



**THE IMPACT OF EXCESSIVE *GADGET USE* ON ADOLESCENT BEHAVIOR IN  
AL-HIDAYAH DORM**

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**ABSTRACT**

**Abstract;** *The development of information technology brings a change in society. The presence of gadgets, especially in the form of smartphones, has contributed a lot in everyday life, as a medium for seeking information, interacting, getting entertainment, and even doing business activities are also included in it. This journal aims to find out how the influence of gadgets on adolescent behavior in the Al-Hidayah dorm environment. This research is based on changes in adolescent behavior due to excessive use of gadgets. This research uses a qualitative approach with descriptive methods. The data was obtained through observing several residents of the Al-Hidayah dorm who used gadgets excessively. Data analysis was carried out from the beginning of this assignment until the assignment was collected. The results of this study in general show that some of the residents of the Al-Hidayah dorm use gadgets 10-12 hours a day, most of them are used for entertainment such as playing the Mobile Legend Bang-bang game, Free Fire, and opening social media. This means that some of the dormitory residents are addicted to gadgets. Excessive use of gadgets can have a negative impact on adolescent behavior in their social relationships, including emotional instability which results in irritability, emotion, anxiety, which in turn reduces the productivity of the dormitory residents, so that it has an impact on frequent dormitory residents waking up late, not going to school. 'had, not attending lectures, and many other bad effects.*

**Keywords:** *Use of gadgets, Adolescent Behavior, Dormitory Environment*

## **Introduction**

*Gadgets* are communication tools that have many functions and various features. *Gadgets* are considered more complete than other electronic communication tools because of their different functions and characteristics. Currently there are many *gadgets* that are widespread in all regions of the world. Its development is very broad because with it one can access the various information needed. With the existence of *gadgets*, people are facilitated in carrying out various kinds of activities that were difficult to do before. But in another position, *gadgets* have a big influence on a person and those around him, being too busy with *gadgets* makes a person forget the time and responsibilities that have become part of his life. Nowadays almost all people, especially teenagers, use *gadgets* in carrying out their daily activities. Almost every teenager spends their time in a day using *gadgets* so that this affects their behavior towards themselves and the social environment.<sup>1</sup>

Adolescence is a phase where humans are in their teens. At this time humans cannot be called children or adults. Adolescence lasts from 12 to 21 years for women and 13 to 22 years for men. According to Muhammad (2014; 19), the phases of adolescence are classified into two parts, namely early adolescence and late adolescence. The adolescent phase is a phase of development with great potential, in terms of cognitive, emotional and physical aspects.<sup>2</sup>

The results of initial observations at the Al-Hidayah dorm, teenagers who use *gadgets* excessively are seen to be overly dependent on these objects. This condition has negative impacts such as a lack of social life due to the time spent using gadgets, being rebellious and lazy.

## **Literature Review**

### **A. Trait Theory**

A trait is a distinguishing quality or characteristic that is a way of thinking, feeling, and behaving that is consistent with a situation. Traits are often used to predict behavior, so it's understandable that trait and behavior theory fall into the same category. Perhaps what most psychologists believe today is that behavior is determined by a combination of traits and

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<sup>1</sup>Handrianto, P. (2015) Impact of smartphones [Online]. Available:  
[http://sainsjournalfst11.web.unair.ac.id/artikel\\_detail-75305KESEHATANDanDampak%20Smart%20phone.html](http://sainsjournalfst11.web.unair.ac.id/artikel_detail-75305KESEHATANDanDampak%20Smart%20phone.html)  
<sup>2</sup>ibid

situations. How you communicate in a given situation depends on the traits you exhibit as an individual and the circumstances in which you find your own identity.<sup>3</sup>

Research in the field of communication has studied a wide variety of traits. For example, there are two traits that are most often researched in communication, namely conflict and communication anxiety. These two things are the most basic characteristics that are researched in this tradition and are presented as a basic form of how this research is carried out.<sup>4</sup>

### **1. Opposition**

Opposition is the tendency to engage in conversation about controversial topics, to espouse certain points of view, and to reject different beliefs. Dominic Infante developed this concept and believes that opposition can enhance learning, help one understand another's point of view, enhance credibility, and build communication skills. Individuals who like conflict are described as arrogant, although not all arrogant people have argumentative traits. In general, it is easy to be arrogant without having to contradict other people's opinions.<sup>5</sup>

### **2. Communication Anxiety**

Many people are afraid and do not like to communicate, and there have been many studies on anxiety and fear of communication. Fear of communicating is part of a group of concepts consisting of social avoidance, interaction anxiety, and reluctance.<sup>6</sup>

## **B. Uncertainty Reduction Theory**

This theory is the basic process of how we know other people. When we meet a stranger, we may have a strong desire to reduce our uncertainty about that person. In situations like this we tend to be unsure of the ability of others to convey goals, plans, feelings at the time, and so on. Berger stated that humans often have difficulty with uncertainty, they want to be able to predict behavior, so they are driven to seek information about other people. In fact, this type of uncertainty reduction, is one of the main dimensions of developing relationships.<sup>7</sup>

According to Berger, we communicate as if we were making plans to achieve our goals. We plan our communications with others based on our goals as well as the use of information we have on others. The more uncertain we feel, the more alert we become and the more dependent we will be on the data available to us in the situation. In situations of very high uncertainty, we become more aware and careful about the plans we make. When we are unsure

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<sup>3</sup>Stephen W. Littlejohn, Karen A. Foss, *Communication Theory*, p. 98.

<sup>4</sup>*Ibid*, p.98.

<sup>5</sup> *Ibid*, p.98.

<sup>6</sup> *Ibid*, p.98.

<sup>7</sup> *Ibid*, p.218.

about other people, we tend to be less sure about our plans and make contingency plans in response.<sup>8</sup>

Often the behavior of other people will immediately reduce uncertainty and we will not feel the need to get additional information. This is particularly true when your involvement with another person is limited by a particular situation and you have all the information you need to understand that person's behavior in this situation. However, in other situations, you increase your need to get to know other people. These situations include strange behavior shown by other people, assumptions that you will communicate with other people in the future, or expectations that meeting them will be profitable or detrimental. In these conditions, you will probably take action to get more information about other people.<sup>9</sup>

### **C. Social Penetration Theory**

To begin explaining social penetration theory, imagine yourself as a ball. This ball contains everything that is possible to know about you, your experiences, knowledge, attitudes, ideas, thoughts and actions. But the information contained in this orb is not a jumble of information, but highly ordered information that surrounds a core. Everything that is near your center is farthest from your outermost parts. Farthest from what others see or know. These things are very personal aspects of yourself. As you move toward the outside of the sphere, this information is closer than what others see and is less important to your inner core. The “skin” of the ball is what others can easily tell. How you dress, your behavior, and what you do for others to see.<sup>10</sup>

This metaphor is no different from the individual descriptions included in earlier theories of social penetration. According to this theory, you get to know other people by "piercing" the ball. The ball has breadth and depth. You can learn many different things about other people (breadth) or can learn in-depth information about one or two things (depth). As the relationship between two people develops, they share more and more aspects of themselves, adding depth and breadth to what they know.<sup>11</sup>

Altman and Taylor's original theory was based on a very well-known idea in the sociopsychological tradition, namely economic problems that condition humans to make decisions based on costs and benefits. In other words, if something happens to be really

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<sup>8</sup> *Ibid*, p.218.

<sup>9</sup> *Ibid*, p.218

<sup>10</sup>*Ibid*, p.291.

<sup>11</sup>*Ibid*, p.292.

expensive, you'll think twice before doing it. If the results can be very beneficial, you can continue, even if the cost is high. Every decision is a balance between costs and benefits. When we apply this principle to human interaction, we are looking at a process known as social exchange.<sup>12</sup>

In social exchange theory, human interaction is like a system of economic transactions, that is, you try to maximize benefits and minimize costs. Applied to social penetration, you will disclose information about yourself when the ratio of benefits suits you. According to Altman and Taylor, partners in a relationship not only assess the benefits and costs of the relationship at a given moment, but also use the information available to them to estimate future benefits and costs. As long as the benefits outweigh the costs, the couple will be closer to sharing more and more personal information.<sup>13</sup>

### **Research methods**

The research uses a descriptive method with a qualitative approach. The subjects in this research are 5 teenage residents of Al-Hidayah dorm (as the main subject). In this case, teenagers who met the criteria were selected to do this research. While the research object is a change in the behavior of teenagers in a dormitory environment caused by the excessive use of *gadgets*.

The data collection technique is done by observing the 5 main research subjects who are residents of the Al-Hidayah dorm. It is expected to give a factual picture. Analysis of data that has been collected to conclude narratively according to research results obtained from findings in the field.

### **Results And Discussion**

Based on the results of observations made on 5 subjects, it can be seen that all subjects already had *gadgets* in their early teens, the most commonly used *gadget was a smartphone*. The use of *gadgets* has drained their time. Most activity on *gadgets* is used for playing *games*, social media, and others.

Furthermore, the results of observing the subject can be seen that *gadgets* have a negative impact seen from various aspects, starting from reduced concentration in learning, irregular sleep, taking up a lot of time, becoming emotionally unstable and even having an

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<sup>12</sup>Ibid, p.292.

<sup>13</sup>Ibid, p.292.

impact on the subject's physique such as dizziness, drowsiness, and tired eyes from playing *gadgets for too long*. This is in line with the opinion of Fauziawati (2015) which states that, one of the negative impacts of using the internet is that teenagers become very dependent on accessing the internet to achieve satisfaction by spending protracted time, so that teenagers become addicted. <sup>14</sup>Someone who is addicted can use it for a long time and continuously. Teenagers tend to have high curiosity so they try new things and are very easily influenced. This also occurs in the use of *gadgets*, where the curiosity of teenagers is very high and the desire to try new things is also the case. Unfortunately, a lot of content is not filtered, so it has a bad impact on teenagers and can lead to changes in behavior that tend to juvenile delinquency.

Conditions like this also occur in adolescents who are in the Al-Hidayah dorm environment, because adolescents tend to have high curiosity and the internet has unlimited access, both positive and negative things. As a result, teenagers can easily be influenced by content on the internet without considering the effects that will be received when accessing the internet. In this case, according to Dharmawan's opinion (2012), that the use of the internet by teenagers can have both positive and negative impacts, so before accessing content on the internet, teenagers must know and understand what information and content can and cannot be accessed on the internet . . <sup>15</sup>

## **Closing**

Gadgets as true tools have neutral properties which mean they are not able to bring good or bad impacts by themselves, but it is the users who present them. The presence of gadgets in people's lives has a very big role, especially among teenagers. More curiosity and an unstable soul make teenagers tend to be easily influenced by gadgets, in the end this changes the behavior and attitudes of teenagers in social life. This also happens among the teenagers who live in the Al-Hidayah dorm. It is hoped that adolescents can take advantage of free time to do activities that are beneficial to themselves and others. Using gadgets according to needs by understanding the functions and benefits as well as the impact they have so that they can be wiser in their use.

## **Reference**

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<sup>15</sup>Ibid, p.191.

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