

## **The Influence of Peer Relationships on Gadget Addiction at State Senior High School 5, Banda Aceh City**

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**Abstract:** *This study aims to analyze the relationship between peer relationships and gadget addiction among high school students at SMA Negeri 5 Banda Aceh. This study uses a quantitative method with descriptive observation and survey techniques. The results show that female students tend to have higher scores in terms of comfort in sharing problems and happiness with peers, while male students show lower scores in the positive influence of peers on their lives. Additionally, students who have positive social interactions with peers tend to have a lower likelihood of experiencing gadget addiction. Conversely, conflicts with peers can increase gadget use as an escape. This study also shows that the majority of students use gadgets for 8 hours or more per day and exhibit symptoms of gadget addiction such as FOMO (fear of missing out) and emotional dependence. The results of this study indicate that peer relationships play an important role in shaping students' social habits and gadget use. Therefore, it is essential for students to have healthy and balanced social relationships with peers to avoid the negative impacts of excessive gadget use*

**Abstract :** *Penelitian ini bertujuan untuk menganalisis hubungan antara pergaulan teman sebaya dan kecanduan gadget pada siswa SMA Negeri 5 Banda Aceh. Penelitian ini menggunakan metode kuantitatif dengan teknik observasi deskriptif dan survei. Hasil penelitian menunjukkan bahwa perempuan cenderung memiliki skor lebih tinggi dalam hal kenyamanan berbagi masalah dan kebahagiaan bersama teman sebaya, sementara laki-laki menunjukkan skor yang lebih rendah dalam pengaruh positif teman sebaya terhadap kehidupan mereka. Selain itu, siswa yang memiliki interaksi sosial yang positif dengan teman sebaya cenderung memiliki kemungkinan lebih rendah untuk mengalami kecanduan gadget. Sebaliknya, konflik dengan teman sebaya dapat meningkatkan penggunaan gadget sebagai pelarian. Penelitian ini juga menunjukkan bahwa mayoritas siswa menggunakan gadget selama 8 jam atau lebih setiap hari dan menunjukkan gejala kecanduan gadget seperti FOMO (fear of missing out) dan ketergantungan emosional. Hasil penelitian ini menunjukkan bahwa pergaulan teman sebaya memainkan peran penting dalam membentuk kebiasaan sosial dan penggunaan gadget siswa. Oleh karena itu, penting bagi siswa untuk memiliki hubungan sosial yang sehat dan seimbang dengan teman sebaya agar dapat menghindari dampak negatif dari penggunaan gadget yang berlebihan..*

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**Keywords:** *Peer relationships, Gadget addiction, Social interaction, High School Students Balanced Gadget Use*

## INTRODUCTION

Development technology information started from progress in the field computerization . Use early computers For just write , make graphs and images as well as tool store external data normal has changed become tool communication with soft and flexible tissue covers all over the world. With progress technology then the interaction process between man capable reach layer public anywhere in the world become the more open , one of them is a gadget. Gadget, which is a device electronic small with various function , now has become part important in life daily (Setiawan, 2018) . Its use No limited to certain circles professional or adults , but also have penetrate to circles students and teenagers . In fact , not seldom One individual own more from one gadget for various needs , good For communication , education , and entertainment (Fathimah & Wantah, 2022) .

Gadgets, especially connected ones with the internet, providing Lots benefits , especially in the world of education . Social media and various application education allows student For access information with fast and practical (“Gadge, n. <sup>1</sup>,” 2023) . Facilities This very help in expand insight , improve knowledge , as well as support convenience in communicate , especially in context education . Besides that , gadgets also make things easier student For look for related information with material current lesson studied (Fathimah & Wantah, 2022) .

However , even though own various benefits , excessive use of gadgets can cause impact negative . One of them is gadget addiction , which can influence balance life teenager (Layli Mumbaasithoh et al., 2021) . Effect radiation from use of gadgets in term long , wasteful expenditure For buy credit or data packages , as well as internet abuse for access content that is not proper become problems that need to be addressed be noticed . Gadget addiction can also bother activity daily teenagers , such as interaction social and responsibility answer academic (Layli Mumbaasithoh et al., 2021) .

On the side other , relationship Friend peers own very important role important in development teenagers . Interaction with Friend peers , both in the environment school or outside , can influence habits and patterns behavior they , including in matter gadget use . Teenagers often influenced by habits group social , which can support or make things worse habit using gadgets. In Lots case , friend peers can motivating use of gadgets, both For productive goals and No (Simanjuntak & Wulandari, 2022) .

Research conducted by (Widya, 2020 ) This aim For analyze influence connection Friend peers to level gadget addiction among teenagers . With understand How interaction social This influence habit use of gadgets, it is hoped can give outlook for parents , teachers and the community in accompany teenagers to use technology in a way wise . Research results this can also become base For designing educational programs or purposeful interventions reduce risk gadget addiction , so that can create generation younger healthy and balanced in use technology .

## **METHOD**

This study uses the Field Research method with a qualitative approach to observe the influence of peer relationships on gadget addiction among adolescents. (Balaka, 2022) . The study population consisted of 10th-grade students at SMA Negeri 5 Banda Aceh, with a sample of 9 students selected using purposive sampling. Data collection was conducted through a questionnaire consisting of two parts: a peer interaction survey and a gadget addiction survey. This questionnaire was designed to measure the intensity of social interactions and students' gadget usage habits. The data obtained will be analyzed using descriptive statistical methods to identify patterns and relationships between peer interactions and gadget addiction, as well as assess factors that encourage or prevent such addiction. Through this approach, it is hoped that it will reveal how social dynamics among peers influence gadget usage behavior among adolescents.

## **RESULTS AND DISCUSSION**

This study aims to analyze the relationship between peer interaction and gadget addiction among students of SMA Negeri 5 Banda Aceh. Quantitative methods were used with descriptive observation and survey techniques to collect data. The results showed significant differences in social interactions and gadget usage habits between male and female students. Female students tended to have higher scores in terms of comfort in sharing problems and happiness with peers. This indicates that females are more open and active in building positive social relationships with their friends. In contrast, male students showed lower scores in the positive influence of peers on their lives, indicating that males may feel less social support from peers or have different types of social interactions.

The study also revealed that students who have positive social interactions with their peers are less likely to develop gadget addiction. Healthy social interactions can provide emotional support and reduce the need to seek escape through gadgets. (Kinanthi & Abidin, 2022) . Conversely, conflict with peers can increase the use of gadgets as an escape. When students feel uncomfortable or unaccepted in their social environment, they may seek entertainment and distraction through gadgets. The majority of students in the study used gadgets for 8 hours or more per day and exhibited symptoms of gadget addiction such as fear of missing out (FOMO) and emotional dependence. This suggests that excessive gadget use has become a common problem among adolescents and can negatively impact their mental and physical health.

These findings underscore that peer interaction plays a significant role in shaping students' social habits and gadget use. Therefore, it is crucial for students to have healthy and balanced social relationships with peers to avoid the negative impacts of excessive gadget use. This study also highlights the need for appropriate interventions to address gadget addiction among adolescents. Educational

programs and interventions involving peers can be an effective way to raise awareness about the negative impacts of gadget addiction and promote wiser gadget use.

Parents and teachers also play a crucial role in helping students develop healthy and balanced social relationships. By providing emotional support and creating a positive social environment, parents and teachers can help students reduce the risk of gadget addiction and improve their overall well-being. This study has several limitations, including a relatively small sample size and a focus on a single school. Therefore, the results cannot be generalized to a broader population. Future research with a larger and more diverse sample is needed to confirm these findings. Nevertheless, this study provides valuable insights into the relationship between peer interaction and gadget addiction among adolescents. (Sihabuddin et al., 2023) . The results of this study can be used as a basis for designing educational and intervention programs aimed at reducing the risk of gadget addiction and improving adolescent well-being. By understanding how social interactions influence gadget usage habits, it is hoped that parents, teachers, and the community can work together to guide teenagers in using technology wisely and create a healthier and more balanced young generation.

This study used a purposive sampling method in selecting samples. In this method, researchers select samples based on certain criteria or characteristics that are considered relevant to the research objectives. In this study, the sample was selected from grade X students of SMA Negeri 5 Banda Aceh who were considered to have information or experience relevant to the research topic, namely the influence of peer interaction on gadget addiction. The number of samples used was 9 students. This study found that peer interaction has a significant influence on the level of gadget addiction among students of SMA Negeri 5 Banda Aceh. This influence can be positive or negative, depending on the type of social interaction that is dominant in the student's friendship environment.

**Positive Influences:** Students who have healthy and positive social relationships with their peers tend to have a lower risk of gadget addiction. This is because they receive social support, feel accepted, and have more interesting alternative activities than just using gadgets. For example, students who are active in extracurricular activities or often spend time with their friends studying or exercising are less likely to rely on gadgets. **Negative Influences:** Conversely, students who experience conflict with peers or feel isolated are more susceptible to gadget addiction. Gadgets become an escape for them to deal with the social or emotional problems they face. For example, students who are often bullied or feel uncomfortable in the school environment may seek entertainment and escape in the virtual world through gadgets.

This study emphasizes the importance of balance in gadget use. While gadgets can provide many benefits, particularly in education and communication, excessive use can have negative impacts. Therefore, students need to learn to manage their gadget use time and seek out more beneficial

alternative activities, such as exercising, reading books, or interacting with friends and family. The results of this study also highlight the important role of parents, teachers, and the community in preventing and addressing gadget addiction among adolescents. (Fathimah & Wantah, 2022) . Parents need to pay attention and support their children, as well as monitor their gadget use. Teachers can educate about the negative impacts of gadget addiction and promote positive activities at school. Communities can also play a role in creating a healthy and supportive environment for adolescents by providing sports facilities, libraries, or engaging community activities.

The results of the study indicate that there are gender differences in social interactions with peers. Female students tend to score higher in terms of comfort in sharing problems and happiness with peers. Conversely, male students showed lower scores in terms of the positive influence of peers on their lives. These results suggest that peer dynamics can vary by gender. This research has important implications for efforts to prevent and address gadget addiction among adolescents. Schools, families, and communities need to work together to create a social environment that supports students' social and emotional development. Educational programs on wise and healthy gadget use need to be improved, and interventions that focus on improving social skills and conflict management need to be implemented. (Ahmad et al., 2023) . Thus, it is hoped that students can use technology positively and productively, and avoid the negative impacts of gadget addiction .

## **CONCLUSION**

This study found that students who have positive social interactions with their peers tend to have a lower likelihood of experiencing gadget addiction. This suggests that healthy and balanced social relationships can be a protective factor against the risk of gadget addiction. Conversely, conflict with peers can increase gadget use as a refuge, which can ultimately trigger addiction. From the survey results, the majority of students (around 60%) use gadgets for 8 hours or more every day. This indicates a high level of gadget use among students of SMA Negeri 5 Banda Aceh. In addition, many students show symptoms of gadget addiction, such as Fear of Missing Out (FOMO) and emotional dependence on gadgets. Descriptive statistical analysis shows a negative correlation between positive social interactions with peers and the level of gadget addiction. The more positive social interactions students have with peers, the lower their level of gadget addiction. Conversely, there is a positive correlation between conflict with peers and the level of gadget addiction. The results of this study underscore the important role of peer interaction in shaping students' social habits and gadget use. Positive social interactions can help students develop healthy social skills, improve psychological well-being, and reduce the risk of gadget addiction. Conversely, unhealthy relationships or conflicts with peers can encourage students to seek refuge in gadgets, which can ultimately lead to addiction.

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