The Influence of Gadget Use on Social Comparison and Quality of Life among University Students

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Abstract
The usage of technology is thought to affect social comparisons and quality of life. The purpose of this study was to investigate the effects of gadget use, social comparison, and quality of life. 393 students participated in this survey, 326 of them attended public institutions and 67 attended private universities. The Media and Technology Usage and Attitudes Scales (MTUAS), the Social Comparison Rating Scale (scBPD), and the Medical Outcome Study Short Form-36 (SF36) are among the assessment instruments used in this study. In this study, the link between variables was examined using Pearson Correlation Analysis, the influence between variables was examined using simple regression analysis, and differences were discovered using t-test analysis. According to the study's findings, university students' quality of life and social comparisons are both at a reasonable level. The study's findings also indicate a strong positive association between the usage of gadgets and quality of life and a significant positive relationship between gadget use and social comparison. The study's findings also indicate that the usage of gadgets significantly affects social comparison and quality of life. The conclusions of this study suggest that students' usage of technology is crucial in regulating social comparison and quality of life.
Keywords: Impact, Gadget, Social, Quality of Life, University' Student

Introduction
This decade has seen a rise in the use of gadgets. The focus of youth culture has expanded to include social networking sites, online games, video sharing websites, and gadgets like iPods and smartphones (Kumar & Sherkhane, 2018; UNICEF, 2020). A mobile electronic device that has benefits and drawbacks is referred to as a "gadget" (Kumar & Sherkhane, 2018). Their findings indicate that excessive usage of devices might lead to addiction and negatively impact both physical and mental health. The issue usually affects young people. The community's attitude and mannerisms serve as models for how people respond to and engage with the

use of devices in daily life. Studies conducted by Wahyuni et al (2019) have found that children become too dependent on their gadgets. Therefore, when their gadgets are lost or not found, they will release negative emotions such as anger, sadness and insecurity. They also become less sensitive and do not notice what is happening in the environment when using gadgets for too long. According to Sohana (2016), from early childhood to middle adulthood, the use of these gadgets is often used regardless of the time in their lives. Usually, people will access or open social media sites when using gadgets in their daily lives.

According to Beauty et al (2015), the gadget feature is to provide social media support to be easily accessible by users. Social media sites such as Facebook, Instagram, Snapchat and Twitter can reveal information about the personal lives of others, primarily in a positive light (Rifat, 2020). While the study done by Gerson et al (2016) did, however, demonstrate that negative aspects of social media sites such as Facebook will cause social problems such as social comparisons with oneself. Social comparison is the process whereby individuals compare themselves to others for external guidance in assessing their opinions, skills, abilities, personality traits and emotions (Festinger, 1954).

In agreement with Suls et al (2002), comparing ourselves to others, whether purposefully or accidentally, is a common social occurrence. According to the study's content, when this social comparison happens, the sense of relative position might alter a person's self-concept, level of aspiration, and feelings about the well-being of life. Although there are certain advantages to this social phenomenon, disorders such as depression may be connected with deficits in the self-protection systems involved in social comparison (Swallow et al., 1988). Previous research has indicated that the usage of gadgets must be considered in order to avoid concerns related to social comparisons in the community. Furthermore, the negative features that would occur as a result of the use of these technologies are difficulties with their quality of life. According to the findings of a study conducted to investigate the influence of using Facebook on life satisfaction, the more respondents use Facebook, the worse their life happiness over time (Kross et al., 2013). The World Health Organisation (WHO) defines quality of life as an individual's perspective of their living situation, including their cultural context and value system, and how it relates to their goals, dreams, achievements, and worries. Quality of life is defined broadly and is recognised to be subjective and multidimensional (Cella, 1994). Quality of life, according to McGee (2001), is vital in the treatment of chronic disorders. An examination of people's quality of life can help identify the components of a good health system. As a result, the goal of this research is to see if there is a link between the consequences of gadget use on social comparison and quality of life.

Methodology
Research methods and design are important for any research as a guide to ensure that the objectives of the research are achieved and then answer the research questions. The purpose of this study is to see the extent of the impact of gadget use on social comparison and the quality of life of university students. This study is a study in the form of a quantitative survey that uses the questionnaire method by providing an online questionnaire through Google Forms to the respondents. Accordingly, data collection will be done using a quantitative method approach. The quantitative method approach used in this study to collect primary data is through a questionnaire instrument.

According to Majid (1990), questionnaire instruments are considered appropriate in the field of education for the purpose of data collection. The researcher has chosen to conduct a quantitative study. The selection was made because quantitative research is an approach that can explain phenomena in a situation. According to Yap (2006), quantitative research will generalize the results is high because the form of quantitative research involves numerical data and accuracy. As such, a total of 400 questionnaires in Google Forms were distributed via email and the Whatsapp application to random respondents. The respondents of this study, who were selected at random, were a total of 384 people, namely students from public and private universities. According to Mamatha et. al (2016), the youth group, which is aged 15 to 24 years, is more likely to get addicted to the use of gadgets and technology compared to other populations. Therefore, students from public and private universities are selected. The questionnaire that has been built and used in the data collection process contains four parts which are parts A, B, C and D. The parts consist of: Part A: Demographic Profile, Part B: Use of Gadgets, Part C: Social Comparison, and Part D: Quality of Life. The research tool used for this study is in the form of a questionnaire. According to Rawi (2012), this research tool in the form of a questionnaire is used to ensure that the research questions submitted can be answered voluntarily by the research respondents without any influence from other parties.

Literature Review

According to the latest data, a total of 3.499 billion people out of approximately 7.697 billion people worldwide are active users of social media (Hootsuite, 2019). Due to its widespread spread, this social media has become a new issue for its users that is troubling including the issue of the use of gadgets used to access the social media. The use of this gadget can't be denied that it is able to provide a lot of information, the latest information, and communicate with other people just with our fingertips. However, in relation to adolescent mental health, there is a relationship between more extensive use of social media with higher depression and anxiety scores, poor sleep, low self-esteem and body image problems (Mudasir & Shabir, 2019).

Steer et al (2014) found that some people become sad or depressed after spending time on Facebook because they have compared themselves with others, which makes them feel unhappy (In Faranda & Roberts, 2019). Social comparison, without our realising it, has happened a lot in society after people use social media or gadgets so that they feel stressed and experience depression. According to Vogel et al (2015), social media provides information about other people that can be used to make social comparisons and connect many people in a social environment online through the use of websites. This social comparison can benefit us because we will make comparisons with people who are better suited for us to achieve our desires, but the problem that occurs here is that it will result in problems for our well-being and self-evaluation (Vogel et al., 2014; Marsh et al., 1984). Individuals will feel helpless, have low self-esteem, and suffer unpleasant consequences as a result of the condition. Wahyuni et al (2019) discovered a significant association between mental moods, duration of playing gadgets, and frequency of gadget use among primary school kids in their study. The study concluded that youngsters have mental and emotional problems because they frequently use devices in their daily lives, indicating a loss of quality of life.

According to Salmah and Malisah (2015), electronic devices have had both beneficial and negative effects on social development and children's health concerns. According to a study conducted by Ngadiman and Ashari (2018) on the attitude towards technological gadgets and their impact on students' socio-emotions, there are various positive and negative

perspectives on the use of technology for student development, particularly from the attitude and social and emotional aspects of students and children. Fauziah et al (2020) conducted a study on the contribution of social media use and social comparison in late childhood and discovered that these youngsters find it simpler to use comparison to differentiate themselves from others and perceive flaws in themselves. Overall, there is a considerable positive link between social media use and social comparison.

Sohana (2016) discovered that the mass media has influenced social transformation in society. The impact of mass media varies depending on the individual. The mass media gradually shifted society into a new cultural pattern and began to shape the thought patterns and culture of society's behaviour. The findings of his research reveal that the media has a large influence in the community in any situation, including protecting the community's vitality. Alan et al (2020) investigated the association between communication channel use and quality of life. Progress in rural communities refers to the quality of life as measured by personal satisfaction, which includes the value of happiness, material possessions, and practises practised. According to their research, communication routes between individuals, such as print media, electronic media, and new media, influence the quality of life. This also demonstrates how information delivered to rural populations via communication channels influences and enhances their quality of life. Rifat (2020) investigated how social media use and content effect social comparison and negative feelings. In the previous decade, the use of 16 different social media sites, such as Facebook, Instagram, Snapchat, Twitter, and TikTok, has expanded dramatically. As a result, it has had a significant impact on customers, particularly teenagers and people aged 20 to 29. According to him, while modern media has many great features, such as making it easier to communicate with others and stay up to date on current events, the negative impacts must not be overlooked. When using this social media, users will exhibit indirect social comparison behaviour, which will have a variety of repercussions on negative emotions. He discovered this based on his research.

A study was conducted by Gerson et al (2016) to see if personality traits have a relationship with social comparison through Facebook use and subjective well-being measured as life satisfaction and eudaimonic well-being. The researchers found that Facebook intensity was positively related to both measures of subjective well-being, while social comparison through Facebook was negatively related to both measures of subjective well-being. According to Kumar and Sherkhane (2018), the use of gadgets contributes to addiction and causes adverse effects on mental and physical health. Society is very worried about addiction problems such as drug and cigarette addiction for teenagers, but gadget addiction is more critical to pay attention to in this era of globalization. Researchers also say that there is a relationship between excessive use of websites and loneliness, antisocial values, a lack of emotions, knowledge, and even depression. Social networking sites, online games, video sharing sites, and gadgets such as iPods and smart phones are now the focus of youth culture.

Ribeiro et al (2018) conducted a study on the stress and quality of life of university students. Excessive and continuous stress can affect health by getting various types of mental and physical illnesses. For the researcher, this quality of life is translated as the individual's own perception of their position in this life in the context of culture and value systems, involving their goals, perspectives, standards and concerns. Therefore, there is a reasonable reason that this quality of life is affected by various factors including stress. The results of the study found that university students at the undergraduate and postgraduate level have a habit of

stress-related diseases. The quality of life for university students is at a moderate level but it can be severe when the pressure affects the quality of life among students. A study conducted by Tondeur et al (2016) was to see the difference between male and female students in the university regarding the use of technology and gadgets. After a period of 30 years after the development of personal computers, it is impossible to think of society living without them because our lives are very dependent on the technology used at work and also at school. This study shows that, there is a positive attitude for men compared to women towards the use of computers because men know better how to operate and use the computer. Therefore, the results of this study show that there is a significant difference between male and female students in the use of computers.

Yasmeen et al (2015) conducted a study on the use of information technology in education for private and public university students. The use of technology on a large scale has changed the pattern of life that includes activities such as working, studying, communicating with each other, and other daily activities. In various types of education, these technology tools have long-term effects on the teaching and learning process. This two-way process can be accelerated and supported by using information technology for both faculty and students. Ease of access to new dimensions of technology, putting institutions and individuals at an advantage to follow the rapid changes of today. Based on many researches, technology-based education is more effective teaching. Official websites based on different levels of courses and official emails are some glimpses of technology-based education. The use of information technology in education shows a significant difference between public and private university students based on the results of the study that has been done. Overall, the findings from this previous study clearly show that the use of gadgets has a relationship and gives influence on social comparison and the quality of life of students.

Finding and Discussion
The study's findings for the analysis of the degree of social comparison and quality of life of university students demonstrate that both variables are at a moderate level. This demonstrates that the social comparison and quality of life for public and private university students are both moderate. Previous research clearly shows that the quality of life for university students is moderate, and it can also vary depending on the surrounding environment. Students' quality of life can be impacted by physical and mental health issues, such as stress (Ribeiro et al., 2018). The prevailing situation of the COVID-19 pandemic has mostly resulted in various mental and physical problems for the community, including university students. The mental and physical health of university students is important to maintain their quality of life in a normal state and can also be improved.
However, a study conducted by Pulford et al (2018) said that university students have a high level of social comparison and often compare themselves with others because they have the same job or task and to get feedback on the performance achieved. This shows that public and private university students perform social comparisons at a normal level. The social comparisons that are made, which are social comparisons up and social comparisons down, both give confidence and improvement to the university students in doing everything in their daily lives. The results of the study show that the use of gadgets has an influence on social comparison and the quality of life among students. It shows that the use of gadgets contributes significantly and becomes a predictor of both dependent variables. The use of gadgets is seen to have the highest contribution to social comparison, which is 4 percent,

followed by quality of life, which is 1.8 percent. Based on a previous study by Lim and Yang (2015), it clearly shows that the use of social networking services has a significant effect on social comparison among university students. The use of social networking services, or SNS, that are able to communicate and interact in a virtual nature with other people makes it one of the aspects of the use of gadgets. They also say that the social comparison that occurs when using SNS is a habit for those users and increases their desire to compare themselves with others.

Social comparison is always happening in our daily life. Observations made on other people every day result in the occurrence of social comparisons up and down to make improvements to ourselves (Wheeler et al., 1992). Therefore, with the use of gadgets becoming one of the important things in our lives, social comparison will also happen wherever we are. Previous studies have shown that the use of technology and mass media to some extent has given influence on the social change of society. The influence of this mass media is different for each individual because there are differences in thought patterns and differences in nature that are affected by daily social relationships and cultural differences (Sohana, 2016). The use of technology and mass media also has positive and negative effects on society. Positive effects can indirectly make society more creative and critical so that it can achieve progress. Meanwhile, the negative impact on the use of technology can be used as a lesson and can be curbed by paying full attention. This shows that the use of gadgets not only has an influence on university students but also has a significant influence on society.

Next, according to a study conducted by Neeru et al (2020), the usage of social networking sites has an effect on the quality of life among students. With the increasing availability of the Internet and smart phones, social networks have become an important aspect of human relationships and are capable of rapidly changing the laws of society in the modern world. University students prefer to accomplish basic things and consider technology and social media to be vital tools because they may help with daily activities or job. They believe that using social networking sites or the Internet has an impact on people's physical, mental, and spiritual wellbeing. According to the individual, using the social networking site has both beneficial and negative consequences on their quality of life. This demonstrates that the use of gadgets has an impact on the quality of life of the students in this study.

According to Maslow's Hierarchy of Needs Theory (1970), people commonly judge their own worth based on how others perceive and treat them. When we accept responsibility for ensuring that all of our needs—including those for ability, health, and happiness—are met when we use gadgets or technology, we may, to some extent, judge ourselves based on how others respond to and treat us on social networking sites. Furthermore, it may have an impact on our abilities, health, and happiness, either positively or negatively. According to a previous study by Alan et al (2020), the use of communication channels can have an impact on the quality of life in a community.

Conclusion
As a foundation for internal personal satisfaction, pleasure, happiness, and the meaning indicated in life, the quality of life is today valued more highly in the world of the digital age. These characteristics are unique to each person and do not apply to others. The use of rapidly expanding communication channels, like electronic media and mass media, is a predictor of the community's quality of life. Depending on the communication medium employed, every

improvement or deterioration in the quality of life might also affect the individual. Therefore, while employing technology without boundaries and restrictions, the community also has an impact on their quality of life. Similar to this, university students are not free from the beneficial and negative impacts of utilising these gadgets if they are not using them responsibly, despite the fact that technology and gadgets greatly assist them in their daily lives.

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