

FACTORS AFFECTING SMARTPHONE ADDICTION IN CHILDREN

Mawaddah Nasution¹

¹Faculty Of Islamic Studies, University of Muhammadiyah Sumatera Utara , Indonesia, (E-mail: mawaddahnst@umsu.ac.id)

Abstract: *Using the smartphones is very important for everyone, not only limited to adults but also children. Given the current conditions that are currently in a period of a pandemic, the government calls for a learning process from home. Likewise, adults who work from home to reduce the impact of covid transmission 19. All government policies that require people to work or study from home inevitably make most people have to use smartphones to work or to carry out the learning process. This makes people not separated from smartphones and certainly will have a serious impact on the lives of individuals, especially children, which can lead to smartphone addiction (smartphone addiction). Smartphone addiction is a smartphone attachment behavior accompanied by a lack of control and harms the individual. Children who have the task of developing learning while playing at their age, are currently losing playing time, and are only busy with smartphones to do their playing activities because from smartphones there are many interesting things or content that can make children feel at home and take a long look at the spectacle on their smartphone*

Keywords: *Smartphone addiction, family, parents.*

Introduction

Smartphones or sophisticated pens are objects that have very important functions for every human being, how does a smartphone have a function that can relieve someone's work in addition to its function as a means of communication. In the current pandemic, Smartphones are a basic requirement that everyone, from children, adolescents, to adults and even the elderly. Children during a pandemic like this must carry out the learning process from home, and for that, they need a smartphone to carry out the learning process.

The Smartphone is one of the most popular items, both among adults and children. Today there are no children who don't know smartphones. They are sometimes more adept at using all the applications in it compared to adults. Even though smartphones are not very good for children to use for long because this can damage their health (Jennifer, 2018).

Along with the rapid progress of the times, technology and information are also developing very rapidly, especially smartphones which play an important role in the daily lives of individuals, because this greatly affects communication between individuals and others. This is very influential on the communication and lifestyle of the Indonesian people today and even the world. One of the fruits of these technological developments the

smartphone. At this time the world became limitless with the arrival of smartphones. It has many uses such as for remote communication or helping with daily tasks, this makes it very easy for individuals to do the things they want and need (Kuss & Griffiths, 2011).

As a result of current technological developments, smartphones cannot be separated from people's lives. Various events and information that occur in this part of the world can be immediately known and accessed via smartphones. The fast access to information obtained from all parts of the world will make this world narrower because we can find out about events in other countries even though we are not there only through our smartphones. The presence of smartphones as one of the technological advances has caused enormous changes in people's lives, including children.

Apart from having a positive impact on children, this change also has a negative impact that threatens their development. With all kinds of convenience to access information via smartphones, children become addicted to their smartphones. Why not, smartphones can provide services and impressions that attract children's attention, and that is something children enjoy. (Nie, Wang, & Lei, 2020).

High use of smartphones in childhood makes children's activities and daily behavior patterns change. This can be seen from the general phenomenon that occurs today. They tend to be engrossed in their own lives, they are engrossed in watching movies or shows presented by YouTube as if they were hypnotized by their smartphone. And ignore the function of children who should still play with their peers (Santrock, 2012). This behavior seems to make them not care about what is happening in their environment.

In line with this, a researcher who conducted field research at SMK Negeri 1 Kalasan Yogyakarta found that students in these schools tended to enjoy using their smartphones and did not care about what was happening around the classroom or the school environment during their break time. For example, they choose to sit in groups and start playing on their smartphones regardless of their surroundings. Some students admitted to the researchers that during recess, they said they were afraid if they looked not up to date with the latest things or information. They will also compete with each other in uploading and updating the latest information and even their latest activities which are sometimes not so important to others (Agusta, 2016).

Smartphones are inseparable from the internet network, where the internet is a technology that has seized a lot of attention from our society from time to time. This internet network is used by more than 2 billion people worldwide. Given that usage is too large, new problems arise as a result of using the existing internet network on smartphones, namely addiction (Huang, Hu, Ni, Qin, & Lü, 2019)

Smartphone addiction can be described as a disorder in which the individual's inability to control smartphone use causes significant distress or functional impairment, and which further creates psychological distress, difficulties with social relationships, school or work problems (Burnay, Billieux, Blairy, & Larøi, , 2015).

Many parents lately think that smartphones are capable of being playmates that are safe and easy to monitor so that the role of parents has now been replaced by smartphones should be friends to play with. The Smartphone as its initial function is as a communication

tool, recently changed and changed its function as a game tool that can make someone feel dependent on it, especially on children. One of the symptoms that can be caused by smartphone addiction is that children experience emotional problems, show symptoms of hyperactivity, lack of attention, and lack of interaction with peers (Dhamayanti, Gradia, & Rubiah, 2019).

Literatur Review

One of the technological developments that have significantly changed human behavior and have become commonplace in modern society is the invention of the smartphone. For this reason, smartphones are ranked as the main needs of today's society in addition to the need for food, clothing, and food. Many things can be accessed from a smartphone and this can make the individual unable to escape from it.

Several factors that can affect a person experiencing smartphone addiction, including (Jameel, Shahnawaz, & Griffiths, 2019):

1. **Saliency.** This occurs when smartphone use is the single most important activity in a person's life and dominates their thinking (preoccupation and cognitive distortion), feelings (want), and behavior (social behavioral regression).
2. **Modify the mood.** It refers to subjective experiences that people report as a consequence of their smartphone use and can be seen as coping strategies (the soothing feeling of "running away" or "numb").
3. **Tolerance.** This is a process where an increase in the amount of time spent on the smartphone is required to achieve the previous mood-changing effect.
4. **Withdrawal.** This is a state of unpleasant feelings physical effects (eg, vibration, moodiness, irritability, etc.), and which occurs when the person is unable to access their smartphone.
5. **Conflict.** It refers to conflicts between the person and the people around him (interpersonal conflict), conflict with other activities (social life, hobbies, and interests), or from within the individual (intrapsychic conflict subjective feelings of loss of control) that are related by spending too much time on their smartphone.
6. **Relapse.** It is a tendency for previous patterns of excessive smartphone use to recur and even the most extreme patterns characteristic of high smartphone overuse are reversed immediately after the control period.

The factors of smartphone addiction (Agusta, 2016) in his research on smartphone addiction suggested several factors that cause smartphone addiction, namely:

- a. **Internal Factors**

This factor consists of factors that describe individual characteristics.

- 1) **Sensation seeking.** Sensation seeking is the tendency of individuals to engage in non-monotonous activities to seek new experiences. Individuals with a high level of sensation seeking tend to experience boredom easily when doing monotonous

activities, so these individuals need psychological satisfaction to reduce boredom. This psychological satisfaction can be obtained by using a cell phone for example to listen to songs, send SMS, view photos or videos, play games, access social media, or browse the internet.

- 2) Low self-esteem. Individuals with low self-esteem have low levels of self-confidence and self-control. Individuals with low self-esteem evaluate themselves negatively and feel that they have many shortcomings and feel insecure when interacting with other people. When individuals with low self-esteem get psychological security and satisfaction, they tend to use cell phones to communicate rather than face to face. The activity of using this cellphone will unconsciously increase and become excessive due to a lack of self-control.
- 3) High extraversion personality. Individuals with extraversion type personalities have a social ability which is characterized by having many friends, being sociable, friendly, responsive to the environment, needing other people to communicate with, and disliking their activities so that individuals who have this personality need to establish relationships with other people. for example through social media accessed via a smartphone.
- 4) Low self-control. Self-control is the ability to resist desires and impulses in oneself, but high smartphone use habits and high personal pleasure can predict the individual's vulnerability to experiencing smartphone addiction.

b. External Factors

This factor is a factor that comes from outside the individual. This factor is related to the high media exposure about smartphones and their various facilities. The higher the media exposure to smartphone advertising, the more likely it is to cause smartphone addiction

c. Situational Factors

This factor consists of various causes that lead to the use of smartphones as a means of making individuals feel psychologically comfortable when facing uncomfortable situations so that they have the potential to experience smartphone addiction. These situational factors include (Kwon et al., 2013)

1. Stress. Stress is an individual's adaptive response to various external pressures or demands and results in various disorders including physical, emotional, and behavioral disorders. From the research results, there is a positive relationship between stress and smartphone addiction, meaning that the higher the stress individual experiences, the higher the use of smartphones so that it has the potential to cause addiction.
2. Sadness. Grief is a feeling of sadness or sorrow experienced by an individual. Individuals who experience sadness will look for something that comforts themselves, such as listening to music, seeing various kinds of pictures that they think are good and entertaining, and seeing funny videos from the internet. These

various things can be enjoyed through features on smartphones so that they tend to be addicted to smartphones.

3. Loneliness. Loneliness is a mental and emotional state that is mainly characterized by feelings of isolation and a lack of existing social relationships. When individuals feel lonely, they tend to use smartphones to accompany them, such as playing games. There is a positive relationship between loneliness and smartphone addiction. This means that the higher the level of loneliness an individual feels, the higher the use of smartphones will lead to smartphone addiction. (Pinasti & Kustanti, 2017)
4. Anxiety. (Pinasti & Kustanti, 2017) distinguishes feelings of anxiety into two, namely state anxiety (temporary emotional reactions that arise in certain situations) and trait anxiety (the disposition to be anxious in facing various situations). For example, when individuals feel anxious about missing information, they will often use a smartphone to get various up to date information. This is one of the reasons for smartphone addiction.
5. Learning Saturation. Saturation of learning can mean boredom and boredom where the system of the mind cannot work as expected in processing items of information or new experiences. Meanwhile, saturated is solid or full so that it does not contain anything. When individuals feel bored in learning, they tend to use smartphones as a medium of relaxation, for example by playing games. This has the potential to cause smartphone addiction so that it loses productivity, even more, so playing games is a fun activity.
6. Leisure boredom. Leisure boredom occurs when individuals have free time but no activities are carried out. Individuals will experience boredom when this happens, so there must be a form of activity that can satisfy the individual psychologically. Therefore, the more individuals experience boredom during their spare time, the higher the individual risk of experiencing cellphone addiction. Activities that are usually done using a cellphone during free time include sending SMS, viewing photos or videos, playing games, accessing social media, or browsing the internet.

d. Social Factors

Consists of factors that cause smartphone addiction as a means of interacting and maintaining contact with other people. These factors consist of:

1. Mandatory behavior. Mandatory behavior refers to behavior that must be done to satisfy the need for interaction that is stimulated or encouraged by others. By using a smartphone, one can build relationships with other people and interact through the world accessed and smartphone, if the need for interaction is high, the use of smartphones will also be high, so that they tend to be addicted to smartphones.
2. Connected presence is high. Connected presence is based more on the behavior of interacting with others that comes from within to maintain contact with other people. A person can stay connected and communicate with family and relatives with the help of smartphone features, which can lead to smartphone addiction.

Meanwhile, according to (Nie et al., 2020), explaining the causes of smartphone addiction are:

a. Self-satisfaction\

The use of smartphones is because they entertain themselves or in other words because of personal pleasure to make individuals feel comfortable or relax. Individuals will repeat behaviors that bring pleasure to themselves.

b. Social gratification.

The social gratification factor is the use of cell phones as a means of maintaining contact with other people. Advances in cell phone technology allow individuals to communicate without having to meet or come face to face with other people. Communication activities with cell phones that are carried out continuously can make individuals addicted to cell phones.

Based on the explanation above, it can be concluded that smartphone addiction has several causes, including internal factors, situational factors, external factors, and individual social factors. Thus in this literature review, several experts have described what things or factors can influence the occurrence of smartphone addiction in a person.

Method

In this case, the method used is to review the literature from several existing expert theories, to be able to provide an overview of the various factors that can affect the occurrence of smartphone addiction, especially for children. can compare several theories from experts who are competent in their fields.

Results and Discussion

Based on the results described above, it can be concluded many things can affect someone experiencing smartphone addiction or smartphone addiction. Not only adults, but children can also experience this because of internal and external factors that occur in their immediate environment. As we know, the family is the closest figure to children who can influence all children's behavior (Fanreza, Robie. Pasaribu, 2016). The role of the family cannot be separated in the case of smartphone addiction, especially in children, because families, especially parents, have an important role in children's development. want to be directed to where the child will be, what the child will be like, it all lies in how the parenting patterns are carried out by the parents. (Nasution & Sitepu, 2018).

In educating parents, many things must be considered by parents, not only the family environment, but the social environment is also one of the biggest factors that trigger children to experience smartphone addiction. Children have a need to make friends, by being friends they practice socializing, practice their language skills, practice all aspects of their development. from peers as well as children find many things, regardless of negative or positive things. Maybe many parents don't have the heart to see their children bullied by their friends because they don't have a smartphone, and finally, parents try to meet their children's

needs with a smartphone (Akrim & Sulasmi, 2020). Moral cultivation in the formation of children's behavior is equally important so that smartphone addiction behavior can be avoided in children (Widya, 2019).

Conclusion

Based on the results and discussions that have been described above, it can be concluded that the existence of smartphones in this era of development cannot be avoided. As an active human being, humans must be able to keep abreast of the times and technological developments that are currently developing but must be able to filter out good and bad information on exposure to information received via smartphones. The problem of smartphone addiction, especially in children, can be anticipated by the existence of parental control over children, parents must be an example for children in the management of smartphone use. As explained (Nurzannah, Akrim, 2015) that parents must be role models for children to direct children to the right path.

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