The Role of PIK-Adolescent Peer Counselors in the Efficient Use of Smartphones among Students at SMA Negeri 11 Medan

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Abstract

The development of communication and information technology is increasing rapidly in the current digital era. One of them is a smartphone which is owned by almost all levels of society. This research aims to analyze the role of PIK-Remaja peer counselors in increasing the efficiency of smartphone use among students at SMA Negeri 11 Medan. This research uses a qualitative approach with a case study method. Data collection was carried out through observation and in-depth interviews with PIK-Temaja counselor teachers and students who used smartphones. The research results show that PIK-Remaja peer counselors play a role in increasing the efficiency of smartphone use through services and counseling for students. Peer counselors encourage students to use smartphones wisely which has a positive impact, such as as a communication tool, increasing knowledge and expanding relationships. On the other hand, peer counselors also warn of the dangers of excessive use of smartphones which can disrupt students' growth and development and learning. This research recommends increasing the role of peer counselors in guiding students to use smartphones efficiently and productively.

Keywords: peer counselor, PIK-Teenager, efficiency, smartphone

Introduction

The term peer counseling originates from the concept of peer support which was created in 1939 to provide assistance to those dependent on alcohol. Peer counseling is basically a way for teenagers to learn to pay attention to and help other teenagers, and apply this knowledge in everyday life (Carr, 1981). In contrast, Tindal and Gray describe peer counseling as interpersonal helping actions undertaken by adolescents.

individuals who have no professional experience helping others.

Peer counseling is also emphasized as a method (Kan, 1996). "Peer counseling is the use of problem-solving skills and active listening, to support people who are our friends."

Therefore, Kan admits that peer counseling is a combination of two elements, namely approach and method. In contrast to Tindall and Gray, Kan

differentiates peer counseling from peer support. Peer support includes help, advice, communication and advice (Kan, 1996). One of the most important components of peer counseling is providing information and comparisons about people who are not in the family.

There are several variables related to the importance of peer counseling according to Carr (1981) which are relevant to this research:

A. Only a few teenagers want to consult a counselor.
B. In many studies, when teens were asked to rank the three things most important to them, they consistently ranked their need for friends at or near the top.
C. A third basis for the use of juveniles is an emphasis on preventive methods to help other adolescents emerge (Albee and Joffe, 1981). When it comes to prevention programs, there are two different options. The first is that the younger generation must be trained to resist harmful influences (for example by solving problems with friends) and the second is to reduce environmental components that are psychologically damaging.
D. In order for a teenager to be said to be good, he must have good skills, knowledge, involvement, responsibility and appreciation. Young people are skilled (considered competent), knowledgeable (considered knowledgeable), but not necessarily academic, and have self-esteem (considered meaningful and accessible).
E. In addition, effective role implementation requires the ability to help individuals or groups who need help.

Efficiency is defined as the best comparison between input (input) and output (result between profits and resources used). It is also intended to achieve optimal results using the least amount of resources. In other words, the relationship between things has been resolved. Every business must have the main goal of getting maximum profits. Therefore, smartphone users are expected to be able to streamline their learning abilities (input) to obtain optimal output.

In essence, technology was created to facilitate human activities and provide comfort for its users. New technology and knowledge improve human well-being. The real impact of technological goods is the emergence of social networking which has become a lifestyle for people, especially teenagers, because the majority of internet users are teenagers. In 2018, more than 3.9 million people worldwide used the internet, more than half of the world's population. This increase also has an impact on Indonesia.

Survey results from the Indonesian Internet Service Providers Association (APJI) show that 196.71 Indonesians used the internet in 2019 and 2020 (Hidayat, 2020), compared to the country's total population which currently amounts to 266.91 million people. 73.7 percent of the entire Indonesian population uses the internet. This figure has increased significantly compared to the previous survey conducted in 2018 which showed 171.17 million people or 264.16 million people using the internet or the equivalent of around 64.8 percent of the entire population. Indonesia (Hidayat, 2020). According to APJII research in 2022, internet use in North Sumatra among teenagers aged 13-18 years will increase by 76.63%. Based on research conducted by Wiwik Wahyuni, a student at HKBP Nommensen University in 2019 covering the city of Medan, 86% of children aged 15-21 years use smartphones.

The use of smartphones can meet students' learning activity needs. According to the results of interviews by Putra and Paramita (2014) with 11 teenagers who use smartphones, one of the reasons motivating teenagers to have smartphones is because the applications on smartphones help them carry out many daily

activities such as interacting with other people and accessing other people. Internet. Adolescents aged 12-21 years have a sense of independence in making decisions that shape behavior. Using a smartphone with efficient use does not only involve the method or action of using the application, but also needs to pay attention to the appropriateness of use depending on time and place. According to Mujib and Kurniawati (2020, p. 80), "If students use smartphones with high intensity, smartphones can be used as a learning medium, and students will often use the internet and achieve the desired results, according to Hardianto and Kurniawati (2020, p. 80). It was also stated that using smartphones has benefits, namely that having smartphones can foster creativity and increase students' independence and improve their abilities. On the other hand, the positive impacts of smartphones are as follows, according to Mardiati (2020, p. 23):

1. As a communication tool

2. Increase knowledge about technological advances

3. Increase social interaction

In general, technology products such as smartphones offer various conveniences of information to the public. There is the ability to communicate more efficiently and maximize output through social media platforms like today. According to Uzone id, the latest APJII study in 2023 found that the four types that are most widely used are YouTube, Facebook, Instagram and Tiktok. One example of a technology consumer is PIK-Teenager which can be used to describe this generation. If there is learning at school, students are allowed to use smartphones during learning hours, but it depends on the teacher and the lesson. , they have the ability to search for and read the news they want, and they don't hesitate when asked if their smartphone can help them.

There are also those who say that there is not a lot of negative content and a lot of positive content. Currently, it cannot be denied that smartphones have taken a full role in the communication of the general public. As a result, people's daily habits changed in various ways. The way people communicate on smartphone platforms has recently experienced quite significant changes. Smartphone users in Indonesia are very enthusiastic about communicating, the ability to understand other people as different individuals in terms of characteristics, interests, values or feelings is the most important component in adolescent development. This ability encourages teenagers to get to know their peers or community environment better. The role of PIK-Teenager contains activities that help teenagers learn, get information, and find solutions to their problems. Smartphones help teenagers gain skills and raise awareness of their surroundings.

B. Research Methods

This research was conducted at SMA Negeri 11 Medan which is located in Medan Tembung District and in Bantan District. Data originating from qualitative data is important information collected in this research. Written data was obtained from supporting theoretical findings in books and journals related to the variable to be studied, namely the efficiency of smartphone use among high school students. Negeri 11 Medan. By observing and interviewing students, the data sources for this research were collected from high school students in classes X, XI and PIK-Adolescents and students. This research will concentrate on how to use smartphones most efficiently and produce maximum output. The researcher conducted this research because the researcher was at SMA Negeri 11 Medan and wanted to know more about optimal smartphone use. Qualitative research is defined as producing results, according to Bodgan and Taylor (2002). The type of data used in the research is qualitative descriptive data.

C. Research Results and Discussion

The results of observations and interviews conducted by researchers at SMA Negeri 11 Medan, Medan Tembung, Bantan, observations were made to see how the PIK youth coaches and SMA Negeri 11 Medan students themselves as smartphone users behaved and responded during the interviews. with PIK youth coaches. R and students to find out the impact of using smartphones efficiently and producing maximum output on PIK teenagers at SMA Negeri 11 Medan.

Based on the data, there is no difference between general counseling standards and peer counseling. only if these guidelines are implemented in accordance with the objectives of PIK-Teenager SMA Negeri 11 Medan, namely:

1. keep secrets
2. Respect everyone's rights, hopes and beliefs
3. No decision has been taken regarding the case involving his colleagues in court.
4. Although communicating information during a meeting is considered part of the meeting, sharing suggestions is not part of the meeting itself.
5. Counselees usually make decisions about things such as when the meeting will end.
6. The client's actions are based on truth (equality)
7. Counselees can contact other relevant counselor experts, institutions, or groups if they need resources that cannot be obtained through peer counseling. If negotiations require clear information regarding the objectives of the negotiations, negotiation procedures and methods to be applied, then this information must be immediately understood. (Endang, 2008).

In this era of increasingly advanced technology, the use of smartphones cannot be separated from the daily lives of society in general and especially PIK Youth at SMA Negeri 11 Medan. Efficient use of a smartphone is the ability to use a smartphone correctly and optimally, and produce maximum output. , with minimal sacrifice. Results of interviews and observations. PIK teenagers at SMA Negeri 11 Medan have started carrying out peer service and counseling tasks for teenagers in the local environment to build a positive self-concept through smartphones as a digital platform that allows each user to participate in social activities. . For example, smartphones can be used to communicate and interact to exchange information and materials such as text, photos and videos.

Every user can access various informative websites anytime and anywhere via their smartphone to do other things. The smartphone phenomenon deliberately emerged along with the development of the internet. Smartphones, which were created many years ago, now have the opportunity to grow and develop rapidly and effectively. As a result, anyone with internet access can take advantage of the process of collecting, knowledge, and creating content whenever they want, as long as they have internet access. Many people in Indonesia will use smartphones by 2023, according to the We Are Social report on the databox page, showing this figure reached 98% in January. This proportion is even higher than the world average with a proportion of smartphone use of 92.3%. The results of research conducted on PIK-Teenagers at SMA Negeri 11 Medan from 16 respondents through interviews with PIK-Teenagers aged 16 and 18 years all used smartphones for various reasons.

When researchers conducted research, it was certain that almost all teenagers had smartphones and had internet network access, if they were used it might have a bad impact on those who use them. In everyday life, adults and children in their environment can access the internet either consciously or unconsciously. Therefore, there is an urgent need to differentiate the positive and negative impacts of

frequent internet use on psychologically sensitive adolescents. Impact on physical progress, impact on social and emotional development, impact on intellectual progress, and impact on moral progress are examples used to determine specific impacts.

PIK-Smart Phone for Teenagers at SMA Negeri 11 Medan is a cell phone equipped with an operating system that is intended not only for SMS and calling, but also for the wider community, thus providing flexibility for users in adding applications, adding features and making changes. them according to their convenience. Researchers carry out observations and interviews with informants to search for and obtain information or data needed for research according to the problem formulation. According to Mujib in Kurniawati (2020, page 80) regarding the efficiency of using smartphones.

The following are the results of research conducted by researchers together with Mrs. Nurhsana Ginting as the supervisor of PIK-Teenager SMA Negeri 11 Medan and children who use smartphones, namely: Melisa, Genta, and Nazwa.

A. The impact of efficient use of smartphones
1. As a communication tool

In accordance with the findings of research conducted by researchers regarding the efficiency of using smartphones, he, as a lecturer supervising PIK-Teenagers at SMA Negeri 11 Medan, is familiar with smartphones. He is a smart phone user. He said that in this era smartphones really help his daily work as a modern communication tool, as shown by the results of student Melisa who uses a smartphone to communicate with her friends, while according to Genta, she often uses a smartphone to communicate with her friends. . via SMS, WhatsApp and Instagram. Likewise, according to Nazwa's results, she uses a smartphone to make it easier to communicate with friends who are far away.

2. Increasing science and technological development

According to the PIK-Teenager Trustee of SMA Negeri 11 Medan, the emergence of smartphones in this technological era helps him in every job to quickly access the latest knowledge and technological developments at this time, while according to Melisa smartphones are very helpful. him to know the world of technology at large and get the results. The learning he wants to achieve optimally is by using a smartphone. According to Genta, he explains that it is easier to be creative, while according to Nazwa he can develop his ability to learn if he uses a smartphone.

3. Expand social relationships

Mrs. Nur explained that as PIK-Teenager coaches, by using smartphones we can interact indirectly, this can make it easier for us to provide news to people who use smartphones. According to Melisa, with a smartphone she can get to know people all over the world, even though Genta thinks it's easier. She wants to send messages quickly without having to wait for tomorrow. According to Nazwa, by having a smartphone, she can make more friends.

B. The negative impact of ineffective smartphone use.

Apart from the benefits of smartphones, according to Mardiati (2020, p. 33), there are four negative impacts of using smartphones. By paying attention to the researchers' opinions as well as the results of observations and interviews, the researchers found that smartphones have a bad impact on the following things according to the PIK-Teenager supervisor of SMA Negeri 11 Medan, namely:

1. Disrupts children's growth and development

    Based on the results of research conducted by researchers, Mrs. Nur said that the existence of smartphones also has a negative impact on students, the most important thing is that it disrupts children's growth and development. The many features on smartphones such as cameras, games, social media (such as YouTube, Facebook, Instagram, TikTok, WhatsApp, etc.), will prevent students from attending classes at school. They were secretly busy updating their status during class time. Some students use smartphones to cheat on exams. Play games while the teacher explains the lesson material. However, from the results of student research. Melisa, Genta, and Nazwa said this had been confirmed. According to them, using smartphones with excessive features can disrupt development.

2. Radiation effect

    Regarding the results of research regarding the impact of radiation, according to him, as a PIK-Teenager supervisor, he has never encountered anything like that, but according to him, smartphone users are also dangerous for health, and students, especially young students, should use smartphones. carefully and wisely. For Students and Scholars The results of interviews conducted by researchers with Melisa stated that when she played excessively on her smartphone, she felt her eyes felt foggy when she looked. Apart from that, informants Genta and Nazwa also said the same thing. He admitted that playing on cellphones continuously had an impact on their eyes. foggy or dark.

3. Crime-prone

    The influence of smartphones can also have an impact on criminal acts such as hoax news issues and online-based fraud, according to research results according to Mrs. Nur as PIK Youth Advisor, many students have never encountered something like that. However, he advised to be careful and always be alert. that students are one of the main targets of criminals. Genta smartphone user informants said that this could happen at any time and could trigger crime via smartphones with very sophisticated features. However, he himself had never seen or realized that it existed in his environment. However, other informants, Melisa and Nazwa, stated that they did not understand it.

4. Potential to influence student attitudes and behavior

    Smartphone users regarding influencing attitudes and behavior among teenagers. From Mrs. Nur's statement, it was explained that smartphones are not yet friendly to teenagers because there are many videos or content that are not good and less educational, as a result, younger students watch and share images that contain pornographic elements and so on. However, according to informants, namely Nazwa, Melisa, and Genta, the smartphone they use is suitable for them because there is a lot of exciting and interesting content on the smartphone.

C. Smartphone Usage Efficiency Solution

    Addiction can occur in teenagers when the environment is not supportive, such as academic or family stress, parents who continually demand, scold and ignore children (Jarot, 2016). Makarim revealed in his publication on Halodoc Media that there are four ways to overcome smartphone addiction.

1. Increase interaction with friends.
2. Turn off your devices before bed.
3. Delete addictive apps.
4. Knowing the Impact of Smartphones (Makarim, 2021).

Based on the results of observations, interviews and documentation, I concluded that the way to overcome student device addiction through peer counselor counseling services is to explain to the 16 PIK-Teenager students of SMA Negeri 11 Medan that counselors are installed. In other words, it is hoped that communication will be built here and the feeling of loneliness that is the cause of smartphone addiction can be reduced.

D. Conclusion

When researchers conducted research on PIK-Teenagers at SMA Negeri 11 Medan from 16 respondents through interviews with PIK-Teenagers aged 16 and 18 years, all of them used smartphones for various reasons. It is certain that almost all teenagers have smartphones and have internet network access. If used in a bad way it will have a bad impact on the person who uses it. In everyday life, children and adults who live nearby can access the internet either consciously or unconsciously. Therefore, there is an urgent need to differentiate the positive and negative impacts of frequent internet use on psychologically sensitive adolescents. Impact on physical progress, impact on social and emotional development, impact on intellectual progress, and impact on physical progress are examples used to indicate specific impacts. The role of peer counselors in solving adolescent problems is often reflected in the counseling process. This means approaching and making peer counselors feel comfortable with peer counselors. Once you have established a good relationship, take the time to listen, ask if there is a problem without interrupting, use polite and kind words to convey your understanding, and use direct words without using a high, positive tone. Provide guidance, advice, encouragement, motivation and support. Apart from that, students are guided and persuaded in making decisions regarding the risks they take, so that they can reach their own solutions, gaining confidence and belief that every problem has a solution.

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