

ABSTRAK

FILZA NAZWA. Hubungan Kecanduan Smartphone Terhadap Suasana Hati Saat Belajar Siswa Kelas X Dan XI Jurusan Tkj Di Smk Negeri 1 Lubuk Pakam T.A. 2024/2025. Skripsi. Fakultas ilmu Pendidikan, Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengetahui hubungan antara kecanduan smartphone terhadap suasana hati (positif dan negatif) saat belajar pada siswa kelas X dan XI Jurusan Teknik Komputer dan Jaringan (TKJ) di SMK Negeri 1 Lubuk Pakam Tahun Ajaran 2024/2025. Penelitian menggunakan pendekatan kuantitatif korelasional, instrumen kuesioner yang digunakan yaitu *Smartphone Addiction Scale* (SAS) dan *Four Dimensions Mood Scale* (FDMS). Penelitian ini didasarkan pada fenomena penggunaan smartphone yang tinggi di kalangan remaja, yang diyakini dapat memberikan dampak positif atau negatif terhadap kondisi emosional siswa. Hasil Penelitian menunjukkan hasil analisis korelasi Pearson menghasilkan koefisien r sebesar 0,763 dengan signifikansi $0,000 < 0,05$, yang menunjukkan adanya hubungan kuat dan signifikan antara kecanduan smartphone dan suasana hati siswa. Dengan demikian, dapat disimpulkan bahwa terdapat hubungan yang kuat dan signifikan antara kecanduan smartphone dengan suasana hati (positif dan negatif) saat belajar siswa di sekolah. Diharapkan hasil penelitian ini dapat memberikan kontribusi bagi pengembangan kebijakan pendidikan dan layanan bimbingan konseling di sekolah

Kata Kunci: Kecanduan Smartphone, Suasana Hati, Siswa SMK, Pembelajaran.

ABSTRACT

FILZA NAZWA. The Relationship Between Smartphone Addiction and Mood During Learning Among Grade X and XI Students in the Computer and Network Engineering Department at SMK Negeri 1 Lubuk Pakam in the 2024/2025 Academic Year. Skripsi. Faculty of Education, State Universitas of Medan 2026.

This study aims to determine the relationship between smartphone addiction and mood (positive and negative) during learning among 10th and 11th grade students majoring in Computer and Network Engineering (TKJ) at SMK Negeri 1 Lubuk Pakam in the 2024/2025 academic year. The study used a correlational quantitative approach, with the instruments used being the Smartphone Addiction Scale (SAS) and the Four Dimensions Mood Scale (FDMS). This study was based on the phenomenon of high smartphone use among adolescents, which is believed to have positive or negative effects on students' emotional conditions. Pearson's correlation analysis produced a coefficient of r of 0.763 with a significance of $0.000 < 0.05$, indicating a strong and significant relationship between smartphone addiction and student mood. Thus, it can be concluded that there is a strong and significant relationship between smartphone addiction and mood (positive and negative) while students are studying at school. It is hoped that the results of this study can contribute to the development of educational policies and counseling services in schools.

Keywords: Smartphone Addiction, Mood, Vocational School Students, Learning.