



The Relationship between Internet Addiction and Adolescent Mental Health

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Abstrak

Kecanduan internet atau internet Addiction Disorde (IAD) telah menjadi permasalahan yang kerap dialami remaja saat ini. Kecanduan internet tersebut tentunya memberikan dampak negatif bagi para siswa. Penelitian ini bertujuan untuk mengetahui hubungan kecanduan internet dengan kesehatan mental siswa. Pendekatan penelitian ini menggunakan kuantitatif jenis korelasional. Populasi penelitian ini adalah siswa SMK Tritech Medan, sampel penelitian berjumlah 270 orang diambil dengan teknik random sampling. Instrumen penelitian ini menggunakan angket tentang kecanduan internet dan kesehatan mental. Teknik analisis data menggunakan deskripsi data dan pengujian hipotesis dengan rumus product moment correlations. Hasil penelitian menunjukkan bahwa ada hubungan negatif antara kecanduan internet dengan kesehatan mental siswa. Artinya jika kecanduan internet siswa meningkat maka kesehatan mental siswa menurun. Sebaliknya, jika kecanduan internet siswa menurun maka kesehatan mental siswa meningkat. Besarnya hubungan antara kedua variabel adalah sebesar -0,170 atau 17,00% pada signifikansi $0,005 < 0,05$. Dapat disimpulkan bahwa kecanduan internet memiliki hubungan yang negatif dengan kesehatan mental siswa.

Kata Kunci: Hubungan Internet, Kesehatan, Kecanduan, Mental

Abstract

Internet addiction or internet addiction disorder (IAD) has become a problem often experienced by teenagers today. Internet addiction certainly has a negative impact on students. This research aims to determine the relationship between internet addiction and students' mental health. This research approach uses a quantitative correlational type. The population of this study were students of Tritech Medan Vocational School, the research sample was 270 people taken using random sampling technique. This research instrument uses a questionnaire about internet addiction and mental health. The data analysis technique uses data description and hypothesis testing with the product moment correlation formula. The research results show that there is a negative relationship between internet addiction and students' mental health. This means that if students' internet addiction increases, students' mental health will decrease. Conversely, if students' internet addiction decreases, students' mental health improves. The magnitude of the relationship between the two variables is -0.170 or 17.00% at a significance of $0.005 < 0.05$. It can be concluded that internet addiction has a negative relationship with students' mental health.

Keywords: Internet Relationships, Health, Addiction, Mental

Introduction

Internet addiction is a phenomenon that deserves attention for parents and teachers, as well as teenagers. Internet addiction can have a negative impact on academic achievement, social relationships, and children's relationships with their parents

(Fadhian, 2024) Internet addiction is also related to other psychological disorders such as: insomnia, (Aziz et al., 2024; Sari et al., 2017) depression, (Oktavianto et al., 2022) obsession compulsiveness, anxiety, phobias, paranoia (Novita et al., 2023).

A person is said to be addicted to using the internet when they use the internet in their daily lives with high intensity and frequency. This is as stated by Aziz et al., (2024), that someone is said to be experiencing internet addiction if they use the internet for between 2 hours to 5 hours or even more every day, are so engrossed in using the internet that they ignore many other positive and productive activities, abandon social activities or interactions. directly with the environment, carry out summaries and defend themselves in order to be able to continue carrying out their activities in cyberspace/the internet, try to limit themselves or control themselves from using the internet too much but still continue to fail.

The results of research by (Muslimin et al., 2023) show that 56 respondents (41.5%) experienced mild internet addiction and 15 respondents (11.1%) experienced moderate internet addiction, while for behavioral problems there were 56 respondents (41.5%) experienced behavioral problems in the abnormal category and 40 respondents experienced behavioral problems in the borderline category. The bivariate analysis test with the Spearman test produced a p-value <0.001 with $r = 0.370$. This shows that there is a significant positive relationship between internet addiction and behavioral problems, meaning that the higher the level of internet addiction, the higher the level of behavioral problems (Aurian, 2018; Wibisono, 2018; Wiyono et al., 2024).

Likewise, research by (Oktavianto et al., 2022), shows that the majority of respondents have very low self-control, namely 44 respondents (50.0%). The majority of respondents were addicted to using the internet in the high category, namely 42 respondents (47.7%). Adolescents who have very low self-control will tend to experience addiction to using the internet in the high category, namely 27 respondents (30.7%). The results of the Kendall Tau correlation test, obtained a value of $p = 0.001$ ($p \text{ value} < 0.05$), and a value of $r = -435$. Conclusion: there is a relationship between self-control and the level of addiction to using the internet in adolescents (Octavia, Shilphy A, 2020).

(Oktavianto et al., 2022), states that using the internet as an addiction has a close relationship with gender. (M. Aziz et al., 2024), stated that internet addiction (IA), non-

essential use time, and age have a positive relationship with overall fatigue among adolescents. IA and non-essential use time were positively associated with physical fatigue, whereas IA, non-essential use time, and age were positive predictors of mental fatigue. However, essential use time had a negative relationship with mental fatigue. These results emphasize the importance of differentiating technology use based on intentions and needs, as well as differentiating between physical and mental fatigue when examining problematic technology use (Amalia & Hamid, 2020; Hakim & Raj, 2017; Niswah et al., 2023)

The negative impact of excessive use of social media can reduce the social, health and mental characteristics of the teenage generation (Fajriatul Kamelia & Lukman Nusa, 2018). Excessive internet use by students leads to depression, anxiety, and decreased mental health (Ernawati, 2024; Santika, 2018; Wutsqo et al., 2023). Thus, this affects their physical and mental health. Therefore, it is recommended that additional supervision and control be carried out on internet use by students. They should be informed about the adverse effects of this technology in terms of misuse or overuse (Diana Rachmawati, 2019; Siswandari et al., 2021). The findings from this study also show the importance of preventive measures in the form of education and counseling programs for students regarding appropriate and practical use of the internet. Apart from that, overcoming problems and problems related to communication technology, such as the internet. This can become the basis for appropriate education and encourage further attention from parents and families towards appropriate and effective internet use (Basri, 2014; Utami & Nurhayati, 2019).

Tritech Vocational School students are young individuals who are currently undergoing a period of searching for their identity with an age range of 14 to 18 years. The results of the initial study were found through observations and interviews with several students in January 2024, several conditions were found, such as; students who use the internet for more than 5 hours per day, ignore many direct activities or direct social interactions due to being too busy with cyberspace, stress when there is no network or miss their cellphone/Android, lie to continue

being able to use the internet/social media, ever try to control yourself but still keep failing. It was further found that; Students who are addicted to the internet experience sleep disturbances, lifestyle disturbances, decreased immunity, decreased academic performance, are nervous about direct interactions, run out of pocket money because they prefer internet needs.

The results of literature research show that there are factors that influence internet gaming disorder in teenagers, namely gaming motives, social anxiety, motivation and social support, loneliness and need for affiliation, sensation seeking, parenting patterns, attention problems, stress levels, internet escapism, self-control. (Adhyaksa & Valentina, 2023) Meanwhile, (Rahmawati, 2018), stated that teenagers who experience substance abuse will tend to be the cause of the increasing prevalence of internet addiction. On the other hand, teenagers who experience internet addiction are still influenced by external variables (parental parenting patterns, environment, friendship patterns) as causes of experiencing substance abuse (Rahmawati, 2018).

Research by (Prihayanti et al., 2021), states that the majority of respondents use the internet with the aim of accessing social media, use smartphones as the main device to access the internet, use the internet for the first time at the age of ≥ 12 for males and < 12 years for female respondents and < 12 years for respondents aged < 16 years and ≥ 12 years for respondents aged ≥ 16 years, and the majority use the internet for 4-6 hours. Most respondents experienced moderate internet addiction and the majority did not experience symptoms of depression. A weak significant relationship in a positive direction between internet addiction and depressive symptoms in adolescents was found in this study with $p = 0.012$ ($p < 0.05$; $r = 0.252$). This means that there is a relationship between internet addiction and symptoms of depression in teenagers at SMAN 2 Denpasar. It is hoped that this research can become a basis for parents to pay more attention to internet use and use the internet as needed (D, 2024).

Research by (Anggarini et al., 2022), shows that the research results show that the p-value is 0.000 ($p < 0.05$) with a value of $r = -0.282$. The conclusion of this research is that

there is a relationship between internet addiction and emotional intelligence in a negative direction, meaning that the higher the internet addiction, the lower the emotional intelligence. (Hamidah et al., 2022), found in research results that there was a significant relationship between internet addiction and interpersonal relationships P value < 0.05 and there was no relationship between internet addiction and anxiety P value > 0.05 . It is hoped that the results of this study will show a significant relationship between internet addiction and interpersonal relationships and anxiety in adolescents.

(Nu'man, 2016) research shows that family functioning has a very significant correlation with internet addiction ($r = -0.398$; $p < 0.01$). Poor family functioning can predict a person's tendency to experience internet addiction (Nu'man, 2016). Meanwhile, research (Niswah et al., 2023) shows that the problem of online game addiction disorders among teenagers and the impact on students' mental health can then be handled through counseling with an Islamic approach.

Mental health is a condition of a person that allows the development of all aspects of development, both physical, intellectual and emotional, optimally and in harmony with the development of other people, so that they are then able to interact with the surrounding environment (Mahardika & Putra, 2023; Nurhasanah et al., 2024; Pramudita et al., 2024). Mental symptoms or mental functions such as thoughts, feelings, wills, attitudes, perceptions, views and life beliefs must coordinate with each other, so that harmony emerges that avoids all feelings of doubt, anxiety, anxiety and inner conflict (contradictions within the individual himself) (Andini et al., 2021; Kanda & Kivania, 2024; Zaka, 2022). (Fakhriyani, 2019) further stated that the characteristics of mental health are; protected from mental disorders, able to adapt, able to utilize potential to the maximum, able to achieve personal and other people's happiness.

Meanwhile, according to (R. Aziz et al., 2021), a person's mental health can be measured through psychological well-being and the ability to deal with psychological pressure. Psychological well-being consists of; Everyday life is full of interesting things, enjoy the things you do, feel comfortable

communicating with friends, feel valuable because of the treatment of friends, feel happy in living this life, enjoy what happens in this life (Suryani & Yazia, 2024). Psychological pressure (psychological distress); find yourself feeling confused or frustrated, feeling tired or helpless, feeling at your lowest point, using time to enjoy the feeling of despair, feeling like you have lost control of your thoughts, feelings and behavior, feeling like you have nothing what about looking to the future? Furthermore, it was used as an instrument to measure students' mental health scale in this research (Novita et al., 2023).

As explained above, it is understandable that internet addiction has a negative impact on various aspects of students' lives. Starting from anxiety, decreased body immunity, irregular lifestyle, decreased learning activities, decreased academic achievement, mental health, and even depression are the problems faced by students today. Therefore, in this research we will measure how much influence internet addiction has on the mental health of students at Tritech Vocational School Medan.

Method

This research uses a quantitative approach, namely research that uses a positivistic paradigm and allows the results to be generalized (A. D. Hasibuan, 2023). The type of research used is correlational research, namely research that aims to measure the relationship between variables (A. T. Hasibuan et al., 2022). What this research means is the relationship between internet addiction (X) and mental health (Y) of students at Tritech Vocational School (A. T. Hasibuan & Prastowo, 2019). The population of this study was 823 Tritech Vocational School students. The sample was taken using a simple random sampling technique (Yusuf & Yusuf, 2013) as many as 270 people.

The data collection instrument was carried out using an internet addiction scale compiled by (M. Aziz et al., 2024), totaling 12 items. Meanwhile, for the mental health variable, a scale compiled by (R. Aziz et al., 2021) uses a scale of 12 items. The data analysis technique is carried out by describing the data, and testing the hypothesis using correlation testing.

Result and Discussion

The research results were obtained through a questionnaire distributed to a research sample of 270 people. After the data was analyzed, the following results were obtained:

Table 1: Data Description

		IAD	Kesmen
N	Valid	270	270
	Missing	0	0
Mean		20.91	34.24
Median		21.00	36.00
Mode		20	36
Std. Deviation		4.509	8.003
Sum		5646	9244

The table above shows the students' Internet Addiction Disorder score (Internet Addiction) mean 20.91, median 21.00, mode 20, sd 4.509, and total score 5646. Mental health score mean 34.24, median 36.00, mode 36, SD 8.003, and a total score of 9244. The distribution of data in this study for each variable can be seen as follows:

Table 2: Distribution of IAD Score Data

No	Interval	f	fk	%f	%fk
1	27 - 31	34	34	12.59	12.59
2	23 - 26	65	99	24.07	36.67
3	19 - 22	84	183	31.11	67.78
4	15 - 18	65	248	24.07	91.85
5	12 - 14	22	270	8.15	100.00

The table above shows that as many as 84 people or 31.11% of students' IAD are in the average category, as many as 99 people or 36.67% of students' IAD are in the above average category, and as many as 32.22% of students' IAD are below average. Thus, most students' IAD scores are in the average and below average categories.

Table 3: Distribution of Mental Health Score Data

No	Interval	f	fk	%f	%fk
1	42 - 48	51	51	18.89	18.89
2	36 - 41	91	142	33.70	52.59
3	30 - 35	58	200	21.48	74.07
4	24 - 29	35	235	12.96	87.04
5	18 - 23	32	267	11.85	98.89
6	12 - 17	23	270	8.41	100.00

The table above shows that as many as 58 people or 21.48% of students' scores were in the average category, as many as 142 or 52.59% were in the above average category, and as many as 25.92% were in the below average category. -flat. With Thus it can be said that the majority of students' mental health scores are in the above average category.

The hypothesis testing can be seen as follows:

Table 3: Hypothesis Testing

		IAD	Kesmen
IAD	Pearson Correlation	1	-.170(**)
	Sig. (2-tailed)		.005
	N	270	270
Kesmen	Pearson Correlation	-.170(**)	1
	Sig. (2-tailed)	.005	
	N	270	270

** Correlation is significant at the 0.01 level (2-tailed).

The table above shows that the Pearson Correlation value is -0.170 at a significance of 0.005. Because sig. 0.05 then the dithermia hypothesis. This means that there is a negative relationship between IAD (internet addiction) and students' mental health. Where if a student's internet addiction score increases, the student's mental health score decreases. Conversely, if a student's internet addiction score decreases, the student's mental health score increases. The magnitude of the relationship between internet addiction and mental health is 17.00% at a significance of 0.003.

This is in accordance with the research results of (Anggarini et al., 2022), showing that the research results showed that the p-value was 0.000 ($p < 0.05$) with a value of $r = -0.282$. The conclusion of this research is that there is a relationship between internet addiction and emotional intelligence in a negative direction, meaning that the higher the internet addiction, the lower the emotional intelligence. (Hamidah et al., 2022), found in research results that there was a significant relationship between internet addiction and

interpersonal relationships P value < 0.05 and there was no relationship between internet addiction and anxiety P value > 0.05 . It is hoped that the results of this study will show a significant relationship between internet addiction and interpersonal relationships and anxiety in adolescents.

Conclusion

The research results show that there is a negative relationship between internet addiction and students' mental health. This means that if students' internet addiction increases, students' mental health will decrease. Conversely, if students' internet addiction decreases, students' mental health improves. The magnitude of the relationship between the two variables is -0.170 or 17.00% at a significance of 0.005 < 0.05 .

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