

The Role of Parents in Preventing Impact Gadget Addiction in Early Childhood

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Abstract. This article is about the role of parents in efforts to overcome the impact of gadget addiction on children. The data in this study used previous research which was analyzed through qualitative descriptions in the literature study. This analysis is to answer several questions formulated: (1) children's activities in using gadgets at home; (2) aspects developed in the use of gadgets for children; (3) how to influence children's interactions in using gadgets. The result of this paper is the discovery of positive things that can be developed to minimize the negative impact of parental assistance, which is very decisive in suppressing the negative impact of technology use activities carried out by children throughout the day.

Key words: learning technologies; home activities; gadget addiction.

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INTRODUCTION

The first five years of a child's life is a period that is very sensitive to the surrounding environment and this period occurs very briefly and can be said to be irreversible, therefore this period is the "golden period" of the child's life, the "window of opportunity" and the "critical period" (Mirah Yunita et al., 2021). The role of the closest family such as mothers, fathers and even the community is important to pay attention to this golden age which actually really depends on how we fulfill the children's basic rights to give love, honing and care, so that children can grow and develop optimally (Suherman et al., 2021).

Data from the Indonesian Pediatrician Association (IDAI) in 2017, there were 5-10% of children experiencing developmental delays. The results of a survey conducted by communications and informatics in 2018, found that 98% of teenagers in Indonesia know about the Internet and 79.5% of them are internet users (Ikatan Dokter Anak Indonesia, 2017).

The use of gadgets is one of the factors that can inhibit children's emotional development because their emotions are not stimulated so that children are emotionally unstable, because their own emotional development is obtained when children interact with their environment. (Talango, 2020). Ratih et.al (2020) stated that speech delays are more common in children who spend time with electronic media such as watching television, using gadgets and the internet, this is due to the limited time spent in interactive communication with friends and

family via cellphones or gadgets. Agustin (2021) explained that children's motor skills can be improved through play activities, because active children tend to have good motor skills compared to inactive children (Agustin et al., 2021).

The role of parents in dialogical assistance is needed in minimizing the negative effects of using gadgets. Parents should accompany and supervise the use of gadgets, giving directions to features that are adapted to their developmental stage. This is intended so that parents see their children when they are playing gadgets. For example, children can be given interaction with their environment so that children do not focus too much on the gadgets they play. However, if the gadget addiction has already occurred, positive habituation interactions and appropriate stimulation can be carried out (Widodo & Sutisna, 2021).

At this time, the child should interact a lot with the surrounding environment in order to stimulate his five senses more. Exploring his curiosity, what is needed is the facilities are loving parents and a warm atmosphere as well as cooperative relatives and friends. In this phase, children should play a lot with abilities that develop their motoric movements (Widodo & Wartoyo, 2020)

METHODS

Utilizing library research as a methode research, this analysis is a quality quantitative analysis. Its literary analysis is conducted using sources of supplementary information, such as books, journals, articles, and electronic books (Setiawan, 2017). Analysis is carried out based on a few studies that are related to the study's focus,

which is on the negative and harmful effects of excessive gadget use as well as the impact of human interaction on young children's use of gadgets.

Researchers in this study employed the documentary technique to get their data. Various documentation methods, according to Arikunto (2013), look for information about objects in articles, notes, papers, books, journals, and other sources (Arikunto Suharsimi, 2013).

In order to describe the qualities of the content and then draw conclusions, this researcher employed content analysis as a technique for data analysis (Sugiono, 2014).

RESULTS AND DISCUSSION

According to Suardi, youngsters that are addicted to devices exhibit the following traits: They exhibit (a) diminished focus, (b) an easy tendency to become emotional, (c) difficulty making decisions, (d) a great physique, but an immature mentality, (e) a tendency to lack good communication skills, (f) a propensity to be easily swayed by others, (g) a decreased awareness of their surroundings and difficulty socializing with others, (h), a lack of understanding of religious and moral values, I and I a lack of (j) the misuse of technology for harmful purposes, such as bullying, pornography, physical harm, and sexual harassment; Lack of originality (k), inattention (l), and lack of focus (Anandayudha et al., 2020). In addition, Wulansari noted that signs of a child's gadget addiction include: (a) their lack of consideration for others when using gadgets; (b) their time spent using gadgets; (c) their anger when told to stop playing gadgets; (d) their constant begging for gadgets and their anger when they don't receive them; (e) their preference for indoor play over outdoor play; and (f) their neglect of daily tasks like eating, bathing, and sleeping. (Wibowo et al., 2020).

The findings showed that most parents have the same belief that devices can have both beneficial and detrimental effects on young children's mental health. The content of games that can be played on gadgets has a favorable effect on young children's mental health by encouraging their creativity and imagination.(Imran et al., 2020). In order to study in an enjoyable way, games on gadgets must also be instructional. Children's positive feelings when using technology will help them preserve their mental health. (Ferguson & Evans, 2019).

These results are consistent with research undertaken (Singh, 2019), which found that

educational games created for preschoolers, such as those that teach colors, numbers, shapes, counting, and reading, can be used to aid in the learning process.

Additionally, employing technology has a favorable effect on kids' ability to develop their intelligence and creativity. For instance, there are learning applications like coloring, reading, and writing that undoubtedly have a favorable effect on children's ability development(Purwaningsih & Nurmala, 2021).

Based on earlier research, it was determined that these elements originate with parents for a variety of reasons, such as ensuring that kids develop naturally with regard to modern technology because when parents play with gadgets, kids scream for the chance to play with gadgets as well. If parents do not comprehend the effects of utilizing technology in early childhood, it will provide kids a sense of serenity without having to carry any more weight.(Miranti & Putri, 2021).

According to Sinta (2018), the benefits of technology include: (1) bettering eyesight; (2) bettering typing; (3) lowering stress levels; and (4) fostering children's imagination. Therefore, it can be inferred that devices also have a positive impact on children' development, including: boosting imagination and creativity, and making it easier for kids to learn colors, numbers, counting, and reading. (Novianti & Garzia, 2020).

Children with good mental health also exhibit positive emotions, are inventive and creative, and exhibit these traits. According to prior studies, mental health is a critical determinant of potential academic performance and plays a significant influence in the growth of students' social and emotional capacities (Harini et al., 2019). The ability to: (a) develop psychologically, psychologically, emotionally, socially, intellectually, and spiritually; (b) initiate, develop, and maintain interpersonal relationships; (c) use and enjoy solitude; (d) become aware of the existence of others and more empathic with them; (e) play and learn actively; and (f) be able to behave in a right and wrong situation are all characteristics of mental health in children (Fakhriyani, 2019). Mentally healthy children successfully resolve and learn from problems and setbacks. (Muslic et al., 2021). As a result, it is possible to conclude that gadgets have a positive impact on early childhood development's mental health.

The negative impact of gadgets on early childhood mental health is that if there is one,

they become addicted to it, spending more time playing with it and refusing to interact with others. As a result, they will have difficulty communicating with others, will be irritable, will have difficulty concentrating, and will be difficult to manage, which can lead to things like a decline in their mental health (Srinahyanti et al., 2019).

Many people have stated that technology can be harmful to children if it is used excessively without adult supervision or without a clear time limit. Aside from that, the device is only used to play games, with no formal education required. (Putri & Delfi, 2021).

Ayu et al. (2020) states that children's habits of spending time playing games will have a significant impact on their mental health. Study findings Mulyansari (2019) Children have difficulty communicating, are indifferent, frequently have bad moods, and ignore parental advice because they use gadgets. All of the negative consequences of using gadgets from early childhood point to a decline in children's mental health. Children with poor mental health will have difficulty concentrating, making it difficult for them to learn and achieve their goals. (Ferguson & Evans, 2019). As a result, it can be concluded that the use of gadgets can also harm early childhood mental health.

CONCLUSION

Based on the information presented above, it is possible to conclude that using gadgets has a significant negative impact on child development. It is also clear that parental control is important in all aspects of a child's life. If parents take an active rather than passive role, the negative impact of gadgets on children's developmental abilities will be mitigated.

Among the negative effects are impaired concentration, poor emotional control, and health issues. Controlling children's habits requires strong parental involvement. Parental neglect is frequently a trigger for children's proclivity to play with electronics.

However, this tendency can be attributed to a number of factors, including the role of parents, busy parents, and the pattern of babysitting if you have a babysitter. This becomes a package that has an impact on children's development. On the other hand, it is influenced by a variety of influences, both positive and negative, that are the end point of self-control. Parental controls include: selecting the appropriate application on the gadget, limiting the use of gadgets, and accompanying children when playing with

gadgets. The role of parents is very important; it is hoped that they will be able to save children from the excesses of the cyber world. Parents should be able to prevent their children from becoming addicted to electronic devices. What is required is the proper communication model.

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