

# The Effect of Self Esteem on Nomophobia Behavior in Students of Guidance and Counselling Study Program Faculty of Teacher Training and Educational Science UHAMKA Class of 2015

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**Abstract.** This research aims to determine the effect of self-esteem on nomophobic behavior in Guidance and Counselling Students of FKIP UHAMKA class of 2015. The method used in this research is quantitative research methods with ex post facto research type. This research was tested on Guidance and Counselling students of FKIP UHAMKA class of 2015. This research is a sample study with a sample size of 57 students from 128 students. Data collection was carried out using the Rosenberg Self Esteem Scale (RSES) and Nomophobia Questionnaire (NMQ) which were adopted and adapted into Indonesian Language and adjusted to the necessity. The results of this study indicate that there is no significant effect between self-esteem and nomophobic behavior in Guidance and Counselling Students of FKIP UHAMKA class of 2015 with the acquisition of Tcount of 0.234 and the value of  $P 0.079 < 0.05$  and the acquisition of  $F_{count} 3.199 < F_{table} 4.013$  at  $\alpha = 0.04$ , thus  $H_0$  is accepted, which states that there is no significant effect between the two variables.

**Keywords.** *Nomophobia Behaviour, Education, Self Esteem.*

## 1. INTRODUCTION

The world is entering a new era where technology is growing rapidly and it leads to the information to be more accessible and easier for each individual to carry out activities known as the era of the industrial revolution 4.0 where almost all activities carried out by humans utilize the internet that connected to smartphones. In Indonesia, in 2017 the Indonesian Internet Service Providers Association (APJII)[1] revealed the results of a survey on the use of internet

networks in Indonesia which in total increased by around 8% to 143.26 million people or 54.68% of the total population of 262 million people. This indicates that the percentage of internet usage in Indonesia is quite high, exceeding half of the population in Indonesia.

Although, it provides many conveniences and benefits, according to Acharya, and [2] the use of smartphones for communication with the reason that it is as warning and a public health problem. Warning and public health problems are referred to the new symptoms arise in the environment which then create a

phenomenon such as a mean that attacks the individual and creates an addictive effect for users of communication media such as smartphones. The effect of smartphone addiction also has a psychological impact on users in the form of a feeling of fear of losing its smartphone which has become well-known as Nomophobia (No-Mobile Phobia). According to B.J.B, Mathew, Thulasi, and Philip [3], Nomophobia is one addiction to smartphone behavior and it is included in psychological dependence or the same as physical symptoms. It is not only in adults, this nomophobic behavior is also shown by teenagers. This is further strengthened by research from Yildirim[4] which found that young adult humans, aged 18 to 24 years are most susceptible to nomophobia with 77% of them identified as nomophobic, it is followed by the age range 25-34 years with a percentage of 68% and at the age of 55 years is the third most nomophobic smartphone users.

Based on the research that has been undertaken, it can be seen that the phenomenon of nomophobic behavior has become something that needs to be realized by the environment around adolescents, especially students, students are usually expected to be able to develop their abilities and responsibilities in order to prepare for adulthood so that they have emotional maturity and good self-control. On the other hand, students also have to keep up with the times where they are required to have the ability in the field of technology to be able to compete in the industrial era 4.0. Apart from being required to adapt to the technology in the industrial era 4.0, there are other factors that cause individuals, especially students to have nomophobic behavior, namely because of low self-esteem (low self-esteem). This is confirmed by Kim and Davis who argue that individuals who suffer from internet addiction feel isolated and their self-esteem appears to be lower than those who are not addicted to the internet[5].

In addition, Montag[5] also adds that low self-esteem is one of the factors that make individuals experience internet addiction. This is the initial reason they use the internet due to individuals who often experience nomophobia are caused by a lack of communication skills in the individual, which ultimately leads to a decrease in self-esteem in that individual. Anett states that self-esteem in emerging adults is still growing and several studies show that individual self-esteem in emerging adults can increase and decrease. It leads to raise concerns because in the industrial era 4.0 they are required to be able to keep up with the times in which all aspects of using the internet are used, but on the other hand students must also avoid nomophobic behavior that is increasingly happening around them.

Based on several cases, nomophobia is a dangerous threat to yourself and behavior caused by the phenomenon of nomophobia such as suicides in adolescents, depression, and Cyberbullying which can

occur because of low self-esteem so that it is very easy to do negative things to self as a result of the influence that is in the smartphone. According to a report from The Wall Street Journal, in 2018 the death rate of pedestrian increased to 6227 accidents caused by individuals walking by looking at their smartphones without looking around. This rate is the highest number in the last 30 years and has increased by 45% since 2009 where this year smartphones have experienced very rapid development. In addition, on May 15, 2019, a 16 year old girl in Malaysia committed suicide after conducting a polling on her Instagram account, from which 69 respondents chose "die", this shows that the teenager has low self-esteem. because of her inability to control the negative orders of others against to her so that it has a negative impact on the girl. This case proves that nomophobia is a dangerous threat if it is not balanced with high self-esteem.

According to Bragazzi and Puento [6], the symptoms of nomophobic behavior are often shown by students in the form of uncomfortable symptoms when there is interference or no internet network and when the battery is low, always checking their smartphone to see notifications that appear, having one or more smartphones, always carrying battery charger, and feeling anxiety when the smartphone is not near. This symptom is often shown by UHAMKA FKIP Guidance and Counseling students, especially when the researcher conducted several observations during lectures in class and following campus activities, the result was that most of the Guidance and Counseling students said that their smartphone was always connected to the internet and would feeling panicked and irritated if the smartphone cannot be connected to the internet, thus, it always allocates 60% of its financial income to fill out internet packages.

Most of the Guidance and Counseling students claim to have 2-3 social media accounts that are always active every day so they will feel worried if they have not accessed social media and often experience meaningless feelings when there is no notification that appears on their smartphone. They do not merely feel worthless if they do not get notification from their smartphones, students are always panic and they rush to charge their lowbatt smartphones so they always carry chargers and power banks in carrying out activities for fear of their smartphones are off.

In addition to carrying chargers and power banks, the nomophobic behavior shown by the 2015 FKIP UHAMKA Guidance and Counseling students always carries their smartphones everywhere including when permission to go to the bathroom and researcher found several times that Guidance and Counseling students are very emotional even screaming hysterically and crying when they do not find the smartphone in their usual place, they put the smartphone even though they just

forgot to put it, this shows that smartphones are very important from whatever they have.

Then, in gathering activities or having lunch together, it is often seen that many students prefer to call friends who are far away from them rather than communicate directly with friends who are nearby and will feel useless if they do not get a call or text message from its smartphone. This phenomenon encourages the researcher to conduct this research whether there is an effect between self-esteem and nomophobic behavior in the FKIP UHAMKA environment, namely Guidance and Counseling students class of 2015 who are still in the late adolescent category.

## 2. RESEARCH METHOD

This study used self-esteem as the independent variable and nomophobic behavior as the dependent variable. According to Rosenberg Self esteem is a specific attitude based on individual perceptions of feelings about self-esteem or value as an individual [7]. Meanwhile, Nomophobia is a term that refers to behaviors or symptoms associated with phobic agora, including the fear of becoming sick and not receiving help as soon as possible[8].

The research method used was quantitative research methods with research type of ex post fact. The ex post fact research method was a research conducted to examine the events that have occurred which then

followed backwards to find out the factors that can cause the incident. The researcher gave an online questionnaire to students class 2015 of Guidance and Counseling study program at FKIP UHAMKA

Measurement of the self-esteem variable used the Rosenberg Self-esteem Scale (RSES) which was compiled by Morris Rosenberg and has been adapted into Indonesian which consisted of 10 items and added 10 items which were adjusted to the aspects arranged with a reliability level of 0.86

The measurement of the nomophobic behavior variable, the researcher used the Nomophobia Questionnaire (NMQ) made by Yildirim and Correia [8] and it was the result of a mixed-method research design which was originally a qualitative form by describing the dimensions of nomophobia through interviews and then used as a questionnaire with 20 statement items compiled based on dimensions and had a good reliability level of 0.95[8].

## 3. FINDING AND DISCUSSION

After the researcher carried out the normality and linearity test, the research data met the normal assumptions. Then, the researcher calculated the regression linearity test using the IMB SPSS Statistic 21 application and the regression linearity results were obtained as follows:

**Table 1. Anova**

MODEL	Sum of Squares	df	Mean Square	F	Sig.
Regression	304,565	1	304,565	3,199	,079 <sup>b</sup>
Residual	5236,699	55	95,213		
Total	5541,263	56			

a. Dependent Variable: *Nomophobia*

b. Predictors: (Constant), Self esteem

Based on the results of table 1, it can be seen that the p value (0.079) > 0.05, which means that there is no significant relationship between self-esteem and

nomophobic behavior in UHAMKA FKIP Guidance and Counseling students. In addition, the R value is obtained as follows:

**Table 2. R Table**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,234 <sup>a</sup>	,055	,038	9,75770

Based on the R value in the table, it can be seen that the amount of regression between self-esteem (X) and nomophobia (Y) is 0.234 (very low), and when it is viewed from the R square value so that it can be seen

that self-esteem (X) only contributes 5.5%, this is indicated by the R value of 0.055 (so that the contribution is only 0.055 x 100%). It can be concluded

that self-esteem in influencing nomophobia is only 5.5% and 94.5% is influenced by other factors.

Then, hypothesis testing was carried out using Pearson Product Moment with the IMB SPSS Statistic

21 application to discover the effect of self-esteem on nomophobic behavior in students of Guidance and Counseling FKIP UHAMKA in the semester of 8 with the following calculation results:

**Table 3. Correlation**

		<b>SELF ESTEEM</b>	<b>NOMOPHOBIA</b>
<b>SELF ESTEEM</b>	Pearson Correlation	1	,234
	Sig. (2-tailed)		,079
	N	57	57
<b>NOMOPHOBIA</b>	Pearson Correlation	,234	1
	Sig. (2-tailed)	,079	
	N	57	57

Based on these results, it can be concluded by looking at the provisions where:

1. If the sig value > 0.05 then Ho is accepted
2. If the sig value < 0.05 then Ho is rejected

From the results of the above calculations, the significant value is 0.079 > 0.05, then Ho is accepted and Hi is rejected, it points out that there is no

significant influence between self-esteem on nomophobic behavior, it implies that the higher of self-esteem does not affect the level of nomophobic behavior in UHAMKA FKIP Guidance and Counseling students of 2015. This is also strengthened from the F-Test in table 4.10 which is obtained when calculating the simple correlation as follows:

**Table 4. F test**

<b>MODEL</b>	<b>Sum of Squares</b>	<b>df</b>	<b>Mean Square</b>	<b>F</b>	<b>Sig.</b>
Regression	304,565	1	304,565	3,199	,079 <sup>b</sup>
Residual	5236,699	55	95,213		
Total	5541,263	56			

a. Dependent Variable: *Nomophobia*

b. Predictors: (Constant), Self-esteem

These results can be concluded by looking at the provisions where:

1. If  $F_{count} > F_{table}$  then Ho is rejected
2. If  $F_{count} < F_{table}$  then Ho is accepted

Dealing with table 4, the  $F_{count}$  of 3.199 < 4.013  $F_{table}$  means that Ho is accepted and Hi is rejected and it indicates that there is no influence between self-esteem and nomophobic behavior. This means that even though

students have Nomophobic behavior, the factor that causes it is not from the level of self-esteem but from other factors.

In addition, based on the calculation of the item score, the result shows that item number 16 gets the highest score, which is 258 where the item contains anxiety because it cannot update status or find out the latest information on social media, and the following results are obtained:

**Table 5. Categorization of Social Media Status**

	<b>Frequency</b>	<b>%</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Low	1	1,8	1,8	1,8
Medium	3	5,3	5,3	7,0
High	18	31,6	31,6	38,6
Extremely High	35	61,4	61,4	100,0
Total	57	100,0	100,0	

In table 5, it can be seen that 61.4% or 35 FKIP UHAMKA Guidance and Counseling students choose the item scale number 16 with a very high category, this shows that the nomophobic behavior of the FKIP UHAMKA Guidance and Counseling students is not influenced by self-esteem but by the anxiety of UHAMKA FKIP Guidance and Counseling students if they are unable to update their social media status so that it can be concluded that the factors causing the nomophobic behavior that exist in UHAMKA FKIP Guidance and Counseling students are extraversion factors.

According to Bianchi and Philips [9], extraversion is basically social in nature and due to smartphones are communication tools, it is very possible that these two things are interrelated. Bianchi and Philips[9] also argue that individuals with extraversion always seek social contact because they are basically less cared for so they are prone to problematic behavior and often seek sensation in their social environment. If it is related to the calculation of the score in table 3, this factor is very appropriate and suitable to be a factor causing nomophobic behavior in FKIP UHAMKA Guidance and Counseling students class of 2015.

In addition, the results of this study are also in line with the results of research conducted by Villar et al.[10] in Virgili University students in Spain who found that there is a significant positive relationship between extraversion and nomophobic behavior, this result occurs because a strong desire to socialize is a characteristic of this personality type and smartphones can be used to communicate so that it is closely related with nomophobic behavior that arises in students.

The extraversion factor that occurs in the FKIP UHAMKA environment is also accompanied by technological advances where the world nowadays is entering the 4.0 era and, in this era, everything is connected to the internet which is very closely related to smartphones so that nomophobia behavior is very easy to form in this era. For the students' class of 2015 of Guidance and Counseling study program at FKIP UHAMKA, it is very visible that the Guidance and Counseling students really use technology to access social media and this can be seen from the number of Guidance and Counseling students' class of 2015 who choose question items that tend to feel anxious if they are unable to update their social media. This is also in line with a survey conducted by the Indonesian Internet Service Providers Association (APJII)[1] in 2017 where the largest use of the internet used to access social is 87.13% and the rest is used for other purposes.

[7] C. J. M. PhD, *Self-Esteem Research, Theory, and Practice: Toward a Positive Psychology of Self-*

#### 4. CONCLUSION AND SUGGESTION

Based on the research result supported by theory and findings in the field, there was a negative effect between self-esteem and nomophobic behavior. This showed that there was indeed no influence between self-esteem and nomophobic behavior in FKIP UHAMKA Guidance and Counseling students, but there were other factors that can influence the formation of nomophobic behavior in FKIP UHAMKA Guidance and Counseling students, namely the influence of the use of social media based on extraversion factors, where the higher the use of social media, the higher of the nomophobic behavior that will be raised. It is expected that UHAMKA FKIP Guidance and Counseling students can interact directly and carry out social activities by involving themselves in the environment maximally so that the level of nomophobic behavior in UHAMKA FKIP Guidance and Counseling students can decrease and many positive activities can be carried out.

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