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The Impact of Gadget Nomophobia on Social Life of Adolescents in Medan City

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ABSTRACT

This research was conducted in sub-districts that are suitable for nomophobia settlements in Medan City. The purpose of this study was to find out the social life of nomophobic teenagers in the social environment and to find out the positive and negative impacts of gadgets on teenagers. Subjects in this study amounted to 3 informants. Writing using descriptive qualitative method and analyzing data qualitatively and using the technique of taking the subject with the Snowball Sampling method. Data instruments in the form of in-depth interviews, observation and documentation. From the results of the research conducted, the researchers found that addicts who are addicted to gadgets or nomophobia have a social life that leads to negative impacts and decreased levels of achievement due to not being able to divide time between playing gadgets and being responsible. students and children in the household. The essence of this research is that there are more negative impacts on teenagers who are addicted to gadgets than the positive impacts caused by adolescent nomophobia.

Keywords: Adolescents, Nomophobia, Social Life Gadgets

Introduction

As time goes by in the development of increasingly sophisticated information and communication technology, there have been many advances in the field of information technology. We can see this from the development of communication tools that can be accessed in any part of the world with electronic devices or goods that have special functions. However, in the midst of increasingly sophisticated scientific and technological advances, it certainly has an influence on technological developments and all aspects of life. Therefore, parents, family, campus and all elements in society are expected to be able to work together and play an active role in mitigating the impact of today's technological advances. (Winoto, H. 2013). Following the development of digital technology, mobile phones are now not only used as a tool to communicate via calls and SMS, but more than that, the advancement of digital technology has given rise to the latest mobile phones that have multiple functions, namely smartphones. This progress has become a new disease for humans who prioritize electronic goods such as smartphones or more commonly called gadgets. With Gadgets, we can carry out communication and transaction activities quickly and easily, besides that we are also used to working on laptops, socializing with Smartphones or playing games with Gadgets.

Living everyday using Gadgets has become our habit, but we also have to pay attention to the bad effects on health. Because behind it all, there is a very big thing concerning human psychology that humans or the users themselves are not aware of, and the dangers posed by the disease of addiction to Gadgets or currently referred to as nomophobia. Nomophobia stands for No Mobile Phone Phobia. Nomophobia or commonly known by the abbreviation "No Mobile Phone Phobia" or the disease of not being able to go far from a mobile phone is a disease of dependence experienced by an individual on a mobile phone, so that it can cause excessive worry if the mobile phone is not nearby. People who are diagnosed with Nomophobia will spend more time with their mobile phones than interacting with the people around them (Kendler in Davidson, et al., 2006: 185). Those suffering from Nomophobia are characterized by excessively anxious behavior such as not being able to switch off their mobile phones for some time, worrying

excessively about running out of battery power, constantly checking messages, calls, new emails and social networks. Even people with Nomophobia can take their cell phones to the bathroom because they are too anxious. In Medan City itself, the use of Gadgets among students has become a popular technology culture, because every student has a gadget and actively uses the features and applications contained in it, especially social media. This tendency has resulted in outbreaks of the Nomophobia syndrome which can lead to disruption of personality health, decreased interest in learning, decreased academic achievement and attitudes away from social life such as family and society.

Research Methodology

This research is a qualitative descriptive research, where this research will produce and process descriptive data such as transcriptions, interviews, field notes, photographs, video recordings, and so on. Qualitative research methods are often called naturalistic research methods, because the research is carried out in natural conditions. According to Bogdan and Tylor (Moleong, 2012) qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior. Descriptive research is aimed at: (1) collecting detailed actual information that describes existing symptoms, (2) identifying problems or examining prevailing conditions and practices, (3) making comparisons or evaluations, (4) determining what people do others in facing the same problem and learn from their experience to make plans and decisions in the future (Rachmat, 2005). The data analysis method that the researcher uses is descriptive data analysis method, because this research is specifically to explain the impact of gadget nomophobia on the social life of adolescents in the city of Medan. Bogdan in Sugiyono (2008) states that data analysis is the process of searching and systematically compiling data obtained from interviews, field notes and other materials, so that it can be easily understood and the findings can be informed to others.

As for the procedure for analyzing qualitative data, according to Miles and Huberman in Sugiyono (2008) as follows: (1) Data reduction, (2) Data presentation and (3) Conclusion or verification. Based on the information above, each stage in the process is carried out to obtain data validity by examining all existing data from various sources that have been obtained from the field and personal documents, official documents, pictures, photographs and so on through the interview method supported by Bungin documentation studies (2009).

Results and Discussion

Background of the Phenomenon of Nomophobia

Medan City is a city that really needs internet. Internet is one of the facilities provided. This makes the internet easy to access, especially by every academic community. The ease of accessing the internet has made significant changes to the world of lectures. Students who are an important element for the campus world are no exception now also feeling the effects of the ease of accessing the internet. The ease of accessing the internet is also welcomed by advances in digital technology which have given birth to Smartphones as highly capable communication support tools. With Smartphones, we can carry out communication and transaction activities easily and quickly. The advantages promised by this Smartphone have finally made students/adolescents used to it and tend to become addicted to it. Smartphones or what are commonly called Gadgets are no longer used as mere communication tools, more than that Smartphones have become such an important tool that cannot be left behind in every day-to-day activity. Until this dependence continues to increase which eventually has negative effects on health, because behind it all, there are very big things related to human psychology that humans or their users will not be aware of and the dangers caused by addiction to Gadgets or currently called as Nomophobia. Today, Nomophobia is also a hot topic of conversation in the world of information. Nomophobia has become a mushrooming disease in society, students and teenagers are no exception. Moreover, students are elements that are always in contact with the world of information and the internet.

Motives for Using Gadgets in Adolescents in Medan City

Being a teenager/student who is infected with Nomophobia is not a desire for them. From the results of interviews that the author has conducted with several informants, only a few teenagers are aware that currently they have contracted Nomophobia. The various conveniences offered by Gadgets have made them dependent on these Gadgets. In fact, some informants really couldn't leave their gadgets behind while doing activities in the bathroom. From the research that the authors did, the authors found various motives for using gadgets. Motive is the impetus that moves a person to behave because of the needs that humans want to fulfill. Motives can also be said to be driving forces from within the subject to carry out certain activities in order to achieve goals (Sudirman, 2003: 73). In addition to motives, the amount of data quota used by informants also varies. Some spend 2GB/month, 4GB/month, 9GB/month, 10GB/month, 15GB/month, 20GB/month, 28GB/month, 30GB/month, oneGB/day, even one informant was able to spend a quota of 80 GB/month. The author will describe the results of research related to this motive based on the theory of Alfred Schutz's motives. According to Schutz, a person's overall actions are divided into two phases, namely, because motive, which refers to the past behind which a person takes action, and in-order-to motive, which refers to the future in the form of goals or expectations.

Past motives (Because motives)

Gadget users in using Gadgets have motives in their past that are very influential in using Gadgets in their daily lives. Past motives mean that someone's actions must have reasons from the past that prompted him to do what he is doing now. The motives of the past based on the results of the interviews that the authors conducted in this study are:

1. Feeling nosy and not slang

The fact that the role of social media in the world of life is very influential is the inability of a person to leave his existence in cyberspace because it is considered out of date and out of date. In addition to the addictive attitude caused by Gadgets, it turns out that students also feel inferior if they don't have a smartphone and play the applications contained in it. As stated by the informant Melvin Jhordy as follows:

" Yes, I feel like a noob, today there's no Facebook, no Instagram, I don't feel like hanging out, right now, the world seems to be forcing it to exist, that's what I think."

This expression proves that the virtual world is indeed very influential in the social life of adolescents. Teenagers and students feel social and exist when playing some of the applications offered by Gadgets. Even though this attitude actually makes students become anti-social and tend to be individualistic.

2. Feeling less updated

Teenagers also admit that they feel that information is not updated without gadgets, and say that with gadgets information is easier to access, besides that the cost of accessing information is also cheaper. As said by Valentino's informant:

" If you don't have the Gadget, I won't update, um, the problem is in the Gadget the information is all complete, everything is there, it's easier. Besides, if you want to see information, you don't have to buy a newspaper first or watch the TV, right? Just open a ready-made news site, like detik.com or something else. Besides, right now every application on the gadget is there for news, it's like a line already exists on line today. And the information is not just about the artist. That's a lot. So I'm often there. Because I really feel the benefits of gadgets, and the most important thing is that every day being able to see the news on line today is enough. And the information is always up-to-date, for example the incident in Medan was at 10 am, at 12 o'clock I can already read the information, isn't that cool. I'm getting more and more updated. So yeah, without the gadget, I feel like I'm short-sighted. "

Based on the explanation from the informant, it can be concluded that one of the motives for using Gadgets by Teenagers is because they feel they are not updated with information. This is due to the existence of applications offered by Gadgets that make accessing information easier, faster and cheaper

3. Bored with activities

In carrying out activities adolescents tend to do things that are monotonous, such as attending lectures, doing assignments, and so on. In the midst of this feeling of boredom, several informants used Gadgets as a means of eliminating boredom, various applications contained in Gadgets could be the solution. As revealed by the informant Gilbert Manurung

"In campus, when you're waiting for lecturers, you get bored, so open your cellphone and play games, open social media, open notifications, and that's just repeated."

Gadgets are used by informants to overcome boredom at certain times, one of which is as revealed by Gilbert Manurung. Gadgets are used when bored waiting for lecturers.

Future motives/Hope (In Order to Motive)

Future motives/Hope (In Order to Motive) provide the assumption that every human behavior has expectations that it wants to fulfill. This hope will further motivate people to do something. Likewise with Gadget users, they have expectations that motivate them to use Gadgets.

Based on the results of interviews, the motives for expectations of Gadget users using this Gadget are:

1. To Obtain Information

Based on the results of interviews, Gadget users said that the need for information is getting higher every day, every day they need Gadgets to access this information. Gadgets also make accessing information easy and fast. As what was disclosed during a direct interview

" For me, the need for sports information is quite large, so I access it every day. As for me, I have more faith in sports seconds, yes, I access sports seconds, at least 6 times per day" (interview with Melvin Jhordy).

2. Learning Support

Learning is the main value in the world of education. Learning can also be done using Gadgets. Gadgets do not only provide good information facilities, more than that Gadgets can also be a means of supporting learning for their users. As revealed by an informant Valentino:

"Yes, I'm sure because there are lots of people especially looking for journals, right through gadgets, because in FK the system is often discussed, there are problems in discussions, for example there are problems that will be discussed later, and we are looking for sources for sure through books, textbooks, textbooks can be saved on

cellphones, on gadgets, yes, and that can be seen at any time, can be read at any time, and I think that makes it easier for us. As for the hard copy, the book is difficult to carry anywhere, so that's one of them. Then through the gadget via the internet access we can check the journal, because for discussion there are bound to be a lot of problems and normally those problems are in the journal, explain that way. That's why we need gadgets to study at FK"

3. The Desire to Exist

Existence is something that is in great demand by many teenagers, especially students. Informants in the research, the authors also revealed that the motive for using Gadgets was also driven by the desire to exist on social media, especially Instagram. Some informants believe that existence is a very important need, moreover some of the applications offered by Gadgets also offer this existence. As stated during a direct interview with informant Gilbert Manurung

"Yes, if you want to exist, you just need to open Instagram, see news from people selling, all of them."

The motivation to exist is one of the in order to motives for gadget users in using gadgets. Through Instagram, gadget users think that they will exist.

Based on the results of research conducted by Agusta, (2016), factors that are at risk of causing nomophobia are (1) internal factors which include self-control, sensation seeking, (2) situational factors such as feeling comfortable when using a smartphone, (3) external factors such as buying a smartphone and (4) social factors such as the need to interact. Four factors from smartphone/mobile phone use also have a significant relationship with nomophobia, these factors include fear of not being able to communicate, fear of losing connection, fear of being alone and fear of losing comfort (Ali et al., 2017). The results of research by Ozdemir et al., (2018) regarding nomophobia show that when students' nomophobia levels increase, student loneliness and self-esteem tend to increase while student self-esteem tends to decrease. In addition, nophobia has been shown to cause stress due to social demands or threats when there is a lack of self-control (Olivencia-Carrión et al., 2018).

Nomophobic behavior can reinforce social anxiety tendencies and dependency on using virtual and digital communication as a method for reducing stress resulting from social anxiety and social phobia (Lukito, 2017). Apart from that, nomophobia is also a result of the fear of loneliness, which makes a person use a smartphone excessively to communicate and get information (Rahayuningrum & Sary, 2019). In individuals who are indicated by nomophobia, usually their thought processes tend to be disrupted because they are caused by obsessions with fantasies, fantasies and defensive levels that are too high, which are obtained from too intense connectivity (Tjasmadi, 2019). According to Wilantika, (2015) that uncontrolled use of smartphones in adolescents will lead to poor communication, individuality/aloneness, it will be difficult to concentrate on the material being delivered if bringing smartphones to school, ease of accessing pornographic sites which will certainly be dangerous for development in adolescents. Nomophobia will suffer from a phenomenon called vibration phantom syndrome because it is difficult to concentrate without checking a smartphone (Anshari et al., 2019).

According to Aziz & Nurainiah, (2018) that the interaction that is considered ideal is interaction that is carried out face-to-face because it makes it more possible for a process that is dynamic, direct reciprocity, and accelerates the process of mutual influence between the parties interacting in it. The presence of smartphones makes users rarely interact with people around them which makes them anti-social (Muflih et al., 2017). In adolescents, social interaction aims to find solutions to the problems experienced and as a response to the adolescents themselves (Ahmadi, 2009). The impact of nomophobia that occurs in adolescents will also cause parents to lose their children because adolescents will feel anxious when separated from smartphones but will feel normal when their parents leave them (Muflih et al., 2017). The presence of smartphones causes changes in the behavior of adolescents, where when they are together, it is not uncommon for them to be more focused and happy to play with their smartphones compared to other people who are nearby (Rahmandani et al., 2018). Adolescents will also have a tendency to lack discipline, disrupt religious activities, be more apathetic, have an irrational mindset, seek the easy way and have less sympathy or a low level of concern (Rahmandani et al., 2018).

Lack of understanding about the ideal use of smartphones in adolescents, so that when teaching and learning activities take place it is not uncommon for students to operate their smartphones and not focus on the ongoing lesson, which until now has been an obstacle and complaint for teachers regarding the use of smartphones (Rahmandani et al., 2018). If a teacher has to use a smartphone for learning practices, he must provide a time limit and control its use so as to minimize potential negative risks in using a smartphone for learning (Gezgin & Çakır, 2016). Schools that allow students to bring smartphones will certainly affect the low learning achievement of students at school compared to students who do not bring smartphones to school (Asmurti et al., 2017). The reason teenagers use smartphones quite intensely is because they have a poor self-view, a tendency to seek certainty so that smartphones are the fastest solution to the problem and it is not surprising that the use of smartphones in adolescents is excessive (Mayangsari & Ariana, 2015).

Conclusion

Smartphones or what are commonly called Gadgets are no longer used as mere communication tools, more than that Smartphones have become such an important tool that cannot be left behind in every day-to-day activity. Until this dependence continues to increase which eventually has negative effects on health, because behind it all, there are very big things related to human psychology that humans or their users will not be aware of and the dangers caused by addiction to Gadgets or currently called as Nomophobia. According to Schutz, a person's overall actions are divided into two phases, namely, because motive, which refers to the past behind which a person takes action, and in-order-to-motive, which refers to the future in the form of goals or expectations. Past motives (Because motives) Gadget users in using Gadgets have past motives that are very influential in using Gadgets in their daily lives. Past motives mean that someone's actions must have reasons from the past that prompted him to do what he is doing now.

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