



Impacts of Gadget on Early Childhood Development: How to Solve the Addiction Gadget?

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Abstract

Gadget were the most frequently used daily communication tools. Gadgets have been used by many people, not only adults but also young people. This article described using gadget either positive or negative impact on early childhood development and giving solution in addiction gadget of childhood development. The researchers used qualitative method. The collecting data used interview and documentation. There was 10 participants in this interview. The documentation collecting by reviewing some of the previous findings with a coding system and in-depth analysis of each data. The researchers conducted an online search on Google Scholar, Science Direct, et all, specifically on articles published between 2010 to 2022. The result showed that Gadgets have a bad impact on children, for instance decreased concentration power, weak emotional control, and health problems. The right communication model from parents can decrease children addiction.

Keywords: Early Childhood Development, Impact Gadget, Solving Addiction Gadget

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INTRODUCTION

In today's era of globalization, technological advances are very fast and sophisticated. Many major changes in all fields that occur due to the creation of technology and continue to be updated. One technology that has succeeded in becoming a successful technology is gadgets (Amesi & Yellowe, 2018 Vargemidis, et al., 2021; Laleye, 2015). Where someone in the world has gadgets of various brands and models. So not infrequently if someone nowadays prefers gadgets and there are factors that make them have gadget and the consumption of gadgets is very high, this is evidenced by the existence of gadget almost every time but always selling well.

The use of gadgets has now been carried out by various groups. Not only adults for work or urgent needs, but children to toddlers already use gadgets in their daily activities even though if they feel that age does not yet have a need that is an excuse to use gadgets (Ansaro & Anjali, 2020; Frahasini, Astuti, & Atmaja, 2018). Almost everyone takes advantage of their daily lives by spending time using gadgets (Kabanova, & Vetrova, 2019). Various activities related to gadgets are

always there that must be fulfilled. Therefore, gadgets are considered to have their own value role for most people.

However, without realizing it, the use of gadgets for all ages has its own impact in various aspects. Although many of them use gadgets for certain needs (Sudarsana, et al., 2019; Zulkifli, et al., 2021; Warsah, et al., 2021; Miftahuddin, & Suyoto, 2018). In this day and age, we often see that gadgets are a shortcut for parents in parenting. The existence of interesting application features becomes useful to be used as a source of children's lessons. On the other hand, the features of the application are able to make children calmer so that parents can carry out activities they need. This activity also makes parents not worry about their children playing dirty, messing up the house and playing outside, even though the best activities for children so that the results are maximum are real activities. Real here means that the child interacts directly with what he plays .

Currently, children and even toddlers are very adept at operating gadgets (Joshi, 2020). At the age of children 1-5 years is a sensitive age for children which is usually interpreted as the age of the golden age. At this age, they experience various intelligence developments, namely emotional, intellectual and spiritual intelligence which have the potential to influence and develop children. The golden age is a period where the absorption of information occurs more quickly, children will imitate everything they receive in various forms, they will also think faster so that it affects the formation of character and personality. Therefore, it is important for parents to understand the influence gadgets on the process of child development so that children's growth can be as expected.

METHOD

The researchers used qualitative method by reviewing some of the previous findings with a coding system and in-depth analysis of each data. The collecting data used interviews and documentation. The resarchers was 10 parents and documentation was from online publication research. The researchers collecting the data on online search publication, for instance Google Scholar, Science Direct, et all, specifically on articles published between 2010 and 2021, then analyzed them very critically to ensure that our findings are very close to the validity and reliability of answering the research questions. In searching the data, the researchers used keywords, which included "childhood addiction solution," "impact gadget for child," "childhood gaged addiction," the researchers followed the guidelines for reviewing education with qualitative methods recommended by experts, mainly research and development studies. (Ip et al., 2012; Holliday, 2010; Sgier, 2012).

RESULT AND DISCUSSION

Gadgets can be used by anyone, including children under five years old. Although it certainly has a different form of use. Some use gadgets to watch educational videos, play games, and random ones are up to the child's wishes. Of course this situation must have a cause and the dominant cause expressed by parents is so that their children are not fussy. Gadgets seem to be a way for parents so that their children don't rebel against crying and can calm down.

From the results interviews that researchers conducted with several parents. There was some information about the use of gadgets to children that the reason they gave gadgets to children was that the reason they gave gadgets was so that children would not cry or interfere with parental activities. Based on the results obtained that the provision and affirmation of the portion of the use gadgets for children is lacking and indeed there must be awareness and education regarding the portion of the use of gadgets in children because they do not know what is good and what is not. The use of gadgets by children tends to be uncontrollable, they are still careless and have no thought to sort out what types are appropriate or needed when using gadgets. On the other hand, the use of gadgets in any form is capable of making its own impact on children and parents.

But there are still many parents who have not given the appeal. They give gadgets to children at will without any accompanying burden. Even though the use of gadgets in early childhood is very influential on the pattern of thinking and behavior of children in the future which if this is allowed, not only children but parents will also feel the impact of child development. The impact that results from being free to give children a gadget is positive and some are negative, but from each impact it must have its own risks and the form of risk can occur in the form of less socialization of children, children's intelligence, children become highly emotional and even children can become figures. who are indifferent to their surroundings because they have been given a comfort zone at one point since childhood. There are several complex factors that cause children to tend to use gadgets , as follows:

Parents

Based on the previous finding, it was found that the factor came from parents for various reasons, such as so that children grow up without failing in existing technological developments because when parents play gadgets , children cry for gadgets to play with gadgets too. here if parents do not understand the impact of using gadgets on early childhood, it will give children a calm feeling without being burdened.

Busy Parents

Busyness of parents is also a factor in the tendency of children to play gadgets. That is with the reason that the child does not interfere with the work of the parents and so that the child is not fussy or he wants to be quiet and does not play

outside. Because in this position, parental monitoring of children is slightly less than the usual portion, parents who have busy schedules such as working at home or outside tend to be more focused on their work even though only at certain times the impact of therapy will be felt significantly by children.

Parents do not understand the impact gadgets

Understanding of parents who do not understand the impact of children using gadgets from an early age is a complex factor in the tendency of children to use gadgets. Lack of understanding of parents will result in the freedom to give gadgets to children. Parents also tend not to limit the use of gadgets and leave their children alone. Whereas understanding parental information about various sources of information, including the impact of using gadgets on children, becomes a guide in educating children's character and personality from an early age.

Children Raised By Babysitters

Busyness of parents makes him entrust his children to be cared for by babysitters. However, to choose a babysitter, there must also be criteria besides being experienced, namely the level of education. Because a babysitter is likened to changing parenting patterns a few moments later, becoming a person who can interact more with children indirectly, he also provides things that can be recorded by children. Babysitters who are lacking in education will also be less aware of the impact of using gadgets on children, here they may give a portion of playing cell phones to children when they are fussy or to put children to sleep if they can't take a nap. Of course, this is without parental supervision because generally parents have babysitters because there are indeed binding activities. We realize that the appearance gadget is very very attractive, not only from the outside but also in the appearance of the game. The display includes cute pictures, colorful and bright colors, adorable sounds and various things that attract children

Environmental Factors

Environment plays a very important role in the growth and development of children. The environment is a family that cares for and raises children, a school where to educate, a community where children hang out and play everyday and the state of the natural environment with its climate, flora and fauna. The size of the influence of the environment on the growth and development of the child depends on the environment of the child himself and his body and spirit. However, often because his environment shows excessive use of gadgets , he also has the desire to do the same as he sees.

The Impact of Using Gadgets on Children There are two impacts of using gadgets on children, namely positive and negative impacts.

- Positive Impact : Increase Knowledge

Children's speaking ability is increasing. When using gadgets to view videos,

children indirectly see pictures and hear audio sounds. Here it is able to make children reciprocal interactions with videos that have an impact on changing children's speaking abilities. He tends to follow what he sees and hears.

- Positive Impact : Learning Respond in Technology
Children are equipped to be able to respond to technology because the times are increasing and competition in the future is getting tougher. With children being introduced to using gadgets , parents indirectly provide technological knowledge to children so that children are not technologically ignorant (technological stuttering) in the future, especially children are also able to compete in the era of rapid technology.
- Negative Impact : damage to the Eyes
It is caused because the eyes are too tired with screen light exposure can make eye disease. The disease that usually occurs is cylinder.
- Negative Impact on Students' Behaviour
Children who tend to focus on playing gadgets will become indifferent so that when we call or invite interaction, they don't listen. Usually this happens to children who do have a portion of playing gadgets more in their daily lives. Behavior and speech of children One of the negative impacts that arise is the behavior and speech of children who cannot be controlled. It was explained that the age of children under this age is the golden age, so the possibility to stimulate all behaviors and actions to be imitated is very much.
- Children are slower in responding learning
Use gadgets causes children to be slow in the understanding process. Whether it's when understanding object names, colors, shapes or command words. This is due to the child's mind control which tends to focus on one point only.
- Unstable Children Emotionally
One of the impacts that is felt by those around them is the unstable emotions of children. He tends to be angry, difficult to discuss, impatient, and tends to like to talk loudly.
- Risks to the Development of Child Psychologists
Without realizing it, liberating early childhood can have a high enough effect on their psychological development. The golden age has a very high imitation power and it is possible for a child to imitate the behavior he watches on a gadget. As a result, unexpected incidents such as sexual harassment and bullying often occur.

Hence, some solutions is depend on controlling parents, for instance:

- Choosing the right application on the gadget
There are so many interesting applications on the gadget. However, parents should be more selective in choosing applications to give to their children. Because early childhood will find it easier to record and imitate the activities

they do. The selection of the right application is also able to have an impact on the development of intelligence in children.

- Giving time imitation of using of Gadgets

Parents can start limiting the use of gadgets in children, whether children are given gadgets once a week or every day with a time limit of 10-15 minutes per day. However, it should be noted that in the process of limiting, it is also necessary for parents to cooperate, namely by not using too many gadgets in front of their children.

- Accompany children when playing gadgets

Parents can accompany children in using gadgets, this is so that parents can control what activities their children do with gadgets.

- Trying to Divert

Furthermore, parents can also try to divert children's game media from gadgets to real games. Whether parents invite children to play chess, stack blocks and so on.

- Giving Time to Children

The next form of control is to give free time to children to be able to interact and slowly divert gadgets from children. With free time, children will feel focused on their parents. Especially if parents have new mini games or exciting stories.

The Problem Solving the Gadget Addiction of Childhood Development

There should be a close relationship and smooth communication between parents and children. Parents who educate their children with authoritarian parenting tend to treat their children firmly, give punishment if they are deemed not in accordance with the wishes of the parents, are less sympathetic, and easily blame the child. On the other hand, permissive parents tend to give freedom to children as widely as possible, children are not required to be responsible, give children the same rights as adults, and parents do not regulate or control much. Al-Quran as a way of life, has exemplified various models of interactive communication between parents and children, which holds the principle of balance. Neither authoritarian nor permissive. These include the following:

- Respect and listen to children's opinions.

There are times when parents receive orders regarding their children. Even though parents themselves already have opinions and attitudes, it would be nice if they listened to their children's opinions. At least it is to measure the level of maturity of the child's thinking. This kind of communication is exemplified by Prophet Ibrahim AS and his son, Ismail AS. With regard to gadgets, it would be nice if a mutually agreed rule was made between parents and children. When are they allowed to hold gadgets, and when are they prohibited?

- Critical and full of investigation of children's behavior.

There are times when parents give full trust to their children, but must still exercise control. With regard to gadgets, sometimes parents need to ask what sites their children open, who are their friends who are connected on social media, and if necessary, become friends of children on social media so that they can monitor what the child is experiencing. This vigilance in communicating is exemplified by Prophet Zakaria AS towards his adopted daughter, Siti Maryam.

- Providing and Giving Advice.

Most parents just leave their children to educational institutions, especially Islamic boarding schools. Children are considered to have received all kinds of knowledge and advice from their teachers. That's not always the case though. There are some things that parents still need to advise their children, even though the child is already in school or is in a boarding school. For example about the principle of monotheism, the implementation of shari'ah, and also morality.

- Giving strong warning if you see an error in a child.

When seeing things that have crossed the line in children, parents should give a warning. Can start with a gentle warning, and gradually become a strong warning if the child does not heed. As exemplified by the Prophet Noah AS to his son,. This can also be applied to children who are addicted to gadgets. By using the interactive communication model between parents and children as exemplified in the Qur'an, it is hoped that parents can find the best way to advise their children. If communication between parents and children is well established, it will be easier for parents to advise their children. Including advising to limit the use of gadgets, and in the end children can be free from gadget addiction.

Other finding show that Making Agreements Between Parents and Children can give solution in childhood addiction. Using the duration of playing gadgets with children is the ideal thing to do to prevent gadget addiction in children. Parents can apply an agreement with the child how long to use the gadget (Iswinarti, & Firdiyanti, 2019; Rosyati, et al., 2021). The options that can be applied are ranging from restrictions for half an hour, 1 hour, to 2 hours. If it is more than two hours, the parents are obliged to give punishment or punishment to prevent opiate behavior in children. Restrictions on the use of gadgets must be mutually agreed and obeyed, thereby creating trust for both parents and children. Parents feel they can control their children in using gadgets, while children obey their parents' orders by limiting the use of gadgets. The pattern of children's obedience to their parents will also be formed when this is done continuously. Habits that are formed into behavior will improve the quality of life of children and will certainly have an impact on children's academic achievements.

Furthermore, other finding found that *Gerakan Maghrib Mengaji (GMM)* was also gave solution for students' addiction in using gadget (Rahman, 2021). The behavior of using gadgets in elementary school students can be seen by knowing the duration of their use. Parents not only limit the use of gadgets for children but also have to control what is served (content) to children. The role of parents is very important here because the family is the first environment for children and this should be maximized in the formation of character in children. *Gerakan Maghrib Mengaji (GMM)* is a habituation carried out by parents, TPA teachers, clerics, as well as clerics and teachers (Khairullah. & Zulkarnaini, 2017; Pratikno, & Sumantri, 2020). This activity is common and has been widely carried out in Islamic boarding schools, mosques and prayer rooms in villages and cities. The maghrib Koran movement can be filled with reading the Koran, studying the yellow book, tajwid, morals, and several other activities. This activity does not only take place in mosques, prayer rooms or Islamic boarding schools, but can also be done in their respective homes. Considering that currently there is still an outbreak of the corona virus in Indonesia, so it requires people to stay on dates and carry out activities at home. Prevention steps by parents and teachers to children against gadget addiction are through *Gerakan Maghrib Mengaji (GMM)* which lasts for 30-45 minutes after each Maghrib prayer until the time for Isha' prayer arrives.

CONCLUSION

The increasingly modern era is marked by the emergence of various kinds of devices and gadgets that bring various conveniences to humans. But behind that convenience there are excesses that some people feel. One of the reasons is that those who use the device are children whose souls are not yet mature. Gadgets have a bad impact on children if their use is not regulated properly. Among the bad effects are decreased concentration power, weak emotional control, and health problems. Parental control becomes very important in controlling children's habits. Parental neglect is often a trigger for children's tendency to play gadgets. However, this tendency can be from various factors, namely the role of parents, busy parents, and also the pattern of parenting for a babysitter if she has a babysitter. This becomes a package that affects the development of children. On the other hand, it is affected by many impacts ranging from positive and negative impacts which are the end points of self-control. Controls that parents can do include: choosing the right application on the gadget, limiting the use of gadgets, accompanying children when playing gadgets. The role of parents is very much expected to save children from the excesses caused by the cyber world. Parents should be able to save their children from addiction to Gadgets. What is needed is the right communication model, so that these goals can be achieved. The Qur'an provides examples of several interactive communication models between the

Prophets or wise men to their children, as a reference for parents to interact with their children.

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