

## **The Impact of Gadget Use on Early Childhood at Jayawijaya Education Foundation Tembagapura School**



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**ABSTRACT :** This research aims to examine the impact of gadget use in early childhood school YPJ Tembagapura. The type of research used in this study is qualitative research. The sampling techniques used in this study used random sampling. Techniques for collecting data by observation, interview, and documentation. The results of the study obtained by the authors divide into 2 (two) parts, namely positive impacts and negative impacts: The positive impacts include increasing children's knowledge, building and training children's creativity, facilitating communication, and expanding friendship networks. The use of gadgets should have helped children in their daily lives, especially in finding data and information to do schoolwork and as a means of entertainment from the features provided in the gadgets at this time Indonesia is facing Covid-19, so that the method Learning at Paud YPJ Tembagapura School online, where parents are obliged to facilitate children to use Gadget. While the negative impact, among others, children become dependent on gadgets, so that in carrying out all their life activities children become difficult to interact with the surrounding environment. Excessive use of gadgets can interfere with eye health, Fine Motor; Feet: (The nerve muscles of the feet are not trained so that children are tired faster to walk not far, feet become stiff, footrests / palms are less precise, feet easily hurt), Fine Motor Hands: The nerve muscles of the hands are not trained so: The muscles of the fingers limp / less strong, the muscles of the fingers are less strong, Children have difficulty making provisions to eat and drink, Children have difficulty opening the lid of markers / glue / , Children have difficulty cutting paper, Children have difficulty opening toy containers, Children do less activity / More done by parents), children become lazy to move and move and prefer to play with their gadgets rather than playing with friends.

**KEYWORDS:** Impact, Use of Gadge, Early Childhood YPJ Tembagapura.

### **A. INTRODUCTION**

The progress of the times in the field of technology in the 21st century is growing rapidly. Various kinds of inventions with the aim of facilitating the space and scope of human movement are created one by one every year. This proves that people's thinking power and also the pattern of human behavior are progressing and developing rapidly. The increase in inventions to become more sophisticated, of course, cannot be separated from the previous inventors. The perfection of this phone is becoming more and more common in today's modern era. Starting from the emergence of coin phones, mobile phones (HP), until now people are more familiar with the term smartphone or gadget. A gadget or gadget is an electronic device that has a practical function, especially to help human work become easier and faster. Small electronic devices that have special functions such as smartphones and notebooks (a combination of portable computers such as notebooks and the internet). Gadgets are a very important role of communication technology because they make human life easier, more comfortable and change a person's mindset to change attitudes and character. Gadgets that are increasingly sophisticated by presenting various news media, social networks, lifestyle information, hobbies to entertainment that attract a lot of people's attention.<sup>1</sup>

The development of information and communication technology has been so fast that without realizing it has affected every aspect of human life. Because along with the flow of globalization, the demands for rapid information exchange have caused the role of communication technology to become very important. The use of gadgets among students, adults, to early childhood. nowadays it is a must to have it, for example like mobile phones, tablets, laptops, and various other gadgets.<sup>2</sup> One of the author's focuses is the use of gadgets for early childhood. Gadgets have interesting features to offer and often make children familiar with them quickly. However, continuous use of gadgets will have a negative impact on children's behavior patterns in their daily lives,

<sup>1</sup> Di akses pada hari sabtu, 22 Januari 2022| jam 22.00WIB sumber Link: <https://www.nesabamedia.com/pengertian-gadget/>

<sup>2</sup> E-journal, Doni Harfiyanto, Cahyo Budi Utomo, Tjaturahono Budi, " pola interaksi sosial siswapengguna gadget di sma n 1 semarang, Journal of Educational Social Studies, 2015, hal.2

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children who tend to constantly use gadgets will be very dependent and become activities that must and are routinely carried out by children in daily activities. which is very sensitive is at the age of 1-5 years as early childhood so it is often called the golden age.<sup>3</sup> it is undeniable that nowadays children play gadgets more often than learn and interact with the surrounding environment. This is worrying, because during their childhood they were still unstable, had a very high sense of curiosity, and had an effect on increasing the consumptive nature of children. For this reason, the use of gadgets in children needs special attention for parents. Several cases regarding the negative impact of this smartphone often afflict children. Starting from addiction to the internet, games, and also content that contains pornography, to affecting children's health, starting from children's brains and eyes when they receive radiation for a very long time.

Health is a human right that is protected by every country <sup>4</sup>, This is as stated in Article 25 of the Universal Declaration of Human Rights (UDHR), which states that everyone has the right to a standard of living adequate for the health, well-being of himself and his family.<sup>5</sup> One of the countries that recognizes, respects and guarantees the right to health which is the right to life is the unitary State of the Republic of Indonesia, this is contained in the 1945 Indonesian Constitution. Article 28 H Paragraph (1) of the 1945 Constitution states that everyone has the right to live in physical and spiritual prosperity, to have a place to live, and to have a good and healthy living environment and to have the right to health services. In relation to children's health, it is stated in Article 62 of Law no. 39 of 1999 concerning Human Rights, namely: every child has the right to obtain health services and social security, properly, according to their needs for self-developmen.<sup>6</sup> Article 132 of Law no. 32 of 2009 concerning health, namely: Every child born must be raised and cared for in a responsible manner so as to enable the child to grow and develop in a healthy and optimal manner.<sup>7</sup>

Regarding the impact of using gadgets on the health of early childhood, the government through the minister of women's empowerment and child protection plans to issue a policy in the form of limiting the use of gadgets for early childhood. this can be seen at: PRESS RELEASE Minister of PP & PA: Clarification of the Candy Problem Prohibition of the Use of Cellphones in Children Press Release Number: 37/Humas KPP-PA/05/2015 , this is in accordance with the recommendations or standards of the World Health Organization (WHO) or which is known as the World Health Organization forbids the use of gadgets for ages 1-2. And 3-5 years are limited to 1 (one) hour use. Names in Time, according to the results of the survey and the author's observations, the use of Gadgets for Age in Indonesia is still happening, this can be seen at the Early Childhood Education School of YPJ Tembagapura, where early childhood children from 2-5 years old are still learning (online) using gadgets. with a duration of time outside the WHO standard that can affect children's health. Based on the background and results of observations, the author is interested in writing and researching the issue with the title: The Impact of Using Gadgets for Early Childhood at YPJ Tembagapura School”

### B. WRITING METHOD

In carrying out research at the YPJ Tembagapura Early Childhood School in Timika district (Papua), the researcher used a qualitative type of research with a phenomenological approach. Phenomenology etymologically comes from the word "phenomenon" which means visible reality, and "logos" which means science. So that in terms of terminology, phenomenology is a science that is oriented to get an explanation of visible reality. The phenomena that appear are reflections of reality that do not stand alone because they have meanings that require further interpretation. Phenomenology wants to reveal what is the reality and experience experienced by the individual, to reveal and understand something that is not visible from the individual's subjective experience. Therefore, the researcher cannot include and develop his assumptions in his research.<sup>8</sup> Here the researcher conducts research by going directly to the field, describing and constructing the existing reality and approaching the source of information, so it is hoped that the data obtained will be more leverage. The data collection techniques in this study are:

Observation Techniques Observation is a narrow activity, namely paying attention to something using the eyes, in a psychological sense, observation or also called observation, includes loading attention to an object using all senses. So, observation can be done through sight, smell, hearing, touch, and taste. Interview Techniques An interview which is often referred

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<sup>3</sup> E-Journal, Nur Mutmainnatul Itsna1 , Risatur Rofi'ah2, ” Dampak Penggunaan Gadget Pada Interaksi Sosial Anak Usia Dini”  
Ummul Qura : Jurnal Institut Pesantren Sunan Drajat (INSUD) Lamongan, 2021, Hal.2

<sup>4</sup> Laporan Penelitian, Elias Thesia, “Penegakan Hukum Terhadap Peternak Babi Yang Mencemari Lingkungan Di Kota Jayapura”  
Jayapura, 2021, hal. 1

<sup>5</sup> Sumber Beritah “Komnas Hak asasi Manusia” di akses pada hari sabtu 22 Januari 2022| Jam 23.00 WIB, Sumber Link:  
<https://www.komnasham.go.id/index.php/news/2021/1/7/1643/menyoal-pentingnya-hak-atas-kesehatan.html>

<sup>6</sup> Pasal 62 UU No 39 Tahun 1999 Tentang Hak Asasi Manusia.

<sup>7</sup> Pasal 132 UU No.32 tahun 2009 Tentang Kesehata.

<sup>8</sup> W Creswell, Research Design: pendekatan Kualitatif, Kuantitatif, dan Mixed,di terjemahkan oleh : Achmad Fawaid,  
(Yogyakarta : Pustaka Pelajar, 2014), hal 53.

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to as an interview or an oral questionnaire is a dialogue conducted by the interviewer to obtain information from people who have sources of information. Documentation Techniques Documentation from the origin of the word document which means written goods. In carrying out the documentation method, researchers investigate written objects such as books, magazines, documents, regulations, meeting minutes, diaries and so on.<sup>9</sup> In connection with data collection, the presence of researchers is very important. This is because the qualitative approach is a case study, so everything will depend on the position of the researcher. Thus the researcher is positioned as the main research instrument, so important and the necessity of the researcher's involvement and appreciation of the problems and research subjects, it can be said that the researcher is closely tied to the research subject. That is why in qualitative research, in-depth observations and in-depth interviews are required. This research uses data analysis model of Miles and Huberman, while the whole research process consists of:<sup>10</sup> data reduction, data presentation and drawing conclusions and then verified after experiencing data reduction and data display, the final stage is data verification. In decision making still have to re-examine it. <sup>11</sup>Meanwhile, to ensure the validity of the data in qualitative research, there are four standards used to guarantee the qualitative research, namely: Triangulation, checking the validity of the data using something other than the data for checking purposes or as a comparison against the data.

### C. DISCUSSION

#### 1. Understanding and development of Gadget from time to time

Entering the 21st century the development of technology continues to experience renewal, one of which is Gadgets or Gawit, Gadget is an English term which means an electronic device or instrument that has a specific purpose and function, especially to assist humans in carrying out their activities<sup>12</sup> The definition of a gadget is a tool or device designed with advanced technology with more specific functions and is practical or easy for its users.<sup>13</sup> Starting from the emergence of coin phones, mobile phones (HP), until now people are more familiar with the term smartphone or gadget. The development of gadgets from time to time started from a device called HP (mobile phone). Gadget is an electronic device that has a practical function, especially to help human work become easier and faster. Small electronic devices that have special functions such as smartphones and notebooks (a combination of portable computers such as notebooks and the internet) (Widiawati, 2014). Gadget is a very important role of communication technology because it makes human life easier, more comfortable and changes one's mindset to changes in attitude and character, Elsa (2014:8) says Gadget is a new innovation from the latest technology with better capabilities and the latest features that have a more practical purpose and function and are also more useful for humans. Gadget is a new technology that has certain functions that are useful for humans to facilitate communication, which is a necessity that must be in hand to facilitate communication.<sup>14</sup>

#### 2. Positive and Negative Impacts of Using Gadgets on Early Childhood YPJ Tembaga Pura

##### a. Positive and negative impacts in general

Impact can simply be interpreted as an effect or effect, related to the title and the results of observations the author shares two types of impacts from the use of both Positive and Negative impacts. The negative impact of using gadgets on early childhood can have an impact on their social behavior, namely: (1) children will be less active in socializing and less physically active; (2) Forgetting the surrounding environment; and (3) Lack of playing time with friends. Meanwhile, the positive impact of using gadgets on elementary school children can have an impact on their social behavior, namely: (1) facilitating communication; (2) children's entertainment media; (3) increase comfort in learning; and (4) increase knowledge.

##### b. Negatif The Effect of Gadgets on Early Childhood Health, both Positive and Negative

As for some of the positive impacts of gadgets if parents can be wise in giving them to children, among others:

The positive impacts are as follows:

- Sophisticated language features on Gadgets can improve children's language skills.
- Support children's curiosity, with parental guidance, children can access sites that children want to learn on the internet.
- Stimulate children to follow technological developments, so that children do not stutter in technology at their age.

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<sup>9</sup> *ibid.*, 201.

<sup>10</sup> M. Djunaidi Ghony and Fauzan Almansyur, *Metodologi Penelitian Kualitatif*, (Jakarta: Ar-Ruzz Media), 2014, hal 307.

<sup>11</sup> *Ibid.* 253

<sup>12</sup> E-Journal Yummi Ariston ,Frahasini “Dampak Penggunaan Gadget Bagi Perkembangan Sosial Anak Sekolah Dasar”, *Journal Of Educational Review And Research*, 2018, Hal. 87

<sup>13</sup> *Loc. Cip.* Hal.1

<sup>14</sup> E-Journal ,Midayana , Dr.Evia Darmawani, M.Pd.Kons , Dessi Andriani, S.Pd.,M.M” *Dampak Penggunaan Gadget Pada Anak Usia Dini (Studi Kasus Di Tk Elekrina Kertapati Palembang)*”, *PERNIK Jurnal PAUD*, 2019, hal.82

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- Supporting the academic aspects of children, with the help of the internet children can access the information they need regarding the knowledge taught at school.
  - Reducing stress levels and eliminating boredom after studying by playing games occasionally.
- While the negative impact of gadgets on children's growth and development include:
- Disrupt brain growth  
children At the age of 0-2 years, the child's brain grows rapidly until he is 21 years old. Children's brain development from an early age is influenced by environmental stimulation.
  - Stimulation  
excessive use of gadgets (cell phones, internet, tv, ipad, etc.) in the developing child's brain, can cause cognitive delays, disturbances in the learning process, tantrums, increase impulsivity, and decrease the child's ability to be independent.
  - Slow growth  
The dangers of using gadgets in children also limit their physical movement. Which makes the physical development of children to be late. Exposure to technology from an early age also negatively affects children's literacy skills and academic achievement.
  - Kurang tidur  
75% anak usia 9-10 tahun mengalami kurang tidur karena penggunaan teknologi tanpa pengawasan. Kekurangan tidur akan berdampak buruk pada nilai sekolah mereka, karena otak berkembang dengan baik saat tidur, dan anak butuh tidur yang cukup agar otaknya bisa berfungsi dengan baik.
  - Mental disorders  
Research at Bristol University in 2010 revealed that the dangers of using gadgets in children can increase the risk of depression, anxiety disorders, inattention, autism, bipolar disorder, psychosis, and other problematic behaviors.
  - Aggressive nature  
Content in media that can be accessed by children can lead to aggressive behavior in children. Physical and sexual violence is widely spread on the internet, and if not supervised, children can be exposed to it all. This triggers the emergence of aggressive behavior and tends to attack other people in children.
  - Addicted  
When parents are too dependent on technology, they will become increasingly distant from their children. To fill the void of bonding with parents, children also begin to seek solace from Gadgets, which ultimately makes them addicted to technology, and cannot escape it.
  - Unsustainable learning process  
Excessive use of technology in children can make the learning process discontinuous. Because this technology makes everything easier, so that the child's brain is not sharpened, due to the convenience offered to find shortcuts.
  - Decrease memory and concentration  
children due to the high speed at which media content generates attention. As parents who live in this modern era, we must be wise in responding to and introducing technological means to our children, so that undesirable things do not happen due to technological developments. Disorders of the eyes due to too many eyes staring at the screen Gadget.<sup>15</sup>

The negative impact of the use of gadgets for early childhood on children's health, according to the author's observations during research and also as a teacher at the YPJ Tembapapura school, namely children's motor skills at an early age, what is meant by motor skills are activities that involve children using muscles in Motor body is divided into 2, namely fine motor and gross motor. Gross motor skills are movements that children make involving large muscle groups, such as arms, legs, calves, or the child's entire body. So, children's gross motor movements include crawling, running, jumping, throwing, and catching a ball, while fine motor movements are children's motor movements that involve small muscles in the child's body, such as the hands, fingers, and wrists<sup>16</sup> The following are examples of cases of the impact of using Gadget on early childhood;  
Fine Motor: Feet: Nerve muscles of the legs are not trained so that: Children get tired more quickly from walking not far, Feet become stiff, Foot/foot steps are not right, feet hurt easily. Fine Motor Hands: Hand nerves are not trained so: Finger muscles are weak/less strong, Children have difficulty opening food and drink, Children have difficulty opening the lid of markers/glue/,

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<sup>15</sup> Loc cip. E-Journal ,Midayana , Dr.Evia Darmawani, M.Pd.Kons , Dessi Andriani, S.Pd.,M.M” Dampak Penggunaan Gadget Pada Anak Usia Dini (Studi Kasus Di Tk Elekrina Kertapati Palembang), Hal, 85-87

<sup>16</sup> Sumber Beritah” Kementerian Kesehatan, “Perkembangan Motorik Anak Usia Dini (1-5 Tahun) yang Perlu Diketahui Orangtua”, di Akses pada hari Jumat 28 Januari 2022| Jam 17 33 WIB, Sumber Link: <https://hellosehat.com/parenting/anak-1-sampai-5-tahun/perkembangan-balita/perkembangan-motorik-balita/>.

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Children have difficulty cutting paper, Children have difficulty opening toy containers, and Children less activity / More done by parents<sup>17</sup>

SCHOOL ORIGIN	AGE	NUMBER OF CHILDREN BY GENDER		TYPE OF MOTORIC CASE
		L	P	
YPJ Tembagapura	3-4 years	2 (two) children	5 (Five) children	Difficulty in opening food and drink supplies. Opening the Marker Cover.
YPJ Tembagapura	4-5 years	3 (three) children	3 (three) children	Difficulty Opening Drinking Bottles Difficulty opening Glue. Difficulty Opening toy containers.
YPJ Tembagapura	5-6 years	4 (four) children	2 (two) children	Difficulty Opening markers. Get tired faster when walking long distances. Lack of activity with shadow children. Difficulty opening toy containers. Pencil draw difficulty. Less power to press the pencil.

Source: YPJ Tembagapura School

In connection with several explanations, it can be seen that Gadget has both positive and negative sides, but if it is not used normally for early childhood, it certainly has a negative impact and affects health, which is certainly very dangerous. In the table above, the author finds several additions, based on the results table, the use of gedge is not in accordance with the recommendations or standards of the World Health Organization (WHO) or known as the world health agency for the prohibition of using gadgets based on age ranging from 1-2 years to 3-5 years.

### D. CONCLUSION

**Based on the background and discussion above, the writer can conclude that:**

The effect of using gadgets on children's development has a positive impact and a negative impact. The positive impacts include increasing children's knowledge, building and training children's creativity, facilitating communication, and expanding friendship networks. The proper use of gadgets has helped children in their daily lives, especially in finding data and information for doing school assignments as well as as a means of entertainment from the features provided in gadgets. At this time, Indonesia is facing Covid-19, so the learning method at YPJ Early Childhood School Tembagapura by way of, where parents are obliged to facilitate their children to use Gadget. While the negative impacts include, children become dependent on gadgets, so that in carrying out all their life activities it becomes difficult for children to interact with the surrounding environment. Excessive use of gadgets can interfere with eye health, children become lazy to move and do activities and prefer to play with their gadgets than playing with friends.

So with regard to the conclusion, the author provides suggestions, namely; Limit the use of gadgets to a maximum of two hours, children over two years old, may only be in front of a computer screen, television or gadget for a maximum of two hours each day. Other times should be spent playing outside the home, interacting and communicating with other children in order to recognize emotions. (2) Parents Educate Theirself About Gadgets Before giving Gadgets to children, parents must first know what applications are there. In order to be able to filter content according to the age of the child. Don't be ignorant parents and let your children be exposed to negative content because we don't understand. (3) Provide Supervision Accompany children when playing Gadgets. We as parents can also discuss what children play and do with their gadgets. In addition to establishing communication, we as parents can also monitor children's internet exposure, children's behavior in cyberspace. When we are supervising our children, we try not to be busy as parents with our own gadgets, (4) Provide Teaching on Behavioral Problems on the Internet If

<sup>17</sup> The results of the author's observations while at the YPJ school, Tembagapuran, from 2020-2022.



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we as parents see content that is not appropriate for the child's age, give him the understanding that the content is not good for him. Likewise, when he sees bad information, invite the child to discuss it. Don't forget to remind children not to easily give personal identity to people they don't know, or applications that aren't clear. As parents, we should not over-expose our children on social media. This is to prevent crimes that often target children in cyberspace. (5) Let Children Play Without Gadgets Encourage children to play inside and outside the house without gadgets. The goal is for him to have quality time that is not spent staring at the Gadget screen. Besides being physically beneficial for children, playing without gadgets can also stimulate motor development. Save our gadgets when the child will play so that he is not tempted to hold the electronic device.

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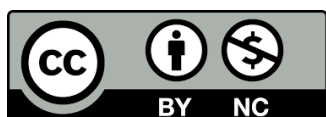
- The results of the author's interview during the research, starting from January 2022, with a duration of approximately 4 months at the YPJ Tembapapura PAUD research location, with several respondents consisting of parents, teachers, and local residents
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