

The Effect of Cognitive Behavioral Therapy through Recitation and Prayer on Reducing Smartphone Addiction In College Students

Salsabila Nur Kamilah¹, Ahmad Arfandi², Muhammad Iqbal Al Hadi³

Universitas Islam Negeri Raden Fatah Palembang^{1,2,3}

Corresponding email: salsabilanurkamilah@gmail.com

ARTICLE INFO

Article History

Submission: 25-11-2023

Review: 06-02-2024

Revised: 10-03-2025

Accepted: 11-03-2025

Published: 23-04-2025

Keywords

Quran

Prayer

Smartphone Addiction

ABSTRACT

The purpose of the research we conducted was to determine the effect of Cognitive behavioral therapy through mngengaji and prayer on reducing smartphone addiction in students of the Faculty of Psychology, Raden Fatah State Islamic University Palembang. The research we conducted used the One-Group Pretest-Posttest Design pre-experiment design method. The results of the research and conclusions are that there is a very significant difference in smartphone addiction in students in the dimension of Disrupting Daily Life decreased from the pretest percentage score of 80% to the posttest percentage score of 41% with an N-Gain value of 0.38. Then the Positive Anticipation dimension decreased from the pretest percentage score of 72% to the posttest percentage score of 58% with an N-Gain value of 1.00. Then the Withdrawal dimension decreased from the pretest percentage score of 54% to the posttest percentage score of 46% with an N-Gain value of 0.09. Then the Cyberspace-Oriented Relationship dimension decreased from the pretest percentage score of 63% to the posttest percentage score of 50% with an N-Gain value of 0.22. Then the Excessive Use dimension decreased from the pretest percentage score of 71% to the posttest percentage score of 46% with an N-Gain value of 0.41. Finally, the Tolerance dimension decreased from the pretest percentage score of 72% to the posttest percentage score of 47% with an N-Gain value of 0.06.

Introduction

Along with the current developments of the times, technological developments are developing very rapidly. One of the results of technology is that almost everyone has a cellphone. One of the information and communication technology tools is known as a smartphone. Smartphone technology has experienced very rapid development from year to year, in line with technological developments, current technology makes people never stop producing new innovations and increasingly sophisticated technology is emerging every day. With its emergence, people cannot be separated from technology in their daily lives,

especially teenagers. This innovative technology and creativity makes it easier and closer for people to access anything, people are competing to create applications that can be enjoyed by the wider community, such as creating an online shopping application, if you want to get a new item or clothes by sitting relaxed at home and opening their gadget doesn't take long to get the clothes they want without going to the shop or supermarket, these features make it easier for us to carry out various daily activities.

The targets who most often use gadgets are teenagers, because adolescence is a transition period from children to adults, this is where many experiences are experienced during adolescence, but sometimes these experiences begin to change as time goes by and technology develops rapidly. This change is always accompanied by the sophistication of gadget technology, the abundance of social media has made teenagers have their own world, so that teenagers often isolate themselves because they are engrossed in all the applications on their gadgets.

One of the problems of teenagers today is their lack of self-control over their devices, there are many negative impacts that arise due to the gadgets they have, starting from the lack of teenagers socializing with their environment, the lack of feelings of empathy and the decline in the quality of life of teenagers such as feelings of anxiety if they don't bring gadgets, so it's no surprise to see teenagers carrying gadgets to the toilet. It is not surprising that the current function of gadgets is not only used to exchange messages, it is possible that it will increasingly "bind" users to continue playing with their devices so that they become addicted to them, this is in accordance with the definition of gadget addiction or smartphone addiction according to Kwon et al (2013) stated that aspects of Smartphone addiction are divided into 6 dimensions, namely: Disruption of daily life, Positive anticipation, Withdrawal, Cyberspace-oriented relationships, Excessive use, and Tolerance. In this case excessive use of smartphones can cause mental or behavioral problems.

The current form of attachment or addiction is not only to addictive substances or drugs but also to smartphones, this is called smartphone addiction and makes people experience difficulty in carrying out daily activities. Internet addiction makes it connected to various problems. Lack of sleep as well as difficulty reorganizing daily activities, withdrawal or reduced control over individual impulses, such as mood (Kwon, Kim, et al., 2013; Kwon, Lee, et al., 2013). A smartphone addict uses his device more than 6 hours per day. This shows that almost 1/3 of a person's daily use of a smartphone is used. Things that influence smartphone addiction are divided into several factors: 1) Internal factors, which include three causal aspects, namely low self-control, high sensation seeking, and low self-esteem. People with low self-control will enjoy doing risky things without thinking about the long-term effects. Furthermore, high sensation seeking causes people to become addicted and reduce their self-control when using smartphones; 2) Situational factors. Here, a person relates to feeling psychologically comfortable when using a smartphone; 3) External factors. Pressure from friends or family to participate in group chats or certain online activities can force a person to continue using a smartphone, even if they don't really want to; 4) Social

factors. Social factors, which describe a person's social interaction needs and explain social interaction patterns that influence individuals experiencing smartphone addiction.

According to Apsari (2019), the use of CBT Therapy or Cognitive Behavioral Therapy through prayer and reading the Al-Quran so that clients are able to pray on time and prioritize their prayers and change the client's irrational cognition to rational through reading the Al-Quran. Apart from that, Islamic methods are used as a solution to overcome smartphone addiction. The CBT approach is a form of psychotherapy that helps individuals to open up and increase their awareness and responsibility, which involves emotional, behavioral and mental or psychological states. The application of reading the digital Al-Quran application which is done by applying reading the Al-Quran on an application on a cellphone is able to direct teenagers to use smartphones in positive ways. Students or teenagers who are addicted to smartphones state that they have changed for the better and want to continue reading the Al-Quran application on their cellphones to be able to stop being addicted to their smartphones (Helni & Hidayat, 2021).

In this regard, researchers want to help overcome smartphone addiction experienced by students from the Faculty of Psychology at UIN Raden Fatah Palembang through the process of reciting the Koran and praying so that they can lead a better and more prosperous life mentally. Using the measuring instrument used in this research, namely the Indonesian version of the Smartphone Addiction Scale which was constructed by Kurniawan et al (2016) which was based on the Smartphone Addiction Scale by Kwon et al (2013) which was translated into Indonesian and modified again. When the scale has been distributed and participants with high levels of smartphone addiction are found, they will be given regular Koran and prayer therapy. The aim of this research is to find out whether there is an influence of cognitive behavioral therapy through reciting the Koran and prayer on reducing smartphone addiction in students at the Faculty of Psychology at UIN Raden Fatah Palembang.

Method

The counselee experiences addiction, when the counselee does not hold the device, or the device is not beside him, the counselee feels anxious, even to the point of wasting time playing the device. Even to the point of delaying prayer time and allowing his commitments to be missed due to the effects of playing gadgets, to disrupt his communication with his friends. From this, the counselee needs therapy that can help him improve his irrational mindset that is more concerned with gadgets than prayer, by reading clear Quranic verses about Allah's commands and prohibitions and concentrating more, so that the counselee no longer delays prayer time and even leaves prayer (Apsari, 2019). This research is a type of quantitative research with a pre-experimental research design. The pre-experiment design used is One-Group Pretest-Posttest Design. Creswell revealed that this design includes a pretest measurement followed by treatment and posttest for one group (Creswell, 2014). The population in this study are students of the Faculty of Psychology, UIN Raden Fatah

Palembang. The psychotherapy process will be conducted at least twice a week. From the total population of respondents, the researcher determines the respondents who will become the research sample. Because this research is a type of experimental research. The rules for determining the number of samples in this study use the opinion of Creswell (2012) which reveals that the number of respondents in experimental research is 15 respondents. The sampling technique in this study used purposive sampling technique (Cozby & Bates, 2015). The sample criteria for this study include: 1) Research respondents who tend to have smartphone addiction. Proven by the results of data collection with the Indonesian version of the smartphone addiction scale developed by Kurniawan et al (2016); 2) Willing to be a respondent in the study. The variables in this study are divided into two research variables as follows: Independent variable (V_x): cognitive behavioral therapy through recitation and prayer, dependent variable (V_y): smartphone addiction. The buyer's problem stems from the buyer's excessive way of thinking in using gadgets, thus affecting the buyer's behavior. One of them is the quality of the counselee's prayer. To overcome the problems faced by the counselee, the researcher will apply cognitive behavioral therapy to help the counselee so that the counselee can achieve his goal of becoming a more productive individual and not delaying or even leaving prayer time. The next step is the therapy process which is the application step designed by the researcher. Cognitive behavioral therapy with reading the Koran and its translation as Cognitive and praying on time as Behavior. In this case, according to Apsari (2019) the counselor uses two techniques from cognitive behavioral therapy, namely: a. Cognitive restructuring is changing irrational thoughts into rational ones. b. Self-control by praying on time.

Results and Discussion

The research data is based on the pretest and posttest scores of smartphone addiction. The research data in the form of student smartphone addiction test results collected from the smartphone addiction scale instrument in the form of 21 items with 6 dimensions, namely disrupting daily life, positive anticipation, withdrawal, cyberspace-oriented relationships, excessive use, and tolerance are in Table 1 below:

Table 1
Description of Pretest analysis results on each dimension of smartphone addiction

Dimensions of Smartphone Addiction	Score	Persentase
Interfere with daily life	144	80%
Positive anticipation	259	72%
<i>Withdrawal</i>	98	54%
Cyberspace oriented relationships	150	63%
Excessive use	171	71%
Tolerance	43	72%

Based on the table above, it can be concluded that student smartphone addiction in each dimension is still under the moderate to high category. To find out the results of statistical calculations calculated using the IBM SPSS Statistics 22 program on student pretest scores can be seen in Table 8 below:

Table 2
Statistical calculations on student pretest scores in

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Mengganggu Kehidupan Sehari-hari	15	8.00	12.00	9.6000	1.18322
Antisipasi Positif	15	14.00	24.00	17.2667	2.43389
Withdrawal	15	4.00	9.00	6.5333	1.35576
Hubungan berorientasi cyberspace	15	7.00	13.00	10.0000	1.81265
Penggunaan berlebihan	15	9.00	15.00	11.4000	1.45406
Toleransi	15	1.00	4.00	2.8667	.74322
Valid N (listwise)	15				

The pretest score processing aims to determine students' smartphone addiction at the beginning before using the cognitive behavioral therapy model through reciting the Koran and praying. Then the results of the posttest analysis are presented in Table 3 below:

Table 3
Description of Posttest analysis results on each dimension of smartphone addiction

Dimensions of Smartphone Addiction	Score	Persentase
Interfere with daily life	73	41%
Positive anticipation	208	58%
<i>Withdrawal</i>	82	46%
Cyberspace oriented relationships	119	50%
Excessive use	111	46%
Tolerance	28	47%

Based on Table 3, it can be seen that the Disturbing Daily Life dimension has reached a score of 73 from a maximum score of 180, the Positive Anticipation dimension has reached a score of 208 from a maximum score of 360, the Withdrawal dimension has reached a score of 82 from a maximum score of 180, the Cyberspace-Oriented Relationship dimension has reached a score of 119 from a maximum score of 240, the Excessive Use dimension has

reached a score of 111 from a maximum score of 240, and the Tolerance dimension has reached a score of 28 from a maximum score of 60.

From the posttest results, it can be seen that the smartphone addiction score in students has decreased, which means that it has entered a good category. This can be seen from the average posttest score which can be seen in Table 4 the results of the descriptive statistical calculation of student posttest scores.

Table 4
 Statistical Calculations on Student Pretest Scores

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Mengganggu Kehidupan Sehari-Hari	15	3.00	12.00	5.2667	2.49189
Antisipasi Positif	15	7.00	23.00	13.8667	4.29063
Withdrawal	15	3.00	12.00	5.4667	3.18179
Hubungan Berorientasi Cyberspace	15	4.00	14.00	7.9333	3.01109
Penggunaan Berlebihan	15	4.00	14.00	7.4000	3.08915
Toleransi	15	1.00	4.00	1.8667	1.06010
Valid N (listwise)	15				

The following is a comparison of students' pretest and posttest scores to determine the level of smartphone addiction before and after receiving treatment from the cognitive behavioral therapy model through reciting the Koran and praying, which can be seen in table 5:

Table 5
 Comparison of Pretest and Posttest scores for each Dimension of Smartphone Addiction

Dimensions of Smartphone Addiction	Pretest (%)	Posttest (%)
Interfere with daily life	80%	41%
Positive anticipation	72%	58%
<i>Withdrawal</i>	54%	46%
Cyberspace oriented relationships	63%	50%
Excessive use	71%	46%
Tolerance	72%	47%

Next, the pretest-posttest scores were analyzed based on the dimensions of smartphone addiction to find out how much reduction occurred in each dimension. The results of the N-Gain test for each dimension of smartphone addiction can be seen in Table 6:

Table 6
N-Gain test results on each Smartphone Addiction Dimension

Dimensions of Smartphone Addiction	Pretest	Posttest	N-Gain	Persentase (%)	Description
Interfere with daily life	144	73	0,38	38,17	Medium
Positive anticipation	259	208	1,00	100,00	High
<i>Withdrawal</i>	98	82	0,09	9,04	Low
Cyberspace oriented relationships	150	119	0,22	22,14	Low
Excessive use	171	111	0,41	40,54	Medium
Tolerance	43	28	0,06	6,49	Low

Based on the table of N-Gain test results for each dimension, it can be seen that the decline in smartphone addiction in the Disrupts Daily Life dimension was 0.38 or 38.17% with a moderate level of decline, then the Positive Anticipation dimension got an N-Gain score of 1.00 or 100.00% with a fairly high decline rate, then the Withdrawal dimension gets an N-Gain score of 0.09 or 9.04% with a relatively low decline rate, then the Cyberspace Oriented Relationship dimension is 0.22 or 22.14% with a relatively low decline rate. The decline is relatively low, then the Excessive Use dimension is 0.41 or 40.54% with a moderate decline rate, and finally the Tolerance dimension is 0.06 or 6.49% with a relatively low decline rate.

Based on the results of the analysis researched by Apsari (2019), it can be concluded that this research was quite successful for teenagers who were addicted to gadgets in Driyorejo Gresik with cognitive behavioral therapy through prayer and reading the Koran where the impact of gadgets was very high because of the 24 hour prayer time. only five times, very little compared to the remaining time outside of prayer time which is still used for playing with gadgets. And there is still very little interest in reading the Koran because they are used to social media which can produce audio, visuals and audio-visuals. Returning to human obligations as creatures who are obliged to worship Allah SWT.

Conclusion

The conclusion from a simple study examining the effect of cognitive behavioral therapy through reciting the Koran and prayer on reducing smartphone addiction in students in general is that cognitive behavioral therapy through reciting the Koran and prayer which is applied to reduce smartphone addiction in students is quite effective and good. This is

proven by the decrease in smartphone addiction test results in students which decreased significantly between before the implementation of cognitive behavioral therapy through reciting the Koran and prayer (pretest) and after the implementation of cognitive behavioral therapy through reciting the Koran and prayer (posttest).

The conclusion from a simple study examining the effect of cognitive behavioral therapy through reciting the Koran and prayer on reducing smartphone addiction in students in general is that cognitive behavioral therapy through reciting the Koran and prayer which is applied to reduce smartphone addiction in students is quite effective and good. This is proven by the decrease in smartphone addiction test results in students which decreased significantly between before the implementation of cognitive behavioral therapy through reciting the Koran and prayer (pretest) and after the implementation of cognitive behavioral therapy through reciting the Koran and prayer (posttest).

References

- Apsari, T. N. (2019). *COGNITIVE BEHAVIOR THERAPY MELALUI SHOLAT DAN MEMBACA AL-QUR'AN DALAM MENGATASI KECANDUAN GAWAI PADA REMAJA DI DRIYOREJO GRESIK*. UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA.
- Amna, Z., Faradina, S., & Mufidah, R. (2020). Gambaran kecenderungan adiksi penggunaan ponsel cerdas pada mahasiswa. *Seurune: Jurnal Psikologi Unsyiah*, 3(2), 101-112.
- Cozby, P. C., & Bates, S. C. (2015). *Methods in Behavioral Research*. McGraw-Hill Education.
- Asih, A. T., & Fauziah, N. (2017). Hubungan antara kontrol diri dengan kecemasan jauh dari smartphone (nomophobia) pada mahasiswa jurusan ilmu komunikasi fakultas ilmu sosial dan politik Universitas Diponegoro Semarang. *Jurnal empati*, 6(2), 15-20.
- Asih, A. T., & Fauziah, N. (2017b). Hubungan antara Kontrol Diri dengan Kecemasan Jauh dari Smartphone (Nomophobia) pada Mahasiswa Jurusan Ilmu Komunikasi Fakultas Ilmu Sosial dan Politik Universitas Diponegoro Semarang. *Jurnal Empati*, 6(2), 15–20.
- Aswar, A., & Erviana, E. (2020). Hubungan smartphone dengan kualitas tidur remaja di SMA Negeri 2 Majene. *Journal of Islamic Nursing*, 5(2), 95-100.
- Azizah, M., & Muslikah, M. (2021). Hubungan antara manajemen waktu dan regulasi diri dengan kecanduan smartphone. *Jurnal Ilmiah Bimbingan Konseling Undiksha*, 12(1).
- Bakri, R. P. (2021). Pengaruh stres akademik dan kecanduan smartphone terhadap prokrastinasi akademik. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(3), 578-593.
- Creswell, J. W. (2012). Educational research: Planning, conducting, and evaluating quantitative and qualitative research. *Educational Research*, 4. <https://doi.org/https://doi.org/10.1017/CBO9781107415324.004>
- Creswell, J. W. (2014). *Research design : qualitative, quantitative, and mixed methods approaches (4th Edition)*. Sage Publication.
- Firdaus, W., & Marsudi, M. S. (2021). Konseling remaja yang kecanduan gadget melalui terapi kognitif behavior. *Studia: Jurnal Hasil Penelitian Mahasiswa*, 6(1), 15-24.

- Hafizah, N., Adriansyah, M. A., & Permatasari, R. F. (2021). Kontrol Diri dan Komunikasi Interpersonal Terhadap Perilaku Phubbing. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(3), 630-645.
- Helni, A., & Hidayat, B. (2021). SOLUSI GANGGUAN SMARTPHONE ADDICTION BERDASARKAN PENDEKATAN PSIKOLOGI ISLAM. *Al-Hikmah: Jurnal Agama Dan Ilmu Pengetahuan*, 18(1).
- Kurniawan, I. G. Y., Rustika, I. M., & Aryani, L. N. A. (2016). Uji validitas dan reliabilitas modifikasi smartphone addiction scale versi Bahasa Indonesia. *MEDICINA*, 47(3).
- Kwon, M., Kim, D. J., Cho, H., & Yang, S. (2013). The adiksi smartphone: development and validation of a short version for adolescents (SAS-SV). *Plos One*, 8(12).
- Kwon, M., Lee, J. Y., Won, W. Y., Park, J. W., Min, J. A., Hanh, C., Gu, X. ., Choi, J. H., & Kim, D. J. (2013). Development and validation of smartphone adiksi scale (SAS). *Plos One*, 8(2).
- Mumtaz, E. F. (2019). *Pengaruh adiksi smartphone, empati, kontrol diri, dan norma terhadap perilaku phubbing pada mahasiswa di Jabodetabek* (Bachelor's thesis, Fakultas Psikologi UIN Syarif Hidayatullah Jakarta).
- Musa, Z. (2015). *Pengaruh keterampilan sosial dan kesepian terhadap kecenderungan adiksi internet pada remaja pengguna smartphone* (Bachelor's thesis, UIN Syarif Hidayatullah Jakarta: Fakultas Psikologi, 2015xiv, 80 hlm.; 29 cm.).
- Palupi, D. A., Sarjana AS, W., & Hadiati, T. (2018). *Hubungan Ketergantungan Smartphone Terhadap Kecemasan Pada Mahasiswa Fakultas Kedokteran Universitas Diponegoro* (Doctoral dissertation, Faculty of Medicine).
- Rumapea, A., Sinurat, S., & Barus, M. (2023). Hubungan Self Control dengan Adiksi Smartphone pada Mahasiswa. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 13(3), 879-886.
- Rofiah, H., Ratnasari, D., & Tobing, C. M. H. (2023). Konseling kelompok dengan teknik cognitive behavior therapy untuk meningkatkan kontrol diri dalam penggunaan smartphone. *Orien: Cakrawala Ilmiah Mahasiswa*, 2(3), 175-180.