



---

## THE IMPACT OF USING DIGITAL NOVEL APPLICATIONS ON THE PSYCHOLOGY OF ADOLESCENTS IN THE 21ST CENTURY ERA

Tantik Toharoh <sup>1\*</sup>, Diyah Pertywi Setyawati <sup>2</sup>

<sup>1</sup> STIT Muhammad Mardiyana Tangerang, <sup>2</sup> Sekolah Tinggi Agama Islam Nida El-Adabi

Email : <sup>1</sup> tantikkampusmmt@gmail.com , <sup>2</sup> dpertywi@gmail.com

---

Received: 2023 - 12 - 05 ; Accepted: 2024 - 01 - 11 ; Published: 2024 - 02 - 29

---

### Abstract

The development of the times, the greater the changes that occur. One of them is the decreasing interest in reading among teenagers. The presence of digital novels is one of the efforts to increase reading interest in teenagers. On the other hand, everything that is present in the world of technology will certainly have a positive and negative impact. This study was conducted to review how much impact the use of digital novel applications has among teenagers. This study uses qualitative research which aims to obtain a picture related to the impact of using digital novel applications on the psychology of teenagers in the 21st century era. Data was collected by conducting interviews through google forms. The data analysis used was the Miles & Huberman interactive analysis technique. The results showed that: (1) digital novel applications have an influence on self-assessment and help understand themselves (2) digital novel applications add insight and provide emotional and social experiences so that teenagers can minimize the appearance of bad actions towards something they don 't like or don't like .

**Keywords:** *Digital Novel Apps, Psychology, Teenagers*

---



Copyright © 2024 Authors

This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/)

## INTRODUCTION

As time progresses, in this digital millennial era, technological developments are increasingly rapidly reaching almost all aspects of life. According to (Syamsuar & Reflianto, 2019) most of the technology that has been created is connected via the internet system. The internet makes the movement of information sources in the world very easy to obtain. The ease of obtaining information for various groups means that digital media has both good and bad impacts in various fields.

One area that is experiencing changes due to rapid technological developments is in the field of literature. Literature is any type of writing that contains the world of human imagination, which cannot simply be connected to reality. The consequence of this view is that the world created by writers in poetry, novels and drama is the result of imagination which must be separated from the real world, namely the world we live every day (Djoko Damono, nd).

One type of literature is the novel, which is a type of reading that is popular among teenagers. With the advent of technology, novels now exist in digital form which are easy to access anytime, anywhere and are more affordable for teenagers because they only need an internet quota and they can read them. One of the advantages of digital novels is that users or readers can access various novels presented in the application. The variety of novels that are easily accessible makes readers more interested in choosing digital novels.

Digital novels are one of the results of digital transformation. Digital transformation is a radical/extraordinary process where the process involves existing resources including utilizing existing digital technology to produce organizational outcomes to provide new experiences (Hadiono & Santi, 2020). Digital novels provide a new experience to readers or users because they no longer need to carry printed books but only need to use their cellphone to access the application.

Apart from that, the presence of digital novels is an effort to increase interest in reading, especially among teenagers. We are aware that as the era progresses, interest in reading among teenagers is decreasing. Feelings of boredom and saturation can come when you start reading, so that the younger generation feels that reading is a very boring activity and a waste of time (Hadiono & Santi, 2020). The presence of digital novel applications provides a different experience so researchers want to know how big the impact of digital novel applications is among teenagers.

According to (Husna, et.al, 2021) the word teenager comes from the Latin word adolescence which means to grow or grow into adulthood. This term has a broader meaning if it is associated with mental, emotional, social and physical

maturity and adolescence shows a transitional nature because they have not yet achieved adult status and no longer have the status of children. Adolescence is a transition from childhood to adulthood which experiences the development of all aspects/functions to enter adulthood (Ashifa Pravitasari et al., nd).

Teenagers are considered very hyperactive in using smartphones to keep up with the times. Teenagers will feel out of date and old-fashioned when they cannot keep up with the times. According to (Husna , et.al, 2021), behavior is a level or concrete action that is carried out because the individual has the desire to do something certain. Adolescent behavior in using technology is an action carried out by a teenager consciously to access or use technology (for example smartphones).

## RESEARCH METHODOLOGY

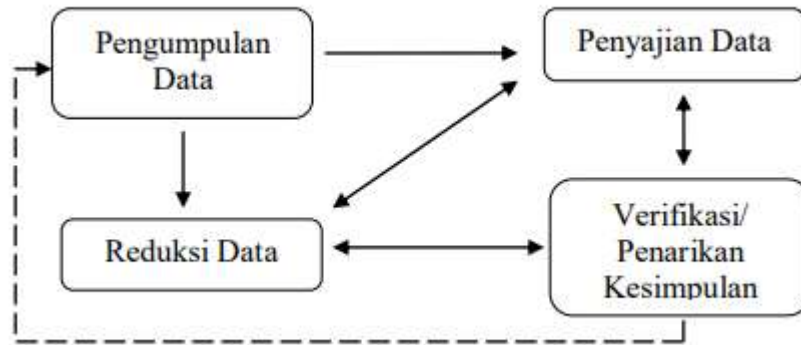
This research uses qualitative research aimed at gaining a deep understanding of human and social problems, not describing the surface part of reality as quantitative research does with its positivism. Because researchers interpret how subjects obtain meaning from the surrounding environment, and how this meaning influences their behavior. The research was conducted in a naturalistic setting, not the result of treatment or manipulation of the variables involved (Fadli, 2021). So the researcher used qualitative research to obtain an overview of the use of digital novel applications among teenagers, especially from a psychological, emotional and social perspective. Because basically, the storyline in a novel will present conflicts that provide an overview of incidents or events that can be used as an experience for the reader. This is based on teenagers who are very vulnerable to controlling emotions in social life.

In the initial stage of the research, researchers conducted a survey of teenagers via Google Form regarding the use of digital novel applications. The survey was carried out by distributing a link via the WhatsApp application. There were 72 teenagers who responded. The research subjects were teenagers (aged 10-18) years with 2 categories: (1) emotional; (2) social.

The aspects asked during the interview were: (1) Does reading digital novels have an influence on your assessment of yourself; (2) Does reading digital novels help you to understand yourself; (3) Does the digital novel application used help broaden your knowledge or things that interest you; (4) What steps are used to filter the information you get through the digital novel application; (5) In your opinion, what is the best way to comment on something you don't like?

### Analysis Techniques

Research data uses the Miles & Huberman (1994) analysis model. The stages of data analysis are described as follows:



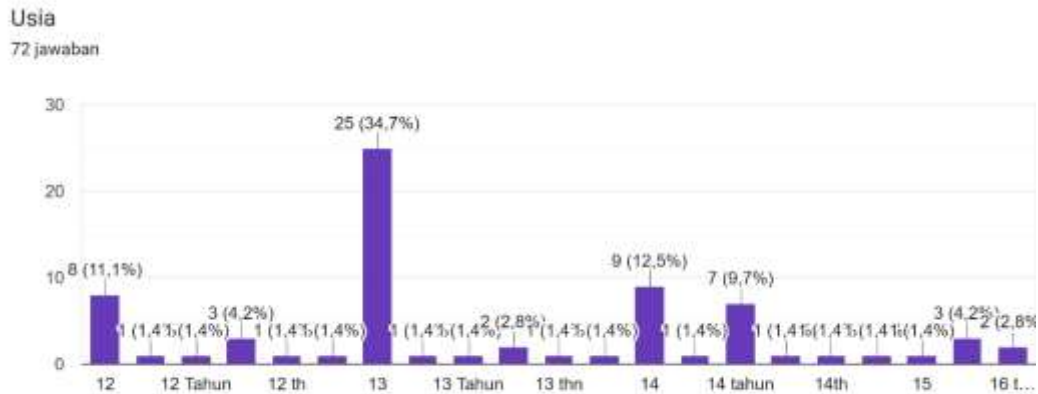
**Figure 1. Data Analysis Method Chart**

1. Data collection, in this case the researcher collects research data in the form of interviews, observations and documentation in the field objectively (Wandi , et.al., 2013).
2. Data reduction, reducing data means summarizing, selecting the main things, focusing on the important things, looking for themes and patterns (Wandi, et.al., 2013).
3. Data Presentation The next most important flow of data analysis is data presentation. Data presentation is a collection of structured information that provides the possibility of drawing conclusions and taking action (Wandi, et.al., 2013).
4. Drawing conclusions or verification, what is meant by data verification is an effort to search for, test, double-check or understand the meaning, order, patterns, explanation, plot, cause-effect or preposition. Meanwhile, conclusions can be in the form of a description or picture of an object that was previously still dim or dark so that after research it becomes clear, it can be in the form of a causal or interactive relationship, hypothesis or theory (Sugiyono, 2008).

## RESULTS AND DISCUSSION

### Teenagers' Respondents to Digital Novels

Based on the results of a survey that was carried out by distributing links via the WhatsApp application. There were 72 teenagers who responded.



**Figure 2. Bar graph of respondents**

The bar graph image above shows the age and percentage of respondents who filled out the Google form. From the 5 questions asked, respondents generally stated that by reading digital novels they had an influence on their self-assessment, thereby helping readers to understand themselves. Digital novels also contribute to broadening insight and increasing the ability to filter information. Apart from that, readers can find interesting things to increase interest in positive things. On the other hand, readers gain influence in terms of behavior and action when faced with conditions that they do not like.

**The Impact of Using Digital Novel Applications in the Emotional Field.**

The use of digital novels has a significant influence on understanding oneself. This is shown by the responses of teenagers, almost all of whom stated that digital novels help them understand themselves and increase their insight in the form of indirect experience, namely taking lessons from the storyline presented in the novel. Because adolescence is a transition between childhood and adulthood. During this period, adolescents experience physical, mental, social and emotional development. This period is usually felt as a difficult time, both for teenagers themselves and for their families and environment (Azmi, 2015).

According to WHO, adolescents are residents in the age range 10-19 years, according to the Republic of Indonesia Minister of Health Regulation Number 25 of 2014, adolescents are residents in the age range 10-18 years and according to the Population and Family Planning Agency (BKKBN) the age range for adolescents is 10-18 years. 24 years old and not married. Adolescence is a period of transition or transition from childhood to adulthood. During this period, there

was rapid growth and development, both physical and mental. So that teenagers can be grouped into the following stages (Diananda, 2018).

In fact, for most of the 20th century, teenagers were portrayed as abnormal and deviant rather than as normal and non-deviant figures. This is why storms and stress are considered. The image given by the media of teenagers as rebellious, full of conflict, fond of following fashion, deviant, and self-centered - Rebel Without a Cause in the late 1950s, and Easy Rider in the 1960s. Consider the depictions of stressed, disturbed teenagers in Sixteen Candles and The Breakfast Club in the 1980s. Boyz N the Hood in the 1990s. An analysis of local television coverage found that the topics most frequently reported about young people were topics around crime, accidents, crimes committed by teenagers, where the news was almost half (46%) of all coverage of young people (Dianda, 2018).

Adolescence is a period that is considered critical in a person's development cycle. During this period, many changes occur within a person in preparation for entering adulthood. A teenager is someone who enters the age of 10-20 years, at which time a person can no longer be said to be a child, but also cannot be said to be an adult. This happens because adolescence is full of turbulent changes both from biological, psychological and social changes (Husna, et, al., 2021). Changes in biological or physical aspects, teenagers experience changes such as increasing height and weight, and tend to have a strong body. The use of smartphones by teenagers influences social aspects of teenagers such as imitating their idols in body shape, clothing style, and even wanting to act like their idols in cyberspace.

Meanwhile, in the social aspect, the changes experienced by teenagers are that teenagers nowadays seem to have good adaptability. This is because teenagers meet many new friends through cyberspace. Teenagers are also very easily influenced by their peers. The impact that can be seen at this time is that teenagers are more focused on the virtual world than the real world (Husna , et, al., 2021).

During adolescence, a person will experience emotional development. Because, adolescence is the peak period of high emotionality. Emotions are states caused by a person or certain situation which are shown through physical expressions. The emotions experienced by a teenager are a reaction to a person or situation that is desirable or not, and culminates in the problems they face (Fitri & Adelya, 2017).

Emotional control can be seen when a teenager has reached emotional maturity. If when faced with a problem he can assess it critically without rushing to express his emotions first, at that time he is able to control his emotions in front of other people and is able to see a more appropriate time to express his emotions

in more predictable ways. (Fitri & Adelya, 2017). On the other hand, teenagers also have to be able to control their emotions both in the family, school and social environment. Teenagers must also have emotional intelligence. Emotional intelligence is one of the keys to success in life. Emotionally intelligent people are aware of the situation of themselves and others, have motivation and optimism (Fitri & Adelya, 2017). This needs to be formed because currently teenagers lack motivation in life. This incident is reflected in the number of teenagers who prioritize lifestyle rather than planning in preparing for their future.

Emotional intelligence is the ability to feel, understand, and selectively apply emotional power and sensitivity as a human source of energy, information, connection, and influence. (Ika et al., nd, 2008). Each stage of adolescence has developmental tasks that must be passed. If someone fails to carry out developmental tasks at their actual age, development at the next stage will be disrupted, which will lead to problems in adolescents. At this age, teenagers try to adjust to their peer group. He began to pay attention to other people's opinions, besides wanting freedom and self-confidence. Psychologically, juvenile delinquency is a form of conflict that is not resolved properly during childhood, so that the adolescent phase fails to undergo the process of mental development. It can also happen that childhood and adolescence last so short compared to the rapid physical, psychological and emotional development.

Experiences during childhood or in the past that were traumatic, such as being abused or other things, can cause disruption in the growth phase. Likewise, they experience pressure from the environment or weak socio-economic status which can give rise to feelings of inferiority. This can happen because teenagers are not yet stable in managing their emotions. In the transition period, adolescents are faced with problems of self-mastery or self-control. Conflict and rebellion are a natural part of teenagers becoming adults who are independent and emotionally sensitive to needs (Ika et al., nd, 2018).

Thus, teenagers need fiction that represents an incident or event from which lessons can be learned and can be applied in the real world. Emotionally, teenagers are usually difficult to give direction to. This can happen because adolescence is the peak of emotionality. The story lines in the novel provide an overview of conflicts and events. This image will have an influence on self-understanding and can even provide insight that opens the reader's mind in controlling emotions. In line with Ika et al., nd (2018) that to achieve emotional maturity, teenagers must learn to get an idea of situations that can cause emotional reactions.

### **The Impact of Using Digital Novel Applications in the Social Sector**

Technological advances have a very significant impact on the future of humanity. The ability to use information technology is needed in order to adapt to increasingly sophisticated developments (Terttiaavini & Saputra, 2022). Therefore, technological progress must be accompanied by digital ethics. Digital ethics are a person's attitudes, behavior and etiquette in utilizing digital systems for various needs and interests.

Digital ethics provides comfort in interacting on digital media (Terttiaavini & Saputra, 2022). One of the digital media is the digital novel application, which has a social impact on its readers. Adolescent behavior is influenced by emotions and social development, namely the surrounding environment. Emotional development in early adolescents shows a very strong sensitive and reactive nature towards various events or social situations, their emotions are negative and temperamental (Supriadi , et. al., 2017). A teenager who has good communication skills usually has good social skills as well. In this way, digital novels will indirectly have a social impact on their readers. Through the events or conflicts presented, it has an influence on the mindset of teenagers. The description of the story presented provides learning about behaving well and not well in social situations. Because by reading novels readers pay attention to the impacts of behavior carried out by the characters in the story.

A novel is a literary work which contains examples of the universe and is also a model of reality. Therefore, literature can be defined as a form of artistic work, both oral and written, which contains values and certain other elements of an imaginative nature (Wahyuni, 2017). Literary works can be said to be a form of cultural creativity which is a symptom of complex communication. Not only that, literary works are able to describe interactions between individuals and individuals, as well as individuals and groups. Some literary works also describe a culture in society, thereby creating unique communication relationships.

The survey results illustrate that teenagers who use digital novels are able to control their social attitudes when they are faced with things they don't like or are not in line with their expectations. Because a person's intelligence in the social realm does not come naturally, but must be formed with the person's own will. One way is by increasing the insight and experience that can be gained in digital novels.

The digital novel application provides a new vehicle in the world of literature, so that readers, apart from gaining knowledge that can be learned from the story line, are also able to form the character of teenagers who still need the experiences represented in the form of stories in the novel.



## CONCLUSION

The use of digital novel applications has a big influence on teenagers. Especially from the psychological side which is related to emotional and social. In the plot of the novel, of course, there are many events and conflicts that occur, thus providing new experiences for the reader. It is important for teenagers to get an idea of how to socialize and control emotions. Even though in essence a novel is an imaginary event, it can be used as an example of the causes and effects of good or bad behavior. Because in the novel the impacts that will occur are presented, if each character behaves well then they will get good too, whereas if a character behaves badly then they will receive punishment commensurate with their behavior .

## REFERENCES

- Ashifa Pravitasari, T., Adib, A., Tri Wahyudi, A., Perancangan Komik Digital Mengenai Pengaruh Negatif Media Sosial Pada Remaja Wanita Di Surabaya.
- Diananda, A. (2018). Psikologi Remaja Dan Permasalahannya. Istighna. Vol. 1, Issue 1. 116-133.
- Djoko Damono, S. (2021). Pengarang, Karya Sastra Dan Pembaca. Universitas Indonesia Jakarta. 22-37.
- Fadli, M. R.. (2021). Memahami Desain Metode Penelitian Kualitatif. Humanika. 21(1). 33-54.
- Fauziah Nur, Ika & Agustina. (2008). Hubungan Antara Konsep Diri Dengan Kecerdasan Emosional Pada Remaja. Jurnal Soul, Vol. 1, No. 2,16-31.
- Fitri, N. F., & Adelya, B. (2017). Kematangan Emosi Remaja Dalam Pengentasan Masalah. Jurnal Penelitian Guru Indonesia-Jpgi, 2(2). 30-39.
- Hadiono, Kristophorus & Rina Candra Noor Santi. (2020). Menyongsong Transformasi Digital. Proceeding Sendiu.
- Nurul Aftina, Husna. (2021). Memberdayakan Masyarakat Digital. Magelang: Unimma Press.
- Nurul, Azmi. (2015). Potensi Emosi Remaja Dan Pengembangannya. Jurnal Pendidikan Sosial. Vol. 2, Issue 1. 36-46.
- Santrock, J. W. (2002). Life Span Development, Perkembangan Masa Hidup. Erlangga.
- Sugiyono. (2008). Metode Penelitian Kualitatif Dan R&D. Bandung: Alfabeta.
- Supriadi, Dedes., Yudiernawati, Atti., & Rosdiana, Yanti. (2017). Hubungan Kecerdasan Emosional Dengan Perkembangan Sosial Pada Remaja Di Smp Wahid Hasyim, Malang. Nursing News. Vol. 2 (3). 332-342.

- Syamsuar & Reflianto. (2019). Pendidikan Dan Tantangan Pembelajaran Berbasis Teknologi Informasi Di Era Revolusi Industri 4.0. E-Tech : Jurnal Ilmiah Teknologi Pendidikan. Vol 6 (2).
- Terttiaavini, T., & Saputra, T. S. (2022). Literasi Digital Untuk Meningkatkan Etika Berdigital Bagi Pelajar Di Kota Palembang. Jmm (Jurnal Masyarakat Mandiri), 6(3), 2155.
- Wandi, Sustiyo., Nurharsono, Tri & Raharjo, Agus. (2013). Pembinaan Prestasi Ekstrakurikuler Olahraga Di Sma Karangturi Kota Semarang. Journal Of Physical Education, Sport, Health And Recreations. 2(8). 524-535