THE INFLUENCE OF SELF-ESTEEM AND INTERNET ADDICTION ON NOMOPHOBIA IN STUDENTS OF SMA NEGERI 1 KUALA

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Abstract

The current tendency of nomophobia is quite problematic for teenagers, especially students in this study. Nomophobia is certainly influenced by many factors. This study aims to analyze and see the influence of self-esteem and internet addiction with nomophobia. This study is included in quantitative research that is associative causal. The sample of this study was 275 students of SMA N 1 Kuala. The research data were collected using a research scale that was stated to be valid and reliable. The data analysis technique used multiple linear regression analysis. The results of the study showed that (1) There is a significant relationship between self-esteem and nomophobia. This can be seen in the model summary table where the correlation r is 0.422 and p = 0.000. The correlation is negative, meaning that if self-esteem is low, nomophobia also increases. The determinant coefficient R² is 0.178, meaning that 17.8% of nomophobia is influenced by self-esteem. Based on the results of this study, it can be stated that the proposed hypothesis 1 is accepted. (2) There is a significant relationship between internet addiction and nomophobia. This can be seen in the model summary table where the correlation r is 0.522 and p = 0.000. The correlation is negative, meaning that if internet addiction increases, nomophobia also increases. The determinant coefficient R² is 0.273, meaning that 27.3% of nomophobia is influenced by internet addiction. Based on the results of this study, it can be stated that the proposed hypothesis 2 is accepted. (3) Together, the variables of self-esteem and internet addiction have a significant relationship with nomophobia. This can be seen from the model summary table where the correlation r is 0.577 and p = 0.000. This means that together, variables X1 and X2 influence variable Y. Based on the results of this study, the three hypotheses proposed in this study are declared accepted. The determinant coefficient R² is 0.333, meaning that 33.3% of nomophobia is influenced by self-esteem and internet addiction. While 66.7% is influenced by other factors that cannot be explained in the regression equation (residual).

Keywords: Self-Esteem, Internet Addiction, Nomophobia.

INTRODUCTION

Information technology continues to develop along with the development of hardware technology such as television, mobile phones. Since 2010 the development of mobile phone technology has been very rapid throughout the world, including in Indonesia. When smartphone technology becomes a necessity for all groups, it is a type of mobile phone that has higher capabilities than ordinary mobile phones. Smartphones have been categorized as a small computer that can process data, browse, etc.

Based on Newzoo data, China became the country with the most smartphone users in the world in 2022. This can be seen from the number of smartphone users in China which reached 910.14 million people. India followed in second place with 647.53 million smartphone users. Its position was followed by the United States with 249.29 million smartphone users. Indonesia is fourth on this list. It was recorded that there were 192.15 million smartphone users in the country throughout 2022.

Pengaruh Harga Diri dan Kecanduan Internet terhadap Nomophobia pada Siswa SMA Negeri 1 Kuala

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https://dataindonesia.id/digital/detail/user-smartphone-indonesia-terbesar-keempat-dunia-pada-2022

The use of mobile phones connected to the internet continues to increase and become a necessity for individuals of all ages. Mobile phones connected to the internet are very helpful in facilitating work for both workers and students. Smartphones have become an item with a high level of need in an effort to support work productivity. This is because smartphones can be used anywhere and can be carried anywhere, unlike PC computers or laptops which are slightly larger in size. Smartphones have the advantage of being able to access the internet at high speed and facilitate people's activities in carrying out social interactions through social networking features or media networking, such as Facebook, Instagram, Twitter, Skype and others.

Due to the high need for smartphones in daily activities, the frequency of using mobile phones also continues to increase. Human activities from waking up to going back to sleep at night sometimes cannot be separated from mobile phones. Therefore, excessive use of mobile phones can disrupt the balance between personal life, work, social and family. Excessive use of smartphones can cause negative effects. The negative effects caused by smartphone use are addiction to using smartphones, lack of concentration and nomophibia disorders.

The convenience and comfort offered by smartphones can be a problem if used excessively, one of which is nomophobia, which has recently become a worldwide concern. Nomophobia is described as a fear that is caused by a cellphone or the internet being far from the reach of its owner, nomophobia is also interpreted as a feeling of anxiety due to the unavailability of devices such as computers or virtual communication devices, in this definition it is more related to cellphones (King et al., 2014).

According to Cheever (in Mayangsari and Ariana, 2015: 158) Nomophobia or the abbreviation of no-mobile phone is a condition of being unable to be separated from a mobile phone. Nomophobia is considered a modern disorder and has recently been used to describe the discomfort or anxiety caused by not being close to a virtual communication device such as a mobile phone (King, et al., 2014). Indonesian teenagers use the internet the most compared to other age groups. This can be seen from the results of a survey by the Indonesian Internet Service Providers Association (APJII) where the internet penetration rate in the 13-18 age group reached 99.16% in 2021-2022.https://dataindonesia.id/Digital/detail/jual-paling-besar-cepat-internet-di-indonesia-pada-2022

Some characteristics that describe nomophobia include high frequency of smartphone use, feeling anxious when away from the smartphone, feeling uncomfortable when the battery is low, always carrying a battery charger, feeling uncomfortable when the network is inadequate, always feeling ringxiety or a condition where someone thinks their smartphone is vibrating (Pradana and Muqtadiroh, 2016).

This nomophobia phenomenon has a negative impact on society, namely feelings of worry or anxiety. This phenomenon often occurs in our daily environment, such as never turning off smartphones, willing to spend large amounts of money on internet quotas and when sleeping, smartphones are placed on the bed (Sari et al., 2020). Nomophobia has various characteristics such as dependence on smartphones or spending more time with smartphones, always carrying a charger wherever you go, feeling anxious and nervous when the smartphone is not connected to the internet network or runs out of quota.

The ease of accessing the internet via smartphone is a special attraction for all ages. Through smartphones all information can be accessed easily without any space and time limits. In addition, the emergence of various social media applications on smartphones causes the additional time needed to surf the internet.

According to the "State of Mobile 2023" report published by application market research firm data.ai, the average time spent using mobile phones in Indonesia is higher than 17 other countries such as Brazil (5.3 hours), Saudi Arabia (5.3 hours), Singapore (5.3 hours), South Korea (5 hours), Mexico (4.9 hours). In 2019, each Indonesian spent an average of 3.9 hours per day playing on their mobile phones. Then, in 2020, the average time increased to 5 hours per day. The average time spent by Indonesians increased to 5.4 hours per day in 2021, then 5.7 hours per day in 2022. (https://tekno.kompas.com/read/2023/01/17/13010087/orang-indonesia-habiskan-5-jam-per-hari-untuk-buka-hp-terlama-di-dunia)

Nearly 150 million out of 268.3 million Indonesians are active social media users. On average, each person has 11.2 accounts. The average intensity of daily time spent using social media through*smartphone*in Indonesia is 3 hours 26 minutes. This figure is higher than the global figure, which is only 2 hours 16 minutes. https://news.unair.ac.id/2020/07/12/intensitas-kecanduan-smartphone-di-kalangan-belas/?lang=id.

The increasing number of internet users in Indonesia has resulted in increasing addiction to the internet or what is known as internet addiction (Hakim, SN, & Raj, AA (2017). Dodes (Wulandari, 2015) stated that addiction consists of physical addiction, which is addiction related to alcohol or cocaine, and non-physical addiction, which is addiction that does not involve alcohol or cocaine, thus it can be said that online game addiction is included in non-physical addiction.

The reason teenagers are addicted to the internet is because they do not get self-satisfaction when doing social relationships directly or face to face, therefore the individual must rely on online communication to meet their needs in interacting socially. When online, individuals feel excited, happy, free, and feel needed and supported, conversely when offline individuals feel lonely, anxious, dissatisfied, and even frustrated (Neto and Barros, 2000). Individuals who experience anxiety in interacting socially see online interaction as a safe way to interact compared to having to meet face to face (Ybarra, Alexander & Mitchell, 2005; Mesch, 2012).

From the desire to access the internet continuously, individuals who are addicted to the internet feel negative impacts such as reduced direct social interaction, often procrastinating on work, delaying doing assignments, experiencing insomnia or difficulty sleeping, disturbed eye health, decreased academic achievement, because when they are busy playing on the internet, the subject feels lazy to study.

When online, subjects usually access social media such as Instagram, Line, WhatsApp, Phat, Blackberry Messenger, Facebook, Twitter, YouTube streaming and open Google to do assignments or reports. The feeling is happy, calm, happy, the subject feels that they have new things that are definitely obtained quickly, the subject feels that they can find out about the outside world, feels that they can get a lot of information quickly and feels a very happy and happy feeling, especially if the internet access is very fast because that way they can access more things quickly and feel like lingering in that place.

On average, subjects access the internet for 10 hours per day, subjects never stop accessing the internet because of their continuous desire to use the internet, such as opening one social media, then opening another, then opening it again, closing it and opening it again, and so on and so forth, subjects feel that half of their needs can be met via the internet and the presence of the internet makes subjects feel less lonely (Hakim, SN, & Raj, AA (2017).

Based on this, the aim of this study is to find out:
1. The Influence of Self-Esteem on Nomophobia at SMA N 1 Kuala.
2. The Influence of Internet Addiction on Nomophobia at SMA N 1 Kuala.
3. The Influence of Self-Esteem and Internet Addiction on Nomophobia at SMA N 1 Kuala.

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METHOD

The type of research uses a survey approach, identification of research variables consists of vdependent variable is Nomophobia (Y) while the independent variables are Self-Esteem (X1) and Internet Addiction (X2). operational definition of research variables, research subjects, data collection methods, validity and reliability of measuring instruments, and data analysis methods. Population is the total number consisting of objects or subjects that have certain characteristics and qualities determined by the researcher to be studied and then conclusions drawn (Sugiyono, 2017). In this study, a sample of 275 was taken based on the random sampling technique.

The data collection method was obtained through a scale instrument. According to Azwar (2015), a psychological scale is a measuring instrument that measures aspects or attributes of psychological samples through behavioral indicators translated into question items or statements. The data needed in this study were obtained through three types of scale instruments, namely the Nomophobia, Self-Esteem, and Internet Addiction scales.

Basic Assumption Test Results

The purpose of this normality test is to prove the distribution of research data that is the center of attention after distributing it based on the principle of the normal curve. The normality test of distribution is analyzed using the normality test of research data distribution using the Kolmogorov-SmirnovG technique.

Based on the analysis, it is known that self-esteem, internet addiction and nomophobia follow a normal distribution that is distributed according to the principle of the normal curve. As a criterion if $p > 0.05$ the distribution is declared normal, otherwise if $p < 0.05$ the distribution is declared abnormal (Sujarweni, 2014).

Table 4.4 Summary of Normality Test Calculation Results

Variables	KS	P	Caption
Pride	0.088	0.070	Normal
Internet addiction	0.060	0.097	Normal
Nomophobia	0.130	0.150	Normal

Information :
KS = Kolmogorov-Smirnov coefficient
p   = Significant

Linearity Test

Based on the linearity test, it can be seen whether the independent variables and dependent variables can or cannot be analyzed by regression. The results of the analysis show that the independent variables X1 and X2 (self-esteem and internet addiction) have a linear relationship with the dependent variable (nomophobia). As a criterion, if $p < 0.05$ then it is stated to have a linear relationship degree (Sujarweni, 2014). The relationship can be seen in the following table:

Table. 4.5 Summary of Linearity Test Calculation Results

CORRELATIONAL	F count	P	INFORMATION
X1 – Y	1,941	0.000	Linear
X2 – Y	4,533	0.000	Linear

Information:

X1	= self-esteem.	F count	= Data output value.
X2	= internet addiction.	p	= Significance.

Y   = nomophobia.

Hypothesis Testing

Hypothesis testing is a test that establishes a basis so that it can collect evidence in the form of data in determining the decision whether to reject or accept the truth of the statement or assumption that has been made. Hypothesis testing can also provide confidence for researchers in making decisions that are objective.

Partial Significance Test (t-Test)

The t-test is used to determine whether there is a significant influence between the independent variables partially on the dependent variable. Calculating the t-test is done by comparing the calculated t value with the t table. If the calculated t> t table, then the variable is said to have an influence. To calculate the t-table value, determine the degree of freedom value. With the formula Df = N-2. In this study, the df value = 275-2 = 273. Therefore, the t-table value with a significance level of 5% is 2.05. The following partial significance test results (t-test) can be seen in table 1.11.

Table 4.6 Partial Significance Test (t-test)

Coefficients[a]					
Model	**Unstandardized Coefficients**		**Standardized Coefficients**	**T**	**Sig.**
	B	**Std. Error**	**Beta**		
(Constant)	3.493	4.146		.843	.400
1 X1 (Price denvy)	.148	.030	.265	4.976	.000
X2 (Internet addiction)	..496	.062	.424	7,960	0.000
Dependent Variable: Y (Nomophobia)					

a) Self-Esteem (X1)

The value of the t-test results obtained by analyzing table 4.6, then the t-value count 4.976 with a significant level of á = 0.05, then the ttable is 2.05, so that tcount = 4.976 > ttable = 2.05. While through the significant level, a significance value of 0.000 <0.05 is obtained. This indicates that there is an influence. Thus H1 is accepted, meaning that there is a significant partial influence between the variables of Self-Esteem and nomophobia.

b)   Internet addiction (X)2)

The value of the t-test results obtained by analyzing table 11, then the t-value count 7.960 with a significant level of á = 0.05, then the ttable is 2.05, so that tcount = 7.960 > ttable = 2.05. While through the significant level, the significance value of the internet addiction variable is 0.000 < 0.05, then H2 is accepted, which means that there is a significant partial influence between the internet addiction variable and nomophobia.

Simultaneous Significance Test (F Test)

The F test is conducted to determine the influence between independent variables on the dependent variable simultaneously. This test is conducted to test the significant simultaneous influence between Self-esteem (X1) and Internet Addiction (X2) on Nomophobia (Y). Determine the value of the f table with DF 1 and DF2. DF 1 is the number of independent variables minus 1 (k-1), while DF 2 is the number of populations minus independent variables minus 1 (nk-1). So based on this, the F table value is 3.92. The following results of the simultaneous significance test (f test) can be seen in table 4.7

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Table 4.7 Partial Significance Test (F Test)

ANOVA[a]						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	5764.977	2	2882.489	68,022	,000b
	Residual	11526.208	272	42,376		
	Total	17291.185	274			

Based on Table 4.7, the results of data analysis obtained Fcount of 68.022 while Ftable = 2.64 (68.022 > 2.64) with a significance level of 0.000 < 0.05 so it can be concluded that H3 is accepted. This means that together the variables Self-Esteem and internet addiction have a simultaneous significant effect on nomophobia.

Results of Pearson Analysis and Multiple Regression

Based on the results of the analysis using the multiple regression analysis method, it is known that there is a significant negative relationship between self-esteem and nomophobia as seen from the coefficient value (Rxy) = 0.422 with p = 0.000 <0.050, meaning that there is a positive relationship between self-esteem and nomophobia, the higher the self-esteem, the lower the nomophobia of students at SMAN 1 Kuala.

Furthermore, it is known that there is a significant negative relationship between internet addiction and nomophobia as seen from the coefficient value (Rxy) = 0.522 with p = 0.000 <0.050, meaning that there is a negative relationship between internet addiction and nomophobia, the higher the internet addiction, the higher the nomophobia of SMAN 1 Kuala students. From the results of the analysis using the multiple regression analysis method, it is known that there is a significant positive relationship between self-esteem, internet addiction and nomophobia. seen from the coefficient value (Rxy) = 0.577 with p = 0.000 < 0.050, meaning there is a positive relationship between self-esteem, internet addiction and nomophobia, the higher the self-esteem and the higher the internet addiction, the higher the nomophobia of SMAN 1 Kuala students. The following is a summary of the results of the multiple regression analysis calculations.

Table 4.8 Summary of Multiple Linear Regression Analysis Calculations

Statistics	Coefficient (Rxy)	Coef. Det. (R^2)	P	BE%	Pearson Correlation	Sig	Note
X1 – Y	0.422	0.178	0,000	17.8%	0.422	0,000	Sig
X2 – Y	0.522	0.273	0,000	27.3%	0.522	0,000	Sig
X1.X2 – Y	0.577	0.333	0.001	33.3%	0.577	0.000	Sig

Information :
X1   =   Pride
X2   =   Internet addiction
Y   =   Nomophobia
Rxy   =   The coefficient of relationship between X1, X2 and Y
R^2 =   Coefficient of determinant X1, X2 against Y
P   =   Significance
BE%   =   Effective contribution weight of X1, X2 to Y in percent
Note   =   Significance statement

Based on the value of the coefficient of determinationThe R² between self-esteem and nomophobia is 0.178, in this case it means that self-esteem has a contribution of 17.8% in explaining nomophobia. While the remaining 82.2% is influenced by other variables.

Value of determination coefficientThe R² between self-esteem and internet addiction is 0.273, in this case it means that self-esteem has a contribution of 27.3% in explaining nomophobia. While the remaining 72.7% is influenced by

Variables

From table 4.8 it can be seen that the coefficient of determination (R square) obtained is 0.333. This means that 33.3% of the variablesnomophobiainfluenced by self-esteem and internet addiction variables. While the remaining 66.7% of variablesnomophobiainfluenced by other variables or factors that cannot be mentioned in this study.

RESULTS AND DISCUSSION

The results of the analysis using the multiple regression analysis method, it is known that there is a significant negative relationship between self-esteem and internet addiction with nomophobia of students at SMAN 1 Kuala. This can be seen from the results of data analysis using the SPSS (Statistic Packages For Social Science) version 22 for Windows. The discussion will start from the relationship between the first independent variable and the dependent variable and will continue with the relationship between the second independent variable and the dependent variable, then the discussion will end at the relationship between the first and second independent variables simultaneously with the dependent variable.

The influence of self-esteem on nomophobia

Based on the results of the research analysis, it is known that there is a significant negative relationship between self-esteem and nomophobia as seen from the coefficient value (Rxy) which has a value of 0.422 with p or significance of 0.000 <0.050, meaning that there is a negative and significant relationship between self-esteem and nomophobia, and it can be said that the higher the self-esteem, the lower the nomophobia of SMAN 1 Kuala students. Likewise with the value of the determinant coefficient (R2) which has a value of 0.178, this is equivalent to 17.8%, meaning that self-esteem contributes 17.8% to the nomophobia of SMAN 1 Kuala students.

However, when viewed from the standard deviation of self-esteem of 14.23 and the hypothetical mean of 145, then the empirical mean value of 144.03 shows that self-esteem is in the low category, because the empirical mean is between above the value of 145, meaning that the self-esteem of students at SMA Negeri 1 Kuala is in the low category.

The Influence of Internet Addiction on Nomophobia

Furthermore, it is known that there is a significant negative relationship between internet addiction and nomophobia as seen from the coefficient value (Rxy) which has a value of 0.522 with p or significance of 0.000 <0.050, meaning that there is a negative and significant relationship between internet addiction and nomophobia, the higher the internet addiction, the higher the nomophobia of SMAN 1 Kuala students. Likewise with the value of the determinant coefficient (R2) which has a value of 0.273, this is equivalent to 27.3%, meaning that addiction contributes 79.3% to the nomophobia of SMAN 1 Kuala students. These results show that the contribution value of internet addiction to student nomophobia is slightly higher than the contribution of self-esteem to employee nomophobia.

Then, looking at the standard deviation of internet addiction of 6.79 and the hypothetical mean of 50, the empirical mean value of 43.19 shows that internet addiction is in the low category because the empirical mean is below 50, meaning that internet addiction of SMAN 1 Kuala students is categorized as low.

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The Influence of Self-Esteem and Internet Addiction on Nomophobia

From the results of the study using multiple regression analysis method, it is known that there is a significant positive relationship between self-esteem and internet addiction with nomophobia as seen from the coefficient value (Rxy) which has a value of 0.577 with p or significance of 0.000 <0.050, meaning that there is a negative and significant relationship between self-esteem and internet addiction with nomophobia, the lower the self-esteem and the higher the internet addiction, the higher the nomophobia of SMAN 1 Kuala students. Likewise with the value of the determinant coefficient (R2) which has a value of 0.333, this is equivalent to 33.3%, meaning that self-esteem and internet addiction contribute 33.3% to nomophobia in SMAN 1 Kuala students.

From the summary above, the results of the data analysis show that the contribution of self-esteem to nomophobia is seen from the value of the determinant coefficient (R2) of 0.178 or 17.8%. The contribution of internet addiction to nomophobia is seen from the value of the determinant coefficient (R2) of 0.273 or 27.3%. Furthermore, simultaneously the contribution of self-esteem and internet addiction to nomophobia is seen from the value of the determinant coefficient (R2) of 0.333 or 33.3%.

Research limitations

This research has been carried out with standard scientific procedures, then received guidance from experts who are considered competent. However, in its implementation, the researcher realized that this research is not free from limitations. Here are some limitations of the research that the researcher will describe:

1. The variables studied in this study as independent variables are only two variables, of course there are still many other variables that can be studied that are related to nomophobia so that by studying several variables that have not been studied in this study, it can further strengthen the understanding of practitioners in the field of education.
2. This research was only conducted in one school, SMA N 1 Kuala, of course it cannot see nomophobia on a national scale, because each district certainly has a different culture or school climate and school conditions. Therefore, it is necessary to conduct more in-depth research with a wider reach.
3. The researcher's experience, which is still relatively minimal, certainly does not escape various errors in terms of data collection, data analysis, discussion, and drawing conclusions in this research.

CONCLUSION

Based on the research findings, analysis and hypothesis testing, several conclusions can be drawn as follows:

a. There is a significant relationship between self-esteem and nomophobia. This can be seen in the model summary table where the correlation r is 0.422 and p = 0.000. The correlation is negative, meaning that if self-esteem is low, nomophobia will also increase. The determinant coefficient R^2 is 0.178, meaning that 17.8% of nomophobia is influenced by self-esteem. Based on the results of this study, it can be stated that the proposed hypothesis 1 is accepted.

b. There is a significant relationship between internet addiction and nomophobia. This can be seen in the model summary table where the correlation r is 0.522 and p = 0.000. The correlation is negative, meaning that if internet addiction increases, nomophobia also increases. The determinant coefficient R^2 is 0.273, meaning that 27.3% of nomophobia is influenced by internet addiction. Based on the results of this study, it can be stated that the proposed hypothesis 2 is accepted.

c. Together, the variables of self-esteem and internet addiction have a significant relationship with nomophobia. This can be seen from the model summary table where the correlation r is 0.577 and p = 0.000. This means that together variables X1 and X2 affect variable Y. Based on the results of this study, the three hypotheses proposed in this study are declared accepted. The determinant coefficient R² is 0.333, meaning that 33.3% of nomophobia is influenced by self-esteem and internet addiction. While 66.7% is influenced by other factors that cannot be explained in the regression equation (residual).

d. The self-esteem of students at SMAN 1 Kuala is classified as low, where the empirical average value is 144.03 and the hypothetical average value is 145. Meanwhile, internet addiction is classified as low, where the empirical average value is 43.19 and the hypothetical average value is 50. Meanwhile, nomophobia of students at SMAN 1 Kuala is also classified as high, where the empirical average value is 46.21 and the hypothetical average value is 92.5.

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