

Contract Behavior Model Through Content Mastery Services To Reduce Smartphone Use Addiction

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ABSTRACT

Technology in the field of communication that is the result of the times is the smartphone. Indonesian people have the potential to be addicted to smartphones, especially among teenagers. Addiction to smartphones certainly has many negative impacts, one of which is that people become apathetic, people become less concerned about their surroundings because they are more focused on smartphones. The purpose of this study is to obtain an analysis of the conditions in reducing smartphone addiction in educational activities. Guidance and counseling teachers or counselors (Counselors) have a role to provide guidance and counseling services. One of the services that can be provided to reduce smartphones is content mastery services with a behavioral contract approach model. The research findings reveal that in reducing smartphone addiction behavior through the behavior contract model, individuals can control themselves more and be wise in using their smartphones.

I. INTROUCTION

Smartphones are one of the technological advancements that have made a huge difference in people's lives. Especially noticeable in his teenage years, where civilization and culture have developed. These changes not only positively affect the lives of young people, but also negatively affect their mental health, physical health, and the quality of their social interactions [1]. With all kinds of convenience to access information, it seems that teenagers are addicted to smartphones. Smartphones have become an indispensable part of everyday life and most of the people carry smartphones all the time [2] [3].

Research conducted by Aykanat, [4] found 24-hour smartphone use at Turkish universities is less than 1 hour (23.4%), 1 to 2 hours (27%), 2 to 3 hours (13.1% %), 3 to 4 hours (5.1%), 4 to 5 hours (4.9%) and more than 5 hours (14.4). While in Indonesia, Karthik Venkatakrishnan's research, Regional Director, Digital GFK Asia, a leading research institute from Germany, stated that the average Indonesian spends 5.5 hours per day in front of a smartphone, 96% of them are internet users. In addition, according to the Ministry of Communication and Information, 80% of internet users in Indonesia are dominated by teenagers aged 15-19 years [5].

Based on these data, it proves that Indonesian people have the potential to be addicted to smartphones, especially among teenagers. Addiction to smartphones certainly has many negative impacts, one of which is that people become apathetic, people have less concern for the surrounding

environment because they are more focused on smartphones, this condition is called phubbing. Phubbing can be described as an individual looking at a smartphone during a conversation with another individual [6]. The word phubbing was built by combining the words phone and snubbing, the term phubbing has entered the latest version of the Macquarie Dictionary which was discussed at the campaign in Australia.

Several researchers investigating smartphone addiction have shown that as a tool for coping with loneliness and the need to manage oneself, anxiety, worry, and sleep disturbance behaviors are observed in addicted individuals who have been separated from their cell phones [7]. Meanwhile (Turnbull, 2010) confirms that someone who spends a lot of time accessing the internet, he only has very little time to communicate with other people in real terms.

Park (2005) stated that excessive use of smartphones can have psychological impacts on individuals such as reducing interaction with other people, distancing things that are close, being lazy to do other activities, fostering egocentric attitudes, reducing sleep time, triggering the development of consumerism, decreased concentration, trigger mental illness (stress and depression), disrupted child development, and lack of socialism with those around them. Furthermore, excessive smartphone use can also cause depression, anxiety, and affect the quality of one's sleep [8] [9]. Smartphone addiction use is the behavior of attachment or addiction to smartphone use which may trigger social problems such as withdrawal, difficulty performing daily activities, or disturbances in impulse control [10]. Individuals with smartphone addiction show a new behavior, which is much more sensitive to something that happens on a smartphone compared to their surroundings [11]. The research results of [12], found that there was a relationship between phubbing behavior and smartphone addiction, Internet addiction, and fear of not having a smartphone.

Based on existing references, it can be seen that smartphone addiction and internet addiction exist in a circular relationship, each triggering the other. For example, if the time spent surfing the internet increases, so does smartphone addiction. With this condition, many individuals cannot live life effectively and complete their developmental tasks properly. For this reason, it is necessary to have preventive efforts to reduce addiction to smartphones so that individuals can live a good life in the future. Parents and teachers at school, especially guidance and counseling teachers have a role in reducing this.

II. METHODS

The method used in this research is library research (literary study) by examining more broadly the experiences encountered in living life in the implementation of activities to find the direction of family life. Library research can be said to be an effort made by researchers in gathering information that is relevant to the topic or problem being studied [13]. The data collection technique in this study is documentation, namely finding data about things or variables in the form of notes, books, papers or articles, journals, and so on [14] Data analysis used in this research is content analysis method.

Content analysis is a process carried out to select, compare, combine, search for various meanings, until relevant information is found.

III. RESULTS AND DISCUSSION

Guidance and Counseling

Guidance and counseling is a process of providing continuous and systematic assistance to individuals in solving the problems they face, in order to achieve the ability to understand themselves (self-understanding), the ability to accept themselves (self-acceptance), the ability to direct themselves (self-direction), and the ability to realize oneself (self-realization), in accordance with the potential or ability to achieve adjustment to the environment, both family, school and society [15]. In the research that the researcher wrote this time raised the issue of developing a behavior contract model to reduce smartphone addiction. Before discussing the core of the problem, we must first know the origins of the behavioral contract technique. Contract behavior technique (behavior contract) is one of several techniques of behavioral counseling approach. The behavioral contract is a phase of the plan to get change. This technique is a strategy that involves prior threats of internal and external consequences that will carry out desired or undesired actions. Such a contract can help the individual to remain committed in terms of carrying out the plan of action with a certain degree of consistency.

Content Mastery Services

School counselors have a role in providing preventive efforts to reduce smartphone addiction. One of them is by providing content mastery services. Content mastery services (PKO) are assistance services to individuals (alone or in groups) to master certain abilities or competencies through learning activities [16] [17]. The learned ability or competency is a unit of content which contains facts and data, concepts, processes, laws and rules, values, perceptions, affections, attitudes and actions related to it. Content mastery services need to add insight and understanding, direct judgments and attitudes, master certain ways or habits, to meet their needs and overcome their problems. By mastering the intended content, the individual concerned is more able to live his life effectively (effective daily living)[18]. Service delivery can be carried out in classical forms, groups with lecture methods, discussions and can be supported by demonstrations, giving examples. Guidance and counseling services will run optimally and pleasantly if accompanied by the use of good, directed and systematic guidance and counseling techniques. This is a manifestation and accumulation of the performance of the guidance counselor/counselor teacher, and in turn gives the impression that the guidance counselor/counselor teacher works professionally and is capable, effective, efficient, and not technologically illiterate [19].

Behavior Contract Technique

One of the techniques used in this study is the behavioral contract technique. The selection of the behavioral contract technique in this study is based on changing the behavior of clients who experience internet addiction conditions through a structured positive behavior contract that has been

agreed upon by the counselor and client, one of which is by developing time management skills or managing time to play the internet every day. The selection of the behavioral contract technique in this study is based on changes in the behavior of clients who experience a condition of smartphone use addiction through a structured positive behavior contract that has been agreed upon by the counselor and client, one of which is by developing time management skills or managing smartphone playing time every day. In the behavioral contract technical process carried out between the counselor and the counselee there are several steps that must be taken so that the implementation of the technique runs in an orderly manner and produces the desired behavior. Among these steps is choosing the behavior to be changed using ABC analysis. ABC analysis is antecedent (events that precede), behavior (behavior that follows), and consequence (consequences that follow). Next, determine the initial data, namely the behavior to be changed. Next, determine the type of reinforcement to be applied. Next, provide reinforcement every time the desired behavior is displayed according to the contract schedule. Furthermore, provide reinforcement every time the behavior d

IV. CONCLUSION

Counselors use behavioral contract techniques (behavior contracts) in dealing with students who are indicated to be addicted to smartphones so they can manage the time for their use every day, in order to change the behavior of students who rarely or are reluctant to use the internet as needed or use smartphones intelligently through self-control in internet use. In this behavior contract technique, there are goals to be achieved by a counselor in the counselee he handles, including training individuals to change their maladaptive behavior to adaptive, namely behavior that is reluctant to manage time in using smartphones every day. Furthermore, training individual behavior independence, namely training students not to depend on smartphones. Furthermore, improving individual behavioral abilities and skills so that they are able to behave appropriately.

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