

The Influence of Smartphone Addiction Towards Emotional Quotient of Jurisprudence Students 2016 in Musamus Merauke University

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Abstract. In recent days, having communication tool (handphone) is a must for the young generation especially college students. Unconsciously, the excessive use of communication tools has an impact on us. This research aims to analyze the influence of smartphone addiction on the emotional quotient of jurisprudence students 2016 in Musamus Merauke University. Therefore, this research is conducted at Musamus Merauke University. This research is qualitative research by using quasi-experimental research design and one group pretest-posttest design approach. The sample of this research is 50 jurisprudence students of 2016 that actively using a smartphone. This research uses a random sampling method by using the questionnaire in pretest and posttest. Furthermore, the data will be analyzed with a paired sample t-test. The result of this research shows the emotional quotient average value in pretest is 10.05 and then increases to 12.39 in posttest with a t-test value -7.244 and p-value of 0.000. Based on the result, there is smartphone addiction influence towards the emotional quotient between pretest and posttest.

Keywords: *smartphone addiction, emotional quotient.*

I. INTRODUCTION

In social life, communication is a fundamental need for someone. Someone who does not communicate or associate with another will be isolated from social life. Then it will cause mental depression. According to Dr. Everett Kleinjan, communication is like breathing, as long as someone wants to live so communication is needed [1]. In the globalization era, communication has developed in which information and communication technologies such as the use of television, telephone, handphone, and internet can be found anywhere. Handphone, is one of the long-distance communication tools

that can be carried anywhere without cable, makes many people use this device [2]. Nowadays, handphone has become smartphone in which this device has an operational function like a computer. Recently, many people have used Smartphones. The feature of Smartphones is that they are equipped with a mobile operating system (OS) for the control of sensors and modules. In this situation, we can connect external human interaction devices with the Smartphone [3]. The smartphone may save important files [4]. Smartphone also can be used to search any information, remove stress through cyberspace, and to play a game [5] According to Erikson in Santrock, in younger to adult age, someone has not yet had ego identity (looking for self-identity), tends to group with peers and have unstable emotion [6]. In the learning process, college students need information in order to support their academics quality through the use of the internet. Because of various easiness in a smartphone, college students do not think critically again and often neglect their social life. It can cause stress in academic life by causing addiction behavior in smartphone excessive use [7]. A college student is a generation that sensitive to new technologies and innovations. Youth generation is closer to new things and one of them is a smartphone. Smartphone has become a daily need for college students in order to be seen as “funky” or not outdated. One of smartphone uses by college students is to access educative information due to the development of academic information system in many universities such as academic portal, digital library, and billions of websites that provide e-journal, e-book, research, an encyclopedia that can be accessed online. Although the smartphone has many benefits it also causes addiction [8]. Smartphone addiction is addiction behavior towards smartphone that possibly becomes a social problem

because someone withdraws themselves from society, difficulty in daily activities or as a control impulse disorder [9]. Every problem which involves individual needs decision and action in which feeling aspect is as important or more important than instinct. Emotional quotient involves self-control, spirit, diligent, self-motivation, disappointment endurance, emotion control, does not exaggerate happiness, manage mood and stress to not influence empathy, conflict settlement, and leadership. Goleman states that 80% individual success depends on EQ or emotional quotient and 20% on IQ or Intelligent quotient [10]. Emotional quotient is someone's ability to control his/her emotion with their intelligent, maintain their emotion and expresses it with self-awareness, self-control, self-motivation, empathy and social skill [11]. This research aims to analyze the influence of smartphone addiction towards emotional quotient on jurisprudence students.

II. RESEARCH METHOD

The research design of this research is quasi-experiment. It is a method that is used to search the impact of particular behavior on another behavior in a controlled condition [12]. By using one group pretest-posttest design, there is no group comparison (control) but there is first observation (pretest) that makes the researcher possible to test the change after the particular behavior is given [13]. The data in this research is quantitative data and the sources consist of primary and secondary data. This research takes place in the Faculty of Law, Musamus Merauke University. The population of this research is all of the Jurisprudence students 2016 with random sampling method, so the samples are taken randomly. The samples of this research are 50 jurisprudence students who actively use a smartphone. The data are collected using the questionnaire in pretest and posttest. The researcher gives pretest questionnaire about Emotional Quotient. After the pretest data are collected, at the same day, the students are given the knowledge about the negative and positive influence of excessive smartphone use and how to control it. After one week, posttest is given by using the same questionnaire at pretest. The used analysis methods are a univariate analysis which uses frequency and percentage analysis and bivariate analysis which use statistic test with paired t-test to know the influence of a dependent variable on independent variable supported by SPSS program version 20. The dependent variable in this research is smartphone addiction and the independent variable is the emotional quotient of jurisprudence students 2016 in Musamus Merauke University.

III. RESULT AND DISCUSSION

A. The dichotomy of Legal Regulations in Border Areas

Univariate analysis

1) Individual Characteristics

Table 1. Result of respondents' characteristic n=50

Characteristic	Number	%
Gender		
Male	16	32
Female	34	68
Age		

17 – 18 years old	28	56
19 – 20 years old	22	44
TOTAL	50	100

Based on table 1, females are more active in using a smartphone. There are 34 female students (68%). The age of respondents is around 17-20 years old and most respondents are in 17-18 years old. There are 28 students in that age (56%).

2) Emotional Quotient Description

Table 2. Respondents distribution based on emotional quotient level

EQ level	Pretest		Posttest	
	N	%	n	%
Good	9	18	17	34
Satisfactory	15	30	32	64
Less than satisfactory	26	52	1	2
TOTAL	50	100	50	100

Table 2 shows that in protest, most of the respondents have EQ level less than satisfactory in the amount of 26 students (52%) and in posttest, most of the respondents have EQ level satisfactory in the amount of 32 students (64%).

3) Description of Emotional Quotient Different Level

Table 3. emotional quotient different level

Statistics Measure	Pretest	Posttest
Mean (95%CI)	10.05	12.39
Deviation standard	1.336	1.587
Minimum	7	12
Maximum	15	20

Table 3 shows that EQ average value before giving smartphone controlling use is 10.05 with DS 1.336 while after the positive and negative knowledge given and how to control smartphone excessive use, the average value is increasing in the amount of 12.39 with DS 1.587.

Bivariate Analysis

Before bivariate analysis was conducted, the normality test using Kolmogorov Smirnov was conducted first. Based on the test, the pretest value of Kolmogorov Smirnov is 1.322 and the posttest value is 1.060. Thus, the data in pretest or posttest is considered as normal. By using a normality test result, the analysis is continued using a statistical test of paired sample t-test.

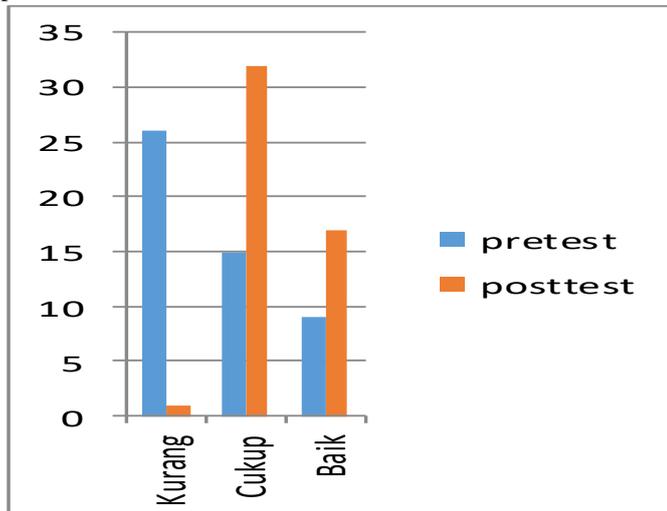
Table 4. The influence of smartphone addiction towards emotional quotient

Emotional Quotient	Mean	t-test	p
Pretest – Posttest	-1.989	-7.244	0.000

Based on table 4, the result of the paired sample t-test is -7.244 with a p-value of 0.000. From the result, it can be seen that there is the influence of smartphone addiction towards

emotional quotient between pretest and posttest. Moreover, the different level of the emotional quotient is as follows:

Figure 1. Emotional Quotient difference between pretest and posttest



B. Discussion

In the result based on gender, female students 68% more active in using smartphone rather than male students. Generally, female more active in using application within cyberspace than male. It is proven by interviewing several female students who admit they cannot go without their smartphone. They feel more difficulty if they forget to bring smartphone rather than forget to finish an assignment. Meanwhile, male students interested in using smartphone only to play a game and search important information through internet. Male tends to do not like cyberspace activity especially communicate within cyberspace. Female students more focus to look for friends in cyberspace rather in real life. This is the condition that can make students are isolated from their social life. Based on the research by Choliz (2012), woman has tendencies to have smartphone addiction rather than man [14]. According to Lee, Chang, Ling, and Cheng (within Bolle, 2014) rather than man, the woman is more social-oriented, for example, a woman calls someone longer than man. In line with Lee et al, the research which conducted by Watten, Kleiven, Fostervold, Fauske, and Volden (2008) find that woman more often use a smartphone to access the internet, such as chatting and e-mail. Meanwhile, man uses a smartphone to play a game, online shopping, see video/film, and program [5]. This research also in line with Raihana's research (2010), there is internet addiction differences based on gender with significance $t = 0,034 < 0,05$. A woman has higher possibility to have internet addiction than man. A woman can spend 140 minutes per day for using smartphone and man spends 43 minutes per day [15].

Emotional quotient of students mostly in less satisfactory level in pretest which is 52% (26 students) and after the intervention is done in posttest, the level increases to 64% (32 students) in a satisfactory level. It results from knowledge about the negative influence of excessive smartphone use that

makes people's emotionally disturbed. Based on the interview, students in their daily life do not leave their smartphone. Bianchi and Phillips (2005) find that excessive use of smartphone happens to young people. Several smartphone addiction symptoms are: (a) preoccupation with smartphone, (b) increasing time in using smartphone, (c) try to control the use of smartphone but fail, (d) feel lost, anxiety, depression, inconvenience when stop using smartphone, (e) use smartphone for a long time, (f) secretly using smartphone when someone's around such as friend or family, (g) use smartphone to divert themselves from lonely, anxiety, and depression [16].

Given mental and physical fatigue are both likely to negatively impact academic performance, an outcome that is costly for the student or paying parent, the University and society as a whole, this study also highlights the importance of universities developing policies aimed at regulating Internet use or educating students about its potential risk [17].

In the pretest, the average value of emotional quotient increases from 10.05 to 12.39 after posttest by giving smartphone addiction and its influence on emotional quotient. Question and answer session during giving information process pull up students' knowledge on the impact of excessive smartphone use. Because of the information, the students reduce smartphone use in their daily life. At first, the smartphone may be used to communicate with friends, but after a long period, unconsciously the students will more depend on a smartphone. This condition emerges because the needs that have to be connected through cyberspace. The condition is in line with Erich Fromm's opinion (1995) that one of the modernization impacts is individual awareness which changes with self-adaption toward social life and its norms. Someone with all one might try to keep up with life rhythm in order to be considered as part of the group. The students' effort to be accepted in their environment, unconsciously, makes them addicted to smartphone [18].

Based on the result of this research, p-value in the amount of 0.000 is obtained that shows there is the influence of smartphone addiction towards emotional quotient. It can affect someone's emotional quotient since if someone addicted to a smartphone it will cause them to not recognize their self-emotion in which an ability to recognize feeling when those feeling occurs. The recognition which makes someone realizes emotion that occurs, what is the factor, understand the quantity, intensity, and duration of the emotion. Mayer says that self-awareness is aware of one's own mood if someone's less aware so they will easily drag to their own emotion [11]. Managing emotion is a person's ability to handle their feeling in order to express it precisely. Someone who bad at handle their own feeling will be trapped in sad, while those who good enough to handle this feeling will rise again [11]. Another emotional quotient that can be disturbed is self-motivation that makes good performance. Someone who has this ability tends to be more productive and effective in everything they do [11]. The ability of someone to recognize others or care shows someone's empathy. Someone who has high empathy will be able to catch hidden social signs that represent what others need. Thus, someone will be more open to others point of view, sensitive to other feelings, and listen to others. Someone's who

can read others' emotion has high self-awareness. The more someone opens to their own emotion, recognize and admit their emotion, so that kind of person has the ability to read others' emotion. Communication skill is a basic competence to build a successful relationship. People who are great at maintaining a relationship will be a success in every field. Someone's success in social life happens due to his/her ability to communicate. This kind of person become popular in their environment and become a fun friend due to their communication skill [11].

IV. CONCLUSION

There is smartphone addiction influence towards emotional quotient in Jurisprudence students of Musamus Merauke University with p-value of $0.000 < 0.05$. The influence caused by smartphone use as a habit to do cyberspace activity or to search for information for an assignment or play a game. It needs to be reduced since a long-term use will have a negative impact for students' mental health. The students addicted to a smartphone will not leave their smartphone. If the battery goes down, they will be stress. When students only focus on the smartphone they will forget their social life. The students will be the people who are not sensitive towards others and their own emotion. Smartphone use is expected to be less than 6 hours per day without stop. If it beyond the limit, so someone is categorized as an addictive smartphone user.

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