

ABSTRAK

COVID-19 sangat mempengaruhi sektor pendidikan dan sistem pembelajaran menjadi daring, oleh karena itu menyebabkan rasa takut berada jauh dari *smartphone*. *Nomophobia* menunjukkan rasa tidak nyaman, cemas dan juga dianggap sebagai fobia pada zaman sekarang. Kemampuan untuk mengendalikan dan menahan dalam perilaku atau keinginannya salah satunya dengan *Self control*. Penelitian ini bertujuan untuk mengetahui Hubungan Antara *Self Control* Dengan *Nomophobia* Pada Mahasiswa Sarjana Keperawatan Universitas Bhakti Kencana Dimasa Pandemi *COVID-19*.

Metode dalam penelitian menggunakan penelitian kuantitatif dengan desain dan teknik analisis penelitian korelasional dan rancangan *cross sectional*. Populasi dalam penelitian yaitu mahasiswa aktif Program Studi Sarjana Keperawatan sebanyak 516 mahasiswa. Teknik pengambilan sampel dalam penelitian ini adalah *proporsionate stratified random sampling*, jumlah sampel dalam penelitian sebanyak 197 responden.

Teknik pengambilan data menggunakan kuesioner *Nomophobia Questionalre* (NPM-Q) dan *Brief Self Control Scale* (BSCS). Analisis dilakukan menggunakan univariat dan bivariat dengan uji *rank spearman*. Hasil penelitian menunjukkan sebagian besar tingkat *self control* rendah yaitu 54,3%, sebagian besar tingkat *nomophobia* sedang yaitu 70,1% dan terdapat hubungan antara *self control* dengan *nomophobia* $p\text{-value } 0.029 < \alpha 0.05$. Berdasarkan hasil penelitian mahasiswa menunjukkan *self control* rendah dan menunjukkan *nomophobia* sedang. Oleh karena itu, disarankan untuk Program Studi Sarjana Keperawatan memberikan edukasi tentang bahayanya menggunakan *smartphone* yang berlebihan, memberikan informasi dan masukan tentang kontrol diri terhadap seseorang.

Kata Kunci : *COVID-19*, Mahasiswa, *Nomophobia*, *Self Control*, *Smartphone*

Sumber : 7 Buku (2012-2020)
46 Jurnal (2014-2022)
7 Website (2015-2022)

ABSTRACT

COVID-19 has profoundly affected the education sector and the online learning system, therefore causing the fear of being away from smartphones. Nomophobia shows discomfort, anxiety and is also considered a phobia in this day and age. The ability to control and hold in one's behavior or desires is one of them with self-control. This study aims to determine the relationship between self control and nomophobia in undergraduate nursing students at Bhakti Kencana University during the COVID-19 pandemic.

The method in this research uses quantitative research with correlational research design and analysis techniques and cross sectional design. The population in the study were active students of the Undergraduate Nursing Study Program as many as 516 students. The sampling technique in this study was proportional stratified random sampling, the number of samples in the study was 197 respondents.

Data collection techniques used the Nomophobia Questionnaire (NPM-Q) and the Brief Self Control Scale (BSCS). The analysis was carried out using univariate and bivariate with Spearman rank test. The results showed that most of the levels of self control were low, namely 54.3%, most of the levels of nomophobia were moderate, namely 70.1% and there was a relationship between self control and nomophobia $p\text{-value } 0.029 < 0.05$. Based on the research results, students showed low self-control and showed moderate nomophobia. Therefore, it is recommended for the Bachelor of Nursing Study Program to provide education about the dangers of using excessive smartphones, provide information and input about self-control over someone.

Keywords: COVID-19, Student, Nomophobia, Self Control, Smartphone

Source: 7 Books (2012-2020)

46 Journals (2014-2022)

7 Websites (2015-2022)