narkolema

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Submission date: 18-Jan-2024 07:42PM (UTC-0600)
Submission ID: 2272430530
File name: TEMPLATE_SANITAS_english.doc (153K)
Word count: 3529
Character count: 19826

SANITAS: JURNAL TEKNOLOGI DAN SENI KESEHATAN
ISSN : 1978-8843 (*PRINT*) / 2615-8647 (*ONLINE*)
DOI: 10.36525/sanitas.2023.i1
Vol. 14 No. 1: xx - xx

Relationship of self-control with narcolema (Drugs Through the Eyes) behavior in tuban Regency

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Submitted: 19 Januari 2024; Accepted: -;

DOI:

ABSTRACT

Teenagers aged 12-17 years become the largest consumers of pornographic content on the internet. This problem is a serious concern because it has an impact on narcoleptic behavior in adolescents. The spread of narcolema (drugs through the eyes) or pornographic content is still a complicated issue and has not been resolved until now. The purpose of research ii is to determine the relationship between self-control with narcolema behavior. This study applies a cross sectional design, with a population consisting of 223 adolescents in Tuban Regency. The sampling method used is simple random sampling using probability sampling technique. The total number of samples taken was 143 people. The Instrument used in this study is the questionnaire self-control scale, Cyber-pornography Use Inventory (CPUI). This research was conducted in Tuban in October 2023. spearman test results, it was found that the Correlation Coefficient ρ = 0.262 and a significant value of α = 0.002. This shows the relationship between self-control and narcoleptic behavior in adolescents in Tuban. The conclusion of this study is that adolescents who have the ability to control themselves will be able to reconsider before accessing pornographic sites. Adolescents can prevent the behavior of accessing pornographic sites by using self-control, which involves regulating behavior and modifying their desire to find out about sexual activity.

Keywords: *self control, narcolema, behavior*

INTRODUCTION

The development of the Times is accelerating day by day, this change is characterized by the use of technology that is increasingly advanced and can be easily accessed by anyone and at any time. However, if the development of this technology is not balanced with good user management, it will have a negative impact (1). One of the widespread adverse consequences in the era of modernization is the growing number of pornographic sites that can be easily reached by Teenagers. Teenagers aged 12-17 years become the largest consumers of pornographic content on the internet. This problem is a serious concern because it has an impact on narcoleptic behavior in adolescents (2). The spread of narcotics (drugs through the eyes) or pornographic content is still a complicated issue and has not been resolved until now. The dangers of pornography in its various forms are very

disturbing and can lead to dependence. Pornography addiction m akes teenagers have difficulty controlling themselves and find it difficult to let go of these thoughts because they are already interested in negative things. As a result, curiosity and the desire to try arise, which can ultimately lead to deviant acts such as committing sexual violence against others. Therefore, it is important for teenagers to be able to control themselves and also get proper supervision from their parents (3).

The Indonesian Ministry of communication and information (Kominfo) reported that the majority of complaints related to negative content received were about pornographic content, with a total of 1,028,702 pornographic content out of a total of 1,219,904 negative content findings. This phenomenon continues and has an impact on the state of the virtual world as well as causing concern in the real world (Kementerian Komunikasi dan Informatika Republik Indonesia, 2020).

Based on the results of an initial survey conducted through observation and distribution of google form questionnaires on August 25, 2023, there are differences in the level of narcoleptic behavior between SMKN and SMAN students in Tuban. Of the 20 SMKN students who participated in the survey, 16 students (80%) experienced high levels of narcoleptic behavior, while 4 students (20%) experienced low levels of narcoleptic behavior. Meanwhile, from filling out questionnaires conducted by high school students, it was found that 12 students (60%) experienced high levels of narcoleptic behavior, while 8 students (40%) experienced low levels of narcolema behavior. The results of a survey conducted by an Adult video Provider site from America show that Indonesia ranks second in terms of the number of porn video accessors after India. In 2019, about 50% of adolescents addicted to pornography in Indonesia reported sexual abuse of other children (Subiakto, 2020).

There are several factors that can influence the development of narcolepsy, such as individual attitudes, adolescent self-control (self-control), and the role of parental supervision. The impact of pornography has a variety of variations. Pornographic films watched by a person can have addictive and destructive effects as well as narcotic use (4). Damage caused by pornography addiction is damage to the Pre Frontal Cortex (PFC) refers

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to disorders of the brain that have an important role in carrying out the process of consideration, decision making, and the formation of individual personality (5). A lack of understanding of these addictions can negatively affect these functions. In the medical aspect, deviant sexual behavior can cause damage to the brain, the spread of sexually transmitted diseases (STDs), as well as the spread of HIV-AIDS. Meanwhile, from a psychological point of view, this behavior can cause drastic changes in mood, difficulty in making decisions, changes in obsessive and impulsive behavior, decreased sexual desire, and other psychiatric disorders. The Law No. 44 of 2008 article 1 Paragraph 1 on pornography provides a definition of pornography as all forms of visual representations, images, illusions, photographs, sounds, writing, animated cartoons, conversations, body movements, and other messages conveyed through various communication media that violate the norms of decency in society (6). In a study conducted by Jay Phelan, a professor of biology at the University of California, Los Angeles (UCLA), it was found that various forms of pornographic media can be accessed through television, radio, the internet, telephone and other means of communication, as well as newspapers, magazines and other printed materials. According to the study, the problem of pornography and sexuality associated with the internet is one of the challenges in self-control.

Self-control reflects the individual's ability to control actions, feelings and other impulses with the aim of being accepted in the social environment and not disturbing the comfort of others. The greater a person's ability to control himself, the easier it will be for them to control their behavior, and vice versa. Individuals who are able to develop self-control have the ability to stop and avoid behavior that violates social norms. Based on research conducted by Ghufron in 2012, it was found that as a person ages, the ability to control oneself will also increase. In adolescence, individuals are expected to be able to control their behavior well (7).

Based on the above description, the height of narcoleptic behavior according to some previous findings can be controlled by increased self-control, so the study is interested in discussing the relationship between self-control and narcolema behavior in adolescents.

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MATERIAL & METHODS

This study applies a cross sectional design, with a population consisting of 223 adolescents in Tuban Regency. The sampling method used is simple random sampling using probability sampling technique. The total number of samples taken was 143 people. The independent variable in this study is self control is Individuals' ability to regulate their behavior, make decisions, and take effective actions that can lead them towards positive outcomes is a crucial skill., while the dependent variable in this study is narcolema behavior is Attempts to meet the visual satisfaction of sexual urges or desires involving physical, mental, and emotional aspects by using the internet or computer media. The Instrument used in this study is the questionnaire self-control scale, Cyber-pornography Use Inventory (CPUI). This research was conducted in Tuban in October 2023. The researcher took care of the permission letter to carry out the research, then proceeded to distribute the approval sheet to the research respondents. The questionnaire will be distributed to the respondents, after which the researcher will conduct data processing and prepare a report on the results of the study and conclude the results of the data obtained. The data collected in this study have been analyzed using Spearman correlation statistical test method. The statistical test results were then interpreted using Spearman correlation test. In determining whether the hypothesis is accepted or rejected, the rule is used that if the significance level (α) is 0.05, then the hypothesis is accepted. This study has been conducted an ethical test and proved by an ethical certificate numbered 0156/LEPK.IIKNU/IX/2023.

RESULT & DISCUSSION

Table 1 Caracteristik Responden

Characterictic	N	%
Gender		
male	84	59
Female	59	41
Age		
16 years old	60	42
17 years old	32	37
18 year old	51	31

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based on tebel 1, it can be concluded that of the 143 respondents involved in this study, most are men with a total of 84 people (59%). In addition, almost half of the total respondents have 16 years of age, that is, as many as 60 people (42%).

Univariate Analysis

Table 2 frequency distribution based on self-control

Self control	n	%
Low	23	16,1
Medium	69	48,3
Height	51	35,7

primary data of researchers in 2023

Based on the results of the study, it was found that out of 143 respondents, almost half had a moderate level of self-control, namely as many as 69 respondents (48.3%). This finding is in line with research conducted by Zahidatun Mahfudho et al., 2018, which showed that most respondents had a moderate level of self-control, namely as many as 160 respondents (46%) (8).

The study showed that the majority of respondents had a moderate level of self-control. One of the factors that play an important role in the formation of good self-control in respondents is the presence of peers. In general, teenagers in Tuban are students who have a high interest and intensity towards learning achievement. This causes students to tend to be more focused and prioritize their behavior to achieve good learning performance. The presence of friends who have interests outside of negative things such as pornography or other common juvenile delinquency, is very helpful for respondents in forming good self-control (9).

This research is in line with a study conducted by Hardiningsih et al., 2021. The study revealed that there are several external factors that play an important role in helping adolescents develop self-control, such as parental care, peer environment, education at school, level of religiosity, among other factors (5). When a person experiences a lack of self-control, it can be caused by several factors such as lack of ability to control themselves, easily feeling frustrated, often explosive in expressing emotions, or inefficient in carrying out activities. When a person experiences uncontrollable emotions and is unable to withstand pressure, they can be encouraged to commit unwanted acts that lead to negative

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things such as pornography (10). In adolescence, it is expected that individuals already have the ability to control themselves in behavior. Adolescent girls have a higher level of self-control compared to adolescent boys. Therefore, the ability to control oneself can be overcome and prevent negative behavior from occurring (11).

Researchers who by Hani et al., 2020, stated that self-control is the ability of individuals to regulate behavior, emotions, and impulses so that they can be accepted by society and not interfere with the comfort of others. The greater a person's ability to control himself, the easier it will be for them to control their behavior, and vice versa. Individuals who are able to develop self-control have the ability to stop and avoid behavior that violates social norms (12).

Researchers assume that a teenager experiencing low emotional maturity, this will have an impact on his instability. As a result, the teenager will experience extreme emotional experiences and feel constantly depressed. In addition, low emotional maturity can also affect the tendency of adolescents to access pornographic sites. Adolescents who experience low emotional maturity tend to be more prone to experiment and show a difficult to control curiosity towards sexuality. The ability to control oneself will help adolescents in cosidering their actions by suppressing and inhibiting impulsive behavior in accessing pornographic content.

Table 3 frequency distribution based on narcolema behavior

Narcolema behavior		
Height	38	26,6
Low	68	47,6
medium	37	25,9

primary data of researchers in 2023

In this study, it was found that almost half of the respondents had moderate narcoleptic behavior, namely as many as 68 people (47.6%). This finding is in line with research conducted by Huwaidah et al., 2020. The results showed that there was moderate narcoleptic behavior as many as 82 people (49.3%), this is due to the large number of teenagers who spend their free time accessing porn and cybersex sites to overcome problems in their lives (13).

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Based on research findings, it is known that teenage boys often spend their free time by accessing porn sites as a way to overcome problems in their lives. The negative attitudes of adolescents towards pornographic media argue that pornography can provide positive benefits and inspire individuals, so that individuals feel attracted to porn and may influence their sexual behavior (14). Narcolema can lead to dependence, where dependence is a chronic condition of the brain's nervous system associated with reward, motivation, and the ability to remember. Smartphone use may facilitate access to pornographic content among adolescents (15).

The findings of this study indicate that teenagers often use smartphones, and they are unwittingly exposed to pornographic content. This shows that the development of increasingly sophisticated technology can open access to pornographic content. The presence of various local and international pornography sites on the internet has caused great concern, especially for parents, to the development of adolescents as the next generation of the nation (16). Individuals who have a positive view of pornography will certainly not feel attracted to the media, even they will assume that pornography has a negative impact on one's behavior. A negative attitude tends to make a person get closer, expecting to like bad things (17).

Researchers assume that the impact caused by pornography has a variety of types. In a medical context, pornography can potentially cause damage to brain function and can cause a person to become addicted. If a teenager first time melitnya it will timbuk curiosity to constantly see pornographic content, this condition can cause damage to the function of the front of the brain, namely the pre frontal cortex which has an important role in organizing, regulating emotions, self-control, decision-making , and planning.

Bivariate analysis

Table 3 Analysis Of The Relationship Between Self-Control With Narcolema Behavior In Tuban Regency

		perilaku narkolema			Spearman test 2 tailed
		high	medium	low	
self control	low	12	4	7	0,002
	medium	17	44	8	

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Height	9	20	22	

primary data of researchers in 2023

From the data shown in the table above, it can be concluded that adolescents with high levels of self-control tend to have low levels of narcoleptic behavior. Conversely, adolescents with low levels of self-control tend to have high levels of narcoleptic behavior. In spearman's test results, it was found that the Correlation Coefficientit ρ = 0.262 and a significant value of α = 0.002. This shows the relationship between self-control and narcoleptic behavior in adolescents in Tuban.

This finding is also in line with research conducted by Lonyka, 2021 in order to investigate the correlation between self-control and behavioral tendencies to access pornographic sites in adolescents. In this study, it was found that there is a negative and significant relationship between self-control and behavioral tendencies to access pornographic sites in adolescents, with a value of ρ value = 0.000 < 0.05. These results suggest that there is a link between the level of self-control and behavioral tendencies to access porn sites in adolescents (18).

Based on the findings of the study, it was found that in addition to attitude, the factor that plays a role in the occurrence of narcolema is the ability to self-control. A person who experiences narcolema will face difficulties in controlling himself and experience disturbances in memory function (19). Adolescents who have a good level of self-control, will be able to resist momentary desires and be able to think logically that their actions will negatively affect them. A person who has low self-control tends to be impulsive, likes to take risky actions and break the rules, and has limited thinking. On the other hand, individuals who have high self-control are generally able to refrain from wanting to behave in violation of social norms (20).

Researchers assume that adolescents who have the ability to control themselves will be able to reconsider before accessing pornographic sites. It is intended that their actions are in accordance with the principles they hold and do not violate ethics. social expectations of themselves. Thus, it is expected that adolescents can become better individuals and provide benefits for themselves, their families, and society as a whole. Adolescents can prevent the

behavior of accessing pornographic sites by using self-control, which involves regulating behavior and modifying their desire to find out about sexual activity. Thus, they can direct their behavior in a more beneficial direction. In addition, self-control also helps teens manage information wisely, so they can provide value and consider carefully before accessing pornographic sites.

CONCLUSION

The results of the study entitled The relationship of self-control with narcoleptic behavior in tuban can be concluded as follows, it can be concluded that of the 143 respondents, almost half of the respondents had moderate self-control as many as 69 (48.3%). And almost half of the respondents had moderate narcoleptic behavior as many as 68 (47.6%). the result of Correlation Coefficient (correlation coefficient) ρ = 0.262 and a significant value of α = 0.002. It can be concluded that there is a relationship between self-control with narcoleptic behavior in adolescents in tuban

low emotional maturity can affect the tendency of adolescents to access pornographic sites. If someone is a teenager for the first time, it will lead to curiosity to constantly see pornographic content. Teens who have the ability to control themselves will be able to reconsider before accessing pornographic sites. Adolescents can prevent the behavior of accessing pornographic sites by using self-control, which involves regulating behavior and modifying their desire to find out about sexual activity. Therefore the ability to control themselves will help adolescents in considering their actions by suppressing and inhibiting impulsive behavior in accessing pornographic content.

ACKNOWLEDGEMENT

We would like to thank you for Institute of Health Sciences nahdaltul ulama tuban of Internal Grant College

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