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Awareness Campaign on the Risks of Excessive Smartphone Use Among Adolescents at SMPN 2 Tarogong Kidul, Jayaraga Village, Tarogong Kidul Subdistrict, Garut Regency

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ABSTRACT

Adolescence is a transitional period from childhood to adulthood characterized by several significant changes in terms of physical, psychological, and social aspects. Adolescence is a period of exploration; they will try many new things. This condition encourages adolescents to engage in risky behavior and unhealthy lifestyles. One of the risks associated with this condition is the excessive use of electronic devices or gadgets. We conducted socialization activities using health promotion and education methods at SMPN 2 Tarogong Kidul, located in Jayaraga Village, Tarogong Kidul District, Garut Regency. The first stage of the activity involves identifying the behavior patterns of students at the school, based on the school's interpretation and perspective. The implementation stage involves the socialization of students at SMPN 2 Tarogong Kidul Garut, utilizing a delivery method that includes lectures, discussions, and questions and answers. During the final stage, we assessed students' understanding through pretests and posttests, which supported the evaluation of their success. Based on the pre-test and post-test completed by the socialization participants, it is evident that the provided material has imparted knowledge to them, demonstrating that students are paying attention to the presented content.

Keywords: Adolescents, Gadgets, Risky Behavior

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1. INTRODUCTION

Adolescence is a transitional period from childhood to adulthood characterized by various significant changes in physical, psychological, and social aspects. According to the World Health Organization (WHO), adolescence spans the ages of 10 to 19. During this phase, adolescents experience rapid growth—both in height and in the development of their reproductive organs—which is often accompanied by hormonal changes that affect their mood and behavior (Rais, 2022). Adolescents may face various challenges that can have a significant impact on their health.

Health issues experienced by adolescents can be more complex than those in other age groups. Rapid growth and development—physically, psychologically, and socially—mark a period characterized by “storm and stress,” a phase also known as puberty (Wulandari, 2014). Adolescents are in a phase of exploration, so it is natural for them to try many new things. It is this very situation that can lead adolescents toward risky behaviors and unhealthy lifestyles. One such issue is excessive smartphone use (addiction) (Hamdanah & Surawan, 2022).

Mobile devices are electronic and mechanical gadgets that have now become ubiquitous across all segments of society, from children to adults (Perceka, 2020). There are many things that gadgets can offer in the palm of one’s hand, including serving as a practical means of long-distance communication, a source of various kinds of information, a platform for virtual entertainment, and much more. The presence of gadgets has indeed revolutionized people’s lives through these functions. However, this does not mean that gadgets do not have negative consequences for their users (Salaudin & Fiksi, 2021).

For teenagers, smartphones are by no means a foreign part of their lives. These devices, which were originally intended as communication tools, have become increasingly sophisticated with features that make their use more practical as technology advances rapidly (Ulfah, 2020). This technology is often used by teenagers to fill their free time with activities such as playing games, listening to music, and using social media platforms like WhatsApp, Instagram, Twitter, TikTok, and others. Use is categorized as high-intensity if device usage exceeds 120 minutes per day and a single session lasts more than 75 minutes. Furthermore, using a device multiple times a day (more than three times) for 30–75 minutes per session can lead to addiction (Wati, 2021).

Although it offers various conveniences, teenagers’ tendency to use mobile devices also carries negative impacts that are difficult to avoid, both on themselves and on their social lives. Discussing the link to health, suggest that the use of technology such as mobile devices can predict a decrease in physical activity, poor eating habits, and an increased risk of obesity among adolescents. Disrupted sleep patterns and the risk of impaired vision are also among the risks associated with excessive smartphone use. Adolescents are also vulnerable to cyberbullying and mental health issues, such as anxiety, depression, and addiction.

Adolescents tend to communicate via text messages on their devices rather than in person, so excessive device use contributes to a lack of face-to-face connections in social settings. Furthermore, device use also results in impaired quality of face-to-face interactions with others, as many people continue to use their devices while speaking with others (Bayanova, 2019).

The use of devices provides comfort as a form of reinforcement and increases the likelihood that device use will become a daily activity; consequently, this sense of comfort causes children to lose control over their use of these devices (Reid Chassiakos, 2016). Therefore, it is important to begin practicing self-regulation as a way to prevent smartphone addiction—such as the ability to control one’s behavior, manage desires, and resist temptations to achieve certain goals. Here are some steps that can be taken to prevent smartphone dependency among adolescents: 1) Engage in meaningful activities, 2) Step away from smartphones, 3) Interact directly with others, 4) Set daily goals, and 5) Seek alternatives to smartphones (Sorokoumova, et al., 2021).

2. METHODS

The method used in this community service activity was health promotion and education, in the form of face-to-face outreach conducted at the activity site, namely SMPN 2 Tarogong Kidul in Jayaraga Village, Tarogong Kidul Subdistrict, Garut Regency.

Before conducting the outreach sessions, a problem assessment survey was first carried out by

distributing questionnaires. The assessment subjects were 111 students at SMPN 2 Tarogong Kidul; this number represented a cross-section of students from each grade level. The questionnaires were distributed directly to students in each classroom during regular class time.

We delivered the information through lectures, discussions, and Q&A sessions. The materials used in the activity were as follows:

1. Sticky notes

We used sticky notes to assess participants' prior knowledge and final understanding, making the success of the activity more measurable. The organizing committee displayed questions on the projector screen, and participants wrote their answers to the questions on sticky notes.

2. PowerPoint

PowerPoint was used to present the material. The speaker explained the material while holding a poster, supported by the PowerPoint presentation to further clarify the content.

The evaluation method used in the outreach event involved questionnaires in the form of pre-test and post-test forms distributed to participants at the conclusion of the event. A questionnaire is a research or survey tool consisting of a series of written questions, designed to gather responses from a selected group of people and to serve as a list of questions.

3. RESULTS AND DISCUSSION

This community service activity was divided into three stages: preparation, implementation, and evaluation.

- a. Preparation Stage

During the preparation stage, a field survey was first conducted by visiting the school to request permission and support, as well as to gain an initial understanding of the students' circumstances at the school based on the school's interpretation and perspective. Subsequently, based on these insights, a questionnaire was developed covering several topics related to the KKN program's themes, including smartphone use, adolescents' perceptions of smoking, smoking behavior, pornography, dating behavior, and healthy lifestyles.

The following day, questionnaires were distributed to 111 student participants at SMPN 2 Tarogong Kidul, Jayaraga Village, Tarogong Kidul Subdistrict. The purpose of this questionnaire survey was to gather information from the students at that school regarding the issues that adolescents today commonly face in relation to optimizing healthy lifestyles and preventing risky behaviors among adolescents. Based on the results of the questionnaire administered to students at SMP Negeri 2 Tarogong Kidul, it was concluded that students at SMP Negeri 2 Tarogong Kidul routinely and excessively use electronic devices both at home and at school.

- b. Implementation Phase

During the implementation phase, an awareness campaign on the risks of excessive electronic device use among adolescents was conducted at SMPN 2 Tarogong Kidul in Jayaraga Village, Tarogong Kidul Subdistrict, Garut Regency. The aim was to educate students at SMPN 2 Tarogong Kidul on the health impacts of electronic device use, the causes of addiction, methods for self-regulation in device use, and to facilitate a discussion among adolescents regarding electronic device addiction. The activity was held on Wednesday, January 25, 2023, from 9:00 a.m. to 11:30 a.m. WIB.

The outreach session proceeded without any serious obstacles. The topics covered were highly beneficial for the teenage students, as adolescents are particularly at risk from excessive smartphone use, which can lead to complex consequences resulting in risky behaviors and

The themes and materials presented during the outreach activities, as well as the methods used, are related to the Health Belief Model, as this theory posits that an individual's beliefs and perceptions influence their health behaviors. An individual's knowledge and perceptions stem from the knowledge, experiences,

and information they have acquired and possess (Silalahi & Putri, 2017). The Health Belief Model emphasizes strong views and assumptions about diseases and their effects. As a theory of expectation, its core concept is the hope of avoiding illness and achieving good health, along with the belief that certain behaviors can prevent disease (Skinner, Tiro & Champion, 2015).

Based on the concepts of this theory, there is alignment and a connection with the implementation of health education and promotion activities using methods such as lectures, discussions, and question-and-answer sessions that are engaging for adolescents. The desired outcomes of these activities can also be achieved. This is evident from the attainment of the objectives and success indicators that were previously formulated.

c. Evaluation Stage

As part of the series of awareness-raising activities for students at SMPN 2 Tarogong Kidul Garut, an assessment of student understanding was conducted in the form of pretests and posttests to support the evaluation of the success of the awareness-raising activities. The predominant results on the pretest and posttest answer sheets are as follows

1. What are the negative effects of using electronic devices?

Pretest	Posttest
Smartphone Addiction	Lack of awareness
Reluctance to Study	Cyber bullying
	The spread of hoaxes

2. What are the health effects of using electronic devices?

Pretest	Posttest
Damage to eyesight	Damage to eyesight
Dizziness	Sleep disturbances
	Pain in various parts of the body

3. What causes addiction to electronic devices?

Pretest	Posttest
Playing video games	Online games
	Social media apps such as TikTok, Instagram, YouTube, and Twitter

4. How many hours a day should we spend using electronic devices at most?

Pretest	Posttest
> 2 hours	2 hours
As needed	As needed

Perceka, A. L. (2020). Hubungan motivasi dan dukungan keluarga dengan keinginan mahasiswa S1 keperawatan semester 8 untuk meneruskan program profesi ners. *Jurnal Imiah Pendidikan Dan Pembelajaran*. <https://ejournal.undiksha.ac.id/index.php/JIPP/article/view/23063>

5. How should you manage your screen time?

Pretest	Posttest
Playing outside	Engaging in meaningful activities
	The ability to exercise self-control regarding screen time

In the pretest, the students answered to the best of their ability. After receiving an orientation session on the use of these devices, the students' answers became more aligned with the content of the session. This indicates that the students paid attention to the content of the orientation on device usage. Given the time constraints, it is hoped that this orientation will provide useful knowledge to the students who attended.

4. CONCLUSION

This outreach activity was conducted as an effort to reduce the rate of smartphone addiction among adolescents. Some of the topics discussed during these awareness-raising activities included the health impacts of smartphone use, the causes of smartphone addiction, ways to practice self-regulation in smartphone use, and discussions among adolescents regarding smartphone addiction. The selection of these topics was based on the results of a distributed questionnaire, ensuring that the topics addressed the specific issues faced by adolescents at SMP Negeri 2 Tarogong Kidul.

Based on the analysis of the pre-test and post-test completed by the participants, the activity demonstrated that it had increased participants' knowledge regarding the topic "Risks of Excessive Smartphone Use Among Adolescents." Recommendations for future activities include ensuring more thorough event preparation, adhering to the timeframe agreed upon at the outset, and utilizing outreach methods that are more appealing to the adolescent age group.

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We extend our deepest appreciation and gratitude to the Principal of SMPN 2 Tarogong Kidul, along with all the teachers and staff, for granting permission, providing support, and making facilities available throughout the event. We also express our gratitude to all the students of SMPN 2 Tarogong Kidul who actively and enthusiastically participated in the series of activities.

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We hope this event will help raise awareness among teenagers about the risks of excessive smartphone use and encourage the development of healthier, wiser, and more responsible technology usage habits.

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