

ABSTRACT

THE RELATIONSHIP BETWEEN NOMOPHOBIA AND TEXT NECK SYNDROME IN STUDENTS OF THE FACULTY OF HEALTH SCIENCES UNIVERSITAS JENDERAL SOEDIRMAN

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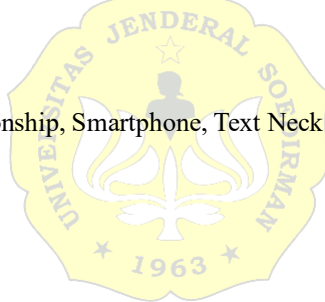
Background: Technological developments, especially smartphones, have increased the prevalence of health problems such as text neck syndrome. Excessive smartphone use can also cause nomophobia, which refers to dependence and anxiety when away from a cell phone. This study aims to identify the relationship between nomophobia and text neck syndrome in students.

Method: This research was a quantitative descriptive study with a cross sectional design with 366 samples taken using Proportionate Random Sampling. Data was collected through the Nomophobia Questionnaire (NMP-Q) and Neck Pain Disability Index (NDI-Q) questionnaires. Data analysis was carried out using the Somers'D test.

Result: The majority of respondents experienced mild nomophobia (69,1%) and mild text neck syndrome disability (79,0%). The statistical test results show a P-value < 0,001, which indicates a significant relationship between nomophobia and text neck syndrome with a correlation coefficient of 0,207, namely a weak relationship category.

Conclusion: There is a significant relationship between nomophobia and text neck syndrome in students of the Faculty of Health Sciences Universitas Jenderal Soedirman, although the strength is at a weak level. Education and health interventions are needed to prevent the long-term impacts of excessive smartphone use.

Keywords: Nomophobia, Relationship, Smartphone, Text Neck Syndrome



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THE RELATIONSHIP BETWEEN NOMOPHOBIA AND TEXT NECK SYNDROME IN STUDENTS OF THE FACULTY OF HEALTH SCIENCES UNIVERSITAS JENDERAL SOEDIRMAN

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Latar belakang: Perkembangan teknologi, terutama *smartphone*, meningkatkan prevalensi gangguan kesehatan seperti *text neck syndrome*. Penggunaan *smartphone* secara berlebihan juga dapat menyebabkan *nomophobia*, yang merujuk pada ketergantungan dan kecemasan saat jauh dari ponsel. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara *nomophobia* dan *text neck syndrome* pada mahasiswa.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan jenis desain *cross sectional* dengan 366 sampel yang diambil menggunakan *Proportionate Random Sampling*. Data dikumpulkan melalui kuesioner *Nomophobia Questionnaire (NMP-Q)* dan *Neck Pain Disability Index (NDI-Q)*. Analisis data dilakukan menggunakan uji Somers'D.

Hasil: Mayoritas responden mengalami *nomophobia* ringan (69,1%) dan disabilitas *text neck syndrome* ringan (79,0%). Hasil uji statistik menunjukkan nilai P-value < 0,001, yang mengindikasikan hubungan signifikan antara *nomophobia* dan *text neck syndrome* dengan koefisien korelasi 0,207 yaitu kategori hubungan lemah.

Kesimpulan: Terdapat hubungan signifikan antara *nomophobia* dan *Text Neck Syndrome* pada mahasiswa, meskipun kekuatannya berada pada tingkat lemah. Edukasi dan intervensi kesehatan diperlukan untuk mencegah dampak jangka panjang dari penggunaan *smartphone* berlebihan.

Keywords: Hubungan, *Nomophobia*, *Smartphone*, *Text Neck Syndrome*

