

## PENGARUH INCREMENTAL DIGITAL DETOX SEBAGAI METODE INTERVENSI PADA EMERGING ADULT YANG BERESIKO ADIKSI SHORT-FORM VIDEO: STUDI EKSPERIMEN

### ABSTRAK

Fadil, Muhammad Lilo Al. 2026. Efektivitas Intervensi Incremental Digital Detox pada Emerging Adults Berisiko Adiksi Short-form Video: Studi Eksperimen. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini mengkaji efektivitas intervensi *Incremental Digital Detox* selama 14 hari dalam mengurangi tingkat kecanduan video berdurasi pendek pada *emerging adults* berisiko tinggi. Meskipun konsumsi video berdurasi pendek yang berlebihan telah dikaitkan dengan berbagai dampak psikologis negatif, bukti empiris mengenai efektivitas intervensi *digital detox* masih terbatas dan tidak konsisten. Penelitian ini menguji apakah strategi pengurangan durasi penggunaan secara bertahap berbasis waktu dapat menurunkan tingkat risiko kecanduan. Penelitian menggunakan desain *randomized controlled trial* dengan rancangan campuran  $2 \times 2$ , yang mencakup faktor antar-subjek (kelompok intervensi dan kontrol) serta faktor dalam-subjek (pra-tes dan pasca-tes). Sebanyak 43 *emerging adults* dengan risiko kecanduan tinggi dialokasikan menggunakan teknik *matched-pair random assignment* berdasarkan skor kecanduan awal. Tingkat keparahan kecanduan diukur menggunakan *Short-form Video Addiction Scale*, sementara durasi penggunaan aplikasi diperoleh dari data *screen time*. Data kuantitatif dianalisis menggunakan *repeated measures ANOVA*, analisis korelasi, dan uji T. Data kualitatif pasca-intervensi dianalisis menggunakan *reflexive thematic analysis* untuk melengkapi temuan kuantitatif. Hasil menunjukkan tidak adanya efek interaksi yang signifikan antara waktu dan kelompok, yang mengindikasikan bahwa intervensi tidak menurunkan tingkat keparahan kecanduan secara signifikan. Namun, kelompok intervensi menunjukkan penurunan durasi penggunaan video berdurasi pendek yang signifikan. Analisis korelasi menunjukkan hubungan negatif yang lemah antara tingkat kepatuhan intervensi dan perubahan skor adiksi. Temuan kualitatif menunjukkan peningkatan kesadaran diri terhadap kebiasaan *digital*, tetapi juga mengungkap keberlanjutan pola penggunaan kompulsif tanpa perilaku pengganti yang bermakna. Secara keseluruhan, pembatasan waktu secara inkremental saja belum cukup untuk menurunkan tingkat risiko kecanduan, sehingga intervensi selanjutnya perlu mengintegrasikan komponen perilaku dan psikologis.

**Keywords:** *short-form video addiction, incremental digital detox, smartphone screen time, adiksi, video pendek.*

# THE EFFECT OF INCREMENTAL DIGITAL DETOX AS AN INTERVENTION METHOD FOR EMERGING ADULTS AT RISK OF SHORT-FORM VIDEO ADDICTION: AN EXPERIMENTAL STUDY

## ABSTRACT

Fadil, Muhammad Lilo Al. 2026. The Effect of Incremental Digital Detox as an Intervention Method for Emerging Adults at Risk of Short-Form Video Addiction: An Experimental Study. Undergraduate thesis. Yogyakarta: Faculty of Psychology, Sanata Dharma University.

This study examined the effectiveness of a 14-day *Incremental Digital Detox* intervention in reducing short-form video addiction among high-risk emerging adults. Although excessive short-form video consumption has been associated with various negative psychological outcomes, empirical evidence regarding the effectiveness of digital detox interventions remains limited and inconsistent. This study tested whether a gradual, time-based reduction strategy could reduce addiction risk. A randomized controlled trial with a mixed  $2 \times 2$  design was employed, including a between-subjects factor (intervention vs. control group) and a within-subjects factor (pre-test vs. post-test). A total of 43 emerging adults with high addiction risk were assigned using matched-pair random assignment based on baseline addiction scores. Addiction severity was measured using the *Short-form Video Addiction Scale*, while application usage duration was obtained from screen time data. Quantitative data were analyzed using repeated measures ANOVA, correlation analysis, and *t*-tests. Post-intervention qualitative data were analyzed using reflexive thematic analysis to complement the quantitative findings. The results showed no significant interaction effect between time and group, indicating that the intervention did not significantly reduce addiction severity. However, the intervention group demonstrated a significant reduction in short-form video usage duration. Correlation analysis revealed a weak negative relationship between intervention compliance and changes in addiction scores. Qualitative findings indicated increased self-awareness of digital habits but also revealed the persistence of compulsive usage patterns in the absence of meaningful alternative behaviors. Overall, incremental time restriction alone was insufficient to reduce addiction risk, suggesting that future interventions should integrate behavioral and psychological components.

**Keywords:** *short-form video addiction, incremental digital detox, smartphone screen time, addiction, short-form video.*