# *ABSTRACK*

***The Relationship Between Gadget Exposure And Mental Health Among Adolescents At SMA Dharma Praja Denpasar***

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*Adolescent mental health has become an increasingly important issue in the digital era, considering that adolescence is a critical phase in individual development that is vulnerable to the negative impacts of technology exposure, particularly gadgets, which can trigger mental health disorders such as anxiety, depression, and stress. This study analyzes the relationship between gadget exposure and mental health among 168 students at SMA Dharma Praja Denpasar using a cross-sectional approach. The sample involved all students selected through the total sampling technique. Data were collected using a gadget exposure questionnaire and the Self-Reporting Questionnaire (SRQ-20) for mental health. The study results showed that the majority of respondents had moderate to high gadget exposure, with 41.7% of them identified as experiencing mental health problems. The Rank Spearman test analysis showed a significant value of 0.001 (p < 0.05), indicating a significant relationship between gadget exposure and mental health. This study concludes that high gadget exposure is associated with sleep disturbances, social isolation, and emotional distress. These findings highlight the need for educating adolescents about healthy gadget usage. Parents and schools are expected to enhance supervision and provide guidance regarding gadget usage to minimize its negative impacts.*

***Keywords: Gadget Exposure, Mental Health, Adolescents***