

THE IMPACT OF OVERUSING SMARTPHONES ON SOCIAL INTERACTION PATTERNS OF STUDENTS FACULTY OF SOCIAL SCIENCE UNIVERSITY OF PADANG STATE

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A B S T R A C T

This research is motivated by the high level of importance of using smartphones for FIS UNP students, which reaches more than 90% with a range of smartphone usage per hour reaching 10 to 13 hours a day. This study aims to determine the impact of excessive smartphone use on social interaction patterns of FIS UNP students who are categorized as sufferers of nomophobia. This study uses a descriptive qualitative approach with purposive sampling technique of collecting informants. Data collection techniques used in this study consisted of observation, interviews, and documentation. Then the data analysis technique refers to the thinking of Miles and Huberman which consists of data reduction, data presentation, and drawing conclusions. To obtain data with a high level of validity, the data triangulation method was used. The results of this study indicate that the impact of excessive smartphone use on students' social interaction patterns can be positive and negative. The positive impact of excessive use of smartphones on students' social interaction patterns is the increase in the circle of friends, the presence of smartphones makes the spectrum of student communication wider, and up-to-date with the latest information. The negative impact of excessive use of smartphones on students' social interaction patterns is the decline in the quality of communication and face-to-face interactions directly, not focusing when studying and communicating intensely, and tending to be happier with their world.

INTRODUCTION

Along with the development of the digital technology era, now mobile phone facilities are not just for short messages and for telephone communication, but more than that, advances in digital technology provide a new version of a mobile phone that has a multifunction known as a *smartphone*. multifunctionality of a *smartphone* can be seen from its function which is not only for communication activities, but can also be used to play *games*, watch tv, and others that can be done with a *smartphone* (Aziz, 2019). In addition, with the features and access to social media available on *smartphones* it becomes an attraction for *smartphones*.

According to *We are social* (Riyanto, 2022), (accessed November 1, 2022, at 13.08 WIB), the total global population is 7.91 billion people and 8.28 billion of them are *smartphones*, with the number of users increasing during the year. final. This illustrates that there will be a *smartphone* level in 2022 with an increase of 2.9% from the previous year. According to (Riyanto, 2022), (accessed November 1, 2022) the total population of Indonesia in 2022 is 277.7 million people with internet users reaching 204.7 million people. Interestingly, the number of *smartphones* has reached 370.1 million units. This illustrates that the number of *smartphones* is almost twice the total population of Indonesia itself. In 2021 to 2022 the total

population of Indonesia has increased by a percentage of 1% and the number of *smartphones* has also increased from 2021 to 2022 with a total percentage reaching 3.6%.

Smartphones enter among users slowly or unconsciously by users who are victims of *smartphone development*, with a variety of entertaining applications that can be downloaded for free. use of *smartphones* can potentially lead to impaired social interaction. One of the other bad effects of *smartphones* is that it can increase the number of deaths caused by the *smartphone* itself. According to (Governors Highway Safety Association, 2018) *The Governor's Highway Safety Association*, states that pedestrian deaths in the United States (US) in 2017 amounted to 5,984 people caused by the growth in *smartphone use*. This can be seen from the number of *smartphones* -related emergency room visits *smartphone* has also increased.

The prohibition on playing *smartphones* while driving has been stated in Law No. 22 of 2009 concerning Road Traffic and Transportation (LLAJ). Article 106 paragraph 1 states that the driver must drive the vehicle with full concentration. One of the factors, apart from liquor, is the use of *smartphones* because they can potentially cause traffic accidents. According to (Kompas.com, 2020), driving without *wireless* will increase the risk of concentration disturbances above 65%, while using *wireless* is 47%. This illustrates that there is a high chance that the driver will lose control or lose concentration while driving.

Smartphones can be used in various communication activities and transactions that are faster and easier, besides that *smartphones* can also be used as a medium for socializing, playing *games sites online* such as social media. Social media is media that provides users with the ability to share posts, chat, and others. Social media can be in the form of *facebook*, *wordpress*, *twitter*, *blog*, *friendster*, *myspace*, *google+*, *YouTube*, *instagram*, and other media (Wardani, 2016).

The culture of communicating through social media can have another impact if you use it

often. One of them is the phenomenon of *Nomophobia* (*No Mobile Phone Phobia*). *Nomophobia* is considered a modern disease which has recently been used to describe discomfort or anxiety caused by not being near virtual communication devices such as *smartphones* (King, dkk. 2013). *Nomophobia* can also describe someone who can't stay away from social media interactions. This type of phobia is characterized by an excessive sense of fear if someone loses a *smartphone* to just see incoming notifications. Patients with *nomophobia* are characterized by excessive anxiety behaviors such as fear of running out of battery, fear of *smartphones* or temporary *emails* and social networks (Gifary, 2015). This can be seen from someone who has *xenophobia* can check *smartphone* up to 34 times a day and even brings *smartphone* to the bathroom (Wardani, 2016).

The phenomenon of *nomophobia* often attacks the young age category ranging from 18-25 years of age who are in higher education with student status (Ramaita, Armaita, & Vandelis, 2019). Students who are users of various kinds of technology, have a high need for communication information, either directly or indirectly they will get another advantage, namely by increasing the intensity in interacting. One example is students of the Faculty of Social Sciences, Padang State University. Students are individuals who study, pursue scientific disciplines, and undergo a series of lectures in the learning process. Like FIS UNP students who are individuals who learn about social sciences, pursue scientific disciplines, and undergo a series of lectures in the learning process about social sciences.

According to (Siallangan, 2011), the main tasks of students are learning such as making assignments, reading books, making papers, discussions, presentations, attending seminars and other activities that are patterned on campus. However, even so, the phenomenon of *nomophobia* can occur in the environment of FIS UNP students. Where the main task as a student is often seconded by students who are categorized as people with *nomophobia*.

As it is known that the level of importance of using *smartphones* for students reaches more than 90% with the time span of using *smartphones* per hour reaching 10 to 13 hours a day. The cause of the student's dependence on *smartphones* centered on the *smartphone* itself, for students *the smartphone* is an electronic device that was created to facilitate everything, both for communicating, information, ordering food or goods, studying, even as a world of entertainment to relieve boredom and add friends new. Some relevant research in the author's research can be seen in Restu Kusuma Wardani's research (2016), the results of his research are where the phenomenon of *nomophobia* is a new phenomenon that describes the condition of a person who cannot be away from his *cellphone*. This phenomenon can be seen from the behavior of students who cannot communicate without *cell phones*, fearful behavior of not being connected to social media, and forgetting their environment, as well as making *smartphones* a new lifestyle among students of FISIP, Pasundan University, Bandung. Then the research of Muhammad Yudhi Faisal and Neni Yulianti (2017) the results of their research show that the meaning of *nomophobia* that appears in the use of smartphones among students is motivated by a change in self-concept in the way students communicate, self-existence, and student self-image on social media that becomes main reasons for *nomophobia* and *because motives* for *nomophobia* consist of several such as: desire to follow trends, group influence, interest in application features, education, and advertising.

METHOD

This research is descriptive with a phenomenological type of qualitative approach. A qualitative approach is an approach that focuses on the general principles that underlie an embodiment of meaning derived from social phenomena in society (Bungin, 2007). The purpose of this study is also to make a fact that can be understood and does not emphasize the estimation of various phenomena (Morrisan, 2012). As discussed in this study, namely the impact of smartphone excessive According to Taylor and Bogdan (dalam Zaibaki, 2012)

qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from people regarding the observed behavior. The location of this research was carried out at the Faculty of Social Sciences (FIS) UNP precisely on students who were FIS UNP students. The selection of informants was carried out by purposive sampling (purposed sample) with 5 informants who were members of Wakesma FIS.

Data collection techniques were carried out by means of participatory observation, in-depth interviews, and documentation studies. To check the validity of the data in this study, the authors used data triangulation techniques. Data analysis techniques according to Matthew B. Miles and A. Michael Huberman are Data Reduction, Data Display, and Conclusion Drawing/ Verification.

RESULTS AND DISCUSSION

Use *Smartphone* of Excessive

Impact of excessive smartphone use can be seen from two sides, namely the positive and negative sides:

1. Positive Impact

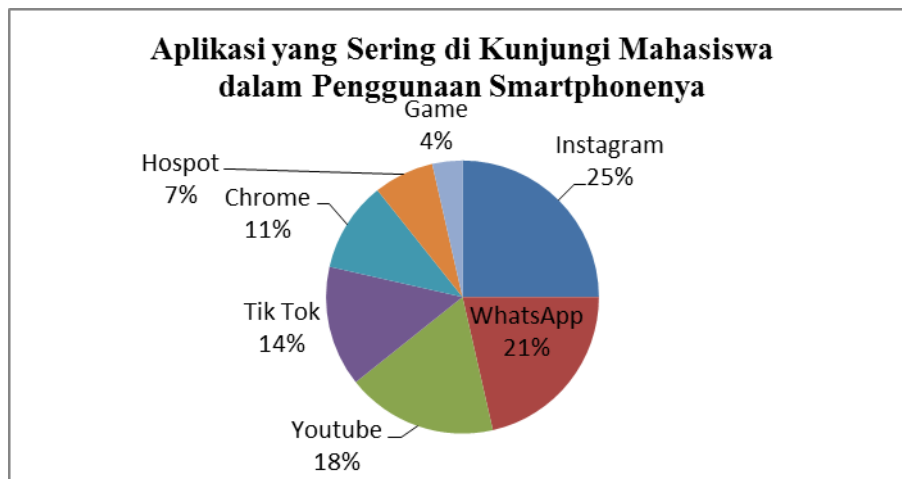
The positive side of *smartphone* excessive This can be seen from *updates* in receiving information on social media. *The update* of someone receiving information on social media can be seen in terms of the time *smartphones* students The average use of time for students to use their *smartphones* is 10 to 13 hours per day. This illustrates that most of the time used by students is to use their *smartphones*. The time that students most often use *smartphones* is after Maghrib prayers until midnight. The statement was expressed by the average student on the grounds that the time after the Maghrib prayer is a suitable time to rest and relax. The meaning of the sentence resting and relaxing after the Maghrib prayer is the release of student activities while on campus.

An increase in the student circle of friends can also be seen from *online* that are often used by these students. *Online* media can also be called digital media,

cyber, and internet media which are new media after print media (newspapers, magazines, and tabloids) and electronic media (radio, television, and films). Online media in general can be in the form of *email*, websites, *blogs*, *WhatsApp*, *Line*, *Wechat*, *Facebook*, *Telegram*, *Twitter*, .

Path, *Google plus*, *Instagram*, and other social media. All of these media can be accessed via the internet. The following is a diagram of the percentage of applications that are frequently visited by students when using their *smartphones*:

Figure 2. Application Frequently Visited by Students Using their *Smartphones*



Based on an app usage graph which is often visited by students in the use of *smartphones*, it can be concluded that the use of the Instagram application on students dominates over the use of other applications. This can be seen from the percentage which reaches 25% compared to other applications. Next in second place is the *WhatsApp* with a percentage of 21% and in the next order there is *YouTube* with a percentage of 18%, *Tik Tok* with a percentage of 14%, *Chrome* with a percentage of 11%, *Mobile hotspots* with a percentage of 7%, and *games* with a percentage of 4%. . So it can be concluded that the use of *online* such as *Instagram* and *WhatsApp* is more visited by students with the aim of being entertainment and communication tools in daily activities or learning activities. features *smartphone* that can control each FIS UNP student, thus causing the student to be unable to be away from *smartphone*.

The selection of the right social media for students by students can also provide positive values for students, one of which is the widening spectrum of student

communication. The point is that students can get along with anyone, anytime and from different areas without needing time to meet in person. The broad spectrum of communication owned by students will have a positive impact. As can be seen from *updates* in receiving the latest information.

Excessive use of smartphones also provides a positive side for students when they are facing boredom in doing their final assignments. One of them is for entertainment. According to (Nasution, Jamilah Aini,. Suhaili 2017:16) *smartphones* have various functions, one of which is as an entertainment medium. The use of *smartphones* as entertainment media aims to minimize boredom, not a core activity. applications *smartphones* that are accessed as entertainment can be in the form of *games*, music, video players, and cameras. While *smartphones online* that can be used as entertainment media are *Tok Tok*, *YouTube*, *Instagram*, and others.

The entertainment media that are often visited by students based on research results are *Tik Tok*, *YouTube*, *Instagram*, and *online games*. applications *smartphone* as

entertainment media should be used with the aim of minimizing boredom, but it is not uncommon for some students to forget the intent and purpose of their use so that it drags on and forgets the time in using smartphone applications as entertainment media which is used only to minimize boredom. This is evidenced by several students who served as informants stating that sometimes they often forget the time to do their main task as a student on campus because they enjoy using *smartphones*, but most of them are also able to put the use of *smartphones* as entertainment media with the appropriate time and place. . So it can be concluded, the use of *smartphones* as entertainment media can function as something positive.

2. Negative

Impact The negative impact obtained by smartphones excessiveAs this can be seen from the interaction of students who are more happy when dealing with their *smartphone regardless* of the surrounding environment. So this illustrates that excessive use of smartphones can cause students to become apathetic to the surrounding social environment.

The decline in the quality of student social interaction patterns can also be seen in terms of the time students use *smartphones* . As it is known that the level of importance of using *smartphones* for students reaches more than 90% with the time span of using *smartphones* per hour reaching 10 to 13 hours a day. The cause of the student's dependence on *smartphones is centered* on the *smartphone* itself, for students the *smartphone* is an electronic device that was created to facilitate everything, both for communicating, information, ordering food or goods, studying, even as a world of entertainment to relieve boredom and add friends. new.

Another negative impact created by the excessive use of *smartphones* by students is the decreased level of student focus in the learning process. The decreased level of student focus can be caused by the high anxiety of students if they are far

from their *smartphones*. The attitude of students who are categorized as sufferers of *nomophobia* has a high sense of anxiety if the student does not contact the *smartphone* in a not too long time. It can be grouped into three components of attitude, namely awareness, feeling, and behavior. If we look at student awareness, the average student can be classified as aware of the *nomophobia* caused by the *smartphone* .

Component of attitude *second* is feeling. A student who is classified as *nomophobia* has a high feeling of anxiety if he is far from *smartphone*. The importance of *smartphones* for students can be seen from the feeling of anxiety or discomfort for students when they are far from *smartphones*. The existence of high fear and anxiety when their *smartphones are left* behind is a key that illustrates the importance and role of *smartphones* for students, both in terms of communicating and receiving the latest information.attitude component *third* is behavior. The behavior of students who are classified as sufferers of *nomophobia* can be seen clearly from the choice of students who prioritize their *smartphones in* every way. Not only that, another negative impact created by the excessive use of *smartphones* by students is to foster a sense of happiness for students in the virtual world.

Phenomenological Theory Analysis (Alfred Schutz) and Media Equation Theory (Byron Reeves and Clifford Nass)

Based on the results of the above research, the phenomenological theory proposed by Alfred Schutz (1889-1931). Phenomenological theory shows the existence of an event or phenomenon that is formed because of the individual himself so that the individual becomes an actor and actor in the phenomenon. This analysis of Alfred Schutz's Phenomenological Theory can be seen from how the attention of students who are categorized as *nomophobia* drained a lot by *smartphones*. Student attitudes that describe the meaning of *smartphones* are so important for students. The concentration of students' attention that is drained a lot can also be seen from how these students prefer to communicate and seek information from their *smartphones*.

According to *Media Equation Theory* proposed by Byron Reeves and Clifford Nass, our response to communication media, images in the media, and media technology is the same as our response to actual people and places (Foss, 2016). The implications of the *Media Equation Theory* can be seen from the finding that the media is not just a tool or device, but as an actual participant in our social life and we respond to the media, which has both positive and negative implications.

CONCLUSIONS

Based on the results of research that researchers have done regarding the Impact of Using More Smartphones on Social Interaction Patterns for Students of the Faculty of Social Sciences, Padang State University it can be concluded that the results of this study indicate that the impact of excessive smartphone use on students' social interaction patterns can be positive and negative. The positive impact of excessive use of smartphones on students' social interaction patterns is an increase in the circle of friends, the presence of smartphones makes the spectrum of student communication wider, and *up-to-date* with the latest information. The negative impact of excessive use of smartphones on students' social interaction patterns is the decline in the quality of communication and face-to-face interactions directly, not focusing when studying and communicating intensely, and tending to be happier with their world

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