

TINGKAT *NOMOPHOBIA* (*NO MOBILE-PHONE PHOBIA*) PADA MAHASISWA S1 KEPERAWATAN STIKES MUHAMMADIYAH CIAMIS

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INTISARI

Latar Belakang : Penggunaan *smartphone* secara berlebihan dapat menyebabkan seseorang khususnya mahasiswa mengalami *No Mobile-phone Phobia* (*Nomophobia*). *Nomophobia* adalah perasaan cemas ketika seseorang tidak dapat menggunakan *smartphone* miliknya. **Tujuan :** Untuk mengetahui bagaimana gambaran tingkat *nomophobia* pada mahasiswa S1 keperawatan di STIKes Muhammadiyah Ciamis. **Metode :** Desain penelitian ini adalah deskriptif kuantitatif dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 396 mahasiswa S1 keperawatan tingkat I, II, III dan IV STIKes Muhammadiyah Ciamis tahun akademik 2022/2023. Sampel penelitian sebesar 88 responden dengan teknik *proporsional sampling*. Kuesioner yang digunakan NMP-Q (*Nomophobia Questionnaire*). **Hasil :** Hasil penelitian menunjukkan bahwa 88 responden mengalami *nomophobia* dengan tingkat *nomophobia* ringan sebanyak 11 responden (12,5%), tingkat *nomophobia* sedang sebanyak 42 responden (47,7%), dan tingkat *nomophobia* berat sebanyak 35 responden (39,8%). Sedangkan nilai rata-rata dimensi *nomophobia* yang dialami mahasiswa dalam kategori kehilangan sinyal sebesar 21,64%, kategori tidak bisa berkomunikasi sebesar 27,83%, kategori ketakutan dan merasa kurang nyaman sebanyak 21,3%, dan kategori tidak dapat mengakses informasi sebanyak 18,89%. **Kesimpulan :** Dapat disimpulkan bahwa seluruh responden penelitian mengalami *nomophobia* dengan tingkat *nomophobia* paling banyak pada kategori sedang, disusul tingkat *nomophobia* berat, dan tingkat *nomophobia* ringan. **Saran :** Hasil penelitian ini diharapkan dapat menyadarkan mahasiswa agar bijak dalam menggunakan *smartphone* supaya tidak mengganggu aktivitas sehari-hari dan juga menghindari terjadinya *nomophobia*.

Kata kunci : *smartphone*, *nomophobia* dan mahasiswa

**THE LEVEL OF NOMOPHOBIA (NO MOBILE-PHONE PHOBIA) IN
NURSING UNDERGRADUATE STUDENTS OF STIKES MUHAMMADIYAH
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ABSTRACT

Background : Excessive use of smartphones can cause someone, especially students, to experience No Mobile-phone Phobia (Nomophobia). Nomophobia is a feeling of anxiety when someone cannot use their smartphone. **Objective :** To find out how the level of nomophobia is described in undergraduate nursing students at STIKes Muhammadiyah Ciamis. **Method :** This research design is descriptive quantitative with a cross sectional approach. The study population was 396 undergraduate nursing students at levels I, II, III and IV of STIKes Muhammadiyah Ciamis in the 2022/2023 academic year. The research sample amounted to 88 respondents with proportional sampling technique. The questionnaire used NMP-Q (Nomophobia Questionnaire). **Results :** The results showed that 88 respondents experienced nomophobia with mild nomophobia levels as many as 11 respondents (12.5%), moderate nomophobia levels as many as 42 respondents (47.7%), and severe nomophobia levels as many as 35 respondents (39.8%). While the average value of nomophobia dimensions experienced by students in the category of signal loss was 21.64%, the category of not being able to communicate was 27.83%, the category of fear and feeling uncomfortable was 21.3%, and the category of not being able to access information was 18.89%. **Conclusion :** It can be concluded that all research respondents experienced nomophobia with the most nomophobia levels in the moderate category, followed by severe nomophobia levels, and mild nomophobia levels. **Suggestion :** The results of this study are expected to sensitize students to be wise in using smartphones so as not to interfere with daily activities and also avoid the occurrence of nomophobia.

Keywords: *smartphone, nomophobia and college students*