

MANAGEMENT COUNSELING AND SOCIALIZATION AND EDUCATION TO OVERCOME ANXIETY AND NOMOPHOBIA IN ADOLESCENTS IN PABUARAN VILLAGE GN SINDUR

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Abstrak: Aktivitas penggunaan *smartphone* merupakan kebiasaan yang dipandang biasa bagi sebagian besar orang. Namun tanpa disadari intensitas yang berlebihan dalam berinteraksi dengan mobile phone tentunya dapat menyebabkan berbagai dampak bagi penggunaannya, seperti *nomophobia* (*no mobile phone phobia*). *Nomophobia* merupakan kecemasan yang dirasakan pengguna ketika berada jauh dari mobile phone yang dimiliki. *nomophobia* mengacu pada ketidaknyamanan, kegelisahan, kegugupan atau kesedihan yang disebabkan karena tidak berhubungan dengan telepon seluler. Bentuk ketidaknyamanan, kegelisahan, kecemasan, atau kesedihan pada penderita *nomophobia* sudah melebihi batas wajar dan mengarah pada perilaku adiksi. *Nomophobia* maupun *smart-phone addiction* disorder memiliki banyak gangguan komorbid, dua atau lebih gangguan pada individu, seperti kecemasan dan gangguan panik. Dengan pelaksanaan konseling sekaligus penanaman kembali nilai-nilai keagamaan, konseli akan mampu mengurangi kecanduannya atas *smartphone*, karena *nomophobia* adalah salah satu bentuk manusia yang terlalu mementingkan urusan duniawinya.

Kata Kunci: *Konseling, Nomophobia, Smartphone, Manajemen, Kecemasan*

Abstract: *The activity of using a cell phone is a habit that is considered normal for most people. However, without realizing it, excessive intensity in interacting with cellphones can certainly cause various impacts on users, such as nomophobia - no mobile phone phobia. Nomophobia is the anxiety that users feel when they are away from their cellphone. nomophobia refers to the discomfort, discomfort, nervousness or sadness caused by not having anything to do with a cell phone. The form of discomfort, anxiety, anxiety, or sadness in people with nomophobia has exceeded reasonable limits and leads to addictive behavior. Both nomophobia and smartphone addiction disorder have multiple comorbid disorders, with two or more individual disorders, such as anxiety and panic disorders. By implementing counseling as well as guiding religious values back, the counselee will be able to reduce his addiction to smartphones, because nomophobia is a form of human being that is too concerned with worldly affairs. So that after the implementation of counseling, the counselee is aware that he will be at odds with God and begins to reduce his relationship with the smartphone.*

Keywords: *Counseling, Nomophobia, Smartphone, Anxiety Management*

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Introduction

During the Covid 19 pandemic, which has had an impact for the past 2 years, it has created unprecedented physical and economic problems. Many communities suffer from uncertainty, fear of infection, coral stress, sadness, and feelings of loneliness. Concerns arise to overcome anxiety and the impact that appears in the long term. Support is needed to assist the

community in finding the courage to step up and adapt in the midst of a crisis. Prevention of the spread of the COVID-19 virus is a challenge for many parties. The high number of cases of the spread of the virus, the absence of treatment in the form of clear treatment to cure patients, coupled with hoax news about vaccinations has resulted in the COVID19 pandemic becoming a "perfect storm" which can increase one's emotional stress. People will experience anxiety with symptoms of fear and worry when they often get information from the mass media as the Covid-19 outbreak increases. The Covid-19 pandemic has the potential to create fear, stress and anxiety among the public. In a study, it was explained that the community's response in responding to a pandemic was that they felt tension, anxiety, and panic as well as other psychosomatic symptoms.

The anxiety that occurs is often offset by seeing updates and entertainment that exist in the world of social media using smartphones that are owned, as technology develops, without leaving the house we can interact and see the world around us according to what we like.

Mobile phones known as cell phones or cell phones have made human life easier by making and receiving messages to the most remote places in the world regardless of the individual's whereabouts. Mobile phones, whose basic purpose is to be a medium for calling and sending and receiving short message services (SMS), have recently changed their function to become a medium of entertainment. Mobile phones have made changes from simple communication tools to sophisticated wireless devices which are often referred to as 'smartphones' (Cheever, et al., 2014). The function of a mobile phone is no longer just for calling or exchanging short messages, but in recent years, mobile phones have provided convenience for users because of various features/applications that can be enjoyed as media for information, entertainment, health, economy and social.

Along with the development of today's mobile phones, mobile phones have become a major part of the lifestyle of teenagers, a means of communication and basic needs because cell phones provide many benefits such as internet, social networking, personal diaries, e-mail, calculators, calendars, video players. , camera and music player (akanferri, Aziale, Asampana, 2014). The development of mobile phones and their devices and contents is predicted to further indulge users in many ways, such as entertainment, economy, social, etc.

The activity of using a mobile phone is a habit that is seen as commonplace for many people. However, without realizing it, excessive intensity in interacting with mobile phones can certainly cause various impacts on users, such as nomophobia- no mobile phone phobia. Nomophobia is the anxiety that users feel when they are away from their mobile phone. The results of research conducted by Dixit, 2 et al (2010) found that 53% were male and 47% female where 18.5% were found to be nomophobic. The results of this study indicate that nomophobia can occur to anyone regardless of the individual's gender. Furthermore, Katharine (Dixit, et al., 2010) revealed the results of a study from England in 2163 people that 53% of subjects tended to worry when they lost their mobile phone, they ran out of battery or had no network coverage. The study found that around 58% of men and 48% of women suffer from phobias, and another 9% feel distressed when their cell phones are off. About 55% of those

surveyed keep in touch with friends or family for the main reason they feel anxious when they are unable to use a mobile phone.

To avoid stress caused by a malfunctioning mobile phone, users must carry a charger at all times, a prepaid phone card to make emergency calls if the mobile phone is not working, credit balance on the mobile phone, save alternative contact numbers and important phone numbers elsewhere as a backup. if the user loses the mobile phone.

According to Pavithra et al. (2015) nomophobia refers to the discomfort, anxiety, nervousness or sadness caused by not having anything to do with a cell phone. The form of discomfort, anxiety, anxiety, or sadness in nomophobia sufferers has exceeded reasonable limits and leads to addictive behavior. Nomophobia and smart-phone addiction disorder have many comorbid disorders, two or more disorders in individuals, such as anxiety and panic disorders (Tran, 2016).

Based on the results of research conducted on adolescents in Ds. Pabauan Mt. Sindur that most of the respondents (88.9%) had smartphone use duration > 4 hours and some respondents (42%) experienced moderate nomophobia. The introduction includes the background on the issue or problem as well as the urgency and rationalization of community service activities. The purpose of the activity and the problem solving plan are presented in this section.

Method

Not many realize that technology has greatly changed the pattern of an individual's life. One of the most influential technologies in human life is a smartphone. Humans are now almost inseparable from the name of a smartphone. Not even a few have experienced nomophobia, or smartphone addiction. This has many negative impacts. One of them is causing laziness among students, the focus is divided on teenagers, who they should focus on studying are busy playing gadgets.

A further impact is the lack of sensitivity or concern for the social environment. Playing gadgets too often can make a person only focus on their gadgets, regardless of whether they are in a public place. It is common to find a group of people gathered in a place or a dining table but they don't talk to each other but are busy playing their gadgets. This is of course very worrying.

Therefore, an effort is needed to reduce smartphone addiction among adolescents. Not because smartphones are not important, but because anything in excess is bad. Several efforts can be taken, one of which is the implementation of counseling for people with nomophobia. Counseling can also be done in several ways, but in this case counseling is considered more appropriate because it is hoped that by implementing counseling as well as re-instilling religious values, the counselee will be able to reduce his addiction to smartphones because nomophobia is a form of human being that places too much importance on worldly affairs. So that after the implementation of counseling, the counselee is aware of his relationship with God and begins

to reduce his relationship with the smartphone. The solution offered to partners is the provision of counseling programs for people with nomophobia:

1. The first step is to conduct an assessment using the NMP-Q questionnaire to assess and evaluate the incidence of nomophobia in adolescents in Ds. Pabauan Mt. Sindur
2. The second step, partner HR is given a youth mental health support program in Ds. Pabauan Mt. Sindur to overcome nomophobia
3. Human resources partners are given counseling treatment or counseling services are carried out using directive methods or direct communication methods. Counselors directly provide understanding and direction on how to use what they have sparingly, including the use of mobile phones. With several intensive service processes, it is hoped that it can reduce nomophobia in a teenager. It is not easy, but if you continue to provide understanding and direction and re-instill religious values, you will certainly be able to eliminate nomophobia.

Fourth step, partner HR is given modules and books evaluating the implementation of counseling treatment activities or counseling services to overcome nomophobia Methods of implementing community service activities, starting from the time, place, then the tools used, and other things that support the implementation of community service activities .

Result and Discussion

A. Results

Results Achieved This community service activity was carried out on Saturday 25 November 2022 in one of the youth rooms in Ds. Pabauan Mt. Sindur. The activity started at 19.30 - 14.00 WIB with 53 teenagers participating. The results achieved in the implementation of this community service activity are as follows:

1. Coordination as well as a survey of the place where community service activities are carried out. this activity was the initial coordination with the Village Head in Ds. Pabauan Mt. Sindur. After obtaining approval and agreement with the head of Pabuaran Gn Sindur Village, coordination was then carried out to carry out community service activities.
2. Preparation of training materials, modules and books evaluating the implementation of counseling treatment activities or counseling services to reduce or overcome nomophobia in a teenager in Ds. Pabauan Mt. Sindur
3. Implementation of community service activities which include:
 - a. The first step is to conduct an assessment using the NMP-Q questionnaire to assess and evaluate the incidence of nomophobia in adolescents in Ds. Pabauan Mt. Sindur.
 - b. The second step, partner HR is given a youth mental health support program to overcome nomophobia in adolescents.
 - c. Third step, partner HR is given counseling treatment or counseling services are carried out using the directive method or direct communication method. Counselors directly provide understanding and direction on how to use what they have in moderation, including the use of mobile phones. With several intensive service processes, it is hoped that it can reduce nomophobia in a teenager. It's

not easy, but if you continue to provide understanding and direction and re-install religious values, you will certainly be able to eliminate nomophobia.

d. Step Four, HR partners are given modules and books evaluating the implementation of counseling treatment activities or counseling services to overcome nomophobia. Based on research it is known that of the 162 students/I who filled out the questionnaire, as many respondents (25.3%) experienced mild nomophobia, 68 respondents (42%) experienced moderate nomophobia, and as many as 53 respondents (32.7%) experienced severe nomophobia.

B. Discussion

Discussion The activity of using a mobile phone is a habit that is seen as commonplace for many people. However, without realizing it, excessive intensity in interacting with mobile phones can certainly cause various impacts on users, such as nomophobia- no mobile phone phobia. Nomophobia is the anxiety that users feel when they are away from their mobile phone.

Pavithra et al. (2015) nomophobia refers to the discomfort, anxiety, nervousness or sadness caused by not having anything to do with a cell phone. The form of discomfort, anxiety, anxiety, or sadness in nomophobia sufferers has exceeded reasonable limits and leads to addictive behavior. Nomophobia and smart-phone addiction disorder have many comorbid disorders, two or more disorders in individuals, such as anxiety and panic disorders (Tran, 2016).

Specific phobia is defined in the DSM-5 as "fear or anxiety limited to the presence of a specific situation or object, which may be called the phobic stimulus" (American Psychological Association, 2013). Nomophobia as a result of research that originated from technological developments, to feelings of fear of technology that cannot be used, far from a mobile phone or not connected to the web (King, Valenca, & Nardi, 2010). Nomophobia is a 21st century disorder characterized by discomfort or anxiety when there is no contact with a mobile phone or computer. Nomophobia in this study does not only apply to anxiety when unable to use a mobile phone, but also applies to anxiety when unable to use a computer. Nomophobia has many features, but the main feature of any disorder is that the smartphone is a source of relief and comfort (Harkin, 2003).

The main reason for this is that smartphones have become central to communication and are considered a necessity to keep in touch with others. It gives the user the option to use the phone compulsively to the point where it can be defined as a behavioral addiction. Nomophobia has various characteristics such as, using cell phones regularly and spending a lot of time doing so; always carry a charger, feel anxious and nervous when thinking about losing the handset or when the mobile phone cannot be used because there is no credit, internet quota, network, or battery; paying a lot of attention to looking at the phone screen to see if there are any incoming messages or calls; sleeping with a mobile phone in bed, little face-to-face interaction with other people and choosing to communicate via mobile phone (Pavithra et al., 2015). One part of nomophobia is rinxiety or anxiety that occurs as a result of hearing a ringing tone, also known as phantom vibration syndrome, which means that there is a false sensation of ringing a mobile phone (Wikipedia, 2014).

The use of smartphones comes from various levels of development both children, adolescents and adults, besides that it also comes from various professions. The existence of

freedom in its use is heavily influenced by various aspects, such as the development of science and technology, association, prestige, and so forth. Kalaskar (2015) suggests the factors that influence the occurrence of nomophobia, namely the level of use, habits, and dependency that have an impact on anxiety in using smartphones.

Excessive use affects habits and makes dependence on smartphone use. Choliz (in Kalaskar, 2015) suggests that cellphone addiction can cause several problems, including tolerance, withdrawal, desire, difficulty controlling impulses, escaping from other problems, or negative consequences in everyday life. Various opinions described by experts, it was concluded that nomophobia can arise due to the influence of emotional control, especially fear, anxiety, worry which is controlled by yourself. This study aims to provide a descriptive explanation of nomophobia in adolescents. Nomophobia needs to be detected early so that efforts can be made to prevent and cure it.

It is well known that mobile phones are included in worldly affairs. In Islam, its adherents are forbidden by Allah to attach too much importance to worldly affairs. With the phenomenon of nomophobia, this means that humans, especially teenagers, too "deify" cellphones. In addition to having an impact on the daily life of the teenager, this also affects the continuity of the individual's relationship with Allah SWT. For this reason, an effort is needed to reduce the phenomenon of nomophobia, one of which is by providing education and counseling services to overcome anxiety and nomophobia among adolescents.

In providing this socialization and education during the Counseling Treatment process or Counseling Services it is carried out using the directive method or direct communication method. Counselors directly provide understanding and direction on how to use what they have sparingly, including the use of mobile phones. With several intensive service processes, it is hoped that it can reduce nomophobia in a teenager. It's not easy, but if you continue to provide understanding and direction and re-instill religious values, you will certainly be able to eliminate nomophobia. When faith continues to be nurtured by instilling religious values, it can certainly reduce an individual's worldly attitude. In addition, this counseling service should be carried out comprehensively. All parties related to the individual help in the counseling service process, for example parents who supervise and give directions while at home, schools that provide strict rules regarding the use of mobile phones at school, and so on.



Figure 1: Socialization Activities in Adolescents

Table 1. Anxiety image

Anxiety image	Frekuensi (f)	%
No Anxiety	6	8
Mild Anxiety	13	55
Moderate Anxiety	5	33
Severe Anxiety	0	4

Kesimpulan

Community service activities in the form of counseling treatment activities or counseling services as well as in providing guidance in overcoming anxiety in adolescents Ds Pabuaran Gn Sindur has succeeded in having an impact in the form of increasing HR knowledge on how to reduce nomophobia in adolescents. By implementing counseling as well as re-instilling religious values, the counselee will be able to reduce his addiction to smartphones, because nomophobia is a form of human being that is too concerned with worldly affairs. So that after the implementation of counseling, the counselee is aware of his relationship with God and begins to reduce his relationship with the smartphone. The implementation process is adjusted to the objectives, principles, and methods of counseling.

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