

How Smartphone Addiction in Indonesian Millennial Mother?

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ABSTRACT : The use of smartphones is increasing, especially during the pandemic, because all activities that usually run offline are forced to go online. The purpose of this study is to describe smartphone addiction in millennial mothers who have children. Millennial mothers are determined because they are very close to gadgets, especially smartphones. A total of 79 participants filled the gadget addiction scale. This study is designed using the Smartphone Addiction Inventory (SPAI) by Lin et al. (2014). The measuring instrument is structured based on four factors: compulsive behaviour, functional impairments, withdrawals adapted in the Indonesian version. Qualitative data is also obtained to obtain information on how positive and negative the smartphone is. The results show that most millennial mothers who have children are in the moderate category. Besides negative use in using smartphones has an impact on parenting. We also describe the demographic data categorization and how its implications are discussed..

KEYWORDS - smartphone addiction; parenting; millennial mother.

I. INTRODUCTION

Pandemics that occurred around the world began around March 2020. Until now, there are still many countries that are experiencing tremendous impacts on many aspects. Aspects that get a lot of attention include economic aspects (Ozili & Arun, 2020) and education (Onyema et al., 2020). Many people have difficulty earning a living to the point where it is difficult for students to understand the teacher's online learning explanation. The use of information and communications technology (ICT) during a pandemic has become very important as a way of keeping the economy running, helping to work from home both as a group and individually, increasing social connectedness, to providing much-needed entertainment, etc. (Király et al., 2020). However, it turns out that excessive use of technology during the pandemic causes addiction to its users, as reported by Sun et al., (2020) who surveyed 6416 Chinese people that during the COVID-19 pandemic, 46.8% of subjects reported increased dependence on internet usage, and 16.6% had longer internet usage hours. The prevalence (4.3%) of severe internet dependence increased by 23% compared to (3.5%) before the COVID-19 pandemic, and their level of support increased 20 times more often than decreased (60% vs 3%). In other countries such as Indonesia also reported that online duration increased by 52% compared to before the pandemic (Siste et al., 2020). This proves that the use of smartphones adds to psychological problems for its users. Smartphone addiction is a maladaptive media use behaviour characterized by excessive smartphone use, difficulty controlling and interfering with daily activities (Kwon et al., 2013). In another sense, smartphone addiction is defined by Griffiths, (1996) as a pattern of behaviour that is non-chemical and involves interactions between humans and machines. A similar behaviour pattern, internet addiction, has been categorized as a "substance-related and addictive disorder" type in the Diagnostic and Statistical Manual of Mental Disorders, 5th ed. (DSM-5). Non-substance addiction is conceptualized from substance addiction to broaden understanding, including the bio-psycho-social context and provide direction for a more comprehensive addiction model (Király et al., 2020). Since smartphone addiction has the same concept as a behavioural addiction, impulse control problems or disorders cause smartphone addiction.

Anyone who uses smartphones can become addicted to a smartphone if they overuse it, especially over a very long period. When viewed from its users, women as mothers with children can also become addicted, especially millennial mothers. Millennial mothers are generation Y who are included in a group of people born in the 1980-2000s, meaning that in 2020 they are in the age range of 20-40 years. Millennials are born in a time of rapid technological development. So that during its development, they coexisted with the rapid growth of smartphone technology, so that in turn, smartphone addiction emerged in their generation. The question is, what if millennial mothers with children are addicted to smartphones? As the results of research by Prabowo et al., (2020) on the millennial generation, said that excessive smartphone use, 79.5% of participants had a sleep duration of less than 6.5 hours per day and 72% of them also reported period of using the internet more than 6 hours per day. It was also explained in this study that there was a positive relationship between insomnia and

internet addiction, a negative correlation between insomnia and sleep duration, a positive correlation between insomnia and the time of internet use, a negative correlation between internet addiction and sleep duration, a positive correlation between internet addiction and duration of use. Internet. , and a negative correlation between sleep duration and internet usage duration. Several recent studies on smartphone addiction report that smartphone use is excessive and can interfere with daily life functions or the presence of uncontrolled urges and is accompanied by symptoms such as mood modification (emotional effects of individual behaviour as coping or "escape" strategies, withdrawal symptoms (an unpleasant condition such as physical complaints, gloom, irritability), tolerance (increased intensity of desire and is destructive), and salience/behaviour that dominates thoughts, feelings and behaviour (Abi-Jaoude et al., 2020). Based on the introduction above, we researched smartphone addiction in millennial mothers with children. This is important because millennial mothers are very close to technology, mapping them as a generation who already have children indirectly if smartphone addiction can affect their function as mothers.

II. METHOD

This study uses a descriptive quantitative approach with one single variable. A total of 79 participant millennial mothers in Indonesia participated in this study. Information on participants can be seen in table 1. Based on table 1. Data can be obtained that participants aged 31-35 years dominate this study, then participants aged 36-40 years are also more than other participants. Based on the number of children, millennial mothers with two children were 38 and dominated this study. Based on job status, 44 millennial mothers with not work status dominated this study compared to millennial mothers who worked. Based on the latest education, more millennial mothers have the latest S1 and SMA education compared to other recent education. Based on the number of smartphone usage, millennial mothers with a smartphone usage duration of 2-4 hours, 4-6 hours and 6-8 hours on average are 20 participants. Instrument The measuring tool uses the Smartphone Addiction Inventory (SPAI) developed by Lin et al., (2014) which consists of 4 factors, namely Compulsive Behavior (item number 5,6,7,10,11,18,20,21, and 22) , functional impairments (source items 8,12,13,15,17,23,24, and 26), withdrawals (item number 2,4,14,16,19, and 25), and Tolerance (item number 1,3 , 9). articipants were asked to rate items on a 4-point Likert scale, 1 = strongly disagree ", 2 = " somewhat disagree ", 3 = " somewhat agree " and 4 = " strongly agree, so that the SPAI total score ranges from 26 to 104. The gauge has a Cronbach's Alpha value of 0.862.

Tabel. 1 Informan Profile

		Frequency	Percent	Valid Percent	Cumulative Percent
Age	21-25	2	2.532	2.532	2.532
	26-30	20	25.316	25.316	27.848
	31-35	31	39.241	39.241	67.089
	36-40	26	32.911	32.911	100.000
	Missing	0	0.000		
	Total	79	100.000		
Number Of Children	1	18	22.785	22.785	22.785
	2	38	48.101	48.101	70.886
	3	18	22.785	22.785	93.671
	4	4	5.063	5.063	98.734
	5	1	1.266	1.266	100.000
	Missing	0	0.000		
	Total	79	100.000		
Job Status	work	35	44.304	44.304	44.304
	not work	44	55.696	55.696	100.000
	Missing	0	0.000		
	Total	79	100.000		

Education	Bachelor	50	63.291	63.291	63.291
	Magister	5	6.329	6.329	69.620
	Elementary	1	1.266	1.266	70.886
	Senior	22	27.848	27.848	98.734
	Yunior	1	1.266	1.266	100.000
	Missing	0	0.000		
	Total	79	100.000		
Duration Using Smartphone	2-4 hours	24	30.380	30.380	30.380
	4-6 hours	23	29.114	29.114	59.494
	6-8 hours	22	27.848	27.848	87.342
	<2 hours	10	12.658	12.658	100.000
	Missing	0	0.000		
	Total	79	100.000		

Data analysis : Based on the statistical results, we created three categories for smartphone addiction. Table 2. Shows that in the high category as much as 12.7%, moderate 72.2%, and Low 15.2%. So it can be concluded that the moderate category dominates smartphone Addiction in millennial mothers.

III. RESULT

Based on the statistical results, we created three categories for smartphone addiction. Table 2. Shows that in the high category as much as 12.7%, moderate 72.2%, and Low 15.2%. So it can be concluded that the moderate category dominates smartphone Addiction in millennial mothers.

Tabel 2. Category of Smartphone Addiction

Category	Frequency	Percent	Valid percent	Cumulative percent
High	10	12.7	12.7	12.7
Moderate	57	72.2	72.2	84.8
Low	12	15.2	15.2	100.0
Total	79	100.0	100.0	

Based on the categorization of research data in general, we carried out a second categorization using demographic data to see to what extent these categories explain demographic data. In table 3, information is obtained that the categorization based on duration using a smartphone, smartphone use for 4-6 hours in the high category is five millennial mothers and 6-8 hours by four millennial mothers. We interpret that the length of time using a smartphone can be considered to say that a person is said to be addicted or not addicted. Based on the latest education, smartphone addiction in the high category was mostly found in bachelor with five millennial mothers and senior high school with five millennial mothers. Meanwhile, other millennial mothers' last education dominated the moderate category. Based on the high category's job status, six millennial mothers worked, and four millennial mothers did not work. Based on the number of children, information was obtained in the high category that millennial mothers with 2 children were 6 millennial mothers, 1 child was 1 millennial mother, 2 children 3 millennial mothers, and four children four millennial mothers. Meanwhile, millennial mothers have five children, incidentally, only 1 participant, in the low category.

Tabel 3. Demographic Categorization Based on Gadget Addiction

		Low	Moderate	High	total
Duration Using Smartphone	2-4 hours	4	19	1	24
	4-6 hours	3	15	5	23
	6-8 hours	2	16	4	22
	< 2 hours	3	7	0	10
	Total	12	57	10	79
education	Elementary	0	1	0	1
	Junior High	0	1	0	1
	Senior High	3	14	5	22
	Bachelor	8	37	5	50
	Magister	1	4	0	5
	Total	12	57	10	79
job status	Work	4	25	6	35
	Not Work	8	32	4	44
	total	12	57	10	79
number of Children	1	2	15	1	18
	2	4	28	6	38
	3	5	11	2	18
	4	0	3	1	4
	5	1	0	0	1
	Total	12	57	10	79

We also collected qualitative data in the form of an open questionnaire. With the question, what is the positive and negative impact of smartphone use on millennial mothers? We grouped the data, then created themes based on data reduction. So that the results obtained can be categorized into two forms of positive and negative influence. Based on figure 1. Information can be obtained that the use of smartphones that have a positive impact, including the smartphone, is used to find reference sources for dealing with children, the need to work at home, as a tool to find information in developing children's creative and children's development. While for the negative impact, information was obtained that smartphones affect the loss of time with children, children become imitators in using smartphones, and children cannot be cared for within reach of the mother

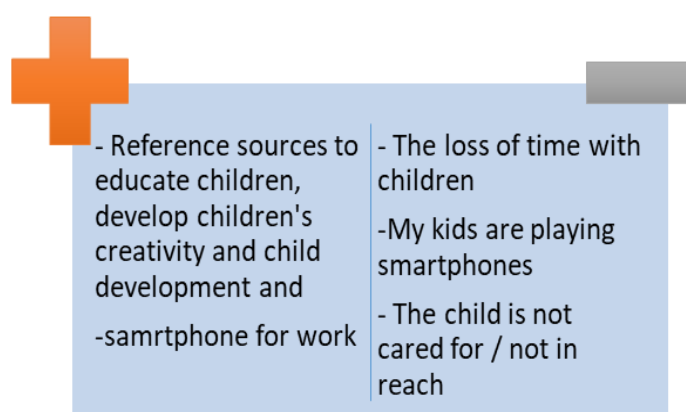


Figure 1. Positive and Negative of Smartphone Use on Parenting

IV. DISCUSSION

In general, the use of smartphones during a pandemic is indeed a solution to keeping routines running. Our results show that the moderate category identifies smartphone addiction for millennial mothers who have children. However, the continuous use of smartphones without self-control in their use can lead to addiction in the high category. In addition, we found high and low categories regarding smartphone addiction among millennial mothers. Based on qualitative data, information can be obtained that millennial mothers who have children are also aware of the negative impact on their children's care. We highlight how the child does the same

when the mother interacts with a smartphone even though according Kim et al., (2018) Parents act as "gatekeepers" which facilitate and limit access to the use of digital technology because this is based on the perception that digital technology is a media of entertainment and education that can be accounted for. Many researchers associate the process of forming behaviour in children with Bandura learning theory related to social learning theory. One of them is modelling. This theory is suitable for explaining the phenomenon that occurs in imitation of behaviour in children. Bandura et al. (1961) said that children observe the people around them who behave in various ways. Therefore family members are the most critical aspect of child development. Parenting patterns will shape children's perceptions. Parenting practices are the attitudes and behaviour of parents in interacting with children (Brooks, 2012). Several studies provide several solutions related to this, including interventions that can be carried out in the prevention and handling of smartphone and internet addiction, including through increasing the use of appropriate internet content), supervision, and discussion between children and parents, time management skills and perception (Neophytou et al., 2019). In addition, other studies use a social approach through the Behavior Contract Technique Group Counseling to Reduce the Symptoms of Smartphone Addiction (Hasanah et al., 2015).

V. CONCLUSION

This study describes how smartphone addiction is among millennial mothers who have children. We found that most millennial mothers who had children were in the moderate category. Millennial mothers who have children also realize that the use of smartphones impacts imitating their children. The implications of this research can be used as evaluation material for millennials who have children to control their behaviour in using smartphones. The limitation of this research is that the measured variable is only one single variable. It does not have a quantitative contribution to other variables, both the factors that influence it and its impact. Therefore, further researchers can use a quantitative approach by using independent variables that become influences and measuring their impact on other aspects, especially in terms of care.

ACKNOWLEDGEMENTS

An acknowledgement section may be presented after the conclusion, if desired.

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