

**PENGARUH GADGET-FREE QUEST TERHADAP KESEHATAN
MENTAL PADA REMAJA DI SMP MUHAMMADIYAH 7
YOGYAKARTA**

Naufal Rafif Ismail¹, Wittin Khairani², Bondan Palestin³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tata Bumi No. 3, Banyuraden, Gamping, Sleman
Email: Nrafifi051@gmail.com, Khairaniwittin@gmail.com,
bondan.palestin@poltekkesjogja.ac.id

ABSTRAK

Latar Belakang: Penggunaan gadget yang berlebihan pada remaja dapat berdampak terhadap kesehatan mental, seperti gangguan emosi, perilaku, hubungan sosial, dan kesejahteraan psikologis. Salah satu upaya yang dapat dilakukan untuk mengurangi dampak tersebut adalah melalui *Gadget-Free Quest*, yaitu program yang mengombinasikan pembatasan penggunaan gadget, aktivitas non-digital, refleksi harian, dan *self-monitoring*.

Tujuan: Mengetahui pengaruh *Gadget-Free Quest* terhadap kesehatan mental remaja dengan penggunaan gadget berlebihan di SMP Muhammadiyah 7 Yogyakarta.

Metode: Penelitian ini menggunakan pendekatan *one group pretest-posttest design*. Sampel penelitian berjumlah 40 siswa kelas VII yang dipilih menggunakan teknik *purposive sampling* sesuai kriteria inklusi dan eksklusi. Screening responden dilakukan menggunakan *Smartphone Addiction Scale-Short Version (SAS-SV)*, sedangkan kesehatan mental diukur menggunakan *Strengths and Difficulties Questionnaire (SDQ)*. Intervensi *Gadget-Free Quest* dilaksanakan selama 14 hari. Analisis data dilakukan menggunakan *Wilcoxon Signed Rank Test* dengan tingkat signifikansi $\alpha = 0,05$.

Hasil: Sebelum intervensi, sebagian besar responden berada pada kategori **borderline** sebanyak 18 responden (45%), kategori normal sebanyak 13 responden (32,5%), dan kategori abnormal sebanyak 9 responden (22,5%). Setelah intervensi, jumlah responden dengan kategori normal meningkat menjadi 21 responden (52,5%), kategori *borderline* menjadi 14 responden (35%), dan kategori abnormal menurun menjadi 5 responden (12,5%). Hasil uji *Wilcoxon Signed Rank Test* menunjukkan nilai $Z = -4,727$ dan $p\text{-value} = 0,001$ ($p < 0,05$), yang menunjukkan adanya pengaruh *Gadget-Free Quest* terhadap kesehatan mental remaja dengan penggunaan gadget berlebihan.

Kesimpulan: *Gadget-Free Quest* berpengaruh terhadap kesehatan mental remaja dengan penggunaan gadget berlebihan di SMP Muhammadiyah 7 Yogyakarta. Intervensi ini dapat digunakan sebagai alternatif upaya promotif dan preventif untuk meningkatkan kesehatan mental remaja melalui pengelolaan penggunaan gadget yang lebih sehat.

Kata Kunci: *Gadget-Free Quest*, kesehatan mental, remaja, penggunaan gadget berlebihan, SDQ.

THE EFFECT OF GADGET-FREE QUEST ON MENTAL HEALTH AMONG ADOLESCENTS AT SMP MUHAMMADIYAH 7 YOGYAKARTA

Naufal Rafif Ismail¹, Wittin Khairani², Bondan Palestin³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tata Bumi No. 3, Banyuraden, Gamping, Sleman
Email: Nrafifi051@gmail.com, Khairaniwittin@gmail.com,
bondan.palestin@poltekkesjogja.ac.id

ABSTRACT

Background: Excessive gadget use among adolescents may negatively affect mental health, including emotional problems, behavioral difficulties, social relationship issues, and psychological well-being. One effort that can be implemented to reduce these adverse effects is the *Gadget-Free Quest*, a program that combines gadget-use restriction, non-digital activities, daily reflection, and self-monitoring.

Objective: To determine the effect of *Gadget-Free Quest* on the mental health of adolescents with excessive gadget use at SMP Muhammadiyah 7 Yogyakarta.

Methods: This study employed a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 40 seventh-grade students selected through purposive sampling based on the inclusion and exclusion criteria. Respondents were screened using the *Smartphone Addiction Scale–Short Version* (SAS-SV), while mental health was assessed using the *Strengths and Difficulties Questionnaire* (SDQ). The *Gadget-Free Quest* intervention was implemented for 14 days. Data were analyzed using the Wilcoxon Signed Rank Test with a significance level of $\alpha = 0.05$.

Results: Before the intervention, most respondents were categorized as borderline (18 respondents; 45%), followed by normal (13 respondents; 32.5%) and abnormal (9 respondents; 22.5%). After the intervention, the proportion of respondents in the normal category increased to 21 respondents (52.5%), while the borderline and abnormal categories decreased to 14 respondents (35%) and 5 respondents (12.5%), respectively. The Wilcoxon Signed Rank Test showed a value of $Z = -4.727$ and $p\text{-value} < 0.001$, indicating a significant effect of *Gadget-Free Quest* on the mental health of adolescents with excessive gadget use.

Conclusion: *Gadget-Free Quest* has a significant effect on the mental health of adolescents with excessive gadget use at SMP Muhammadiyah 7 Yogyakarta. This intervention may serve as an alternative promotive and preventive strategy to improve adolescent mental health through healthier gadget-use management.

Keywords: *Gadget-Free Quest*, mental health, adolescents, excessive gadget use, SDQ.