

# THE EFFECT OF SMARTPHONES ON SOCIAL ATTITUDES AND HEALTHY LIFE BEHAVIOR

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## ABSTRACT

The objective of the research is to determine the effect of smartphone on social attitudes and healthy life behavior of students of Faculty of Sport Sciences Universitas Negeri Yogyakarta. In this study, 165 students were recruited as purposive random sampling. The research type is survey research. The survey research method is an investigation conducted to obtain facts from the symptoms that exist and look for deficiencies factually. The type of data used is quantitative data. To find out the correlation between smartphone use, social attitudes, and healthy life behavior, the researchers performed regression method. The results of the regression analysis shows that there is significant correlation between smartphone use with social attitudes and healthy life behavior. The smartphone use is related to social attitudes ( $r = .385$ ,  $p = .000$ ) and healthy life behavior ( $r = .384$ ,  $p = .000$ ). In conclusion, the results indicate that smartphone use affects social attitudes and healthy life behavior.

Kata Kunci: *smartphone, social attitudes, healthy life behavior, students*