



## STUDY OF THE PROBLEM OF GADGET ADDICTION IN ELEMENTARY SCHOOL STUDENTS AND STRATEGIES FOR HANDLING IT

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### Abstract

Technology is developing very rapidly, it can be seen from the various fields of work that have been replaced by machines. Of the various technologies used, gadgets are the technology most widely used by humans. Gadgets are devices that have many functions related to today's technology. The use of gadgets has positive and negative influences, depending on the individual using the gadget for positive or negative things (Ai Farida, Unik Hanifah Salsabila, Liska Liana Nur Hayati, Jihan Ramadhani, 2021). The literature review method was used in this research. The research results show that the impact of gadgets on children's social development can eliminate children's interest in other activities, not listening when playing with gadgets, influence children's social interactions, and parents' strategies for overcoming the impact of gadget use on social development, namely by accompanying, limiting, supervising, as well as providing opportunities for children to play with their peers so that children can interact and make social development at a good age as children grow.

**Keywords :** Gadget, Elementary School, Strategies

### Introduction

Technology is developing very rapidly, it can be seen from the various fields of work that have been replaced by machines. Of the various technologies used, gadgets are the technology most widely used by humans. Gadgets are devices that have many functions related to today's technology. The use of gadgets has positive and negative influences, depending on the individual using the gadget for positive or negative things (Ai Farida, Unik Hanifah Salsabila, Liska Liana Nur Hayati, Jihan Ramadhani, 2021). In general, it is not yet time for students to know about gadgets, they actually still need broader connections using colored pencils, drawing books, playmates, etc. However, overall they are very happy to use gadgets in their daily activities, whether at home or at school. So some children will tend to feel comfortable and enjoy playing games from the gadget they own, compared to playing with their peers in the home environment (Novitasari & Khotimah, 2016). The use of these gadgets can influence students' social behavior in the school environment towards their teachers and friends. Students become less interactive and prefer to be alone using their gadgets, which causes individualistic attitudes in students and a lack of caring behavior towards others, both towards friends and other people. That is one form of student addiction to the gadgets they own, more concerned with inanimate objects than the real world. Students are more concerned with playing with gadgets than carrying out routines that must be done every day. Children's use of gadgets should have a usage time and intensity that is not like that of adults. Gadget use in early childhood should only be for 1 hour per day. This is in line with the American and Canadian Association of Pediatrics which states that the duration of gadget use in children must be adjusted. Children aged 3-5 years 1 hour a day and children aged 6-8 years 2 hours a day (Anggraeni, 2019). Continuous use of gadgets and exceeding the time limit that has been set for children can

have negative impacts such as children spending more time without moving and being more active with their gadgets than socializing with the people around them. Gadgets have a positive impact on children, namely being used as a learning medium or entertainment medium such as playing games or watching YouTube and content that is appropriate to the child's age and needs (Hijriyani & Astuti, 2020). Apart from that, the positive impact of gadgets on children can also make it easier for children to communicate with peers and family from a distance, and gadgets can provide experiences and serve as a means of displaying creativity in children from the content they watch (Salaudin, 2021).

Several cases regarding the negative impact of gadgets have occurred on children. It started with an addiction to games and pornography-related content. In line with Sunita and Mayasari, 2018 who revealed the impact of gadgets on children starting from decreasing social skills and spending time just playing with gadgets, not caring about their environment and pornography on children. Children can view or access content and are not yet able to differentiate between good and bad, so they may open things that are pornographic (Sunita & Mayasari, 2018). And this requires special attention from parents. The existence and increasingly rapid pace of development of gadgets has both positive and negative impacts. Several positive impacts in using gadgets include training children's intelligence with learning applications, educational cartoon videos that make children imagine, increasing children's self-confidence, developing children's reading skills. (Wiranto & Hermawan, 2019). Some examples of the negative impacts of using gadgets are that children's interaction with the environment will decrease, children will be lazy about writing and reading, children tend to only use gadgets to watch videos, children only want to listen and watch videos without practicing the knowledge learned on gadgets. Other negative impacts include decreased concentration when studying and addiction to playing with gadgets. (Wiranto & Hermawan, 2019). There was a case experienced in New York which was published by the New York Times, namely a child's addiction to gadgets. The child is very dependent on gadgets and cannot be away from gadgets. The child will continue to ask for his gadget to be beside him, even when studying, and also when sleeping (Ameliola & Nugraha, 2015). Apart from monitoring the use of gadgets, parents must also pay attention to when they play with gadgets. Excessive use of gadgets makes children dependent on gadgets, children will be anxious and lack self-confidence if children do not carry gadgets in their daily activities. Moreover, apart from children's dependence on gadgets, gadgets also influence children's learning motivation, who should use gadgets to help in learning. Previous research conducted by Rozalia (Rozalia, 2017), that of the 215 respondents studied regarding the intensity of gadget use, as many as 34 students or 16% were in the high category, as many as 144 students or 67% of the number of respondents with low intensity of use and as many as 37 students or 17% with low category gadget use intensity. From these results, it can be concluded that the majority of students use gadgets in the medium category, although there are still quite a large number of students in the high category. From this research, it can be seen from the calculations that the higher the intensity of gadget use.

## Research Methodology

The method used in this research is literature review. Literature review is a systematic, explicit and reproducible method for identifying, evaluating and synthesizing research works and ideas that have been produced by researchers and practitioners. The aim of a literature review is to make an analysis and synthesis of existing knowledge related to the topic to be researched to find free space for the research to be carried out.

## Result & Discussion

### *Understanding Gadgets*

A gadget is a small device that has a special function related to current technological developments. There are several categories of gadgets, including smartphones, laptops, tablets, computer cameras, etc. But people often and enjoy using smartphones, because they are simple and can be carried anywhere and can help communicate over long distances. Gadgets have many features and applications that make people's lives easier. In this modern era, many people out there are competing to create applications that are expected to make work and study easier, especially among students and lecturers who are required to be proficient in utilizing technological advances that can be accessed by gadgets. Gadgets are devices that have many functions related to today's technology. The use of gadgets has positive and negative influences, depending on the individual using the gadget for positive or negative things (Ai Farida, Unik Hanifah Salsabila, Liska Liana Nur Hayati, Jihan Ramadhani, 2021). Gadget is an English term which means an electronic device or instrument that has a special purpose and function, especially to help humans carry out their activities. According to Hana Pebriana (2017) states "Gadgets are small electronic devices that have special functions. These include smartphones such as iPhones and BlackBerries, as well as netbooks (a combination of portable computers such as notebooks and the internet." Gadgets have interesting features to offer

and often make children quickly become familiar with them. As stated by a psychologist (Hadiwidjodjo, 2014): "Gadgets are a tool that has sophisticated technology. So everyone can communicate. Building children's creativity (gadgets encourage a variety of information which can also encourage children to be creative). It will be easier for children to find all the information and news they need, especially in terms of learning while playing or playing while learning. At this age, children are still at an exciting age to play. However, we cannot escape from a learning process that must be completed."

#### *Characteristics of Children Addicted to Gadgets*

Characteristics of gadget addiction The resource person explained that gadget addiction is known as Screen Dependency Disorder (SDD), namely addictive behavior towards gadget screens. SDD can attack children of any age. Characteristics of children who experience SDD are being too busy playing with gadgets, showing uncomfortable behavior when not playing with gadgets, increasing time playing with gadgets, failing to reduce or stop playing with gadgets, losing interest in the outside world, continuing to play with gadgets, even though they have been told about the impact. negatively, lying about the length of gadget use to parents, using gadgets to divert feelings. In essence, a child is said to be addicted if he cannot be separated from gadgets and this interferes with other children's activities.

#### *Causes of Children Addicted to Gadgets*

1. The busyness of parents and frequently seeing parents using gadgets is the cause of children being addicted to gadgets, because when children see their parents busy playing with gadgets, whether for work or other things, so they don't have friends to play with, the child will feel bored and fed up. What small children do when they are fed up and bored is crying which causes their parents to be disturbed by their activities, that's when parents give them gadgets so that their children don't feel bored.
2. Children cannot control themselves, but they still need control from their parents. And if a child cries and wants a gadget, parents should divert it with something else so that the child doesn't become too dependent on the gadget.
3. The features on gadgets are getting more and more interesting, which makes parents want to show them to their children. There is nothing wrong with parents teaching their children gadgets because nowadays they really need them, but they still have to be monitored so they don't get addicted.

#### *Factors in Children Addicted to Gadgets*

One of the factors that can influence gadget addiction is the behavior or activities of humans themselves (Pratiwi & Malwa, 2021: 106). (Hikmaturrahmah, 2018: 193) suggests that students' behavior in using gadgets has both positive and negative impacts. From gadget addiction there are factors that can influence student behavior, namely internal factors, external factors, social factors and situational factors. This is in accordance with research results (Lestari & Sulian, 2020: 36), namely that there are 4 factors of gadget or smartphone addiction, namely internal factors, situational factors, social factors and external factors.

1. Internal factors  
Internal factors that are the main causes of student addiction to gadgets are low self-control and prolonged intensity of gadget use.
2. Situational factors  
Situational factors that cause students to become addicted to gadgets are an uncomfortable atmosphere, feeling lonely, experiencing sadness, stress, and not having activities in their free time.
3. Social factors
  - a) Social interaction: In human life, whether in a society or group, social interaction cannot be separated.
  - b) Communication As a condition for social interaction, communication is viewed from the origins of the word which means 'relationship' (comunicare).
4. External factors
  - a) External factors or outside factors that make the main cause of student dependence or addiction to gadgets are media factors.
  - b) Parents One of the external factors or external factors that cause students to become addicted to gadgets is a lack of parental supervision.
  - c) Using applications. There are many application features on gadgets that make students feel happy until they use gadgets for hours. Students who are addicted to gadgets are trapped by interesting applications or facilities on gadgets, such as TikTok, Capcut, YouTube and games.

- d) Latest gadget releases With increasingly sophisticated technology, gadgets are constantly releasing new versions, which makes users want to always replace their gadgets with the newest ones.

### *Positive and Negative Impact of Gadgets on Children*

Gadgets have many benefits, especially if they are used correctly and parents should be allowed to introduce gadgets to students. This is indeed necessary, but it must be remembered that there are positive impacts on gadgets. According to (Fitriyani 2019) the positive impact of gadgets on students' social behavior is as follows:

1. Information

The use of gadgets has a positive impact, namely as a place for students to look for information related to subjects they don't know or don't understand. When completing a school assignment and not understanding the answer, students search for the answer via Google. And when students want to continue their studies, students also look for information regarding the requirements for registering.

2. Make communication easier

In the era of globalization, humans can communicate easily, quickly, practically and more efficiently by using gadgets. Gadgets can make it easier to communicate with people who are far away, there is no need to send letters which can take a long time to reach the destination. Generally, students use the WhatsApp application to communicate via gadgets. Students at SD Ma'arif NU 01 Songgom use gadgets to contact family and friends to maintain friendship.

3. Creativity

Creativity is something that is universal and is a characteristic aspect of the world of life around humans. Creativity is characterized by the activity of creating something that did not previously exist and was not done by someone or a tendency to create something. Students who are addicted to gadgets also have a positive side, namely students can edit videos and create positive content. This is in accordance with the results of the interview that one of the creativity things that can be done with gadgets is editing and video. Students can also be creative in making items by watching videos on YouTube. The positive impact of students being addicted to gadgets is related to social behavior, namely cooperation

### *Negative impact of gadgets*

Technological developments are increasingly rapid, one of which is the existence of increasingly sophisticated gadgets. Examples of gadgets include laptops, netbooks, smartphones, tablets and many more. The presence of gadgets is very useful for people in carrying out their routine life routines such as work and school. However, gadgets also have negative and positive effects or impacts. The bad consequences of using gadgets in elementary school children can affect social change, for example children will be less dynamic in socializing and less active physically, and will not have time to play with friends (Rini et al., 2021)

### *Become an anti-social person and be individualistic*

Dependence on gadgets among students is caused by the long duration of using gadgets. Playing with gadgets for a long period of time and doing it every day can make students develop into antisocial personalities. The impact of this is that it can actually make students act more individualist because over time they forget to communicate and interact with the environment around them. Students who are addicted to gadgets are less dynamic in socializing. This is indicated by the results of interviews with teachers that sometimes there are students who say hello when playing gadgets, but there are also those who don't say hello because maybe the students don't realize why they are too busy playing games. Students' social behavior decreases because students enjoy themselves by playing games or watching TikTok videos. Students who are addicted to gadgets are less dynamic in socializing because they are engrossed in their gadgets or cyber accounts rather than interacting socially in their world. Because students spend time with gadgets in a day, students are more active in the virtual world compared to the real world. The negative impact of students being addicted to gadgets regarding students being anti-social is related to social behavior, namely cooperation. Because students prefer to be alone playing with gadgets rather than gathering with their friends while working together during the learning process.

### *Less study time*

The impact of gadgets that can be seen during learning is that students are less focused on following lessons and are lazy about doing school assignments. They prefer to play with gadgets. Students who are addicted to gadgets will feel itchy if they don't operate their gadgets, this makes them brave enough to bring gadgets to school, whether secretly or openly. They admitted that they brought gadgets because they were playing online games, to

take photos with their friends. Based on the confessions of parents of students who are addicted to gadgets, their children's performance decreases because they prefer playing with gadgets rather than studying, and refuse to be asked to study. Students' laziness in studying ultimately reduces their learning achievement. Based on observations that students who are addicted to gadgets will feel itchy if they don't operate their gadgets, this makes them brave enough to bring gadgets to school, whether secretly or openly. They admitted that they brought gadgets because they were playing online games, to take photos with their friends. Based on the confessions of parents of students who are addicted to gadgets, their children's performance decreases because they prefer playing with gadgets rather than studying, and refuse to be asked to study. The negative impact on students regarding reduced study time is related to disciplinary social behavior.

#### *Examples of the Negative Impact of Gadgets on Elementary School Children*

A survey conducted at the Kita and Buah Hati Foundation stated that 76 percent of children in grades four to six in elementary schools in Jakarta, Bogor Depok, Tangerang and Bekasi had seen pornographic content. Most children download pornographic content from their own home because they accidentally do, while some other children download pornographic content from their own home because they don't mean to, while some other children download pornographic content from internet cafes, internet cafes or from friends (Setyawan, 2015). Secretary of the Minister of Women's Empowerment and Child Protection, Pribudiarta Nur Sitepu, revealed that currently the Ministry of PPPA, Ministry of Communication and Information, Ministry of Education and Culture, and Ministry of Religion are currently working on regulations limiting the use of gadgets (Thasandra, 2018).

#### *Strategies for Handling Gadget Addiction in Elementary School Students*

Strategy is an approach that is applied holistically which involves implementing ideas, planning and implementing activities within a specified time period. An effective strategy has good teamwork, issues, identification of supporting factors according to rational principles, effective use of ideas and tactics to achieve goals. Usually, strategies are carried out to achieve desired goals and are implemented and can be interpreted as the actions of parents and children to achieve the goals that have been outlined. In this incident, the role of parents is actually very important in the problem of gadget addiction among elementary school students. There are nine strategies for handling children addicted to gadgets, namely:

1. Limit the duration of use as recommended by The American Academy of Pediatrics (APP), namely do not give gadgets to children under two years old. Children aged 2-5 years may use gadgets for educational programs for a maximum of one hour a day with full parental assistance, while children aged over six years may use gadgets for educational programs for a maximum of two hours a day with parents ensuring the content the child sees.
2. Give a schedule  
Make a schedule agreement and provide clear rules for children, such as when to do homework, nap time, play time, including when to use gadgets and for how long (according to APP recommendations). Parents must be disciplined and committed to the agreed schedule and rules that have been made.
3. Don't give full access  
Place the TV or computer in the family room, so that every time you use it, your child is not alone and is still under the supervision of other family members. Don't completely hand over the gadget to your child, let your child ask permission first if they want to use it and take it back when finished. Use parental controls to prevent content that contains negative material for children. Control the games or animations your child watches. Make sure children see shows that are appropriate for their age and provide good values.
4. Establish a gadget-free area  
Make a rule that you are not allowed to use gadgets in certain places or events, such as at the dining table, bedroom, school and at important family events. All family members, including parents, also comply with these rules.
5. Teach children the importance of restraint  
Train children to restrain themselves by making commitments and rules together. Parents must be able to train their children to resist the desire to play with gadgets outside of the schedule and time permitted by keeping gadgets away from their children, and giving them information about the negative impacts of playing too much with gadgets, as well as diverting them to other activities. Give praise to your child when he succeeds in restraining himself from playing with gadgets according to his commitment and following the rules that have been set.

6. Set a good example  
Don't be busy using gadgets in front of children. If parents use gadgets, then as necessary, explain to the child the need for parents to use the gadget.
7. Make children play outside  
Encourage children to play outside with their friends and siblings, so that they will learn to interact and communicate with other children through various games, such as playing hide and seek, playing bicycles, playing fetch, playing jump rope, stacking blocks and so on. etc. You can also play with pets, such as cats, birds or other animals. This will also train distance vision and reduce the chance of myopia or nearsightedness.
8. Don't use gadgets as baby sitters  
Don't keep children busy with gadgets so that parents can carry out their activities in peace, distract them by using creative toys, story books, puzzles, and drawing or coloring books. Occasionally spend time playing with your children. The presence of parents makes a big impression on children. Children can feel the warmth, attention and love of their parents when playing and joking together. Playing together will strengthen the relationship between parents and children.
9. Ensure children have enough sleep. Children should get enough sleep a day and ten hours  
A good night's sleep will help to recover from eye strain and to make the brain more efficient. Good sleep is also necessary for good health

According to Fadilah (in Yusmi Warisyah 2015: 137) "Things that parents do to minimize the negative influence of using gadgets on their children: (1) Accompanying children (2) Make a time agreement for using gadgets (3) Make an agreement to open the features that will be opened (4) Good modeling from parents (5) Parents can place gadgets properly (6) Invite children to learn together." In the journal Rika Widya (2020), here are ways to overcome gadget addiction in children, namely: (a) Set a time limit for using gadgets (b) Encourage children to socialize with their peers (c) Encourage children to be active in various activities (d) Provide alternative toys and activities (e) Invite children to discuss simple problems (f) Make more time for your children (g) Be a role model (Modelling).

## Conclusion

Based on the results and discussions that have been carried out, it can be concluded that there are many children who are addicted to technology, especially in this day and age where technology is increasingly developing. Technological developments from time to time will never end. So that technology becomes part of humans, without technology humans will not develop. We can experience many benefits when technology develops, but not everyone uses this technology wisely. The use of gadgets in school-age children can have negative impacts, including: (1) children are lazy about reading books because they get the material from the internet; (2) children are lazy about activities; (3) children get angry easily; (4) Disturbance of concentration; (5) may damage the eyes. Gadget users in children need assistance and guidance from parents, therefore they must implement habits and warnings from parents when using gadgets. The role of parents is also very important in this problem, parents must be more alert to children who are addicted to gadgets, give them other activities that can make them forget about gadgets and not be interested in gadgets anymore.

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