

Pramaystri, Darra Larasati. 2019. “Deteksi Dini Kecenderungan Nomophobia (*No Mobile Phone Phobia*) Pada Remaja Melalui Aplikasi Berbasis Android”. Tugas Akhir. Program Studi Bimbingan dan Konseling. Fakultas Humaniora, Pendidikan & Pariwisata. Universitas Teknologi Yogyakarta. Pembimbing Ulfa Amalia, S.Psi., MA

ABSTRAK

Penelitian ini dilaksanakan berdasarkan fenomena yang ada di MAN 5 Sleman, khususnya kelas XI. Ditemukan data penggunaan *mobile phone* yang melebihi batasan, data durasi dan frekuensi penggunaan *mobile phone* menunjukkan frekuensi setiap saat dengan durasi 1-2 jam dalam sekali mengakses *mobile phone*. Penggunaan *mobile phone* yang berlebihan menjadikan siswa kesulitan dalam membatasi diri pada penggunaan *mobile phone*, sehingga mengganggu proses dan hasil kegiatan belajar mengajar.

Penelitian ini merupakan penelitian *Research and Development* (R & D). Tahapan dalam penelitian ini hanya pada pembuatan produk dan tidak uji eksternal atau masal. Tahapan pengembangan yang digunakan pada penelitian ini menggunakan prosedur pengembangan dengan tahapan, yaitu meliputi: (1) Potensi dan Masalah, (2) Studi Literatur dan Pengumpulan Informasi, (3) Rancangan Desain Produk, (4) Pengujian Internal Desain, (5) Revisi Desain, dan (6) Pembuatan Produk. Penelitian ini bertujuan untuk mengembangkan instrumen cetak ke instrumen *digital*, kemudian dibuat produk alat ukur, berbentuk aplikasi berbasis android. Populasi pada penelitian ini yaitu seluruh siswa kelas XI MAN 5 Sleman. Jumlah sampel 100, sampel penelitian menggunakan teknik *purposive sampling*. Pengujian kelayakan produk, diuji oleh 2 Validator, yaitu 1 Validator Ahli Materi dan 1 Validator Ahli Media. Standar kelayakan yang digunakan dalam penelitian ini, dengan kategori <40% Kurang Layak, 40% -55% Cukup Layak, 56%-75% Layak dan 76%-100% Sangat Layak.

Berdasarkan hasil penilaian dari Validator Ahli Materi didapatkan hasil 76,92% atau 77% Sangat Layak dan Validator Ahli Media didapatkan nilai 74,3% Layak. Hasil penelitian ini berdasarkan uji kelayakan, didapatkan nilai 75,52% atau 76%. Maka, media tersebut dapat disimpulkan bahwa media atau aplikasi berbasis android dikatakan Sangat Layak digunakan sebagai alat ukur deteksi dini kecenderungan nomophobia pada remaja.

Kata Kunci : Nomophobia, Remaja, Aplikasi Berbasis Android

Pramaystri, Darra Larasati. 2019. "The Early Detection of Nomophobia (No Mobile Phone Phobia) Tendencies in Adolescents Through Android-Based Applications". A Thesis. Guidance and Counseling Study Program. Faculty of Humanities, Education & Tourism. University of Technology Yogyakarta. Supervisor Ulfa Amalia, S.Psi., MA

ABSTRACT

This research was conducted based on a phenomenon in MAN 5 Sleman, especially class XI. It was found data on mobile phone usage that exceeded the limit, data duration and frequency of mobile phone usage that indicated frequency of "any time" with duration of 1-2 hours at a time to access a mobile phone. The excessive use of mobile phone made students get difficulty to limit themselves on the use of mobile phone. This disrupted the process and results of teaching and learning activities.

This research was categorized a Research and Development (R & D) research. This research was limited only in manufacturing the products and not in external or mass testing. The development stages of this research used development procedures with stages, which include: (1) Potential and Problems, (2) Literature Study and Information Collection, (3) Product Design Design, (4) Internal Design Testing, (5) Revision Design, and (6) Product Making. The aim of this research was to develop a printed instrument into a digital instrument, then made a measuring instrument in the forms of an android-based application. The population in this study were all the students of class XI MAN 5 Sleman. The number of samples is 100. It applied purposive sampling technique to determine the number of samples. Product feasibility testing was tested by 2 Validators, namely 1 Material Expert Validator and 1 Media Expert Validator. The feasibility standard used in this study based on the following categories, namely <40% Not Eligible, 40% -55% Fairly Eligible, 56% -75% Eligible and 76% -100% Very Eligible.

Based on the assessment of the Material Expert Validator, the results obtained were 76.92% or 77% that meant Very Eligible and the Media Expert Validator obtained a value of 74.3% that meant Eligible. The results of this study based on the feasibility test obtained a value of 75.52% or 76%. It can be concluded that the media or android-based application is said to be very feasible to be used as a measure of early detection of the tendency of nomophobia in adolescents.

Keywords: *Nomophobia, Teenagers, Android Based Application*