

ABSTRACT

Wayan Vina Vivian 1533054

Differences in the Dependency of Gadgets on Class X Students Who Were Given Education and Mentoring with Education Without Mentoring in Methodist 1 Senior High School Palembang.

SKRIPSI

PROGRAM STUDI ILMU KEPERAWATAN DAN NERS

FAKULTAS ILMU KESEHATAN

UNIVERSITAS KATOLIK MUSI CHARITAS

Background: *Addiction to gadgets is a situation when someone feels anxious when away from the gadget. Data from Deloitte Global Mobile Consumer Survey in 2014 recorded the highest number of smartphone users as teenagers (91%). Many teens lack sleep due to playing gadgets, Headmaster and Headmistresses Conference (HMC) noted that 68% of teens play gadgets before going to bed and 10% of teens feel nervous if they don't check their gadgets before going to bed.*

Objective: *To analyze the differences in gadget dependence on class X students who were given education and assistance with non-mentoring education at Palembang Methodist 1 High School*

Method: *This study used the quasi-experimental method with the design of two groups pre-test post-test on 40 respondents with total sampling*

Results: *The intervention group was given education and assistance, the control group was given education without assistance. The Wilcoxon results showed a difference in gadget dependence before and after intervention in the intervention group ($p = 0.011$) and there were no differences in gadget dependence before and after intervention in the control group ($p = 0.059$). The Mann-Whitney test showed no difference in gadget dependence after being given education and assistance with education without assistance ($p = 0.841$).*

Conclusion: *there is no difference in gadget dependence after being given education and assistance with education without assistance.*

keywords: teenagers, dependency, gadgets, education, mentoring