Original Article

Self Control Of Nomophobia During The Covid-19 Pandemic

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ABSTRACT

Background: The Covid-19 pandemic has impacted education, which is now being carried out online (distance learning with the system online) with smartphones. As a result, smartphone excessively gives the effect anxiety or fear when not in contact with smartphones or so-called nomophobia. In anticipation of using a smartphone excessively, self-control is needed, which is inherent in a person. Research objectives to find outSelf Control ToNomophobia during the Covid-19 Pandemic for Students of the D3 Nursing Study Program STIKES Karya Husada Kediri
Methods: Descriptive research design, population, and a sample of 25 respondents with a sampling technique, "total sampling". The research was conducted on December 15-26, 2020, and the research variable, Stress Levels for Pregnant Women during the Covid-19 Pandemic as a questionnaire instrument, was analyzed by percentage and interpreted quantitatively; the research has ethical clearance.
Results: The results of the research from 63 respondents showed that the majority of respondents 70% had medium self-control category, and almost half of the respondents 30% have self-control the highest
Conclusion: Self-control is influenced by the factors of residence, duration of smartphone playing, and preferred learning techniques, as well as gender. It is expected that respondents who have the self-self-control to improve self-self-control to anticipate usesmartphone excessively by way of using smartphones wisely and limit themselves in use, and respondents who have self-self-control are high to maintain self-self-control possessed to limit themselves in the effects of using a smartphone.

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Introduction

The global pandemic of the Covid-19 virus has hit the world, including Indonesia. On March 17, 2020, the Ministry of Education and Culture issued an official letter containing learning and work to be done at home or with an online system to minimize the spread of the virus (Bayrak et al., 2023). All learning processes are carried out in an online system, making some students store gadgets or laptops to follow the learning process, which negatively impacts students, one of which is that they

cannot be separated from gadgets or nomophobia. Termnomophobia, or no mobile phone phobia, was created from research by the United Kingdom Post Office in 2008, investigating anxiety in smartphone users.

Nomophobia is anxiety or fear when not in contact with smartphones regarding socializing, work, or education (Potter et al., 2014). nomophobia tends to result from using smartphones excessively because the various features make individuals feel more comfortable and afraid or anxious when individuals cannot use the smartphone. With excessive use, it is necessary self-control to ourselves. Self-control (self-control) Self-control is self-emotional control over something, not overdoing it and harming oneself. When exercising self-control or emotion, the individual's physical or psychological condition must have an improving effect (Ghulam, 2011).

The impact of the pandemic in Indonesia has occurred since February 29, 2020; the Indonesian government has implemented Online Learning and Work from Home to prevent the spread of Covid-19 in Higher Education. That students are finally getting ready to start a new era with all activities at home and gadgets that are important always to be around, that 77% of people aged 18-24 years are the most vulnerable person to nomophobia, followed by users aged 25-34 years with 68% and smartphone users in the age group of 55 years and over are found to be the third nomophobia users. The study results said 70% of women are more careful storing their cell phones, and only 61% of men.

Situations like this are not a barrier for students in studying. Students can still study with the online system. Online cannot wholly replace 100% offline learning. Some students admit that it is challenging to participate in online learning because not all regions can easily access the internet (Akhtar et al., 2023; Murrow, 2020)

Students are also more likely to come into contact with gadgets, causing excessive use or exposure to wrong information and causing nomophobia (cannot be separated from gadgets). As a result, it interferes with daily activities and is too preoccupied with the virtual world, so they ignore what is happening around them. As a result, we are often anxious, afraid, and angry for no reason, and can also be anti-social.

Overcoming the addiction-gadget need for self-control is vital in controlling the use-gadget excess. In addition, it states that self-control is a factor that can affect the low level of nomophobia among students. Most students have moderate self-control and moderate nomophobia. Anticipating learning, several policies are given, such as learning from home, which is broadcast on a television station, and not burdening students with assignments.

Based on the description above, the researcher is interested in researching "Self Control Homophobia during the Covid-19 Pandemic for Students of the STIKES Study Program by Husada Kediri."

Methods

The researcher will explain self-control to nomophobia using the descriptive research design. Using a purposive sampling strategy, the population in this study consisted of 170 respondents, with a total of 63 respondents. This investigation used the Likert scale measuring tool as the measurement technique. At the same time, the percentage formula was used to assess the data. Ethical Clearence from STIKES Karya Husada Kediri No. 018/EC/LPPM/STIKES/KH/I/2022.

Results

From the pie chart above, it was obtained from 63 respondents; almost half of

the respondents were 21 respondents (33%) from Level 1, level 2, and Level 3.

From 63 respondents, it was found that almost all respondents were female, 53 respondents (84%), and a small portion were male, 10 respondents (16%). It was obtained 63 respondents that almost all respondents were 58 respondents (92%) aged 19-21 years, and a small portion of respondents were 5 respondents (8%) aged > 21 years. It was found that of 63 respondents, almost all were Muslim, as many as 61 respondents (97%), and a small portion of the respondents were Christians and Catholics, as many as 2 respondents (3%). It was obtained from 63 respondents that most the respondents as many as 33 respondents (52%) played smartphones for a duration of 7-12 hours a day, and almost half of the respondents, as many as 19 respondents (30%), played smartphones with a duration of 1-6 hours a day and some a small portion of the respondents as many as 6 respondents (10%) play smartphones with a duration of 13-18 hours a day and a small portion of respondents as many as 5 respondents (8%) play smartphones with a duration of 19-24 hours a day.

From the pie chart above, it was obtained from 63 respondents that most of the respondents, 41 respondents (65%) resided in boarding houses, and almost half of the respondents, as many as 19 respondents (30%), lived with their parents and a small portion of the respondents were 3 respondents (5%) resides with the guardian. It was obtained from 63 respondents; almost all respondents, 54 respondents (86%), liked offline learning techniques, and a small portion of respondents, 9 (14%), liked offline learning techniques.

Table 1 AboutSelf Control ToNomophobia during the Covid-19 Pandemic

No	Self Control	Frequency	Percentage
1.	Low	0	0
2.	Currently	44	70%
3.	Height	19	30%
	Amount	63	100%

Based on Table 1, it was obtained from 63 respondents that the majority of respondents, as many as 44 respondents (70%), had self-control medium category, and almost half of the respondents, as many as 19 respondents (30%), have self-control the highest.s

Discussion

Based on research resultsSelf Control ToNomophobia during the Covid-19 Pandemic in Students of the D3 Nursing Study Program, STIKES Karya Husada Kediri on 01 February 2022 – 28 February 2022 showed that the majority of respondents, as many as 44 respondents (70%) had self-control medium and almost half of the respondents as many as 19 respondents (30%) own self-control heights.

Self-control is essential in every individual—self-control is critical in controlling a person against using a smartphone. Electronic aggression on social media is also related to self-control because self-control is the human capacity to shape behavior to suit the surrounding environment. Another study conducted also states that the problem is in the use of smartphones caused by one of them the lack of self-control in which individuals find it challenging to control existing stimuli so that it can trigger feelings of anxiety if they are not near a smartphone, which can also cause individuals to withdraw from the social environment. Dependency syndromesmartphone caused by the

inability to control the desire to use smartphones, resulting in feelings of anxiety and loss when not using smartphones, withdrawal and distraction from problems, and become lost in productivity.

States that self-control is a psychological construct consisting of three aspects, namely behavioral control, a response that can influence or modify an unpleasant situation or condition; cognitive control, the individual's ability to manage information and be able to assess, interpret an event, and decision control, the individual's ability to consider everything. Karuniawan and Cahyanti (2013) also argue that self-control is vital in controlling individuals so they do not use smartphones excessively.

Self-control is influenced by two factors, namely genetic factors (age) and external factors (environment). The genetic factor is age, where self-control develops and can be controlled according to a person's age level, but self-control in children and adults cannot be directly compared. Young age is more prone to being unstable related to the use of smartphones (Caponnetto et al., 2021; Kumar & Thomas, 2020; Nguyen et al., 2022).

In other studies, individuals who enter the young adult phase aged around 18-24 years, in this case, are students, mostly have self-control or moderate self-control over the effects of using smartphone (Aydin & Kuş, 2023; Permatasari et al., 2022). Individuals who have moderate self-control will potentially have high or low self-control. The older a person gets, the better his self-control should be. This shows that the higher self-control, the lower the trend of nomophobia for students, and vice versa-self control, then the trend will be highernomophobia for students (Arora et al., 2021; Zwilling, 2022).

In addition to genetic factors (age), other control factors are external factors, namely environmental factors, where the family is the first factor that forms one's self-control. Attitude in disciplining children can be one of the things that will form a child's self-control. Parenting styles, communication styles, and ways of expressing emotions or holding back are the initial actions of a child in learning self-control (Kukreti et al., 2021; Lai et al., 2022). The place where the individual lives can be an environmental factor in self-control because the environment is not only a place to live but also to socialize with the surroundings, which means there are people that individuals often meet, namely their peers. If the environment in which the individual lives mainly uses a smartphone as a basic need, it is likely that the individual will follow the social flow of the environment and vice versa, causing side effects from using smartphones excessively or nomophobia (Zhuang & Jenatabadi, 2022).

The results showed that most of the respondents, as many as 44 respondents (70%), had self-control; currently, most students have self-control which is being. Because a person has self-control following the standards of his environment, and monitoring his behavior, the way a person changes himself from non-standard to standard. The role of the environment in question is the environment in which a person associates or socializes. Someone will not be influenced to do something if there is no trigger itself. Peers are usually one of the triggering factors that significantly influence someone.

The study's results were from 63 respondents; most of the respondents, 41 respondents (65%), lived in boarding houses, and a small portion of the respondents, 3 respondents (5%) lived with guardians. Environmental factors can influence self-control because of the parenting style first seen in a person. The

way parents discipline children, and the consistency in the punishments given to children will gradually form self-control in children. Students living in boarding houses far from the supervision of their parents fill their free time by playing social media to chat, post something, or play games. Sometimes it makes students forget about time because they are engrossed in their world, and the new environment they are currently living in will also influence Where is he if in that environment smartphone is a basic need or item that will always be grasped and searched for, then that person will also be dragged into that. Therefore parenting style plays a vital role in a child's self-control.

General data that factors into self-control the other is playtimesmartphone. The results showed that of the 63 respondents, the majority of respondents, as many as 33 respondents (52%), played smartphone duration 7-12 hours a day, and a small portion of respondents, 6 respondents (10%), had to play duration. Smartphones 13-18 hours a day, and 5 respondents (8%) have playing time smartphones 19-24 hours a day. These results can also be interpreted that students are in their daily lives almost daily from when they are used to smartphones. Nomophobia is higher in students who use smartphones for more than 3 hours compared to students who use less than 3 hours daily. Someone with self-control and nomophobia is visible in someone who is playingsmartphone more than 4 hours a day.

This study also adds other external factors that support the general data, namely learning techniques that students prefer. Face-to-face learning was chosen as the preferred learning technique compared to face-to-face learning daring because it is considered more effective; changes in learning require adaptation and additional facilities as support. This is supported by the time of learning daring or online the students have to stare at the laptop screen or smartphone they have a day that makes their eyes sore or tired, causing them to be unable to focus on the material presented. Lack of understanding of the material is also the main reason for students choosing offline learning, where learning is carried out in class with a face-to-face system that makes students active to ask questions when there is a material that is not understood without being constrained by any signals or interference and the interaction between students and lecturers makes students become do not feel bored or bored.

The study's results also showed that almost half of the respondents, as many as 19 (30%), had self-control. This is because students with self-self-control who are high have good self-management in usingsmartphone which is also useful for increasing self-control to do excessive things. If individuals with high self-control will not quickly become dependent on the smartphone, which can cause feelings of anxiety when not using it or commonly called nomophobia. High self-control will limit himself to using a smartphone as needed and not excessively and assume that that smartphone is not the most important thing. The higher self-control then, the tendency will lower nomophobia in students.

In the results of this study, gender can also influence self-control and nomophobia. The results are dominated by women who have high self-control—stated that high self-control tends to be more owned by female students than male students. Because sometimes, women can use their mindset when they are going to do something that has a good or bad impact on the future. Men use their free time to play games so that they forget time so. Many men are addicted to games, and now there are lots of game

competitions online that are in great demand by teenagers, especially boys, because it has tempting prizes. Women fill their free time with other activities such as washing clothes, cooking, or chatting with friends. Some women play games, but playing games is still dominated by men.

Conclusion

Based on research resultsSelf Control ToNomophobia During the Covid-19 Pandemic, most respondents, as many as 70%, had a medium self-control category.

It is hoped that further research will be carried out to find outSelf Control ToNomophobia during the Covid-19 Pandemic for Students of the D3 Nursing Study Program STIKES Karya Husada Kediri and can be used as a reference for additional courses in psychiatric nursing.

It is hoped that this research can provide insight and add information for further researchers who are more perfect for conducting research onSelf Control ToNomophobia during the Covid-19 Pandemic in Students of the D3 Nursing Study Program STIKES Karya Husada Kediri and can be used as motivation to modify learning so that it is not too monotonous.

It is expected that students can understand and also be able to apply the knowledge that has been given about owning self-control which is suitable for face nomophobia or the effects of smartphone addiction as well as making improvements self control on yourself.

Authors Contributions

The author carries out tasks from data collection, data analysis, and making discussions to making manuscripts.

Conflicts of Interest

All research teams agree with the final results of this study, and there is no conflict of interest in this study.

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