



A New Autism as The Next Pandemic: How Christian Education Eliminating Nomophobia

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Abstract

The world is grappling with the Covid-19 pandemic. This precarious situation forced adjustments in every aspect of human life, not least in the field of education. We were facing a twin pandemic, which is damaging to physical health as well as mental health. This study aimed to analyze the influence of fatherlessness on nomophobia among Christian students in Indonesia. This is a quantitative research with survey methods. All participants (200 students) completed a battery of questionnaires assessing predictor and outcome variables related to nomophobia. The result of the analysis revealed that fatherlessness condition had a strong correlation with nomophobia, a new form of autism that will be the next pandemic. This can be eliminated by restoring parental function in the family.

1. Introduction

The world is grappling with the Covid-19 pandemic. A pandemic that had knocked out all forms of human superpowers and squam. This precarious situation forced adjustments in every aspect of human life, not least in the field of education. The learning process that was forced to be done online (including for children of pre-school age), makes students very dependent on gadgets. As a result, surveys showed that levels of nomophobia (which stands for “no mobile phone phobia”) continue to rise (Kristyana et al.) . This continues in what was known as phubbing (phone snubbing), an advanced form of what is called nomophobia. So indeed, what we were facing together was far greater and more destructive than imagined. We were facing a twin pandemic, which is damaging to physical health as well as mental health. This study aimed to analyze the influence

of fatherlessness on nomophobia among Christian students in Indonesia.

The Bible has written the state of man in the last days. The Book of Malachi even writes the prophet Elijah sent to make the Father’s heart turn to his children, and vice versa. “Behold, I am going to send you Elijah the prophet before the coming of the great and terrible day of the LORD. He will turn the hearts of the fathers back to their children and the hearts of the children to their fathers, so that I will not come and strike the land with complete destruction” (Malachi 4:5-6, New American Standard Bible). A very clear picture of the state of disheartedness in the relationship between parent and child (Brockington) . Interestingly, this kind of phenomenon can easily be found today along with the increasing use of social media among students who are forced to do online learning due to the Covid-19

pandemic (Ariawan, Kristyana, and Wahyuni) .

Today's communication technology has grown rapidly. One form of technological advancement, namely the existence of a device that can be connected to the internet network. The facilities provided by the device can make it easier for individuals to connect with other individuals in social media (Facebook, Instagram, Youtube, Twitter, Whatsapp, Tiktok), the ability to access information quickly, as a medium to learn online, online games, even to shop online. As the result, the number of gadget users is increasing extremely. Gadgets have been used by various circles, ranging from children, teenagers, to adults or parents. Hootsuite, a social media management device, records that there are 160 million active media access connected to the internet network. One of the features that are favored by various circles when using a device is social media. Although the device provides many benefits for its users, it cannot be denied that the device also has a negative impact (Ariawan and Malang) .

Negative impacts of the use of gadgets, including cyberbullying, spreading false information/hoaxes, sexual harassment, pornography, and so on. Cyberbullying is behavior that demeans others through cyber or social media. The younger generation experiencing cyberbullying will feel required to change their character or appearance according to the ideal standards of most people. Another negative impact that often occurs is about misleading news circulating or hoaxes. This is due to the spread of information that is very easy to do by someone who spreads the news without finding out in advance the truth of the news (Karadağ et al., "Determinants of phubbing, which is the sum of many virtual addictions: A structural equation model") .

As for the negative effects that will occur in social life due to the continuous use of gadgets without restrictions, which will make a person antisocial. This phenomenon is called phubbing, stands for phone and snubbing or "gadget" and "insulting" in terms describes the act of insulting someone in a social environment because it pays more attention to the device than interacting with others directly (T'ng, Ho, and Low, "Are you "phubbing" me? The Determinants of Phubbing Behavior and Assessment of Measurement Invariance across Sex Differences") . A new form of autism that

will be the next pandemic. The term was originally published by the Macquarie Dictionary as a message that represents the growing problem of device abuse in social situations. Phubbing behavior, which is when a person accesses social media connected to the internet through his device with no specific restrictions (Chotpitayasunondh and Douglas, "How "phubbing" becomes the norm: The antecedents and consequences of snubbing via smartphone") . When in a crowd or when alone, a phubber is always focused and pays attention to his device only. This is the result of gadget addiction. Addiction to gadgets can take up a person's important time and opportunities, one of which is the time and opportunity to interact with others in a social environment directly. When someone pays attention to his device only, then interaction with others in the social environment will be disrupted (Ariawan) .

There are several previous studies that shows bad behavior due to the use of gadgets with no restrictions. First, study of a child who was focused on using a device to play online, he ignored his responsibilities and ignored others who were calling his name (Karadağ et al., "Determinants of phubbing, which is the sum of many virtual addictions: A structural equation model") . Second, Newcomb and Hurtup's research in friendship relationships become disrupted because the time and opportunities that should be used to tell stories and open up to each other become reduced and even lost because they are busy with their devices (T'ng, Ho, and Low, "Are you "phubbing" me? The Determinants of Phubbing Behavior and Assessment of Measurement Invariance across Sex Differences") . From these examples, it can be concluded that the use of devices that do not have certain restrictions can have a negative effect on social relationships with others.

Social relationships or interpersonal relationships are the picture that each individual needs another individual in the social sphere. The process of social relationships is built on communication (Toit) . Communication in verbal and nonverbal forms delivered in a positive or negative form, will have an impact on the relationship between individuals. If it is associated with an individual who is playing his device while with people, then it is an action that describes someone who is doing nonverbal communication that is negative, as a result of which positive socialization does not occur. This shows that

when in a social environment, a person needs to control themselves not to use the device and choose to socialize with others in order for positive socialization to occur (Meylahn). Using gadgets in a social environment has a significant impact on communication with others.

2. Method

This is a quantitative research with survey methods. All participants completed a battery of questionnaires assessing predictor and outcome variables related to nomophobia. Researchers from Iowa State University compiled an instrument in the form of a questionnaire with 20 questions whose results will be able to identify whether a person has nomophobia or not (Chotpitayasunondh and Douglas, "How "phubbing" becomes the norm: The antecedents and consequences of snubbing via smartphone")

- I would feel uncomfortable without constant access to information via my smartphone.
- I would be annoyed if I can't find information on my smartphone when I want to do it.
- Not being able to get news (e.g., events, weather, etc.) on my phone will make me nervous.
- I would be annoyed if I couldn't use my smartphone and/or its capabilities when I wanted to do so
- Running out of battery in my smartphone will scare me
- If I run out of credit or reach my monthly data limit, I will panic
- If I don't have a data signal or can't connect to Wi-Fi, then I'll keep checking if I have a signal or can find a Wi-Fi network
- If I can't use my smartphone, I'll be afraid of being stranded somewhere.
- If I can't check my phone for a while, I'll feel like checking it out.
- I feel anxious because I can't directly communicate with family and or friends.
- I will be worried because my family and/or friends cannot contact me.
- I will feel nervous because I can't receive text messages and calls.
- I will be nervous because I cannot connect with my family and/or friends.
- I will be nervous because I don't know if someone has tried to contact me.
- I will feel anxious because my relationship with family and friends will break up.
- I will be nervous because I will be disconnected from my online identity.
- I will feel uncomfortable because I can't keep up with the development of social media and online networks.
- I will feel awkward because I can't check my notifications for updates from my online connection and network.
- I will feel anxious because I can't check my e-mail messages.
- I would find it strange because I don't know what to do.

3. Results

Based on the table 1, Cronbach's Alpha obtained 0.836. It meant that 28 items of the questionnaire (var.Y) were reliable.

- Predictors: (Constant), Fatherlessness
- Dependent Variable: Nomophobia

Based on Table 2, correlation coefficient (R) obtained was 0.821. It showed a strong correlation between fatherlessness and nomophobia. Coefficient of determination (R Square) obtained was 0.674, meant that fatherlessness affected nomophobia by 67.4%, while 32.6% was influenced by other factors.

4. Discussion

The phenomenon of nomophobia (as a new kind of autism) is increasingly commonly done by many people, especially during the Covid-19 pandemic. Where people cannot meet in person in the form of a crowd, they must keep their distance when meeting others, students and some office workers do

TABLE 1. Reliability'Statistic'

Cronbach's Alpha	N of Items
.836	28

TABLE 2. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.821	.674	.509	5.718	1.134

their activities at home only. These events have led people to always intersect with gadgets and internet networks. In the end they become opium with gadgets and can not be separated from the device because through the device people can do anything. Addiction to gadgets can trigger feelings of anxiety (Wessels and Müller) . From the above explanation it can be known that the use of devices that do not have certain restrictions will have an impact on yourself and others. The impact on yourself, namely addiction to gadgets and damage to interpersonal relationships. While the impact on others (phubbe), that is others are ignored by the phubber and the act is seen as an act that insults others in a social environment. As be known that behavior is an activity that can be observed directly or indirectly. The behavior does not present itself, but as a result of a stimulus, both from within itself and from outside itself that arises in different forms and with different purposes as well. Thus, the behavior is the same as the action of the response that arises due to the presence of different forms of stimulus and with different purposes, as well as the behavior can be seen, observed, and studied. Visible and observable behaviors benefit those who study behaviors so that when the behavior is raised it can be responded to appropriately. The behavior is sustainable, so when there is behavior that arises by an organism or an individual, it will be followed by other behaviors that can come from the person or from others who are as a responder. Behavior does not form by itself, but because of a need that stimulates the occurrence of behavior. Abraham Harold Maslow said that humans have five basic needs, namely physiological needs, security needs, needs to love and be loved, self-esteem needs, and self-actualization needs. Each of these needs is related to one another and cannot be separated from one another. Behavior is shaped by a need (Mcdermott) . The behavior is an observable action and has a spe-

cific frequency, duration, and purpose both realized and not. Frequency means that there is a measure of the amount of behavior that occurs or appears in units of time. Duration means that the behavior has a time span. While the purpose of the meaning is that every behavior that arises there is a purpose, which is to avoid or to get something desired this behavior has a relationship with each other. The above opinion can be concluded that the behavior is an action that can be observed and can be learned. Behavior is shaped by need, no behavior arises without stimulus or cause. Behaviors that arise with the aim of getting something or to avoid something. Also, the behavior is observed based on the frequency, duration, and purpose of the appearance of the behavior.

5. Conclusions

The result of the analysis revealed that fatherlessness condition had a strong correlation with nomophobia, a new form of autism that will be the next pandemic. This can be eliminated by restoring parental function in the family.

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