

ARTICLE INFORMATION

Received: July, 18, 2021

Revised: July, 20, 2021

Available online: July, 23, 2021

at : <http://ejournalmalahayati.ac.id/index.php/nursing/index>

Mobile usage behavior-focusing on smartphone usage addiction among youth (15–24 years of age)

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Abstract

Background: Fast technological developments in telecommunications and information technology following by cheaper costs make life easier on this planet. The impact is an increase in smartphone use among youth, they can take advantage of the positive side, but in developing countries the moreover most abusing and negative using.

Purpose: To determine the mobile usage behavior-focusing on smartphone usage addiction among youth (15–24 years of age)

Method: This study involves 107 respondents consisted of 55 males and 52 females with a youth average age is 15-24 years old. This study used a snowball sampling technique and the research instrument used the Addiction Rating Scale of Smartphone Usage Adapted from Smartphone Addiction Scale-Short Version (SAS-SV) taken by online questionnaire. The result is an addicted category when total score \geq mean and not addicted when total score $<$ mean

Results: Finding that 53.3% of youth do not experience smartphone addiction and 46.7% of them have experience smartphone addiction. There is a relationship between economic status and smartphone addiction with a p-value of 0.005

Conclusion: Finding that nearly half of the youth are addicted to smartphones, to pay the attention of parents and local psychological agencies to help them use them for positive purposes.

Keywords: Mobile usage behavior; Smartphone usage; Addiction; Youth

INTRODUCTION

Since the release of smartphones, it is undeniable that smartphones are a technology that is easily accepted by the public (Adnan, Komarudin, & Upe, 2017). Besides having functions that can ease the burden on humans,

smartphones have a small size so that they are easy to carry anywhere (Herlambang, & Aryoseto, 2016). Smartphones or smart phones from year to year have experienced many developments that have made human work easier, providing information and as a means of communication

even at long distances, besides that smartphones can also be used as a means of entertainment that is loved by both children and adults (Waty, & Fourianalistyawati, 2018; Irnawaty, & Agustang, 2019). Smartphones not only have a positive impact but also have a negative impact which if excessive can lead to addiction that damages mental and mental conditions, making users forget the real world and so on (Heni, & Mujahid, 2018).

The use of smartphones in youths is influenced by the needs of youths where the use of smartphones is to maintain relationships with social communities or expand friendship networks (Febrila, 2020). As the era of smartphones is increasingly sophisticated, youth are interested in owning even though they cannot be away from smartphones (Sari, & Ildil, 2017). Nowadays, it is seen that many youth are busy playing with smartphones, both in public and private areas (Wijaya, 2018). but it can also cause humans to become dependent or addicted to smartphones so that it is not good for their physical and mental health and can interfere with or delay a lot of work

that should be done (Timbowo, 2016) . Without realizing that smartphone dependence can interfere with daily activities, and smartphone sales continue increasing from year to year due to the increasing number of people (Palupi, Bachelor, & Hadiati, 2018).

RESEARCH METHOD

Quantitative research with a design using a snowball sampling technique. The population is youth aged 15-24 years old in Bandar Lampung, the sample used with the criteria of youth who have smartphones and obtained a sample of 107 youth as respondents and carried out for 1 month from April to May 2021, the research instrument used the Addiction Rating Scale of Smartphone Usage Adapted from Smartphone Addiction Scale-Short Version (SAS-SV) with 10 item questions taken by online questionnaire. The result is an addicted category when total score \geq mean and not addicted when total score $<$ mean. The ethical clearance with letter number 1207/EC/KEP-UNMAL/VII/2020. Malahayati University

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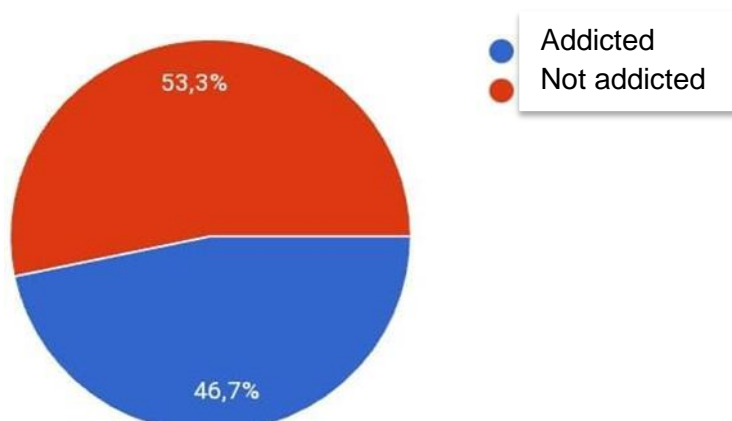
DOI: <https://doi.org/10.33024/minh.v4i1.4694>

RESULTS

Table 1. Social-Demographic Characteristics of Respondents N = 107

Variable		
Gender (n%)	Male	55/51.4
	Female	52/48.6
Age (Mean+SD) Range (Years)	(19.72±1.56)(15-24)	
Frequently used apps (n%)	Social Media :	
	*Whatsapp	98/91.5
	*Facebook	55/51.4
	*Instagram	92/85.9
	*Twitter	15/14.0
	*Line	5/0.46
	*Telegram	20/18.6
	*Messenger	2/0.18
	Entertainment :	
	*Youtube / Watching movies	77/71.9
	*Tik- tok	30/28.0
*Game	38/35.5	
*Reading comics	3/0.28	

According to table 1, which amounted to 107 youth, 51.4% were males and 48.6% were females with a mean age of 20 and standard deviation of 1.56 years old. According to the assessment table, it was found that youth use smartphones to facilitate human work, provide information, open social media, entertainment media. The male is more likely to use smartphones to entertain themselves with games while girls are more likely to use smartphones to open social media. such as instagram, and whatsapp.



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The picture it shows that of 107 youth who experience the characteristics of smartphone addiction, 46.7% and those who do not have the characteristics of addiction, 53.3%

Table 2. Percentage of Answer Questions N=107

No.	Question	Yes (n/%)	No (n/%)
1	Loss of work plans caused by smartphone use?	18/16.8	89/83.2
2	Difficulty concentrating in class, doing assignments or at work due to smartphone use?	49/45.8	58/54.2
3	Feeling pain in the wrist or the back of the neck while using a smartphone?	65/60.7	42/39.3
4	Can't survive because you don't have a smartphone?	59/55.1	48/44.9
5	Feeling impatient and restless when I'm not holding my smartphone?	52/48.6	55/51.4
6	Thinking about my smartphone even when I'm not using it.?	53/49.5	54/50.5
7	I will not stop using my smartphone even though my daily life has been affected by it.?	34/31.8	73/68.2
8	Constantly checking my smartphone so I don't miss a conversation on Twitter or Facebook?	35/32.7	72/67.3
9	Using my smartphone longer than I would like?	48/44.9	59/55.1
10	People around me say that I use my smartphone too often?	47/43	61/57

The table above, it shows that out of 107 youth with 51.4% males and 48.6% females having a different opinion, there are youth who have difficulties because of smartphones and there are youth who don't have difficulties because of smartphones.

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Table 3. The Correlation Variables With Mobile Usage Behavior-Focusing On Smartphone Usage

Variable	Addicted		Not Addicted		p-value	OR (CI 95%)
	n	%	n	%		
Gender						
Male	21	42.0	34	59.6	0.068	0.490 (0.226 – 1.060)
Female	29	58.0	23	40.4		
Education Levels						
Junior high school	1	2.0	-	-	0.089	-
High school	5	10.0	14	24.6		
University	44	88.0	43	75.4		
Socioeconomic Status						
Highest	3	6.0	2	3.5	0.005	7.091 (1.514 – 33.205)
Medium	45	90.0	42	73.5		
Lowest	2	4.0	13	23.0		
School Achievement Report						
A good	43	86.0	51	89.5	0.583	0.723 (0.226 – 2.313)
A poor						
Socialization Patterns						
A good	19	38.0	12	21.1	0.054	2.298 (0.977 – 5.406)
A poor	31	62.0	45	78.9		
Social Media Purposes:						
*Whatsaap	38	76.0	5	8.8	0.828	1.156 (0.314 – 4.250)
*Facebook						
*Instagram						
*Twitter						
*Line						
*Telegram						
*Messenger						
Above 5	12	24.0	52	91.2		
Entertainment :						
*Youtube / Watching movies	11	22.0	8	14.0	0.282	1.728 (0.634 – 4.711)
*Tiktok						
*Game						
*Reading comics						
Above 2	39	78.0	46	86.0		
Below 2						

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Base on Table 3. there is no relationship between the variables; gender, education levels, school achievement report, socialization patterns, social media purposes and entertainment. There is a relationship between socio economic status and smartphone addiction with a p-value of 0.005

DISCUSSION

This research uses a google form link that is sent to youth through social media such as spreading through whatsapp, instagram, telegram, and other social media (Iska, 2021). In this study, the subjects were youth, both early teens and late teens, namely from the age of 12 to 24 years (Helma, 2021). In this study, junior high school, high school and college students were targeted but according to a predetermined age, and it is confirmed that the teenager has a smartphone (Murti, 2021). The percentage results and data collection were taken from the answers to the questionnaire questions given to youths (Amaranggani, 2020). This study found 51.4% boys and 48.6% girls from 107 youth in Bandar Lampung City with an average age of 20 years (Febrianto, 2021). buying a smartphone, it is not uncommon for youth to spend a lot of money to buy a new smartphone, which every year there are smartphone developments so that youth are interested in buying it (Hayadi, 2021). Smartphones itself are used not only as a youth four means of communication or to find information but to take a photo, video or as a means of entertainment. Smartphones in addition to having many positive benefits, smartphones also have negative impacts (Nurma, 2021). The negative impact of using smartphones can not only interfere with daily activities but if excessive it can damage the mental and soul of youth (Mayasari, 2021). Youths are more susceptible to being adversely affected by the use of smartphones so that the need for parental participation prevents children

from being adversely affected by the use of smartphones. smartphone (Hertinjung, Septianingrum, & Putri, 2021).

CONCLUSIONS

Smartphone addiction experienced by youths has many opinions and according to data taken in Bandar Lampung, the percentage obtained is more likely to youths who do not experience addiction or have characteristics of smartphone addiction, which is 53.3%, but it is undeniable that of 107 there are 46.7% of youths who experience or have characteristics of smartphone addiction.

SUGGESTION

For further attention to the local government and authority institution and the role of parents where youth addicted, give encouragement in its use aimed at positive activities.

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