

# CONTROLLING FREEDOM OF BEHAVIOR USING DIGITAL TECHNOLOGY WITH DIGITAL DETOX

Astrid Kusuma Rahardaya

Program Studi Ilmu Komunikasi, Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Indonesia  
Email: astrid.k01@ui.ac.id

\* corresponding author

## ABSTRACT

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The times have led to the emergence of various kinds of digital technologies that can be accessed easily. The emergence of various kinds of digital technology is an important necessity for many people. The uses of digital technology cannot be separated from everyday life. The uncontrolled frequency of using digital technology results in various kinds of bad impacts on humans, one of which is that it can lead to digital addiction. Although in essence humans are free creatures and have freedom of behavior in their daily lives, if this freedom is not controlled properly, it will harm many parties. To overcome this issue, Digital detox is needed so that humans can control their freedom in the use of digital technology.

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## 1. Introduction

Humans as rational beings are said to have the right and right thoughts in making choices in their daily behavior. These are included in the main characteristics of what is said to be a perfect or ideal human being. The quality of self possessed by humans is related to determining how to behave. This shows that the freedom of human behavior is determined entirely by oneself. Therefore, it is said that humans are free to determine the values of how to behave for themselves which is a symbol of their perfection. As a manifestation of this freedom, it is ensured that each individual must have responsibility for what has been proposed and for his choice. So it can be said that the end of freedom is not freedom from what someone has chosen as a value or daily behavior. The freedom in question is that although every human being has the freedom to carry out all actions or behavior, there are also no limitations and moral ethics that must be considered (Muhmidayeli, 2017).

The term freedom when parsed from an etymological point of view is an adjective derived from the word "free" which means free and uncontrollable. The word "free" can also be interpreted as a condition that allows a person not to experience attachment to something, regardless of one's obligations or demands or can be done purely by oneself. Someone is said to be more likely to say that someone is "free to" than "free from" something. So it can be concluded that a person can be said to have freedom if that person does something freely and

as he pleases. In addition, in freedom, there is no coercion or responsibility and one's obligations but with freedom, one can feel the meaning of his existence and behavior (Miami, 2015).

A contemporary French philosopher, Jean Paul Sartre, is very extreme in giving views on human freedom. Sartre's thinking begins with a concept that there is a human being which is divided into two, namely existing as objects or *l'etre-en-soi* and existing as consciousness or *l'etre-pour-soi*. Existence as a thing relates to things of a physical nature which are simply existing in existence. While there is awareness as there is something related to awareness, that humans who have awareness, of course their awareness is free consciousness, because basically the awareness that humans have is subjective and not objective awareness (Yunus, 2011).

Freedom in behavior according to David Ray Griffin, a retired professor of philosophy of religion and theology in the United States (in Tutupary, 2016), states that freedom of will or freedom of behavior is a person's ability to make decisions to act which has full control without coercion from others. Regarding the freedom of behavior, it appears in the midst of a debate between those who believe in freedom and those who reject the existence of freedom of behavior (Tutupary, 2016).

Along with the development of the times and increasingly rapid technology, various kinds of needs and activities can be carried out easily. The emergence of digital technology that is increasingly diverse every year makes a person dependent and cannot escape from these technological advances. Various kinds of digital technology continue to develop and emerge, ranging from smartphones, computers, laptops, tablets, internet, social media and so on. Digital technology is in fact very helpful in simplifying daily activities. However, if the use of digital technology is carried out continuously without being controlled, it will also have a negative impact on one's life. Excessive use of digital technology can cause depression, disrupt a person's sleep quality and can disrupt a person's mental health, which affects balance in daily life and also causes a person to feel left behind (Cherry, 2020).

Technological developments have weakened ethics in behavior, including ethics in the use of digital technology. In the past, ethics was considered an important thing by society, but now the opposite is happening due to the demands of the times. The ease of using and accessing digital technology has unconsciously trapped people in a decline in ethics. In the social life of society, ethics is also associated with the morality of an individual. Someone who does not have good ethics is often called someone who has no morals. This is because the behavior and words that are done are not through good or bad considerations. The absence of such consideration filters is the beginning of the problem of using digital technology (Maulinda, 2016).

In connection with the development of the use of digital technology that is happening today and the easy access to using this technology, this is related to the freedom of human behavior that tends to make people do things they like so they can become addicted. Then, it's worse because it's too addictive to do the desired activity, a person becomes indifferent to the surrounding environment, is far from the closest people, becomes less focused, forgets the initial goal when doing activities and so on (Astono, 2020). Therefore, although humans essentially have the freedom to behave in what they should do, it is also necessary to set limits or control oneself by carrying out control efforts, namely digital fasting or digital detox. Digital fasting is a condition when a person stops or reduces the use of digital devices and utilizes this time for interaction and social activities. This is a technique that

allows a person to relieve stress and anxiety that arise from being too busy with the use of digital devices (Hoving, 2017).

In connection with the above, this study will examine how to control the freedom of behavior using digital technology with digital fasting or digital detox because digital fasting is important to be able to control one's freedom in various digital technologies including the use of social media in their daily lives (Cherry, 2020).

## 2. Method

This study, the researcher used a qualitative approach with a meta-analysis study which was used to make a literature review of various previous studies. A meta-analysis study is a research method study using several studies from previous studies that were carried out systematically to obtain accurate conclusions (Ratnawati, 2018). On this occasion, researchers will focus on a theoretical review of several previous studies that discuss digital detox and are associated with freedom, ethics and philosophical views.

## 3. Results and Discussion

The use of technology in everyday life is unavoidable. Ontologically, the existence of technology is required to exist, and technology affects all aspects of human life in their daily lives. In fact, a technology not only provides convenience. but it can also cause problems in human life, especially if it is not managed properly. Excessive use of social media and not according to its capacity gives addiction to its users. In addition, it can also have negative effects if consumed in excess, among others, can reduce self-esteem, can interfere with mental health, decrease productivity in daily life and so on. Although, it is undeniable that technology is a child of modernity with the whole claim of rationality that accompanies it (Fensi et al., 2020).

Based on data from We Are Social in collaboration with Hootsuite, a British company that conducts digital utilization studies, it is stated that in 2020 of the 272.1 total population of Indonesia, there are 175.4 million internet users and 160 million of them are media users. social (Kemp, 2020). We Are Social also conducted research that on average everyone spends 7 hours 59 minutes accessing the internet, 3 hours 26 minutes accessing social media, 1 hour 30 minutes listening to music, and 1 hour 23 minutes playing games in a day (Riyanto, 2020). ). From these data, it can be interpreted that almost half of the day the average human spends time using digital devices, it can be seen that digital devices cannot be separated from everyday life. Often what a person is looking for is his cell phone. In fact, it could be by doing other activities such as spending time with family at home, chatting casually, watching tv together, or doing homework that can help parents at home. With the presence of technology that can be used anywhere with easy access, it is very clear that the people around us who seem close and around us actually feel far away. Thanks to this addiction, a person tends to forget the ethics or moral behavior that should be applied in everyday life.

According to Rianto Astono, a writer and Internet Marketer through the podcast Motivation Qu by Sumber Motivation entitled "Dopamine Detox - Reset the Brain" he stated that addiction to digital use makes a person no longer respect a process. Besides that, it can also damage the reward system in the brain because now everything that is instant can be easily obtained with digital developments. Instant pleasure, is a new habit that is considered

normal by people. Thanks to addiction to digital use, a person can often feel impatient, not focused on doing something, not good at being grateful, time just runs out even though we are busy doing things that are not important, naturally tired, neglecting college assignments, office work, even worse, we become indifferent to the environment. It can be said that the situation is like the word "we are alive, even though we are dead" (Astono, 2020).

Humans tend to forget the function of ethics that should not be separated in their lives. Ethics directs how humans live and act. Ethics is a philosophy or basic critical thinking about moral teaching. Ethics aims to answer why humans must live according to certain moral teachings or how human attitudes should behave (Jo, 2015). Ethics also examines habits, values, norms, and moral views critically. Ethics is also related to the responsibilities of communicators, in carrying out its limits, one must be based on applicable ethics and morals because the activities carried out cannot run smoothly if there is no ethics in social responsibility.

Humans basically have the freedom to be able to do things according to their wishes and also have the freedom to act. Freedom has essence in every human being. Free man always creates his own freedom. Humans can freely choose, regulate, control, determine and give meaning to reality (Yunus, 2011). According to Frans Magnis Suseno, a philosopher, said that humans have two freedoms in action. These freedoms are Existential Freedom and Social Freedom. Existential freedom is the ability to determine one's own attitude. This freedom stems from the ability to think and be able to make decisions about the actions to be taken. Meanwhile, social freedom is a freedom where humans have the space to move and can act without any restrictions given by others (Zubair, 2017).

John Locke, a leading modern philosopher, argued that at first humans were *tabula rasa*, which meant that humans were initially like blank sheets of paper without any knowledge in their brains (Muttakhidah, 2016). Science is obtained by humans, one of which is based on experience or phenomena that occur in everyday life. One of them is the freedom to use digital devices to gain knowledge and carry out daily activities. Although humans have the right to freedom to determine their own behavior, humans must exercise their freedom consciously and responsibly. For example, it can be said that humans have the right and have the freedom to access the internet for the desired duration, but this must be accompanied by responsibility and there are limits that must be carried out so as not to cause addiction and be bad for the body (Widiastuti, 2018).

Quoted from the podcast "Digital Dilemma" in the episode entitled "Ngobrolin JOMO" in 2020, Dr. Firman Kurniawan as an observer of culture and digital communication said that social media was created to create dependence so that access is of long duration. In addition, when we think that association can only be represented through social media, there are things that are not balanced in a person's mentality, causing mental disorders or mental illness (Kurniawan, 2020). This is supported by the results of research conducted by the Royal Society for Public Health in the UK in 2017, in which a survey of 1,500 UK youth aged 14-24 years, it was found that social media, especially Instagram, is the worst social media for mental health of young people. If users of these social media have low self-esteem, then they tend to find it difficult to filter Instagram consumption and compare themselves with others based on what they see through Instagram. Then consider other people's lives to be more perfect than their own lives (Harsono & Winduwati, 2020).

The second big thing is, if you are not able to control yourself, then there will be a gap with real daily life. Someone feels they have interacted with many people but virtually.

Although it is a symbolic interaction, it still cannot replace a person's interpersonal relationships in his life. Finally, the estrangement of the social environment due to the use of digital technology results in mental disorders. This is because in digital technology, one of which is social media, there are four negative sources that can be experienced by its users, including negative energy that comes from quarrels and disputes in content on social media. Third, negative emotional networks, where everyone can use their accounts for free and ultimately creates uncontrolled production of information. This is based on the thoughts of many people, that why have social media if we don't use the information we have. In this regard, hoaxes emerged and the spread of hatred, which has become something commonplace (Kurniawan, 2020).

In connection with the above, according to research conducted by Silvia Fardila Soliha in 2015, several facts were found regarding the impact of excessive use of digital technology, among others, it can cause depression, disrupt sleep quality, have an impact on mental health, and blood circulation disorders. In the news that occurred in Japan, several years ago, namely 2013, according to research conducted by the Japanese Ministry of Education that around 518,000 children aged 12-18 years were addicted to using technology and required rehabilitation. It is feared that this could limit their development. Therefore, the Japanese government made an effort by holding a camp facility where participants were prohibited from using the internet, called Internet Fasting Camp so that they could be free from the use of digital technology and encourage them to communicate directly (Soliha, 2015).

From the phenomena and problems that have been described, to prevent and reduce the occurrence of digital addiction conditions, a new term or habit has emerged, namely digital fasting or digital detox. The term digital fasting or digital detox was first coined by Dr Richard Graham from Capio Nightingale Hospital, London, England which was originally a rehabilitation program carried out to help children addicted to digital technology or gadgets. Dr. Richard Graham created a program called "Digital detox" for 16,000 Pound Sterling or around 300 million rupiah for the cost of the "Digital detox" for 28 days (Nurhasanudin, 2019). Digital fasting is a condition when a person stops or reduces the use of digital devices and utilizes this time for interaction and social activities. This is a technique that allows a person to relieve stress and anxiety that arise from being too busy with the use of digital devices (Hoving, 2017).

Unhealthy habits and the habit of lingering on digital devices that are done every day must be changed by building good habits by doing digital fasting. Digital fasting is also associated with dopamine levels in the body. By doing digital fasting, the dopamine sensor that is owned by the human brain that is excessively addicted to digital use can be repaired. Digital fasting can be started when we feel a sense of loss of enthusiasm and motivation, an easy way that can be done that is no longer allowed to entertain ourselves by doing instant dopamine as usual. Allow yourself and get used to not always giving and receiving awards all the time. Over time, the brain will get used to it slowly and will reset dopamine levels by itself. Instead, give the body an increase in dopamine by rewarding it when the work is actually done so that we can feel the real benefits in real terms. If it is done consistently and continuously, the brain will think that over time things that initially easily bore us are actually more important things to do and slowly become a fun activity without having to be distracted for a while with the opiate of using digital (Astono, 2020 ).

Regarding efforts to do digital fasting or digital detox, researchers found findings from previous studies from several countries that have implemented digital detox. In a study conducted in England by Wilcockson, et al in 2019, it was found that digital detox can improve mood (Wilcockson et al., 2019). Meanwhile, in another study conducted in Indonesia by Lisa Harsono and Septia Winduwati in 2020 it was stated that by doing a digital detox, especially the Instagram detox, it was found that all of the research informants felt more accepting of their own shortcomings and stopped comparing themselves with others and focused on themselves. develop yourself. In addition, the self-esteem of the informants emerged and realized the advantages they had (Harsono & Winduwati, 2020). The same finding was also obtained by Dr. Ranita Basu in her research conducted in India in 2019, which found the fact that by doing digital fasting, it will have a positive effect in daily life, namely increasing productivity and improving self-performance (Basu, 2019).

Based on the findings in previous research, how to do digital fasting or digital detox can be done slowly to be effective. It doesn't need to be done in a hurry so that it can be done consistently and get long-term benefits. Digital fasting can be done consistently for one month first, then can be increased slowly every month. If successful, it will have a positive impact and one can begin to redefine the real happiness that is obtained without the interference of digital opium. A person can enjoy life more, enjoy the daily processes, become closer to family, friends or friends in the real world, can make himself more focused, calm, and more productive so that someone has free time to be able to focus on things. other things that are much more important or can reorganize the goals or aspirations of life that have been achieved so far and have been neglected due to digital opium (Astono, 2020).

#### **4. Conclusion**

Although humans have the freedom to do what they want, such as determining what activities they want to do, such as by using technology in everyday life. However, every human being must be able to control himself and remember that there are limits that must be obeyed. Although ontologically, the existence of technology is required to exist, and technology affects all aspects of human life in their daily lives. It is intended that it does not cause an addictive effect in its use, because if it occurs, it will have a negative impact on the body. Therefore, it is necessary to do digital fasting or digital detox to overcome this so that it does not have a sustainable impact on the body and daily life. Digital detox can be done slowly by reducing activities with the use of technology that is not so important and does not need to be done. This fasting can improve the quality of life so that it can reorganize the goals that were originally abandoned due to not being able to control the freedom of behavior that causes addiction in using technology.

Based on research that relates the previous literature review conducted by the researcher entitled "Controlling Freedom of Behavior Using Digital Technology with Digital Detox", the researcher hopes that for future research, similar research can be carried out but carried out in more depth with various philosophical perspectives and conduct interviews to know the truth of the data in the everyday environment.

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