# Usage Impact *Smartphone* Against Students and BK Teacher's Efforts in Overcoming It

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| Article Information: | ABSTRACT |
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| | From research conducted in the field, it was found that Smartphones can boost up which provides new insights about subject matter so that it supports the value of assignments and encourages me to achieve academic achievement. Smartphones in social life can strengthen friendly relations with friends who are far away, can get information from friends about the latest things, get lesson information from friends at other schools. The negative effects of smartphones on learning can interfere with managing study time, inconsistent doing assignments and easily diverting from doing assignments. There are adult advertisements that interfere with finding assignment references or when doing assignments so that they have an impact on students' understanding of pornographic matters. The counseling teacher's efforts to use smartphones for academic achievement from the results of the research conducted provide an illustration that the counseling teacher's business is to provide tutoring services, career guidance, counseling services by trying to use smartphones as a supporting medium in carrying out counseling so that the expected results can encourage achievement. student academic. The counseling teacher's effort to counteract the negative influence of Smartphones on learning is to apply a prevention function before learning is disrupted. Students' understanding of the use of Smartphones helps in broadening knowledge that is not found in schools so that they can find out what learning they want to find out.<br>**Keywords**: *Smartphone, BK teacher, Students* |

**INTRODUCTION**

In this millennial era, when technology is used massively in various lives to cause various impacts, some of the impacts are having an impact on increasing morale and motivation to learn and some are actually weakening morale and motivation to learn. The excessive use of technology that is most commonly encountered today is in the field of telecommunications (information and communication), these various technologies can be found in various forms by utilizing (275) visual electronics and the internet such as computer or laptop devices and mobile phones or *smartphone. Smartphone* are sophisticated objects created with various applications that can present various information, social networks for communicating with other people, even entertainment (Lusli et al., 2015; Suryanti et al., 2021). *Smartphone* is an electronic device that has the capabilities of a telephone but also provides additional features and functions. In general, smartphones have the ability to make voice calls and text messages, but are also equipped with touch screens, operating systems, cameras, internet access, and various downloadable applications (Amelia S et al., 2022; Silvianetri et al., 2022)

*Smartphone* can help increase the productivity of activities which can manage schedules, manage task lists, access productivity apps like *Microsoft Office, Google Drive,* or *Evernote,* and perform work or other tasks while traveling (Fadri & Irman, 2020; Marwinda, 2022). Excessive use of smartphones can have a negative impact on physical and mental health. In some cases, excessive use can cause sleep disturbances, increased stress, social isolation, and lack of physical activity (Ahyat, n.d.; Has et al., 2020; Widodo et al., 2020). *Smartphone* is a tool for voice communication or for voice communication or commonly called a mobile phone. Apart from being able to receive calls or sms like cell phones in general, *smartphone* also equipped with *web* for internet *browsing*, and also can receive *email*.

*Smartphone* progress from time to time. *Smartphone* at this time it has been used by all circles of society both entrepreneurs, education, high economy, low economy, ordinary people, and at this time many students have used *smartphone* sophisticated. Function *Smartphone* at this time not only for exchanging information to send messages, data can also be sent via telephone media. In addition, various kinds of applications can be installed on telephones, social media services such as Opera mini, WatsApp, Facebook, Instagram and others. Apart from social media, school-age children are more likely to like game applications.

At present, *smartphone* must be used for layers of society who have business interests, do assignments from school, do college assignments or office assignments, but the facts *smartphone* not only used by adults or the elderly (22 years and over), teenagers (12-21 years), but in children (7-11 years), and even more ironically *smartphone* already used in children aged (3-6 years) who should not be feasible to use *smartphone* (Nair, 2023; Wahyuningrum et al., 2020).

Learning pattern according to Atmoko et al., (2022) is one of the key factors that greatly influences student learning outcomes. In the world of education, it is known that

students have different learning patterns. The difference is the learning behavior of students before and after knowing *smartphone* as a learning medium, student learning behavior before getting to know *smartphone*, limited study time in the learning process, and students need books in the learning process, can be seen from two sides. Reading in the library to expand knowledge, but after learning about technology *smartphone* instead of being given by the teacher, students easily find topics and expand their knowledge using the applications that are in *smartphone* them anytime, anywhere.

By giving *smartphone* to children as a means of communication, parents can facilitate communication with children at school and make it easier for children to obtain teaching materials. Can improve learning ability in school and prevent children from being stupid. In addition to the positive impacts, there are also negative impacts that are no less positive. With developments *smartphone*, this has both positive and negative implications for students. Some people use *smartphone* them to add value to their school lessons and learn by content at *smartphone* they. But on the other hand, some students are lazy and often waste time at the front *smartphone* they. This is inseparable from the role of the guidance and counseling teacher. The role isa pattern of behavior which is a characteristic characteristic of a person as a job or position in society (Binti et al., 2023; Ilma et al., 2021; Nuralifah et al., 2021). In the Republic of Indonesia law article 4 Number 14 of 2005 concerning teachers and lecturers which has the meaning that the role of the counseling teacher is as a center for guidance and counseling services that empowers students with the function of improving the quality of national education. Rosada (in Madhava, 2021) explains that student character values in schools can be implemented through the guidance and counseling service component.

**RESEARCH METHODOLOGY**

The method used in this paper is a qualitative descriptive method by taking data directly to the field. Moleong (2006) in (Irman et al., 2019) explains that in qualitative research data sources and the data is naturalistic Primary data sources amounted to 6 students. This research was conducted at SMPN 4 Batusangkar. By using data collection techniques through observation, interviews and documentation. The purpose of this study is first to see students' understanding of the use of Smartphones, the second is to find out the positive benefits of using Smartphones for students, the third is to find out the negative effects of using Smartphones for students, the fourth is to see the counseling teacher's efforts to maximize the function of using Smartphones and to see the efforts of counseling teachers in counteracting the negative effects of smartphone use.

Data analysis techniques in this study included three stages of the water model, namely data reduction, data presentation and verification. The first data validity guarantee technique Triangulation is checking data from various sources in the field which are found in various ways and at various times (Amelia et al., 2022; Marwinda, 2022; Asmita & Fitriani, 2023). The types of triangulation techniques are as follows: 1) Source triangulation, to test the credibility of the data is done by checking what has

been obtained through several sources. Source triangulation means checking back to the source of information whether the data the author has obtained is valid or not. 2) Triangulation of techniques to test the credibility of the data is done by checking data from the same source using different techniques. 3) Time triangulation, time also often affects the credibility of the data. Data collected using interview techniques in the morning when the informants are still fresh, there are not many problems, will provide more valid data so that it is more credible. For this reason, in order to test the credibility of the data, it can be done by checking with interviews, observation or other techniques at different times or situations.

## RESULT AND DISCUSSION

### Positive Benefits of Use*Smartphone* for Students at SMPN 4 Batusangkar

Benefits *Smartphone* in learning is being able to get information about the material you want to look for, being able to know the material and looking for answers that are difficult when you don't know so that it helps the lesson,looking for tutorials for making craft assignments, sports assignments and helping students work on assignments from*Smartphone.* Caneasily search and share various types of task and learning information,use*Smartphone* to be able to find reference materials that you want to find out to strengthen learning material as wellinterest *Smartphone* in learning can support the learning process from manual to all gadgets so it is not difficult to find information about the material.

The results of this study are in line with the opinion (Fatmawati, 2023; Suwika & Ahmad, 2023) of the benefits of *smartphone* as a learning medium that is used for students to gain knowledge that is very useful as additional information support from the books studied.*Smartphone* can boost academic achievement with explanations from which sources*Smartphone* can boost academic achievement because it can provide new insights about subject matter so that it supports the value of assignments and encourages me to achieve academic achievement.

*Smartphone* in social life can strengthen friendly relations with friends who are far away, can get information from friends regarding the latest things, obtain lesson information from friends at other schools (Hasanuddin et al., 2022). As is *Smartphone* very useful for social life that interacts with each other virtually and strengthens friendly relations. Closer relationships with friends who are outside the area. So that they can exchange information, know each other what is the latest news. obtain information about social culture, about how to interact, and how to relate socially as wellcan make friends with friends from different cultures and friends who are very far away (Hasanuddin et al., 2022; Wahyuningtyas et al., 2022).

The research conducted is in line with the opinion (Ilma et al., 2021; Madhava, 2021; Stevanus & Parida, 2023) of the benefits of use*smartphone* as follows: a) *Smartphone* as an information center Information is very easy to obtain if it is obtained through media that is easy to find, for that *smartphone* Very useful in various information needed. So as to facilitate the work of each individual. b) *Smartphone* as a

medium of communication Communication media can take various forms. *Smartphone* is a useful tool as a medium of communication. So it makes it easier to get communication between one user and another. *Smartphone* very useful as a medium of communication to be able to interact with one another. c) *Smartphone* as a tool to add insight To add insight, a supporting tool is needed that assists in obtaining additional insight that must be developed every day. *Smartphone* clearly very useful as a tool to add insight from each individual.

### Negative Effects of Use*Smartphone* for Students at SMPN 4 Batusangkar

Negative effect *Smartphone* the learning that is obtained interferes with managing study time, is inconsistent in doing assignments and easily diverts in doing assignments (Setiawati et al., 2019). There are adult advertisements that interfere with finding assignment references or when doing assignments so that they have an impact on students' understanding of pornographic matters.negative effect *Smartphone* in subsequent learning there is often a feeling of not concentrating so that when doing assignments you still often change screen tabs *Smartphone* to social media. Often find things that are not good when reading material on laptops such as obscene advertisements. Disturbing learning if it is not consistent in doing assignments, there are games on the cellphone so that when learning is supposed to be it often delays it (Hasanuddin et al., 2022; Madhava, 2021).

There is a negative impact *Smartphone* for the perceived academic achievement of respondents. There is a negative impact on academic achievement so if one uses *Smartphone* it can interfere with academic achievement in school . However, the next respondent explained that the negative impact of a smartphone depends on how to use it. It also returns to oneself how to manage study time and time to use it. *Smartphone* as well asAcademic achievement depends on my daily learning process.

Negative effect *Smartphone* on social life is keep those who are close because when friends get together they are busy using it *smartphone,* there is no interaction with each other because they are busy using their respective gadgets. Disturbing social relationships by busy using *Smartphone* when gathering and not paying attention to the people around. Students are often busy each other and do not know how to behave when someone is telling a story. Students often do not know the manners that are too focused on *smartphone* without paying attention to the person talking to the people around (Ilza & Karnila, 2019; Sudarsana et al., 2019).

The research results are in line with the positive and negative impacts of use *smartphone* in (Hidaya, 2023; Triadiarti et al., 2021) as follows: (1) Positive Impact, There are some positive impact of use *smartphone* for students include: a) Make it easy to access information widely and quickly. b) Facilitate communication, especially when used to create discussion forums. c) Add insight into the knowledge of students because it is easy to find information. (2) Negative Impact As for the negative impact of use *smartphone* for students, among others: a) Makes the wearer lazy, relying only *smartphone*. b) Disturbing the health of its users, especially eye health. c) Makes users

addicted to social media (social media), games, and other applications d) Makes it wasteful, because usage *smartphone* which cannot be separated from the internet causes excessive use of credit e) Allows students to access things that should not be accessed such as porn videos.

Result of impact *smartphone* among students, then one discourages use *smartphone* at school, then there is a rule that does not allow students to bring *smartphone* to school. The reason for the school's permission for students to use *Smartphone* in the school environment is an advantage *Smartphone* who can quickly access the information needed, even some class teachers allow children to use *Smartphone* when the teaching and learning process takes place on the grounds that it can support the learning process. While the reason the school does not allow children to use *Smartphone* in the school environment, seeing the adverse effects of use *Smartphone* which can damage the morale of children who easily access pornographic sites and become victims of crimes in cyberspace (Machmud, 2018; Nurmalina & Gusman, 2021; Pratomo et al., 2021).

**The BK teacher's efforts maximize the use function*Smartphone***

Counseling teacher efforts by maximizing the function *smartphone* in learning by providing guidance and counseling services I provide games of knowledge about classical guidance through *Smartphone,* respondents were given a service satisfaction questionnaire using *Smartphone.* Providing examples of inspirational life stories by sharing these videos with class groups, conducting counseling services through the media *Smartphone.* The results of the interview received the services provided by the counseling teacher through classical guidance services with the material provided at *Smartphone* through the BK (Maknuni, 2020; Parilla & Abadilla, 2022). Effort Room application received from the BK teacher provides a function *Smartphone* by using it as a medium for guidance and counseling services so that *Smartphone* not used only to play social media only. Fauziah & Abidin (2023) explain that BK teachers provide guidance and counseling service media by using *Smartphone* to fill in the google form in understanding the additional materials given by the subject teacher.

BK Teacher's effort to use *Smartphone* for academic achievement from the results of research conducted to illustrate that BK teacher's business is to provide tutoring services, career guidance, counseling services by trying to use*Smartphone* as a supporting medium in carrying out counseling so that the expected results can encourage student academic achievement.

**Counseling teacher's efforts to counteract the negative effects of use*Smartphone***

BK teacher efforts to ward off negative influences *Smartphone* in learning is to apply the function of prevention before learning is interrupted. Next with counteract the negative effects of use *Smartphone* for academic performance obtained with provide counseling services to help academic achievement with tricks using *Smartphone* in a

more positive direction. Another case with counteract the negative effects of use *Smartphone* on social life in a way provide guidance and counseling services through the field of social impact *Smartphone* on students' social life (Asmurti et al., 2017). This is in line with the function of the BK teacher, Handayani & Octaviani (2021) describes several functions of Guidance and Counseling in terms of their nature which can function as follows: 1) Prevention Function, Guidance services can function as prevention, meaning that it is an effort to prevent problems from arising. In this prevention function the services provided are in the form of assistance for students to avoid various problems that can hinder their development. Activities that function as prevention can be in the form of orientation programs, career guidance programs, data inventory and so on. 2) The function of understanding, the function of understanding in question is the function of guidance and counseling which will produce an understanding of something by certain parties in accordance with the needs of student development. 3) Repair Function, Even though the prevention and understanding functions have been carried out, it is possible that students still face certain problems. This is where the repair function comes into play, namely the function of guidance and counseling which will result in solving or overcoming various problems experienced by students. 4) Maintenance and Development Function, This function means that the guidance and counseling services provided can assist students in maintaining and developing their whole personality in a steady, directed, and sustainable manner.

This is also supported by the function of guidance and counseling services as stipulated in Permendikbud No. 111, 2014 that the function is:

1) Understanding, 2) Facilitation, 3) Adjustment, 4) Channeling, 5) Adaptation, 6) Prevention, 7) Correction and mistakes in thinking, feeling, willing, and acting, 8) Counselors or guidance and counseling teachers do treatment of the counselee in order to have a rational mindset and have the right feelings, so that the counselee wishes to plan and carry out productive and normative actions, 9) Maintenance, 10) Development, 11) Advocacy.

Thus, the efforts of the counseling teacher in counteracting the negative effects of use *Smartphone* has carried out its function as a guidance counselor so that in providing services it has carried out the function of prevention.

### Students' understanding of utilization *Smartphone*

Students' understanding of utilization *Smartphone*  assist in broadening knowledge that is not found in schools so that you can find out anything about learning that you want to find out (Sudarsana et al., 2019). Helping the learning process by being a supporting medium in learning so that when learning through theory at school then at home You can find out by looking at pictures of the theory that has been learned. Facilitate access to find out things you don't know, by exchanging information with friends at other schools to add insight into lessons. *Smartphone* can support the lesson

that I do not know. Support to study so anywhere and anytime. Helpful for looking for learning tutorials.

Utilization *Smartphone* for academic achievement can boost academic achievement because I can learn more about many things from various sources so that it helps me in studying to get better achievements. Can get a further level of education so that you know where to go later if you can win in class or have increased grades. Look for materials on the internet that can be reviewed to take the exam. Discuss with friends outside of school.

The use of Smartphones for social life is that it can help interact with friends to be able to exchange information related to learning so that it can provide new insights for lessons (Anam, 2022; Emanuel, 2015). Smartphones can provide examples of good social interaction, such as taking turns talking to each other. Repairing relationships when there is a problem. Smartphones can be a forum for exchanging news through pictures or videos so as to maintain friendship with each other.

**CONCLUSION**

Based on the results of research and analysis related to the Impact of Using Smartphones on Students and Counseling Teachers' Efforts in Overcoming It at SMPN 4 Batusangkar, it can be concluded that the Benefits of Smartphones in learning are being able to obtain information about material, being able to find answers that are difficult when you don't know, looking for tutorials on material for making assignments and can share the type of learning information. Smartphones can boost that provides new insights about subject matter so that it supports the value of assignments and encourages me to achieve academic achievement. Smartphones in social life can strengthen friendly relations with friends who are far away, can get information from friends about the latest things, get lesson information from friends at other schools.

The negative effects of smartphones on learning can interfere with managing study time, inconsistent doing assignments and easily diverting from doing assignments. There are adult advertisements that interfere with finding assignment references or when doing assignments so that they have an impact on students' understanding of pornographic matters. As for the counseling teacher's efforts to use smartphones for academic achievement, the results of the research conducted illustrate that the counseling teacher's business is to provide tutoring services, career guidance, counseling services by trying to use smartphones as supporting media in carrying out counseling so that the expected results can encourage student academic achievement.

The counseling teacher's effort to counteract the negative influence of Smartphones on learning is to apply a prevention function before learning is disrupted. Students' understanding of the use of Smartphones helps in broadening knowledge that is not found in schools so that they can find out what learning they want to find out. The use of Smartphones for academic achievement can boost academic achievement because I can learn more about many things from various sources so that it helps me in studying to get better achievements. The use of Smartphones for social life is that it can help

interact with friends to be able to exchange information related to learning so that it can provide new insights for lessons.

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