

ABSTRAK

MAGHFIRAH RAMAYULIA. Pengaruh *Nomophobia* Terhadap Motivasi Belajar Siswa Kelas VII SMPN 3 Medan. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh *Nomophobia* terhadap motivasi belajar siswa kelas VII SMP Negeri 3 Medan Tahun Ajaran 2025/2026. *Nomophobia* merupakan kondisi ketakutan, kecemasan, atau ketidaknyamanan yang dialami individu ketika tidak dapat menggunakan *smartphone*, sedangkan motivasi belajar adalah dorongan yang berasal dari dalam diri siswa untuk melakukan kegiatan belajar guna mencapai tujuan yang diharapkan. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian *ex post facto*. Populasi dalam penelitian ini adalah seluruh siswa kelas VII SMP Negeri 3 Medan yang berjumlah 186 siswa. Teknik pengambilan sampel menggunakan teknik total sampling, sehingga seluruh populasi dijadikan sebagai sampel penelitian. Instrumen penelitian yang digunakan berupa angket *Nomophobia* dan angket motivasi belajar yang disusun berdasarkan skala Likert. Hasil penelitian ini membuktikan bahwa *Nomophobia* memberikan pengaruh signifikan terhadap motivasi belajar sebesar 4,8 %. Rata-rata (mean) skor motivasi belajar sebesar 85,5484 dengan standar deviasi 10,27305. Berdasarkan hasil penelitian tersebut, dapat disimpulkan bahwa terdapat pengaruh antara *Nomophobia* terhadap motivasi belajar siswa kelas VII SMP Negeri 3 Medan. Semakin tinggi tingkat ketergantungan siswa terhadap *smartphone*, maka semakin rendah motivasi belajar yang dimiliki. Oleh karena itu, diperlukan kerja sama antara siswa, guru Bimbingan dan Konseling, orang tua, serta pihak sekolah dalam mengendalikan penggunaan *smartphone* secara bijaksana guna meningkatkan motivasi belajar siswa.

Kata Kunci: *Nomophobia*, Motivasi Belajar, Smartphone, Siswa SMP



ABSTRACT

MAGHFIRAH RAMAYULIA. The Effect of Nomophobia on the Learning Motivation of Seventh-Grade Students of SMPN 3 Medan. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

This study aims to determine the effect of Nomophobia on the learning motivation of seventh-grade students of SMP Negeri 3 Medan in the 2025/2026 academic year. Nomophobia is a state of fear, anxiety, or discomfort experienced by individuals when unable to use a smartphone, while learning motivation is the drive that comes from within students to engage in learning activities to achieve desired goals. This study used a quantitative approach with an ex post facto research type. The population in this study were all 186 seventh-grade students of SMP Negeri 3 Medan. The sampling technique used a total sampling technique, so that the entire population was used as the research sample. The research instruments used were a Nomophobia questionnaire and a learning motivation questionnaire compiled based on a Likert scale. Data analysis was carried out using the SPSS version 25 program through descriptive statistical analysis to determine the level of each variable. The results of this study demonstrate that nomophobia has a significant influence on learning motivation, accounting for 4.8%. The average (mean) learning motivation score was 85.5484 with a standard deviation of 10.27305. Based on the results of the study, it can be concluded that there is an influence between Nomophobia and the learning motivation of seventh grade students of SMP Negeri 3 Medan. The high level of Nomophobia experienced by students is followed by low learning motivation. The higher a student's dependence on smartphones, the lower their motivation to learn. Therefore, collaboration between students, guidance and counseling teachers, parents, and schools is needed to wisely manage smartphone use to increase student motivation to learn.

Keywords : Nomophobia, Learning Motivation, Smartphones, Middle School Students