

Sarah Laeticia Tarigan &
Ester Anggun Kusumaningtyas
Universitas Multimedia Nusantara
Indonesia

Nomophobia Reset: A Board Game About Nomophobia Prevention for Teenagers

NOMOPHOBIA RESET

PHENOMENON

Nomophobia is an increasingly prevalent phenomenon in the modern era due to high dependence on smartphones.

Studies show that teenagers exhibit significant levels of nomophobia, resulting in a decline in social interaction quality, reduced concentration and difficulty managing information, and struggles in handling stress without relying on smartphones.

URGENCY

Preventing nomophobia in teenagers is crucial, as adolescence is a critical period for developing habits and social skills that will affect their future lives. If left unaddressed, nomophobia can hinder teenagers' social, academic, and emotional development

DESIGN METHODOLOGY

How To Learn Board Game Design and Development method by David Silverman, which consists of Idea, Content Development, Prototype, and Playtest stages, is applied in designing Nomophobia Reset board game.

The data collection were obtained starting from interviews, questionnaires, FGDs, to existing and reference studies. The findings from these methods provide an in-depth understanding of nomophobia behavior, smartphone usage patterns among teenagers, the impact of smartphone dependence, factors causing nomophobia tendencies, prevention strategies needed, and educational board game design.



How to Play

You, the agents, must try to match the cards drawn with the impact type icon listed on the Impact card.

Teams must work together, collect Booster cards, and deal with Disruption cards while racing to drain the Nomophobia battery level before it reaches maximum level!

ID 484 Nomophobia Reset: A Board Game About Nomophobia Prevention for Teenagers

Sarah Laetitia Tarigan, Ester Anggun Kusumaningtyas

Nomophobia, which is the fear or anxiety due to the inability to use a smartphone, often occurs among adolescents with internet access. According to research conducted in East Jakarta, the majority of adolescents show a high level of dependency that has a negative impact on their social, physical, psychological, and cognitive relationships. Currently, there is no information media regarding the prevention of nomophobia designed with a face-to-face interaction approach with the target audience of adolescents. Therefore, information media was designed through board games to prevent nomophobia among adolescents. Board games were chosen because of their ability to increase social interaction and positive face-to-face collaboration. This game aims to convey information on preventing nomophobia in an interesting and easy-to-understand way, support social interaction, and reduce digital dependency. The design method used is How to Learn Board Game Design and Development, which includes the Idea, Content Development, Prototype, and Playtest stages. Based on the results of the beta test of the board game design, feedback from players showed high satisfaction with the delivery of information and game mechanics. This study aims to help adolescents understand strategies for preventing nomophobia through a fun gaming experience by encouraging social interaction and collaboration.