

## ABSTRAK

RIZKA AMALIA, 2025. **HUBUNGAN PENGGUNAAN SMARTPHONE TERHADAP SELF CONTROL DAN KONSENTRASI BELAJAR SISWA PADA MATA PELAJARAN BIOLOGI (Studi Korelasional di Kelas X SMAN 4 Tasikmalaya Tahun Ajaran 2024/2025)**. Jurusan Pendidikan Biologi. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi. Tasikmalaya.

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Penelitian ini bertujuan untuk mengetahui hubungan penggunaan *smartphone* terhadap *self control* dan konsentrasi belajar siswa pada mata pelajaran biologi di kelas X SMAN 4 Tasikmalaya. Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini adalah seluruh kelas X yang terdiri dari 11 kelas dengan jumlah total 386 siswa. Sampel dipilih menggunakan teknik *purposive sampling* sebanyak 5 kelas yang terdiri dari kelas X-1, X-2, X-3, X-4 dan X-5 dengan total 163 siswa. Instrumen penelitian berupa kuisioner penggunaan *smartphone* sebanyak 20 butir pernyataan, *self control* sebanyak 30 butir pernyataan dan konsentrasi belajar sebanyak 23 butir pernyataan. Teknik analisis yang digunakan adalah *bivariate correlation*. Berdasarkan hasil penelitian menunjukkan ada hubungan penggunaan *smartphone* terhadap *self control* dengan koefisien korelasi sebesar 0,535 berkategori sedang. Hubungan penggunaan *smartphone* terhadap konsentrasi belajar dengan koefisien korelasi sebesar 0,458 berkategori sedang. Sehingga diperoleh kesimpulan bahwa ada hubungan yang signifikan antara penggunaan *smartphone* terhadap *self control* dan konsentrasi belajar siswa pada mata pelajaran biologi kelas X SMAN 4 Tasikmalaya.

**Kata Kunci:** Penggunaan *Smartphone*, *Self Control*, Konsentrasi Belajar

## **ABSTRAK**

**RIZKA AMALIA, 2025. THE RELATIONSHIP BETWEEN SMARTPHONE USE AND STUDENTS' SELF CONTROL AND LEARNING CONCENTRATION IN BIOLOGY (Correlational Study in Grade X of SMAN 4 Tasikmalaya in the 2024/2025 Academic Year).** Department of Biology Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya

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This study aims to determine the relationship between smartphone use and students' self-control and concentration in biology subjects in class X of SMAN 4 Tasikmalaya. This study uses a quantitative method with a correlational approach. The population in this study was all class X consisting of 11 classes with a total of 386 students. The sample was selected using a purposive sampling technique of 5 classes consisting of classes X-1, X-2, X-3, X-4 and X-5 with a total of 163 students. The research instrument was a questionnaire on smartphone use with 20 statements, self-control with 30 statements and concentration on learning with 23 statements. The analysis technique used was bivariate correlation. Based on the results of the study, it showed that there was a relationship between smartphone use and self-control with a correlation coefficient of 0.535 in the moderate category. The relationship between smartphone use and concentration on learning with a correlation coefficient of 0.458 in the moderate category. So it is concluded that there is a significant relationship between smartphone usage on self-control and student learning concentration in biology subjects of class X SMAN 4 Tasikmalaya.

**Keywords:** *Smartphone Usage, Self-Control, Learning Concentration*