

What is the Picture of Smartphone Addiction In College Students?

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Abstract: This study aims to determine the description of smartphone addiction among college students. The participants of this study were 146 students who use smartphones. The measurement was using the Smartphone Addiction Scale (SAS) and Open Questions. The results of the study show that in general, smartphone addiction is in the moderate category. Based on the SAS dimension, that the three conditions most experienced by participants are positive anticipation, tolerance, and withdrawal. Three types of contents that are widely followed are entertainment, information, and self-development/skills improvement. Furthermore, as many as 67% of participants feel negative emotions (anxious, sad, upset, disappointed) when the smartphone is lost or the battery runs out. The thing to do is to immediately look for a smartphone or find a power outlet to be able to charge the smartphone.

Keyword: smartphone addiction, college students

I. INTRODUCTION

Data from the Ministry of Communication and Informatics of the Republic of Indonesia (Kemenkominfo) (2017) shows that more than half of Indonesian people already have gadgets (smartphones). It is also known that the first rank of smartphone users (76%) is at the age of 18-29 years, and based on education level, as many as 94% of smartphone users are students. According to Roberts et al (2014), many academic and non-academic activities make students tend to become dependent on smartphones, and this condition causes the length of time smartphone use among students can reach nine hours almost every day. Yet according to Aljomaa et al (2016), using a smartphone for more than four hours a day can cause addiction or called smartphone addiction. This condition is in line with what stated by Suryanto (2010) that prolonged smartphone use makes students vulnerable to smartphone addiction. This is in line with what stated by Totok (2017) that as much as 86% students were smartphone addiction, found in college students.

According to Kwon et al (2013), smartphone addiction refers to the behavior of attachment to a smartphone, that this may become a social problem such as withdrawal, difficulty in performing daily activities, or disturbance of impulse control over oneself. Leung (2007) also argued that smartphone addiction is dependence on a smartphone where individuals cannot control how they use it and it has a negative impact on users. Yuwanto (2010) suggests some of the negative impacts of smartphone addiction, namely spending more, psychological problems (anxiety when not carrying or using a smartphone), physical problems such as disturbed sleep patterns, social relations, academic or work performance, or legal problems such as accidents due to using a smartphone while driving. Several studies on university students also show that smartphone addiction has negative impacts, such as digital overload, academic performance problems, and retention (King & Dong, 2017), as well as insomnia (Liu et al, 2022).

This condition certainly deserves attention from various parties and needs to investigate further. This study's aims is to obtain an overview of smartphone addiction in college students, by focusing on the patterns that arise in the use of smartphones by research participants.

II. METHODS

Research Participants

The participants were 146 undergraduate students who used smartphones for an average of at least 1 hour a day. Data collection were carried out using the Google form, namely providing the Google Form link to respondents via WhatsApp, the Line group and the researcher's Instagram, and asking participants for help to disseminate the link to other friends.

Method of Collecting Data

Data obtained using the Smartphone Addiction Scale (SAS) from Kwon et al (2013). In addition, open questions given to the participants, how the participants felt when their smartphone was lost or the battery ran out, and what the participants did when they experienced this situation.

Data analysis

Analysis was using descriptive statistics and thematic analysis of the participants' answers in the open-ended questions

III. RESULT

Based on the calculation, smartphone addiction among participants is in the moderate category. The description of smartphone addiction based on the aspects in the following table:

Table 1. Categorization of Smartphone Addiction

Empirical Mean	Hypothetical Mean	SD Hypothetical	Category
2.57	2.50	0.5	Moderate

Table 2. Sequence of Smartphone Addiction Aspects

Aspects	Mean
Positive Anticipation	3.01
Tolerance	2.50
Withdrawal	2.43
Cyberspace-Oriented Relationship	2.32
Daily Life Disturbance	2.31
Overuse	2.16

In general, the average duration of smartphone use by participants in one day is as follows:

Table 3. Length of Smartphone Usage Per Day

Duration	N	%	Mean
1-3 Jam	11	7,5%	2.26
3-6 Jam	43	29,5%	2,44
> 6 Jam	92	63,0%	2.65
Total	146	100%	

Based on research participant data, the following is the number of applications, types of applications, and content followed by participants.

Table 4. Number of Applications Owned

Number of Application	N	%
4	8	5,4%
5	6	4,1%
6	48	32,9%
7	42	28,8%
8	42	28,8%
Total	146	100%

Table 5. Types of Applications Owned (N=146)

Application	N	%
Instagram	146	100%
WhatsAap	146	100%
Telegram	134	92%
Youtube	128	88%
Twitter	113	77%
Line	112	76%
TikTok	104	71%
Facebook	97	66%

Note: participants have 4 or more types of applications

Table 6. Followed Content (N=146)

Content	N	Σ
Entertainment		150
Music	45	
Entertainment	29	
Comedy/humor	17	
Film/drama series	14	
Sport	13	
Art	11	
Fashion	7	
Game	7	
Online Shopping	7	
Information		109
Cuisine/Culinary	27	
Beauty	19	
Automotive	17	
News	13	
Technology	8	
Religious	7	
Traveling	6	
Health	4	
Student Affairs	4	
Animals	4	
Education		57
Self-Improvement	28	
Skill Upgrade	21	
Business and Finance	4	
Creations	4	

Note: each participant can give more than one answer

The following are answers to open-ended question 1 regarding participants' feelings when the smartphone is lost or the battery runs out quickly, and answers to open-ended question 2 regarding the efforts made by participants when the smartphone is lost or the battery runs out quickly.

Table 7. Feelings When Smartphone Lost or Runs Out of Battery

Question	Answer	N	%
How do you feel when the smartphone is lost or runs out of battery?	Worried	49	34%
	Just ordinary	33	23%
	Sad	31	21%
	Annoyed	12	8%
	Bored	10	7%
	Stress	6	4%
	Dissapointment	5	3%

Total	146	100%
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Table 8. Attempts that made when the smartphone is lost or runs out of battery

Question	Answer	N	%
What do you do when your smartphone is lost or the smartphone battery runs out quickly?	Finding a Lost Smartphone	37	25%
	Looking for a socket for a smartphone charger	37	25%
	Doing Other Activities	34	23%
	Buy a New Smartphone	27	20%
	Charge Smartphone with Power Bank	6	4%
	Smartphone Battery Repair	5	3%
Total		146	100%

IV. DISCUSSION

The results showed that in general the participants' smartphone addiction was in the moderate category, several things that can cause a condition like this. Regarding the duration of smartphone use, which is often one of the reasons for being diagnosed with smart addiction, field data shows that although 63% of participants use smartphones for more than 6 hours each day, 37% still use them for under 6 hours (table 3). From the results of the Data.ai report, regarding the State of Mobile 2023 (Riyanto, 2023) it stated that there was an increase in smartphone use among Indonesians, where in 2019 the average time spent was 3.9 hours, in 2020 there was a large increase, namely 5 hours, in 2021 for 5.4 hours and in 2022 for 5.7 hours per day. However, it needs to understand that in 2020 the world has started to experience the covid19 pandemic, where all life processes including lectures carried out online. This of course will also affect the duration of smartphone use by students.

However, this condition must still be a concern because, according to Data.ai. (Riyanto, 2023) in general, Indonesians are the longest smartphone users in the world. This also related to the negative impact of the length of time using smartphones on student studies. As the results of research by Thomas (2016) on students in Thailand who used smartphones for 7.5–10 hours a day, it showed they were unable to concentrate in class, failed to complete assignments, causing participants to constantly think about and use smartphones.

The results of the analysis for smartphone addiction aspects (table 2) show that positive anticipation, tolerance, and withdrawal are the three highest orders. This means that the three conditions experienced by the participants the most. According to Kwon et al (2013), positive anticipation is a condition where participants use smartphones as a means to reduce or eliminate stress or feelings of emptiness. A smartphone is not only a device for communicating, playing games and PDAs, but also a friend who gives pleasure, relieves fatigue or reduces anxiety. Research shows that many students use smartphones as an escape from the stress they experience (Chiu, 2014). Smartphones can also be an easy and quick distraction for people who are facing stressful events, and function as coping or escape mechanisms (Snodgrass et al., 2014). This condition also seen in the participants (table 6) where the content most followed was the entertainment group (listening to music; entertainment such as variety shows, artists, programs, influencers); watching comedy shows; watching movies or dramas). It is followed by content in the form of information (regarding food such as recipes, culinary places, food bloggers; beauty such as beauty tools, make-up; automotive for motorcycles & cars; as well as general news such as the latest information, social, political). Lastly is educational content (including self-development such as tips & tricks, further study, job search, self-motivation; as well as skill enhancement such as learning about languages, journalism, vehicle modification, coffee brewing).

From the description above, we can understand that 90.5% of participants have up to 6-8 applications (table 4). This shows that almost all participants have many applications and use these applications alternately according to the desired purpose. The data (table 5) also shows the four most followed applications, namely Instagram, WhatsApp, Telegram, and YouTube. Several participants said that Instagram is usually used to follow artists, influencers, or programs; WhatsApp and Telegram to communicate; and YouTube to download music, movies or learn something. This condition is also stated by Astri (2016) that the pattern of smartphone use in Indonesia shows a tendency for users to move from one feature to another, from one application to another, from waking up in the morning until going back to sleep.

Tolerance describes an individual's inability to control when using a smartphone (Kwon et al, 2013). Here, the time needed by individuals to use smartphones will usually increase. This condition seems to be in agreement with the participant data (table 5), where in general there is an increase in the percentage of participants for the length of time they use smartphones per day. The number of participants who used smartphones for 1-3 hours per day was only 7.5%, for 3-6 hours as much as 29.5%, and more than 6 hours per day up to 63%.

Withdrawal according to Kwon et al (2013) is the feeling of not being able to survive without having a smartphone, feeling irritated when disturbed while using a smartphone, feeling impatient and anxious when not using a smartphone, and always thinking about a smartphone even when not using it. From this description, the absence of a smartphone will cause unpleasant feelings. This result is supported by the answers to open question 1 (table 6) regarding participants' feelings when the smartphone is lost or the battery runs out quickly, as many as 67% of participants feel negative emotions (feeling anxious, sad, annoyed, bored, stressed, & disappointed). The efforts made by the participants (table 7) were to immediately look for a smartphone (37%) and immediately look for a socket for a smartphone charger (37%). This condition is in line with the research of Lundquist et al (2014) which shows that smartphone users have a strong feeling of attachment to the smartphone they own.

V. CONCLUSION

This study aims to determine the description of smartphone addiction among college students. The results showed that in general the participants' smartphone addiction was in the moderate category. The three aspects of smartphone addiction that were most experienced by participants were positive anticipation, tolerance, and withdrawal. 63% of participants use smartphones for more than 6 hours, and 90.5% of participants own and use more than 6 applications, mainly for entertainment, obtaining information, and self-development/skills improvement. The suggestions for participants, it is necessary to hone the ability to control oneself and manage the use of time in a balanced way between academic and personal activities, as well as the use of smartphones, so that it does not have a negative impact on the participants' academic conditions and functioning in daily life. The results of this study is as evidencebased in designing interventions for students who have smartphone addiction.

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