

## SELF-EFFICACY AND FAMILY RESILIENCE AFFECTS SMARTPHONE ADDICTION IN ADOLESCENTS

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### ABSTRAK

Fenomena adiksi *smartphone* pada remaja terus meningkat setiap tahunnya. Hal ini harus diatasi karena dapat berdampak pada remaja baik masalah akademik, masalah psikologis, dan fisik. Penelitian ini bertujuan untuk mengetahui hubungan antara efikasi diri dan ketahanan keluarga dengan adiksi *smartphone* pada remaja. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*, sampel berjumlah 207 remaja dan pengambilan sampel dilakukan dengan teknik *stratified simple random sampling*. Data diperoleh menggunakan kuesioner *General Self Efficacy Scale*, *Walsh Family Resilience Questionnaire*, dan *Smartphone Addiction Scale Short Version*, dianalisis univariat dan bivariat menggunakan chi square. Hasil penelitian didapatkan adanya hubungan antara efikasi diri dengan adiksi *smartphone* pada remaja didapatkan *p-value* 0,008 (<0,05) dan terdapat juga hubungan antara ketahanan keluarga dengan adiksi *smartphone* pada remaja didapatkan *p-value* 0,041 (<0,05). Remaja disarankan agar lebih aktif mengikuti kegiatan positif agar dapat meningkatkan efikasi diri, serta keluarga dapat mempererat hubungan dengan remaja melalui komunikasi atau kehadiran langsung agar remaja tidak perlu mencari kebahagiaan dari luar dengan menggunakan *smartphone*.

**Keywords :** Adiksi *Smartphone*; Efikasi Diri; Ketahanan Keluarga; Remaja

### ABSTRACT

*The phenomenon of smartphone addiction among teenagers continues to increase every year. This must be addressed because it can have an impact on teenagers, including academic problems, psychological and physical problems. This research is a quantitative research with a cross sectional approach, the sample was 207 teenagers and sampling was carried out using stratified simple random sampling technique. Data were obtained using the General Self Efficacy Scale, Walsh Family Resilience Questionnaire, dan Smartphone Addiction Scale Short Version, analyzed univariately and bivariately using chi square. The research results showed that there was a relationship between self-efficacy and smartphone addiction in teenagers, with a p-value of 0,008 (<0,05) and there was also a relationship between family resilience and smartphone addiction in adolescents, a p-value of 0,041 (<0,05). Teenagers are advised to be more active in participating in positive activities in order to increase self-efficacy, and families can strengthen relationships with teenagers through communication or direct presence so that teenagers do not need to look for happiness from outside by using smarthphone.*

**Keywords :** Adolescents, Family Resilience, Self-Efficacy, Smartphone Addiction

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## INTRODUCTION

The *World Health Organization* (WHO) (2019) defines adolescence as a life stage between children and adult with an age range of 10-19 years. Adolescence is a period of identity crisis, namely the stage where teenagers make decisions about various problems related to self-identity (Jannah & Satwika, 2021). Adolescents will tend to show risk-taking, seek the sensation of novelty in social interactions, and play behavior as a response to life pressure or changes in brain structure and function, thus adolescents will be at risk of developing addictions, one of which is smartphone addiction (Kim dkk., 2018). Based on data from Badan Pusat Statistik (2021), the teenage group is in second place as the most smartphone users after the adult group. Generally, smartphone usage activities among teenagers are related to academic activities, work, social media, searching for information, entertainment (music, video, and reading), online games, and online shopping (Indriani dkk., 2021). A survey conducted by Siste et al., (2021) showed that 2.933 teenagers in Indonesia experienced an increase in online duration and 19,3% experienced smartphone addiction.

Smartphone addiction is defined as a lack of control over using a smartphone (Mehrnaz et al., 2018). Addiction to using smartphones can cause several negative impacts from academic, psychological and physical aspects. Addiction to smartphone use has a negative impact on adolescents academic aspects from their personal aspects, namely decreased academic achievement (Utami et al., 2019). From a psychological perspective, smartphone addiction can cause feelings of fear, anxiety, or discomfort if the smartphone is not around teenagers, which can make teenagers feel less confident and easily feel emotional change. Smartphone addiction can also have physical impacts, including decreased vision, pain in the back, neck and fingers, as well as decreased sleep quality which can impact nutritional intake (Prianugraha, et al., 2022).

Smartphone addiction is significantly correlated with family communication, it was found that the less they communicate with family, the more severe their smartphone addiction is (Seo & Bang, 2017). The study findings of Kwak et al., (2018) show that the teenagers who experience parental neglect have difficulty controlling their smartphone. Luthfi et al., (2021) stated that there is a negative relationship between family functioning and smartphone addiction, the more effective the family function, the lower the level of smartphone addiction in teenagers an vice versa. Family economic, effective communication with the family, and ties with the family are components of family resilience which is a measure of the family's strength to meet basic needs (Mujahidin & Amini, 2017).

Family resilience is defined as the direction that a family takes through successive stages of family life, in the face of unfavorable events, depending on various factors that influence the family (risk and protection) related to the circumstances of family life (Nadrowska et al., 2022). Poor family resilience will make the family more at risk of experiencing various problems, such as breakdowns in the household, discrimination, lack of communication with family members, lack respect and belonging, exploitation and even murder in family. If the level of family resilience is weak and experiences many problems, the child will feel the impact, the child as victim will experience many obstacles, such as obstacles to growth and development, lack of love, and lack of attention (Kolipah & Devy, 2016).

Based on research by Fitri et al., (2022), emotional support from the family for teenagers can make teenagers feel comfortable, cared for loved and appreciated so that it will help teenagers to increase their confidence and abilities in achieving a goal or what is usually called self-efficacy. The existence of self-efficacy in adolescents will enable adolescents to believe in and be able to assess their abilities. Self-efficacy is a person's belief in his ability to successfully perform a particular task

(Bandura, 1997; Heslin & Klehe, 2006). Self-efficacy plays an important role in everyday human life, a person can utilize his or her potential to the maximum if self-efficacy supports it (Rustika, 2016). Individuals with high self-efficacy have good self-management skills and tend to use positive strategies in dealing with problems, while individuals with low self-efficacy tend to apply negative strategies and are more easily influenced when facing problems. As a result, some people achieve good results through continuous growth based on their abilities, while others experience poor results because they give up easily or try to avoid even small problems (Ju et al., 2019).

Firdaus and Dewi's research (2021) revealed that a relationship was found between self-efficacy and the tendency to use smartphones in teenagers. This is in line with research by Ju et al (2019), which found that there is an indirect relationship between self-efficacy and smart phone addiction. Self-efficacy has a direct effect on self-control, and a significant indirect relationship was found to smartphone addiction through self-control. From these results, self-efficacy acts as a mediating factor that strengthens self-control and psychological factors such as anxiety, tolerance, obsession, and withdrawal caused by excessive smartphone use.

## RESEARCH METHODS

This research was carried out using quantitative observational analytical methods with a cross sectional approach. The population in this study was teenagers at SMPN 57 Jakarta, totaling 431 people, then using the proportionate stratified random sampling technique and the Slovin formula, a sample of 207 people was obtained. The research was conducted at SMPN 57 Jakarta starting from February to June 20223. Data collection was carried out using google forms. In this study, researchers used a self-efficacy questionnaire *General Self Efficacy Scale* (GSES) (Schwarzer & Jerusalem, 1995), a family resilience is *Walsh Family Resilience Questionnaire* (WFRQ) (Walsh, 2016) and *Smartphone Addiction Scale Short Version* (SAS-SV) (Kwon, et al, 2013). The analysis used is univariate analysis and bivariate analysis with the Chi-Square technique. This research has received ethical approval from KEPK UPN "Veteran" Jakarta with number 217/V/2023/KEPK.

## RESULTS AND DISCUSSION

**Table 1. description of Respondents Characteristics Based on Age in Adolescents**

Variable	Mean	Median	Standard Deviation	Min-Max	n
Age	13,75	14.00	0,771	12-16	207

The frequency distribution results in the table above show that the average age of the 207 respondents is 13.75 years old with a standard deviation of 0.771 and a median value of 14 years. Respondents ages were divided into the range 12-16 years.

**Table 2. Description of Respondent Characteristics Based on Gender, Residence Status, Duration of Smartphone Use, and Types of Applications Used by Adolescents**

Category	Frequency	Percentage
<b>Gender</b>		
Man	100	48,3%
Woman	107	51,7%
<b>Living with parents</b>		
Yes	204	98,6%
No	3	1,4%
<b>Duration of smartphone use in a day</b>		
<3 hours	59	28,5%
>3 hours	148	72,5%
<b>Most frequently used application types</b>		
Learning application	105	50,7%
Short message application	155	74,8%
Social media & entertainment apps	159	76,8%
Online gaming application	129	38,6%
Online shopping application	80	47,8%
Internet browser	99	

The frequency distribution results in the table above show that the majority of respondents are female with total of 107 respondents (51,7%), the majority of respondents live with their parents with total of 204 respondents (98,6%), the majority pf respondents 148 (72,5%) use smartphones more than 3 hours a day, and the majority of respondents most often use social media and entertainment application as many as 159 respondents (76,8%).

**Table 3. Frequency Distribution Based on Level of Self-Efficacy in Adolescents**

Self-Efficacy	n	%
Low	93	44,9
High	114	55,1
<b>Total</b>	207	100

Based on the results of the analysis, the level of self-efficacy of respondents was dominated by high self-efficacy, namely 114 respondents (55,1%) and 93 respondents (44,9%) had a low level of self-efficacy.

**Table 4. Frequency Distribution Based on Level of Family Resilience in Adolescents**

Family Resilience	n	%
Low	99	47,8
High	108	52,2
<b>Total</b>	<b>207</b>	<b>100</b>

Based on the analysis results, the level of family resilience of respondents was dominated by high family resilience, namely 108 respondents (52,2%) and 99 respondents (47,8%) had a low level of family resilience.

**Table 5. Frequency Distribution of Smartphone Addiction in Adolescents**

Smartphone Addiction	n	%
Low	100	48,3
High	107	51,7
<b>Total</b>	<b>207</b>	<b>100</b>

Based on the analysis results, the smartphone addiction level of respondents was dominated by high addiction, namely 107 respondents (51,7%) and 100 respondents (48,3%) had low smartphone addiction levels.

**Table 6. Analysis of The Relationship Between Self-Efficacy and Smartphone Addiction in Adolescents**

Self-Efficacy	Smartphone Addiction				Total		p-value	OR (95% CI)
	Low		High		n	%		
	n	%	n	%	n	%		
<b>Low</b>	32	15,5%	61	29,5%	93	44,9%	<0,001	0,355 (0,200,626)
<b>High</b>	68	32,9%	46	22,2%	114	55,1%		
<b>Total</b>	100	48,3%	107	51,7%	207	100%		

The analysis results from the table above show that 93 respondents who had low self-efficacy, 32 respondents (15,5%) experienced low levels of smartphone addiction and 61 respondents (29,5%) experienced high levels of smartphone addiction. Meanwhile, of the 114 respondents who had a high level of self-efficacy, 68 respondents (32,9%) experienced a low level of smartphone addiction and 46 respondents (22,2%) experienced a high level of smartphone addiction. Based on the chi-square test between the self-efficacy variable and smartphone addiction, the results obtained were  $p\text{-value} < 0,001$  or  $p\text{-value} < 0,05$ , which means  $H_0$  was rejected and  $H_a$  was accepted so it can be interpreted that there is a relationship between self-efficacy and smartphone addiction in adolescents. The table also shows an OR value = 0.355, which means that teenagers with a low level of self-efficacy have a 0.355 times greater risk of experiencing smartphone addiction than teenagers with a high level of self-efficacy.

Based on Bandura's theory (Bandura (1997)), self-efficacy is a person's belief in their ability to successfully carry out certain tasks. Self-efficacy plays an important role in everyday human life, a person can utilize his or her potential to the maximum if self-efficacy supports it (Rustika, 2016). The results of this research are in line with research conducted by Alfaini and Daulay (2022) on 202 students. The results of the ANOVA statistical test showed that the p-value between self-efficacy

and smartphone addiction. The phenomenon of smartphone addiction that occurs in teenagers needs to be of concern to parents and teachers so they can educate teenagers regarding the impact of smartphone addiction. In this case, self-efficacy has the effect of increasing teenagers' awareness to be wiser in using smartphones, such as using applications that support activities and only use them when necessary, so that they can avoid smartphone addiction and its negative impacts.

Research by Ju, et al (2019) revealed that there is an indirect relationship between self-efficacy and smartphone addiction, self-efficacy has a direct influence on the level of self-control and relationship was found between self-control and smartphone addiction. Adolescents with low levels of self-efficacy will have lower levels of self-control and more likely to experience addiction. In this case, efforts are needed from individuals to increase their self-confidence so that self-efficacy also increases. Not only individual efforts, extracurricular activities can also reduce adolescent stress and encourage self-confidence as well as efforts to control and regulate excessive use of smartphones.

Other research conducted by Cheng, et al (2021) also said the same thing where there is an indirect relationship between self-efficacy and smartphone addiction, self-efficacy moderates the level of loneliness which is related to smartphone addiction. Based on Bandura's self-efficacy theory, he argues that the motivational intensity of individual's low negative feelings. High self-efficacy can contribute to an individual's low negative feelings. A high level of self-efficacy in adolescents can reduce the intensity of loneliness and reduce the level of smartphone addictive behavior.

**Tabel 7. Analysis of the Relationship Between Family Resilience and Smartphone Addiction in Adolescents**

Family resilience	Smartphone Addiction				Total	<i>p-value</i>	OR (95% CI)
	Low		High				
	n	%	n	%	n	%	
Low	40	19,3%	59	28,5%	99	47,8%	0,041  (0,310,942)
High	60	29,0%	48	23,2%	108	52,2%	
Total	100	48,3%	107	51,7%	207	100%	

The analysis results from the table above show that of the 99 respondents who had a low level of family resilience, 40 respondents (19,3%) experienced a low level of smartphone addiction and 59 respondents (28,5%) experienced a high level of smartphone addiction. Meanwhile, of the 108 respondents who had a high level of family resilience, 60 respondents (29%) experienced low levels of smartphone addiction and 48 respondents (23,2%) experienced high levels of smartphone addiction. Based on the chi-square test between the variable family resilience and smartphone addiction, the results was a *p-value* 0,041 or *p-value* <0,05 which means Ho is rejected and Ha is accepted so it can be interpreted that there is a relationship between family resilience and smartphone addiction in teenagers. In the table it can also be seen that the OR value = 0,0542, which means that teenagers with a low level of family resilience are 0,0542 times more at risk of experiencing smartphone addiction in adolescents.

Based on Walsh's theory (2016), family resilience is the capacity of the family as a functional system to be resilient and recover from adversity. Family resilience has three main processes, namely belief systems, organizational processes, and communication processes. Having family resilience will prevent the family from the risk of experiencing various problems, such as breakdowns in the household, discrimination, lack of communication with family members, lack of respect and ownership, exploitation and even murder in the family. If the level of family resilience is weak and

experiences many problems, the child will feel impact, the child as a victim will experience many obstacles, such as being less loved and less care for (Kolipah & Devy, 2016). This makes children more interested in seeking attention from outside, one of which is from smartphone.

In this research it can be concluded that there is a relationship between family resilience and smartphone addiction in adolescents. Research conducted by Budiarti, et al (2022) states that there is a significant relationship between parenting patterns and smartphone addiction. In this research, teenagers who receive inappropriate parenting styles will experience negative impacts such as being too restrained or neglected. Adolescents who are too restrained will feel increasingly afraid, defiant, and not dare to tell the truth. Teenagers who experience parental neglect are more likely to experience smartphone addiction because they feel free and there are no restrictions from their parents.

The research results As-Sahih, et al (2020) state that there is a significant relationship between family functioning and smartphone addiction in teenagers. Family functioning according to Eipstein, et al theory is a process of interaction within the family and how the family carries out its main function, namely providing a comfortable and prosperous environment both physically, psychologically and socially for each family member. A family that functions effectively will share full love with its family members, empathize with each other, provide a comfortable environment, and teenagers feel an emotional connection as if they always need family, so that teenagers do not look for empathy from outside, namely on smartphones. Adolescents whose families function effectively will be able to carry out daily activities without relying on smartphones, use smartphones, and still have preferences for fun activities with other people (Mariyanti et al., 2021).

Research conducted by Pramusita (2019) on high school teenagers in Jakarta regarding the influence of family communication patterns on the tendency for internet addiction in teenagers showed that there was a significant effect between family communication and the tendency for internet addiction. In this research, it was stated that teenagers whose communication pattern of orientation and conformity with their families were high were more likely to avoid internet addiction. Parents in this family will enjoy listening to their children's words and will be interested in the stories their children's thoughts, feeling, words and interesting ideas make children more free to make their own decisions. So children no longer need smartphones to convey their thoughts.

Self-efficacy dan family resilience have an important role in smartphone addiction. Nurses need to understand these factors in order to help in planning effective interventions to overcome the problem of smartphone addiction in adolescents and families. Apart from that, support and education for adolescents and families to increase self-efficacy and family resilience is very important for nurse to pay attention to in promoting this.

## **CONCLUSION**

Self-efficacy and family resilience influence smartphone addiction in adolescents. Self-efficacy in teenagers is a guide for teenagers in making decisions about using smartphones positively and not excessively. High family resilience is somethings that needs to be considered so that parents and families are able to interact, communicate honestly and feel comfortable with their families.

## **SUGGESTION**

Family nurses need to provide support, education and promotion about increasing self-efficacy and family resilience. Suggestions for teenagers to be more active in participating in positive activities so that they can increase self-efficacy, and families can strengthen relationships with teenagers through

effective communication techniques for teenagers, so that teenagers don't need to look for happiness from outside by using smartphones. Future researches are advised to add other factors such as internal factors, media exposure factors, situational factors, social factors, and family factors.

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