

## ABSTRAK

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### **GAMBARAN *SMARTPHONE ADDICTION* PADA MAHASISWA KEPERAWATAN DI SALAH SATU UNIVERSITAS SWASTA DI TANGERANG**

(xii + 46 Halaman; 1 Bagan; 5 Tabel; 7 Lampiran)

**Latar Belakang:** *Smartphone addiction* merupakan penggunaan *smartphone* berlebihan sehingga mengganggu kehidupan sehari-hari. Beberapa penelitian menemukan dampak *smartphone addiction*, seperti dampak psikologis, biologis, sosial, dan kognitif. Hasil studi pendahuluan penggunaan *smartphone* pada mahasiswa keperawatan telah dilakukan kepada 22 responden. Hasil survei tersebut dapat disimpulkan bahwa mahasiswa keperawatan di universitas tersebut memiliki ciri-ciri perilaku *smartphone addiction*. **Tujuan Penelitian:** untuk mengetahui gambaran *smartphone addiction* pada mahasiswa keperawatan di salah satu Universitas Swasta di Tangerang. **Metode Penelitian:** Penelitian ini menggunakan metode kuantitatif deskriptif dengan pendekatan *cross-sectional*. Penelitian dilakukan pada bulan April sampai Mei 2020. Sampel penelitian berjumlah 281 mahasiswa keperawatan. Instrumen penelitian menggunakan kuesioner *Smartphone Addiction Scale Short Version* (SAS – SV). Teknik pengambilan sampel adalah *total sampling* dan analisa data yang digunakan adalah analisa univariat. **Hasil Penelitian:** Penelitian menunjukkan responden mengalami *smartphone addiction* dengan tahapan berbeda-beda. Sebanyak 1,5% responden mengalami *smartphone addiction* tahapan ringan, sebanyak 69,7% responden mengalami *smartphone addiction* tahapan sedang, dan 28,8% responden mengalami *smartphone addiction* tahapan berat. **Rekomendasi:** Bagi fakultas, diharapkan penelitian ini dapat dijadikan acuan untuk merekomendasikan mahasiswa mengunjungi pusat konseling yang di miliki universitas untuk mendapatkan bantuan terkait dengan addiction yang terjadi pada mahasiswa; bagi mahasiswa, diharapkan lebih menyadari tingkat kecanduan pada diri masing-masing.

Kata kunci: *Smartphone addiction*, Dampak *smartphone addiction*, Mahasiswa keperawatan.

Referensi: 45 (2010 - 2020)

## **ABSTRACT**

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### **OVERVIEW OF SMARTPHONE ADDICTION TO NURSING STUDENTS IN ONE OF THE PRIVATE UNIVERSITY IN TANGERANG**

(xii + 46 Pages; 1 Chart; 5 Tables; 7 Attachments)

**Background:** Smartphone addiction is an excessive use of smartphones that interfere with everyday life. Some studies have found the impact of smartphone addiction, such as psychological, biological, social, and cognitive impacts. Preliminary study results of the student's use of smartphones have been made to 22 respondents. From the results of the survey can be concluded that the nursing students in the university have the behavioral characteristics of smartphone addiction. **Aim:** To know the overview of smartphone addiction of nursing students in one of the private university in Tangerang. **Research Method:** This study used quantitative descriptive method with a cross-sectional approach. The study was conducted on April to May 2020. The sample in this study were 281 nursing students. The instrument of this study used Smartphone Addiction Scale Short Version (SAS – SV) questionnaire. Sampling techniques is purposive sampling and data collected was analyze use univariate analysis. **Results:** Research shows that respondents experienced smartphone addiction with different stages. As much as 1.5% of respondents experienced a lightweight smartphone addiction stage, as many as 69.7% of respondents experienced a moderate stage addiction smartphone, and 28.8% of respondents experienced heavy stage addiction smartphones. **Recommendations:** For the faculty, it is hoped that this study could be used as a reference to recommend students to visit a counseling center in university to get assistance related to addiction that happens to students; for students are expected to be more aware of the level of addiction in each other.

**Keywords:** Smartphone addiction, Impact of smartphone addiction, Nursing student.

**References:** 45 (2010-2020)