

## ORIGINAL ARTICLE

## The Relationship Between Gadget Addiction and Psychosocial Disorders Among Junior High School Students

Shavira Putri Rahmadhani<sup>1</sup>, Putri Rokhima Ayuningtyas<sup>2</sup>, Ratnawati<sup>3</sup>

### ABSTRACT

Psychosocial disorders are changes in a person's mental and emotional condition that can lead to difficulties in daily activities and may affect interpersonal relationships. Psychosocial disorders can be caused by factors such as gadget addiction. This study aims to explore the relationship between gadget addiction and psychosocial disorders among junior high school students. This is an analytical observational research design with a cross-sectional approach. The research sample was selected using the total sampling technique, resulting in 107 students from grades VII and VIII of Islam Hidayatullah Semarang Junior High School. The inclusion criteria were students from grades VII and VIII who were willing to fully complete the questionnaire. The questionnaire used to assess gadget addiction was the Smartphone Addiction Scale-Short Version (SAS-SV), and the Pediatric Symptom Checklist – 17 (PSC-17) was used to assess psychosocial disorders. Data analysis in this study was conducted using the Spearman-Rho correlation test. The results of the study show that the majority of children experienced gadget addiction 55 students (51.4%), and 87 students (81.3%) did not experience psychosocial disorders. The results of the Spearman rho statistical test analysis showed  $r = 0.322$  and  $p = 0.001$  ( $p < 0.05$ ). It can be concluded that there is a significant relationship between gadget addiction and psychosocial disorders, with a weak correlation. The more gadgets addicted, the more it will cause psychosocial disorders.

**Keywords:** Gadget Addiction, Psychosocial Disorders, Junior High School Students

*International Journal of Human and Health Sciences Vol. 09 No. 01 January'25*

DOI: <http://dx.doi.org/10.31344/ijhhs.v9i1.767>

### INTRODUCTION

Psychosocial disorders are all changes in an individual, both psychological and social, which have reciprocal effects and have potential to cause mental health issues<sup>1</sup>. Signs that a person is experiencing psychosocial disorder include

excessive anxiety, difficulty concentrating, irritability, and being easily offended. According to data from Riset Kesehatan Dasar (RISKESDAS), the prevalence of emotional mental disorders in Indonesia among the population aged over 15 years is 9.8 percent<sup>2</sup>. Factors that can influence psychosocial development include gadget

1. Student, Bachelor of Medicine Program Faculty of Medicine Universitas Islam Sultan Agung (UNISSULA) Semarang
2. Department of Psychiatry Faculty of Medicine Universitas Islam Sultan Agung (UNISSULA) Semarang
3. Department of Public Health Faculty of Medicine Universitas Islam Sultan Agung (UNISSULA) Semarang

**Correspondence to:** shaviraputri3@gmail.com, putrir.ayuningtyas@unissula.ac.id, Faculty of Medicine, Sultan Agung Islamic University, Jl, Kaligawe Raya KM.4, Semarang, Indonesia.

use<sup>3</sup>. Smartphone addiction is a form of gadget addiction that can lead social problems such as withdrawal, difficulty performing daily activities, or can cause impulse control disorders in an individual<sup>4</sup>. Excessive gadget use can make adolescents difficult to communicate with, tend not to care about the people around them, and unwilling to listen to the advice given<sup>5</sup>. Therefore, this research aims to determine the relationship between gadget addiction and psychosocial disorders in 7<sup>th</sup> and 8<sup>th</sup> junior high school students.

## MATERIAL AND METHODS

### Study Design

This cross-sectional study was conducted in September 2024 at Islam Hidayatullah Semarang Junior High School. The independent variable is gadget addiction, measured via the SAS-SV. The dependent variable, psychosocial disorders, was assessed using the PSC-17.

### Participants

107 seventh and eighth graders were recruited through simple random sampling. Inclusion criteria included students who owned smartphones and provided informed consent. Exclusion criteria encompassed absences during the study and incomplete questionnaires.

### Instruments

1. Smartphone Addiction Scale-Short Version (SAS-SV): 10-item Likert scale (1-6).
  - Categories: Not addicted (10-33), Addicted (34-60).
2. Pediatric Symptom Checklist – 17 (PSC-17): 17-item scale (0-2).
  - Categories: No psychosocial disorder (0-14), Presence of psychosocial disorder (15-34).

### Data Analysis

Statistical analyses included univariate and bivariate assessments using IBM SPSS 25. The Spearman Rho test was utilized to examine the relationship between gadget addiction and psychosocial disorders.

## RESULTS

### Respondent Characteristics

A total of 107 respondents (49 males, 58 females) participated, with a majority (62.6%) being 13 years old.

**Table 1.** Characteristics of Respondents

Variable		Frequency	Percentage (%)
Gender	Male	49	45.8
	Female	58	54.2
Age	12	25	23.4
	13	67	62.6
	14	14	13.1
	15	1	0.9
Class	7 <sup>th</sup> grade	22	20.6
	8 <sup>th</sup> grade	85	79.4

### Gadget Addiction

Out of 107 students, 55 (51.4%) were classified as gadget addicted.

**Table 2.** Gadget addiction based on SAS-SV Questionnaire

Classification	Frequency	Percentage (%)
Not addicted to gadgets	52	48.6
Addicted to gadgets	55	51.4

### Psychosocial Disorders

Most respondents (81.3%) reported no psychosocial disorders.

**Table 3.** Gadget addiction based on PSC-17 Questionnaire

Classification	Frequency	Percentage (%)
There is no psychosocial disorder	87	81.3
Presence of psychosocial disorder	20	18.7
<b>Amount</b>	107	100

### Correlation Analysis

The Spearman Rho test results indicated a weak positive correlation ( $r = 0.322$ ,  $p = 0.001$ ) between gadget addiction and psychosocial disorders.

Statistical analyses included univariate and bivariate assessments using IBM SPSS 25. The Spearman Rho test was utilized to examine the relationship between gadget addiction and psychosocial disorders.

## CONCLUSION

This study highlights a significant correlation between gadget addiction and psychosocial disorders among junior high school students. The findings emphasize the need for interventions to address gadget use and promote healthy psychosocial development

## ACKNOWLEDGEMENT

This research supported by the Institute of Research and Development of Resources, Universitas Islam Sultan Agung.

### Authors' contribution

Study design: Shavira Putri Rahmadhani, Putri Rokhima Ayuningtyas, Ratnawati

Data gathering: Shavira Putri Rahmadhani, Putri Rokhima Ayuningtyas, Ratnawati

Data analysis: Shavira Putri Rahmadhani, Putri

Rokhima Ayuningtyas, Ratnawati

Writing and submitting the manuscript: Shavira Putri Rahmadhani, Putri Rokhima Ayuningtyas

Editing and approval of final draft: Putri Rokhima Ayuningtyas

### Ethical clearance

All activities for this study were approved by the Ethical Committee No.311/VIII/2024 Komisi Bioetik of Faculty of Medicine, Universitas Islam Sultan Agung.

### Source of fund

This research received no supporting funds from anywhere

### Conflict of Interest

The authors confirm that there are no conflicts of interest related to this study.

## REFERENCES

1. Muzakki MA, Aeni Q, Takarina B, Studi P, Keperawatan I, Rsud K, et al. Gambaran Respons Psikososial Mahasiswa Progam Studi Ilmu Keperawatan Stikes Kendal Tingkat Akhir Dalam Penyusunan Skripsi. *Jurnal Keperawatan Jiwa*. 2016;04:89
2. Riskesdas. Hasil Utama Riskesdas 2018 [Internet]. Jakarta; 2018 [cited 2023 Jul 28]. Available from: [https://kesmas.kemkes.go.id/assets/upload/dir\\_519d41d8cd98f00/files/Hasil-riskesdas-2018\\_1274.pdf](https://kesmas.kemkes.go.id/assets/upload/dir_519d41d8cd98f00/files/Hasil-riskesdas-2018_1274.pdf)
3. Nanda OSD, Asmuji, Wahyuni S. Hubungan Penggunaan Gadget Dengan Perkembangan Psikososial Pada Anak Sekolah Dasar Usia (11-12 Tahun) Di SDN Kaliwates 01 Kabupaten Jember. 2020; Available from: <http://fikes.unmuhjember.ac.id>
4. Kwon M, Kim DJ, Cho H, Yang S. The smartphone addiction scale: Development and validation of a short version for adolescents. *PLoS One*. 2013;8(12).
5. Firmawati, Biahomo NUI. Penggunaan Gadget Terhadap Perkembangan Psikososial Anak Usia prasekolah Di TK Negeri Pembina Limboto Kabupaten Gorontalo. *Jurnal Zaitun Universitas Muhammadiyah Gorontalo*. 2019;7(2).