

## **Literasi Kesehatan Husada: Jurnal Informasi Ilmu Kesehatan**

Vol. 7, No. 3, October 2023

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### **Original Articles**

#### **THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND INTERNET DEPENDENCE IN ADOLESCENTS AT PATRIOT VOCATIONAL SCHOOL, MANCAR, PETERONGAN, JOMBANG**

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**DOI:** <https://doi.org/10.60050/lkh.v7i3.15>

### **ABSTRACT**

**Background:** Family support has an important role in developing adolescents' social skills by providing pleasant interactions. Adolescents who feel they have tenuous ties to family support may have lower social skills and less appropriate coping strategies. One way for adolescents to fulfill these needs is through the internet which can facilitate them to establish interpersonal relationships with other people. Internet addiction can cause an inability to control the desire to use the internet, experiencing problems such as depression, feeling disturbed, and not being able to stand it when you stop using the internet.

**Objective:** The aim of this research was to determine the relationship between family support and internet dependence among adolescents at Patriot Vocational School, Mancar, Peterongan, Jombang.

**Method:** The design of this research is analytic-cross sectional. The population in this study were all adolescents at Patriot Vocational School, Mancar, Peterongan, Jombang, mostly using purposive sampling techniques with a sample size of 36 respondents. Data collection used a questionnaire and data analysis used Spearman Rho.

**Results:** The research results showed that the majority of respondents had good family support, 23 respondents (63.9%) and the majority of respondents had moderate internet dependence, 20 respondents (55.6%). The results of the Spearman rho data analysis obtained  $p < \alpha = 0.00$  and the error level or  $\alpha$  is 0.05, so  $p < \alpha$  ( $0.00 < 0.05$ ) so that H1 is accepted, there is a relationship between family support and internet dependence in teenagers. .

**Conclusion:** Based on the research results obtained, it can be concluded that there is a relationship between family support and internet dependence, so with this research it is hoped that teenagers can obtain good information in preventing internet dependence.

**Keywords:** Family Support, Internet Dependence, Adolescents.

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### **INTRODUCTION**

Family support has an important role in developing teenagers' social skills by providing pleasant interactions. Adolescents who feel they have tenuous ties with family support may have lower social skills and less appropriate coping strategies (Novitasari, W. & Khotimah, 2016). Internet addiction can cause the inability to control the desire to use the internet,

experiencing problems such as depression, feeling disturbed, and not being able to stand it when you stop using the internet Griffiths (2015).

According to the Global Stashot Report (GSR) 2022, the number of internet users in the world has now reached 5 billion. This figure represents 63% of the world's population, which is now estimated at 7.93 billion people. According to Reportal Data, it shows that internet users in Indonesia increased by 2.1 million (+1.0 percent) between 2021 and 2022. According to the Indonesian Internet Service Providers Association (APJII) in 2022, internet users in East Java amounted to 23.4 million people . According to the Indonesian Internet Service Providers Association (APJII, 2022), internet users in Jombang Regency number 171.7 million people or around 64.8%. Based on a preliminary study conducted on October 7 2022, there were 36 suspected internet addiction students at Patriot Peterongan Vocational School, Jombang.

Using the internet without limits can also disrupt health, such as pain in the eye area, pain in the eyes caused by the lighting from the cellphone being too bright, making young eyes tired and resulting in blurry dry eyes which causes less blinking due to being too focused on using the internet (Hasanuddin, 2014).

Internet addiction can have a negative impact in the form of psychological and social problems on teenagers. Examples of psychological problems are loneliness and depression (Bhandari et al., 2017). Social problems can include difficulties in communicating in social interactions. Apart from that, excessive internet use can also cause problems with academic achievement and reduce the learning values that teenagers get at school (Azeez, Dildar, Juni, Ashraf, & Kareem, 2014).

Therefore, parents need to supervise teenagers in using cellphones. So that teenagers can use gadgets properly and according to their needs. Because teenagers who are in their teenage years can be called the post-millennial generation because they have grown up with technology that is very easy to access. This ease of access can have negative impacts if not addressed properly. Adolescents are considered more frequently and more susceptible to online game addiction than adults. Adolescence, which is in a period of instability, tends to be more easily involved in trying new things Artani & Dian (Putri, 2016).

## METHODS

### *Study Design*

The research design applied in this research is correlation analytical research with a cross-sectional approach.

### *Settings*

This research was carried out from 3 to 11 April 2023 at Patriot Vocational School, Mancar, Peterongan, Jombang.

### *Research Subject*

The population in this study was 45 adolescents who were addicted to the internet by applying purposive sampling techniques to obtain a sample of 36 adolescents in this study.

### *Instrument*

The research tool were the questionnaires sheet for family support and internet dependence.

### **Data Collection**

The data collection process for this research began with arranging permits for research implementation, both from the College of Health Sciences of Husada Jombang and Head of the Patriot Vocational School, Mancar, Peterongan, Jombang. After obtaining permission for implementation, the researchers began collecting data by distributing questionnaires to respondents.

### **Data Analysis**

To analyze the data in accordance with the research objectives, the researchers analyzed the data using the Spearmen's Rho statistical test with a significance level of  $\alpha = .05$ .

### **Ethical Consideration**

The implementation of this research has received permission from the College of Health Sciences of Husada Jombang and Head of the Patriot Vocational School, Mancar, Peterongan, Jombang. Apart from that, the researchers also provided prior explanations to the respondents regarding the aims of the research and also their rights as subjects in this research. This research has undergone an ethical test and was declared to have passed the ethical test number 0802-KEPKSHJ.

## **RESULTS**

### *Characteristics of Respondent*

**Table 1.** Distribution Frequency based on Age, Gender, Family Support, and Internet Dependence in Adolescents at the Patriot Vocational School, Mancar, Peterongan, Jombang from 3 to 11 April 2023 (n = 36).

Characteristics of Respondent	Frequency (f)	Percentage (%)
<b>Age</b>		
14-15 years	10	27.8
16-17 years	26	72.2
<b>Total</b>	<b>36</b>	<b>100.00</b>
<b>Gender</b>		
Male	17	47.2
Female	19	52.8
<b>Total</b>	<b>36</b>	<b>100.00</b>
<b>Family Support</b>		
Good	23	63.9
Sufficient	12	33.3
Low	1	2.8
<b>Total</b>	<b>36</b>	<b>100.00</b>
<b>Internet Dependence</b>		
Normal	0	0.0
Light	16	44.4
Moderate	20	55.6
Severe	0	0.0
<b>Total</b>	<b>36</b>	<b>100.00</b>

**Sources:** Primary Research Data, 2023.

Based on the research data above, it was found that the majority of respondents were 16-17 years old, 26 respondents (72.2%) and 19 respondents (52.8%) were female. The results of the research above also show that the majority of respondents have good family support, 23 respondents (63.9%) and the majority of respondents have moderate internet dependence, 20 respondents (55.6%).

*Analysis of the Relationship between Family Support and Internet Dependence in Adolescents at Patriot Vocational School, Mancar, Peterongan, Jombang Using Spearmen's Rho Test*

**Table 2.** Analysis of the Relationship between Family Support and Internet Dependence in Adolescents at Patriot Vocational School, Mancar, Peterongan, Jombang from 3 to 11 April 2023 Using the Spearmen's Rho Test.

Family Support	Internet Dependence				Total	
	Light		Moderate		f	%
Good	13	36.1	10	27.8	23	63.9
Sufficient	3	8.3	9	25.0	12	33.3
Low	0	0.0	1	2.8	1	2.8
<i>p</i> -value = .047; <i>r</i> = .333						

**Sources:** Primary Research Data, 2023.

Based on the cross tabulation above, it can be seen that almost half of the respondents have good family support and 13 respondents (36.1%) have light internet dependence. Based on the results of data analysis using the Spearmen's Rho Test statistical test, it was found that there was a relationship between family support and Internet Dependence in Adolescents at Patriot Vocational School, Mancar, Peterongan, Jombang (*p*-value = .047; *r* = .333).

## DISCUSSION

### Family Support regarding Internet Addiction in Adolescents at Patriot Vocational School, Mancar, Peterongan, Jombang

Family support according to Friedman, Bowden, & Jones. 2018 is an attitude, an act of family acceptance towards its family members, in the form of informational support, assessment support, instrumental support and emotional support.

Factors that influence family support are age and gender (Suhita, 2015). Based on table 1, the age of 16-17 years is an age where the experience is not yet mature. However, there were 26 respondents (72.2%) whose family support was good. This unproductive age causes respondents not to be mature enough in selecting and filtering the material or information they receive because increasing a person's age can affect their intellectual ability to receive information in connection with family support (Larasati, 2015). According to Elizabeth, BH (2015) in Mubarak (2016) age is an individual's age starting from birth to birthday. The older you are, the more mature a person's level of maturity and strength will be in thinking and working. Based on table 1, family support for adolescents in terms of gender. 19 respondents

(52.8%) were female. Family support for adolescent girls includes beauty needs, for example cosmetics, clothes and perfume. A form of family support for teenage boys is in the form of providing pocket money for clothing needs.

In the researcher's opinion, respondents will have a good way of thinking about the importance of support for family members, especially teenagers who are vulnerable to internet dependence. Family support can be realized by encouraging people to use the internet as needed, the family being a place to talk about problems faced by teenagers, the family providing attention to family members.

### **Internet Dependence in Adolescents at the Patriot Vocational School, Mancar, Peterongan, Jombang**

Internet addiction according to Griffiths (2015) defines internet dependence as behavior that includes interactions between humans and machines without the use of drugs. Internet addiction according to (Kimberly S. Young & Cristiano Nabuco De Abreu, 2017) Excessive use of social media is part of an addiction that displays emotions expressed through social media so that they can be transmitted without social media users realizing it when reading or viewing content from users who use it. others can transmit their feelings. Factors that influence internet dependence include age and gender (Kuss, 2015).

In terms of age, there were 20 respondents (55.6%) who were moderately dependent on the internet, this was caused by information received from family, print media, friends and health workers. Internet dependence in adolescents in terms of gender. The 19 respondents (52.8%) who experienced internet dependence were dominated by female teenagers, while male teenagers were more likely to experience online game addiction. Adolescent girls experience more internet media dependence because girls are more expressive and like to reveal personal information about themselves. This is supported by the theory of Yuwanto (2013) which states that internet dependence is when an individual is unable to control his desires and causes a negative impact on the individual.

In the opinion of researchers, it shows that teenagers on average experience internet dependence. Respondents who experienced internet dependence were dominated by female teenagers, while male teenagers were more likely to experience online game addiction. Research shows that teenage boys spend twice as much time playing online games as teenage girls. Internet and gaming by children and teenagers can increase the possibility of becoming a disorder for some people.

### **Analysis of the Relationship between Family Support and Internet Dependence in Adolescents at the Patriot Vocational School, Mancar, Peterongan, Jombang**

The results of the Spearman's rho statistical test from calculations using SPSS 16 for windows obtained a correlation coefficient of 0.000, this obtained  $p < \alpha$ , namely  $= 0.000 < 0.05$  so that  $H_0$  was rejected and  $H_1$  was accepted, so family support for internet dependence among teenagers at Patriot Vocational School, Mancar, Peterongan, Jombang. Because the correlation value of 0.047 is in the coefficient interval figure between 1,000 in the very moderate category.

According to Hasanuddin (2014), using the internet without limits using the internet can also disrupt health, such as pain in the eye area, pain in the eyes caused by the lighting from cellphones being too bright, making young eyes tired and resulting in blurry dry eyes which causes less blinking due to being too focused on using it. Arifah Budhyati MZ (2017) stated that internet dependence has a very influential role in juvenile delinquency, and can trigger the emergence of bad behavior such as: fighting; dirty, rude, and indecent speech; fraud, identity fraud, kidnapping, immoral acts, skipping school, and lying to parents.

According to researchers, the increasingly rapid development of technology can influence teenagers in terms of learning. Often online at undetermined hours so they forget their obligation as a student, namely studying. Based on the explanation above, it can be concluded that family support regarding the dangers of internet dependence is still lacking, although some are caused by internet dependence. There are many influencing factors, for example social factors, psychological factors, biological factors and others.

## **CONCLUSION**

Family Support Regarding Internet Dependence in Adolescents at Patriot Peterongan Vocational School Jombang was 23 respondents (63.9%), Internet Dependence in Adolescents at Patriot Peterongan Vocational School Jombang was mostly moderate as many as 20 respondents (55.6%), There was a relationship between family support regarding Internet dependence among teenagers at Patriot Peterongan Jombang Vocational School as proven by the Spearman's rho statistical test using SPSS 16 for Windows obtained a correlation coefficient of 0.000, this obtained  $p < \alpha$ , namely  $= 0.000 < 0.05$  so that  $H_0$  is rejected and  $H_1$  is accepted, so there is a relationship between family support regarding internet dependence among teenagers at Patriot Peterongan Vocational School Jombang. Because the correlation value of 0.047 is in the coefficient interval between 1.000 in the medium category.

## **SUGGESTION**

It is hoped that suggestions from the results of this research for educational institutions can be used as additional reading material and insight, for teenagers they can increase their knowledge and insight about internet dependence among teenagers at Patriot Vocational School, Mancar, Peterongan, Jombang, for families they can provide and apply the knowledge that has been given by researchers regarding the description of family support regarding Internet dependency in adolescents, for further research. As a source of literature and research in the development of the health sector, especially regarding family support regarding internet dependency in adolescents at Patriot Vocational School, Mancar, Peterongan, Jombang.

## **LIMITATION**

There are no limitations in carrying out this research.

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