

## **CHANGES IN COMMUNICATION BEHAVIOR OF ADOLESCENTS IN USING SMARTPHONES SMPN 2 SUB-DISTRICT KALEDUPA SELATAN WAKATOBI DISTRICT**

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### **Abstract**

This research aims to analyze changes in teenagers' communication behavior in using smartphones in Class 7c of SMPN 2 South Kaledupa District, Wakatobi Regency, and identify the positive and negative impacts. This research used descriptive qualitative methods involving 12 students as informants. The research results show that before smartphone use became widespread, face-to-face communication was more dominant, both at school and in daily interactions. However, with the advent of smartphones, communication has turned more digital through instant messaging applications and social media. Additionally, emoticons and digital symbols become part of their non-verbal communication. The positive impacts of smartphone use include increased access to information, development of digital skills, and efficiency in communication and learning. However, negative impacts were also found, such as the potential for addiction, decreased quality of direct social interactions, and impaired concentration in learning. Overall, this research concludes that changes in adolescent communication behavior at SMPN 2 South Kaledupa District reflect a major shift from traditional communication to fast and practical digital communication.

**Keywords:** *changes in communication behavior, teenagers, smartphones, impact of communication, South Kaledupa.*

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### **INTRODUCTION**

The rapid development of technology today has contributed to changes in communication behavior between people. Communication that does not need to be done face-to-face or without sending letters by post that take a long time to reach the recipient. With the development of this technology, creating smartphones as a sophisticated tool used by today's civilization as a more efficient and practical long-distance communication tool. Smartphones that are developed today are not only used as a means of long-distance communication, but also as a means of online sales, promotion, work, and so on.

Currently, smartphone users in Indonesia continue to increase. A research institute states that Indonesia is ranked fifth in

the list of the world's largest smartphone users. The data was reported by Horace H. Dediu through his blog, asymco.com. On the detik.com page, it is written that the Android population has reached more than 1 billion, while iOS reaches 700 million. One form of development of mobile phone technology is currently manifested in the proliferation of smartphones, which are mobile phones that have a high level of capability.

Likewise, teenage students at elementary, junior high, high school, and higher levels, often use smartphones as a communication medium in social interactions and a place to get information and additional knowledge besides books. Social interaction occurs when there are two or more interlocutors and there is a topic to talk about to find out information from the interlocutor. With

communication media, social interaction can take place using smartphones. Teenage students of SMPN 2 South Kaledupa District almost all carry smartphones while in the school environment.

This provides realistic data found at the research site that teenage students of SMPN 2 South Kaledupa District, Wakatobi Regency often use smartphones when walking, sitting or communicating. Their focus is divided and even more intense on their smartphones. So that it becomes a habit that can have an impact on the behavior of the individual himself. It was also found that students keep looking at their smartphones when communicating and even when the teacher in the classroom is teaching. From the development of technology and smartphones, it shows communication behavior between individuals and groups in various fields.

The positive impact of the development of communication technology can also be felt in social life, namely the ease with which people can communicate with relatives who are very far away. With network technology, we can reacquaint ourselves with old friends and other relatives. With this convenience, there is no need to wait a long time to be able to communicate and exchange news or events that are being experienced by relatives.

Although this change in communication technology has a positive impact on society in terms of social life, it also has a negative impact. The negative impact of the development of communication and information technology is the decline in public concern for the people around them. It is often found a group of young people, sitting in an association, sitting together but not talking to each other, they seem to be busy with their respective smartphones to chat with other people who are farther away than friends who are nearby.

This has a negative impact on interpersonal interaction directly and can also

damage a person's psychology, over time a person will find it difficult to establish face-to-face communication and build relationships with people around them.

This is certainly a determining factor in changing individual behavior in daily activities, especially in communicating with other individuals because communication behavior determines who talks to whom, about what, and how. Changes in individual behavior can be influenced by the environment. To avoid changes in behavior in a bad direction, one must be able to position oneself in an environment in an era where technology is now sophisticated.

It is undeniable that the existence of this smartphone offers anyone who wants to take advantage of the opportunity to communicate both verbally and nonverbally, to the entertainment that can be obtained from this object, so that it has increased communication behavior very rapidly. Teenagers generally follow the trend of using smartphones where they can show various interactions or their daily communication through features or applications in smartphones. The activity through the smartphone will show the communication behavior of using a smartphone. Likewise with Class 7c adolescents at SMPN 2 South Kaledupa District, Wakatobi Regency, students use smartphones for various reasons such as communicating with friends or family from a distance, getting information, helping in doing school assignments, and some use smartphones just to keep up with the times and find entertainment.

Based on the results of temporary observations by the naked eye, conducted by researchers, it was found that all students in class 7c of SMP N 2 Kaledupa District, Wakatobi Regency already had smartphones and used them daily for various reasons. In addition, excessive access to smartphones results in significant behavior such as being lazy to study and read books, lack of socializing with the environment outside the home, causing

anger and rebellion due to desires that are not realized by teenagers, difficult to regulate and like to argue, can even have serious impacts such as blurry eyes and lack of focus, and dependence on dangerous smartphones and other unexpected impacts.

Researchers believe that in-depth analysis is needed to explain how teenagers' communication behavior with smartphones is and what impact is received by teenage students seeing the increasingly high use of smartphones, especially teenage students at SMPN 2 South Kaledupa District, Wakatobi Regency. Based on the background of the above problems, researchers want to find out more about "Communication Behavior of Teenagers in Using Smartphones at SMPN 2 South Kaledupa District, Wakatobi Regency".

## LITERATURE REVIEW

Research by Yuli Astuti (2020) - "The Effect of Smartphone Use on Adolescent Social Behavior", This study aims to analyze how smartphone use affects adolescents' social behavior, especially in daily interactions in the school and family environment. This study uses a quantitative survey method with a questionnaire distributed to 200 high school students in Jakarta. The results show that the higher the frequency of smartphone use, the lower the direct interaction between adolescents, which results in a decrease in interpersonal communication skills.

Research by Andriana Putri (2019) - "The Impact of Gadget Use on Communication Behavior of Teenagers in Bandung City" The purpose of this research is to examine changes in adolescent communication patterns after intensively using smartphones, both verbally and nonverbally. this research uses a qualitative study method with in-depth interviews with 30 adolescents aged 15-18 years. From the results of the study, it was found that communication behavior became shorter and

misunderstandings often occurred because teenagers were more comfortable using instant messaging applications than talking directly.

Research by Siti Nurhaliza (2021) - "The Influence of Social Media and Smartphone Use on Teenagers' Social Life" This study aims to explore how social media accessed through smartphones affects the social life and communication behavior of teenagers in big cities. This research method uses a mixed methods approach with surveys and open interviews. The results showed that although teenagers are becoming more digitally connected, they are experiencing a decline in face-to-face interactions, which affects the quality of social relationships.

## METHODOLOGY

This research uses descriptive qualitative research methods. Descriptive qualitative research only focuses on in-depth findings and usually involves analyzing the research topic. The results of this study will produce a more in-depth study of certain phenomena. The purpose of this research is to find out how teenagers' communication behavior in using smartphones in class 7c SMP N 2, South Kaledupa sub-district, Wakatobi district.

## RESULTS

In this chapter, the findings obtained from the research on changes in adolescent communication behavior in using smartphones in class 7C of SMPN 2 South Kaledupa District, Wakatobi Regency will be presented. The results of this study were obtained through a series of research, in-depth interviews, and focus group discussions (FGDs) conducted with students, teachers, and parents.

This study aims to explore various aspects of behavioral changes related to smartphone use among adolescents, including patterns of use, motivation, communication

behavior, as well as the positive and negative impacts that arise. It is hoped that these findings can provide a thorough understanding of how smartphone technology affects the daily lives and Communication Behavior of adolescents, both in the school environment and at home.

The data presented are the results of analysis from various points of view, including students as the main users of smartphones, as well as teachers and parents who have a role in supervising and guiding the use of this meaningful technology. With a qualitative approach, this study aims to explore behind the phenomenon of smartphone use and its implications for adolescent communication behavior.

### **Changes in Communication Behavior of Adolescents in using Smartphones in Class 7c SMP N 2 South Kaledupa District, Wakatobi Regency**

Based on the results of research that has been conducted on 12 students in class 7c of SMPN 2 South Kaledupa District and after further in-depth observation, the researcher determines 12 students as research informants, because these 12 students meet the criteria for research informants which are determined based on the level of smartphone use in the SMPN 2 South Kaledupa District environment. From the results of the study, it was found that there were significant changes in adolescent communication behavior along with the use of smartphones. These changes include various aspects of communication, both verbal and non-verbal, as well as their social interaction patterns in everyday life.

In-depth analysis of the data obtained revealed several key themes that illustrate the transformation of these teenagers' communication behavior. The changes are not only limited to the way they communicate directly, but also include their communication platform preferences, frequency of interaction, and the quality of the conversations they have.

The following will describe in detail the various aspects of changes in communication behavior observed, starting from Communication Behavior before the widespread use of smartphones, followed by Communication Behavior after smartphones became an integral part of their lives, as well as the specific impacts that emerged as a consequence of this shift. This discussion will provide a comprehensive picture of how smartphone technology has reshaped the communication landscape among adolescents at SMPN 2 in South Kaledupa Sub-district.

### **Communication Behavior Before Smartphone Use**

Before the widespread use of smartphones among teenagers, the dominant communication behavior at SMPN 2 South Kaledupa District tended to be more conventional. During this time, face-to-face communication and direct conversations were the main ways for teenagers to interact with each other. Some of the main characteristics of Communication Behavior before the use of smartphones include:

Before smartphones became a commonly used device, teenagers' social interactions were mostly done through face-to-face communication, whether at school, home or other social environments. They tend to gather and interact in person with friends to share information, discuss and play. Physical proximity in communication helps them understand body language, facial expressions, and tone of voice that reinforces the message being conveyed.

In terms of long-distance communication, teenagers relied more on traditional media such as landlines, letters, or short messages (SMS). This limited access meant that long-distance communication was less frequent than it is today. The use of these communication media was also more formal and limited by the time and cost involved.

Before smartphones, interactions

within families and local communities were more intense. Teenagers communicated more often with family members at home and neighbors. Discussions and activities with family were an important part of their daily lives, so there was a stronger emotional attachment compared to the smartphone era.

Without devices like smartphones, teens are less distracted by notifications, social media or digital apps. The focus of communication is more on real interactions, without distractions from the virtual world. This also allows them to be more engaged in ongoing conversations and activities.

Communication behavior before smartphones also reflected a simpler social life that focused on in-person interactions, both within schools and other social environments. Significant changes will be seen as technology, particularly smartphones, begin to be widely adopted by teenagers.

To corroborate the above statement, the following is an interview with a student named Ahmad Fahri (13) who said that:

*"Before I used a smartphone, if I wanted to talk to my friends, we would meet at school or play together at home. At that time, I often went out to play and talk with my friends in the field near my house. If we had something to say, we would talk directly. So we used to hang out together, chat, and play around the house."*

Based on the interview with Ahmad Fahri, it can be explained that before the use of smartphones became common, face-to-face communication was the main method for teenagers at SMPN 2 South Kaledupa Sub-district.

This explanation confirms that face-to-face communication provides opportunities for adolescents to interact directly, utilizing facial expressions and body language to enrich conversations. This suggests that before smartphones, teenagers' communication was more focused on in-person interactions that

allowed for closer and more personalized social relationships.

Furthermore, the following is a statement from a student named Rahnisa Dewi (13) said:

*"Before we all had smartphones, communication with friends was almost always done in person. We would often meet at school or hang out at the playground around the house. We would chat and play together, so we could see each other's expressions and hear each other's tone of voice. It's more fun and close to talk face-to-face, so we spend a lot of time together in person."*

According to Rahnisa Dewi, before the widespread use of smartphones, face-to-face communication was the main way for teenagers to interact. This statement shows that before the smartphone era, social interactions were mostly done in person, both at school and in the neighborhood.

Rhnisa emphasized that face-to-face communication allows them to see each other's facial expressions and hear the tone of voice, which makes conversations richer and more meaningful. The use of communication media such as telephone or SMS is considered rare and impractical due to cost and access limitations, so direct interaction becomes more dominant. This indicates that face-to-face communication provided a more personalized and immersive social experience before smartphone technology.

The next statement was from Risnawati (13), a student of SMPN 2 in South Kaledupa sub-district:

*"In the past, if we wanted to talk to friends who were not at school, we usually used the landline. Sometimes we also sent SMS, but that was rare. More often we talked directly at school or at home. If we wanted to exchange stories or play, we just met directly, it was very rare to make a phone call or send a message."*

Based on the above interview with Risnawati, it can be seen that before the



widespread use of smartphones, teenagers relied more on traditional media such as landlines and SMS to communicate over long distances. However, the use of these media is not as frequent as face-to-face communication done at school or home. Direct interaction is more dominant in their daily lives, and planning or exchanging information is more often done in person rather than over the phone or text messages.

### **Changes in Communication Behavior After Smartphone Use**

After smartphones began to be widely used by teenagers in SMPN 2 South Kaledupa Sub-district, there was a significant change in their Communication Behavior. Smartphones, with their advanced features, allow for faster and easier communication, so teenagers are more dependent on these devices in their interactions.

With the advent of instant messaging apps like WhatsApp, teenagers are now communicating more frequently through text, voicemail or video calls. This makes long-distance communication easier and more instant, replacing the need to meet in person or use traditional media such as landlines. Daily conversations that used to take place in person are now moving to digital platforms, where they can connect anytime and anywhere.

Smartphones also introduce teens to social media such as Instagram, TikTok and Facebook, which are not only used to communicate with friends, but also to share experiences, photos and videos. Social media provides opportunities for teens to build digital identities and engage in wider communities, both local and global. It has changed the way they interact, from just regular conversation to more visual and content-based.

Emoticons, GIFs and stickers are part of teens' everyday communication. In many digital conversations, the use of these visual elements helps express emotions and feelings that are not always conveyed through text. This

changes the dynamics of communication, where messages can be shorter, yet still loaded with meaning through digital symbols.

The more frequent use of smartphones has also resulted in a decrease in the frequency of face-to-face communication. Teenagers tend to interact more often through screens than face-to-face meetings, both at school and at home. Although there is still physical interaction, smartphone dependence makes them less likely to engage in intense face-to-face conversations.

The following is an interview from Rahma Yani (13) regarding Communication Behavior after using a smartphone:

*"Since we got a smartphone, we chat more often via WhatsApp or Instagram DM. If there's something you want to discuss, just send a message, no need to meet in person. Sometimes we also use video calls if we want to chat for longer. Now we rarely chat in person. "Because it's easier to use a cellphone. If you're in a group, you can chat with everyone at once, so you don't have to meet every time you want to chat."*

Based on the interview above with Rahma Yani, it can be seen that after using smartphones, teenagers' communication behavior experiences significant changes. Communication is mostly done through instant messaging applications such as WhatsApp and social media such as Instagram, which makes it easier for them to communicate without having to meet in person. Apart from that, features such as video calls are also used for longer conversations, replacing face-to-face interactions. "The ease of communicating in groups via smartphones makes teenagers prefer to interact digitally rather than meet physically.

To strengthen the statement above, the following is an interview with Ranu Dayana (13), a student at SMPN 2, South Kaledupa District. Following is his statement:

*"Since there's a cellphone, chatting with friends has become easier. If in the past you had to meet in person, now you just have to*

*send a message via WhatsApp or chat on Instagram. Even when you're at home, you can still chat with friends via chat groups. So there's no need to If you leave the house again, just play on your cellphone. Video calls are also often used if you don't feel like meeting up, but still want to chat for a long time."*

Based on the interview above with Ranu Dayana, it appears that after using smartphones, teenagers' communication becomes easier and more flexible. They no longer have to meet in person to interact, because applications such as WhatsApp and Instagram provide a fast and practical way to chat. Chat groups also allow them to stay connected without having to be in the same place. In fact, video calls are often used as an alternative to face-to-face communication, reinforcing the fact that smartphones have replaced many aspects of face-to-face interaction.

Furthermore, the following is a statement from Eka Sandi (13) regarding Communication Behavior After Using Smartphones:

*"Now we use cellphones more often for communication. For example, if you have an assignment or want to chat about lessons, just send a message. We also often chat in groups. Previously, you had to meet at school if you wanted to discuss something, but now everything can be done via cellphone, so it's faster and more practical. If we play, we usually make an appointment first via chat, so we don't have to bother meeting up to invite someone."*

Based on the interview above, it can be seen that the use of smartphones has made communication between teenagers more efficient and practical. They can easily discuss schoolwork or other needs via messaging applications. such as WhatsApp, without having to meet in person. Chat groups also allow for instant group discussions. This shows how smartphones have changed the way teenagers communicate, replacing the need for physical

meetings with faster and easier digital communication.

After reviewing Teenagers' Communication Behavior before and after smartphone usage through interviews with several informants, it can be concluded that there has been a significant change in the way they interact. Before using smartphones, teenagers at SMPN 2, South Kaledupa District relied more on face-to-face communication and traditional media such as landlines and SMS. They met directly to interact, discussing assignments, or planning activities, so that conversations are more personal and in-depth.

However, after smartphones became an important part of their lives, Communication Behavior shifted to be more digital. Instant messaging applications such as WhatsApp and social media such as Instagram make it easier for them to communicate quickly without having to meet live. Chat groups, instant messaging, and video calls are now the primary means of interaction, replacing physical meetings. Smartphones offer convenience in communication, but on the other hand also reduce the frequency and quality of face-to-face conversations that used to be more dominant.

### **Positive and Negative Impacts of Smartphone Use in Daily Behavior for Class 7C Adolescents of SMPN 2, South Kaledupa District, Wakatobi Regency**

#### **Positive Impacts**

The use of smartphones significantly increases adolescents' access to information and knowledge. With the internet available through smartphones, students can search for various sources of information related to education, science, and other skills. This allows them to easily find study materials, articles, educational videos, and other learning resources, which can enrich their understanding outside the school environment. This access also helps them stay connected with the latest developments in

various fields, both academic and non-academic.

In addition, smartphones facilitate adolescents in obtaining more specific and in-depth information on topics of interest, both through search platforms and educational applications. Applications such as YouTube, Wikipedia, and e-learning platforms allow them to learn various concepts that may be difficult to understand in class, so that they can learn independently and at any time. Thus, smartphones become a very important tool for expanding the horizons of adolescent knowledge in the digital era.

In line with the statement above, here is an interview with Keni Azhira (13 years old) who said that:

*"Smartphones make it easier for me to communicate with other people and are very helpful in getting answers and school materials. I can find concise discussions of the subject matter easily, so I can understand the lesson faster and better."*

In addition, the use of smartphones helps teenagers in the process of independent learning, where they can search for information at any time without having to wait for an explanation from the teacher or textbook. This speeds up the learning process and increases their confidence in mastering the material being faced. Thus, smartphones play an important role as a tool to expand access to information and enrich students' knowledge outside the formal educational environment.

Smartphone use among teenagers directly contributes to the development of their digital skills. Through smartphones, teenagers learn to use various digital applications, tools, and platforms, such as social media, editing software, and productivity and learning applications. This helps them hone their skills in operating digital technology effectively, which is increasingly needed in the modern world. These skills are not only useful in an educational context, but also prepare them for

the increasingly digital world of work.

As expressed by Yunita (13 years old), who said that:

*"With smartphones, I learn many new things, such as editing videos, making presentations, and using other applications that help me at school. I also often create content for social media, so I feel more creative and know more about how to use digital technology."*

Based on an interview with Yunita, it was explained that the use of smartphones helps teenagers develop essential digital skills in the technological era. Yunita said that through smartphones, she can learn various skills such as editing videos, making presentations, and using applications that support school activities. This shows that smartphones not only function as communication tools, but also as a technology learning medium that improves their digital operational capabilities.

Smartphones have increased the efficiency of communication and learning for teenagers. With fast access to various communication platforms such as instant messaging, email, and discussion groups, students can coordinate with friends, teachers, and family more effectively without time and place constraints. In addition, learning applications and digital information sources make it easier for students to access educational materials, do assignments, and get study assistance quickly. This speeds up the learning process, allows students to learn independently and more flexibly, and increases collaboration in group assignments.

As expressed by Ayu Lestari (13 years old) as follows:

*"With a smartphone, I can quickly communicate with friends and teachers, especially if there is schoolwork. In addition, if I need answers or information, I can immediately search on the internet or in a study group, so the assignment is completed faster."*

Based on an interview with Ayu Lestari, it was explained that the use of



smartphones is very helpful in increasing the efficiency of communication and learning. Ayu Lestari said that with a smartphone, she can communicate with friends and teachers quickly, especially regarding schoolwork. This convenience speeds up the process of coordination and discussion about lessons or group assignments. In addition, the ability to search for information directly via the internet or study groups allows Ayu to complete assignments more quickly and efficiently, without having to wait long to get help from other sources.

### **Negative Impacts**

Excessive smartphone use among teenagers can lead to potential addiction and dependency. When teenagers continuously use smartphones to communicate, play games, or access social media, they tend to develop behavioral patterns that are difficult to control. This dependency can disrupt daily routines, reduce productivity, and divert focus from important activities such as studying and direct social interaction. In addition, smartphone addiction also risks affecting mental health, such as increasing feelings of anxiety or isolation if teenagers do not have constant access to their devices.

As expressed by Rizky Saputra (13 years old), who said that:

*"I often feel like I can't be away from my smartphone, especially when playing games or scrolling through social media. Sometimes I forget the time and my schoolwork gets delayed. I also feel restless if I don't check my smartphone for a long time."*

Based on an interview with Rizky Saputra, it was explained that excessive smartphone use can lead to potential addiction and dependency among teenagers. Rizky Saputra also revealed that he often felt like he couldn't be away from his smartphone, especially when playing games or browsing social media. This addiction causes him to lose track of time and procrastinate on schoolwork,

and creates feelings of restlessness if he doesn't check his smartphone for a long time. This shows how smartphone addiction can disrupt the balance between digital activities and daily responsibilities, and potentially affect adolescent mental health.

Intensive smartphone use can lead to a decline in the quality of direct social interactions among adolescents. When adolescents spend more time in front of screens to communicate via messages or social media, they tend to reduce the time spent interacting face-to-face with friends and family. This can result in less engagement in real conversations, reduce their ability to read non-verbal cues, and affect the overall quality of their social relationships. By prioritizing digital interactions, adolescents risk missing out on opportunities to build important social skills and experience deeper, more meaningful relationships in person.

As expressed by Aditya (13 years old), who said that:

*"Sometimes I chat more via chat or social media than meeting my friends in person. So, sometimes when I meet them, I feel a bit awkward and can't interact comfortably like I used to. It feels easier to talk via smartphone than face-to-face."*

Based on the interview with Aditya, it was explained that smartphone use can lead to a decline in the quality of direct social interactions. Aditya said that he often prefers to communicate via chat or social media rather than meeting his friends in person. As a result, when interacting face-to-face, he felt awkward and less comfortable than before. This suggests that reliance on digital communication may reduce adolescents' ability to interact more naturally and deeply in direct social situations, potentially affecting the quality of their social relationships.

Excessive smartphone use can cause concentration disorders and reduce adolescent learning productivity. When adolescents

frequently check their phones for messages, social media, or other applications, they are often distracted from their main focus, such as studying or completing schoolwork. This distraction can result in decreased attention quality and the ability to absorb information effectively. As a result, time spent studying becomes less productive and academic results can be affected. In addition, constant switching between various applications and notifications can reduce adolescents' ability to complete tasks thoroughly and in depth.

As expressed by Amirul Hasan (13 years old), who said that:

*"I often find it difficult to focus when studying because notifications from my smartphone keep popping up. Sometimes, I often get distracted from my schoolwork and it takes longer to complete it. It feels difficult to really focus on the lesson without being distracted by applications or messages on my phone."*

Based on an interview with Amirul Hasan, it was explained that excessive smartphone use can interfere with concentration and reduce learning productivity. Amirul Hasan revealed that smartphone notifications often distract him from studying, making it difficult to focus on schoolwork. This dependence on devices often causes him to be disconnected from learning activities, making the time spent completing tasks longer and less effective. These distractions show how smartphones can reduce the quality of concentration and academic productivity, hindering adolescents' ability to study deeply and consistently.

## **DISCUSSION**

### **Changes in Communication Behavior of Adolescents in using Smartphones in Class 7c SMP N 2 South Kaledupa District, Wakatobi Regency**

Based on the results of a study conducted on 22 7c grade students at SMPN 2, South Kaledupa

District, the researcher determined 12 students as the main informants. This selection was made because they were considered to represent intensive smartphone usage patterns in the school environment. Through data analysis supported by the theory of technological determination and the theory of behavioral change, it was found that smartphone use has brought about significant changes in adolescent communication behavior.

The theory of technological determination emphasizes that technological developments, in this case smartphones, are the main factor driving changes in Communication Behavior. Adolescents no longer rely on face-to-face communication as before, but rather rely more on digital media. This is in line with the theory of behavioral change which explains that changes in communication habits occur along with the adoption of new technology.

These changes involve verbal and non-verbal aspects in their communication. Smartphone technology has influenced the frequency of interaction, choice of communication platforms, and the quality of their daily conversations. This behavior shows how technology can determine the direction of social change, especially among adolescents, who are very responsive to technological developments.

The following discussion will explain in more depth about Communication Behavior before and after smartphone use, as well as the specific impact of this change on the social interactions of adolescents at SMPN 2, South Kaledupa District.

### **Communication Behavior Before Using Smartphones**

The findings of this study indicate that Communication Behavior among adolescents of SMPN 2, South Kaledupa District before the widespread use of smartphones focused on direct interaction and traditional communication media. This describes a simpler

and more intense social condition, with an emphasis on face-to-face communication that strengthens closeness between individuals. Several important aspects of Communication Behavior before smartphones became widespread can be further explained as follows:

Before smartphones, face-to-face communication was the most common method used by teenagers. Ahmad Fahri and Rahnisa Dewi revealed that they often met directly with friends at school or at playgrounds around their homes. The use of face-to-face communication allowed them to feel each other's physical presence, which strengthened the emotional connection. This physical proximity also provided the ability to capture body language, facial expressions, and tone of voice which are very important in understanding the message as a whole. This shows that communication at that time had a deeper emotional component compared to the digital era.

Based on an interview with Risnawati, the use of traditional communication media such as landlines and SMS is an alternative used for long-distance communication. However, the use of this media is much more limited than face-to-face communication due to limited access and costs. This reflects that at that time, long-distance communication was not yet a primary need for teenagers, and they preferred direct interaction as an easier and more efficient form of communication. In the theory of technological determination, this situation can be explained as a direct impact of the limited availability of technology. Technology at that time did not allow teenagers to communicate instantly from a distance without significant costs, so they relied more on direct interaction. This also shaped their behavioral patterns, where they were more accustomed to meeting and talking in person, which was in line with the social and technological conditions at that time.

One of the positive impacts of the less widespread use of smartphones is the higher intensity of interaction within the family and

social environment. Teenagers, as explained by Rahnisa Dewi and Ahmad Fahri, spend more time with their families and neighbors. Family discussions and shared activities become an important part of everyday life, creating strong emotional bonds between family members.

The absence of smartphones means that teenagers at that time were free from the distraction of notifications and digital applications that usually distract them. Risnawati explained that when they communicate, their attention is more focused on the ongoing conversation. This provides better and deeper communication quality because there are no distractions from the virtual world.

Based on the theory of behavioral change, this condition allows teenagers to engage in more focused communication, where they are truly physically and emotionally present in the conversation. Minimal digital distractions help them maintain concentration in interacting with others, so that the quality of the conversation is higher. This also has an impact on their ability to be more involved in social interactions that occur around them, both in the school environment and outside the home.

The results of this study are in line with several previous studies showing that before the development of digital technology and smartphones, face-to-face communication and the use of traditional media dominated social interactions. Ellison, Steinfield, and Lampe (2017) found that before the smartphone era, social bonds were built more through face-to-face interactions, which created deeper and more meaningful relationships between individuals. This study also supports the findings of Audrey and Aslan (2015) which show that communication before digital technology focused more on physical presence and direct conversation, where body language and facial expressions played an important role in conveying messages.

### **Changes in Communication Behavior After Smartphone Use**

After smartphones began to be widely used by teenagers at SMPN 2, South Kaledupa District, there were major changes in their Communication Behavior. The advanced features provided by smartphones allow for more instant, efficient, and flexible communication, so that teenagers are increasingly dependent on these devices in interacting. The changes identified in this study can be further described as follows:

Before the advent of smartphones, face-to-face communication and the use of traditional media were still dominant. However, after the presence of instant messaging applications such as WhatsApp, teenagers communicate more often via text messages, voice messages, or video calls. Rahma Yani (13) and Ranu Dayana (13) said that they use WhatsApp more often to send messages or chat in groups. This shows that the presence of smartphones facilitates faster and more practical long-distance communication, reducing the need to meet in person. In the context of technological determination theory, smartphones have changed the way teenagers communicate by providing a more efficient means of communication and are not bound by distance limitations. This digital communication allows teenagers to stay connected anytime and anywhere, even without physical interaction.

Social media such as WhatsApp, Instagram, and Facebook are now the main platforms used by teenagers to interact and share content. In an interview, Rahma Yani explained that she often uses Instagram to communicate with her friends through direct messages (DM), and also to share experiences or photos. This indicates that social media is not only a means of communication, but also a medium for teenagers to form a digital identity and express themselves visually.

One of the significant changes in

Communication Behavior after the use of smartphones is the increasing use of visual elements such as emoticons, GIFs, and stickers. Ranu Dayana and Eka Sandi revealed that they often use these symbols to express emotions and feelings when communicating digitally. Emoticons and stickers help them convey meaning or moods that cannot always be conveyed with words.

Although digital communication provides convenience, its impact is also seen in the decrease in the frequency of face-to-face communication. Ranu Dayana said that she rarely meets her friends in person because they can chat through chat groups or make video calls. This shows that smartphones, although facilitating communication, have reduced the intensity of direct interactions that used to occur more often in social environments.

This decrease in face-to-face interactions affects the quality of social relationships, because digital communication does not always allow for physical presence or more emotional expression. Turkley (2020) emphasized that although communication technology makes long-distance relationships easier, face-to-face interactions still have an important value in building and maintaining deep social relationships. This shows that dependence on smartphones can potentially reduce the quality of adolescent interpersonal relationships.

From the results of this study, it is clear that the use of smartphones has brought significant changes in the Communication Behavior of adolescents at SMPN 2, South Kaledupa District. Communication that used to focus more on face-to-face interactions and traditional media is now dominated by digital communication through instant messaging applications and social media. The ease of communication offered by smartphones makes adolescents meet less often in person, but can still connect through technology.

Although smartphones make

communication easier and faster, they also have an impact on reducing the intensity of face-to-face communication, which was previously the main means of building social relationships. The presence of visual elements in digital communication, such as emoticons and stickers, provides a new dimension in the way teenagers express their emotions, although there are still challenges in maintaining the depth and intimacy of relationships that are usually formed through direct communication. Thus, these changes in Communication Behavior reflect the impact of technology on the lives of teenagers, bringing convenience in interaction, but also posing challenges in maintaining the quality of meaningful interpersonal relationships.

### **Positive and Negative Impacts of Smartphone Use in Daily Behavior for Class 7C Adolescents of SMPN 2, South Kaledupa District, Wakatobi Regency**

#### **Positive Impacts**

The use of smartphones among teenagers, especially students in grade 7C of SMPN 2, South Kaledupa District, significantly increases access to information and knowledge. Through the internet connection available on smartphones, students can easily search for various sources related to education, science, and other skills. This convenience allows them to find learning materials, articles, educational videos, and other learning resources outside the school environment, thereby enriching their understanding of various topics that may not be covered in depth in the classroom.

In line with the Theory of Technological Determination, technological advances such as smartphones have changed the way teenagers learn and obtain information. This technology gives them the ability to access information quickly and in a timely manner, enabling more flexible and independent learning. They are no longer completely

dependent on teachers or textbooks, but can use applications such as YouTube, Wikipedia, and e-learning platforms to get more detailed explanations of concepts that may be difficult to understand in class. This creates a more dynamic and sustainable learning environment, where teenagers can learn anytime and anywhere.

From the interview with Keni Azhira (13 years old), it can be seen that smartphones make it easier for Keni Azhira to access information related to school lessons quickly and efficiently. This access provides an opportunity for Keni to find simpler explanations of material that is difficult to understand in class, so that the learning process becomes faster and deeper. Smartphones also facilitate communication and collaboration with others in terms of education, expanding the network of knowledge that they can utilize.

Smartphone usage among teenagers has a significant positive impact on the development of their digital skills. With various applications and platforms available on smartphones, teenagers learn to use digital technology more efficiently. They practice operating editing applications, productivity software, and social media platforms, which directly support the development of their digital skills. These skills are important not only for today's educational needs, but also to prepare them for the increasingly digital world of work.

#### **Negative Impacts**

Excessive smartphone use among adolescents can lead to potential addiction and dependence, which has a significant impact on their lives. Dependence on smartphones often leads to behavioral patterns that are difficult to control, where adolescents feel the need to always be connected to their devices, whether to play games, surf social media, or communicate with friends. This condition can disrupt their daily routines, reduce productivity, and distract from important activities such as studying,



exercising, or interacting directly with family and friends.

In addition to disrupting daily activities, smartphone addiction can also affect adolescents' mental health. This addiction is often associated with increased feelings of anxiety, stress, and isolation. When adolescents do not have constant access to their devices, they may experience restlessness or feelings of disconnection from their social environment. This is in line with the Theory of Behavior Change, which explains that the adoption of new technology can modify an individual's habits and behavioral patterns, and if not managed properly, can lead to detrimental habits such as addiction.

This study is in line with the findings of Smetaniuk (2022), which shows that excessive smartphone use can trigger dependence, have a negative impact on productivity, as well as the mental health and well-being of adolescents. Smetaniuk explains that smartphone addiction can disrupt the balance between digital activities and daily responsibilities, as well as lead to a decrease in the quality of direct social interactions and poorer mental health.

Technology Determinism Theory explains that technology influences the way individuals interact and communicate. In this context, smartphones as a new communication technology can change the way teenagers interact directly, shifting their attention from face-to-face relationships to digital communication.

Behavior Change Theory is also relevant to explain this impact. This theory suggests that changes in the environment or tools used (such as smartphones) can affect individual behavioral patterns. Intensive smartphone use can cause changes in adolescents' social behavior, reduce face-to-face interactions, and potentially reduce the quality of their social relationships.

This study is in line with the results of research by Vasalou et al. (2018) which found

that the use of digital technology can affect social skills and face-to-face interactions. They noted that high involvement with social media and digital communication applications can change social interaction patterns, which in turn can affect the quality of direct social relationships

Excessive smartphone use can cause concentration disorders and reduce adolescent learning productivity. When adolescents frequently check their phones for messages, social media, or other applications, they tend to be distracted from primary activities such as studying or completing schoolwork. This results in a decrease in the quality of their attention and their ability to absorb information effectively.

Smartphones with various notifications and distracting applications can hinder adolescents' ability to focus on one task in depth. Every time adolescents switch between applications or check notifications, they experience distractions that interrupt their thinking process and complete tasks. This constant change makes it difficult for them to maintain the concentration needed to study deeply and consistently.

The Technological Determination Theory explains how technology, in this case smartphones, influences the way individuals behave and interact with their environment. Smartphones that are often used for various digital activities can change the way teenagers allocate their attention, thus affecting the quality of their concentration and learning productivity. With constant exposure to digital distractions, teenagers have difficulty focusing and completing tasks well.

This study is in line with the findings of Rosen, Carrier, and Cheever (2019), who found that the use of digital technology can disrupt concentration and reduce students' academic productivity. They observed that distractions from notifications and applications can reduce students' ability to focus on tasks and complete

them efficiently, confirming the negative impact of smartphone use on adolescents' learning productivity.

## CONCLUSION

This study focuses on changes in adolescent communication behavior in using smartphones in Class 7c of SMPN 2, South Kaledupa District, Wakatobi Regency. Based on the results of the research that has been conducted, it can be concluded that smartphones have brought significant changes in the way adolescents communicate. This change is related to the shift in communication from traditional methods to digital communication that is more instant and easily accessible.

Before the widespread use of smartphones, face-to-face communication and direct interaction were more dominant among students. However, with the emergence of smartphone technology, students began to use instant messaging applications such as WhatsApp and social media platforms such as Instagram more often to interact. This is in line with the theory of technological determination which states that technology influences and shapes patterns of human interaction. In this context, smartphones have become the main tool that determines changes in adolescent communication behavior.

In addition, based on the theory of behavioral change, it can be seen that students' habits in communicating have shifted from face-to-face interaction to digital communication. They rely more often on text messages, voice calls, and video calls as a means of interaction, which offers convenience and speed, but also causes a decrease in the frequency and quality of direct conversations. The presence of features such as emoticons and stickers in instant messaging applications allows students to express emotions digitally, which also changes the way they convey feelings in everyday communication.

The main conclusion of this study

shows that smartphone technology not only facilitates communication but also has an impact on interpersonal relationships among adolescents. Although smartphones offer convenience and accessibility, excessive use can reduce face-to-face interactions that have so far built emotional closeness and strengthened social relationships. This shift provides an overview of how technology can change the communication landscape among adolescents, both positively and negatively.

This study emphasizes that changes in Communication Behavior due to smartphone use are an important phenomenon to note, especially in the context of social interactions in adolescence. Although technology brings benefits in terms of communication efficiency, it needs to be balanced with an awareness of the importance of maintaining good quality social relationships through face-to-face interactions.

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