

## Causes of Mobile Phone Addiction

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The technology of mobile phones (MP) has made fast advances. Cellular phone addiction has been discussed widely. Many researchers explored the causes of cellular phone addiction. The purpose of this study was to describe and analyze the possible factors causing mobile phone addiction. Data was gathered through literature studies. Results show four factors causing mobile phone addiction; namely internal and external factors, social, and situational factor. Results of the study were discussed further.

Key words: mobile phone, addiction, factors causing MP addiction.

Teknologi telepon genggam mengalami kemajuan yang sangat pesat. Kecanduan telepon genggam telah didiskusikan secara luas tahun-tahun terakhir. Banyak penelitian mengeksplorasi penyebab kecanduan telepon genggam. Data dikumpulkan melalui studi literatur dan *survey interviews* pada 30 responden yang mengalami kecanduan telepon genggam. Hasil penelitian menunjukkan terdapat 4 faktor penyebab kecanduan telepon genggam yaitu faktor internal, eksternal, sosial, dan situasional. Hasil penelitian didiskusikan lebih lanjut.

Kata kunci: kecanduan, telepon genggam, faktor penyebab kecanduan telepon genggam

Overuse of cell phone could result in mobile phone addiction. Mobile phone addiction is defined as high dependency on mobile phone accompanied by uncontrollable behavior with negative impact on individuals (Leung, 2007a). Addiction is usually used in clinical context, and being refined as excessive (James & Drennan, 2005), and addiction can be applied to wider usage, for examples; alcohol addiction, gambling addiction, as well as communication technology addiction (Beranuy, Oberst, Carbonell, & Chamarro, 2009). Griffiths (cited in Leung, 2007b) proposed a definition of technology addiction as excessive interaction between human and machine and its negative impact. Internet browsing, TV watching, mobile phone usage could belong to technology addiction. Some experts stated that mobile phone addiction was the same as gambling addiction, alcohol addiction, drug addiction or Internet addiction (Yi, 2006). Addiction is a condition in which individuals can not control his will and negative impact is made. Individuals can communicate anywhere and anytime using mobile phone, but if they feel they cannot live normally without mobile phone, they feel disturbed if they cannot use mobile phone then it becomes a problem (Park, 2005).

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Mobile phone addict has characteristics or symptoms which are different from non-addict. The individuals addicted to mobile phone always make their phones active, tend to use mobile phone although cable phone is available, experience financial and social problems because of overuse of mobile phone (Roos, as cited in Yi, 2006). Park (2005) arranged a scale to measure mobile phone addiction and resulted in two indicators, namely; problem use and guilty use. Problem use leads to problems that arise because of using mobile phone, whereas guilty use is guilty or uncomfortable feeling because of overuse of mobile phone. The Park scale has a loading factor of .58 – .97 and alpha Cronbach .85.

Bianchi and Philips (cited in Leung, 2007b) tested several characteristics of mobile phone addiction to form Mobile Phone Problem Use Scale (MPPUS). Among those characteristics were: (a) preoccupied with mobile phone, (b) allocated time in using mobile phone was increasing to satisfy himself, (c) trying to control the usage but failed, (d) feeling uncomfortable, depressed, anxious as if something was missing, (e) using mobile phone for a long period of time, (f) secretly using mobile phone while being together with friends or family, (g) using mobile phone as a means of distracting himself from problems such as being lonely, alone, anxious, stressed, or depressed.

Leung (2007a) did a study in Hongkong to find out symptoms associated with mobile phone addiction and