, as well as ways to reduce the negative impact of social media on mental health.

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