

ABSTRACT

Hanipa, Umi. 2024. *The Intensity of Gadget Use with Mental Health and Nutrition Status of Class X Adolescent Girls at SMAN 8 Malang City. Thesis. Bachelor of Applied Midwifery Program Malang. Main Supervisor: Didien Ika Setyarini, S.SiT., M.Keb. Co-supervisor: Desy Dwi Cahyani, SST, M.Keb.*

The rapid advancement of technology, especially gadgets, has changed various aspects including adolescent development. Teenagers' interest in gadgets has the potential to increase the intensity of use and feelings of insecurity without the help of technology. This hurts emotional development which affects the mental health and nutritional status of adolescents. This study aims to determine the effect of the intensity of gadget use on the mental health and nutritional status of grade X adolescent girls. This study used a correlational analytic design through a cross-sectional approach with a proportional random sampling technique. Data collection using questionnaires, weight scales, and microtoice. The results showed that almost half of the 10th-grade adolescent girls' level of intensity of gadget use was in the moderate category, mental health was in the borderline category and the overall nutritional status of adolescent girls was in the normal category. Statistical tests using path analysis showed that the direct effect of gadget use intensity on adolescent mental health was significant with a p-value of 0.000 (<0.05) and the direct impact on nutritional status was not significant with a p-value of 0.379 (>0.05). The intensity of gadget use can directly affect the mental health of class X adolescent girls, while the nutritional status of class 10 adolescent girls has other factors that have more direct influence that are not studied. Wise use of gadgets is needed as an effort to prevent negative impacts due to uncontrolled use.

Keywords: *Gadget, mental health, nutritional status, adolescent*