The effect of gadget on the development of children during the pandemic covid-19 situation

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ABSTRACT

Covid-19 has brought many changes in our lives. One of them is the widespread use of gadgets in early childhood. Because learning is held online where their teachers at school should give children or students material, now they understand the material via smartphones or gadgets. Of course, it makes them less understanding of what is being said. It feels bored because it is not interesting. Their learning time is filled with entertainment such as playing games, watching videos, accessing social media, even to the point of addiction and forgetting time. Therefore, this article will discuss the use of gadgets, the impact on children, and how to take further actions to balance children's understanding between learning and playing.

Keywords: child, covid-19, gadget.

INTRODUCTION

Since the emergence of the Covid-19 pandemic, the government has obliged its people to stay at home. It results in our daily activities or activities stopping, such as school. As a result, students have to force themselves to study at home online. The inefficiency of online schools makes children have much free time to play gadgets such as playing games, watching YouTube, accessing social media, and the like to forget their obligations. Not a few children neglect to learn and tend to play more. Facts about parental concerns if their children will not study during school hours were obtained from the mass media of various regions. Parents seem confused about this problem (Prabowo et al., 2020).

The purpose of this study is to provide information about the use of gadgets, their positive and negative impacts, and how to provide understanding to children so that they can divide their time between learning and playing during the Covid-19 pandemic situation. The research Questions of this study is how the effects of gadgets on children during the Covid-19 pandemic situation and what to do so that children are not addicted to using gadgets.

METHOD

The method used in this article is a literature review. Literature review functions to search for several electronic data such as journal articles on relevant theory and information,

obtained from the Google Scholar website by typing the keywords gadgets, children, and covid-19. What you want to study, namely the effect of gadgets on children during the Covid-19 pandemic situation.

RESULTS AND DISCUSSION

Based on the results of the eMarketer survey, the use of gadgets in Indonesia has shown a significant increase and to be the top 4 of the largest users in 2016. Smartphone users is estimated will continue to increase from 2016 to 2019 (Lubis et al., 2020). This means that in 2020 it will increase because it can be seen now that anyone must have a gadget, including in rural areas, Because gadgets have become a much-needed tool, especially during the COVID-19 pandemic situation. So there needs to be a limit on the use of gadgets that parents need to do to their children because it is a must and important. Based on the latest research, it is revealed that children's involvement in the use of digital technology has a positive or negative impact compared to the time of use (Lubis et al., 2020). It can be understood that using gadgets for too long will trigger complaints that children feel. Evidenced by the processed data below:

Table 1. Complaints of Children After Using Gadgets

No	Answers	0-2 years		2-3 years		3-4 years		4-5 years		5-6 years		6-7 years		7-9 years		Amount	
		F	%	F	%	F	%	F	%	F	%	F	%	F	%	F	%
1	Speech delay	0%	2	10%	2	6%	2	3%	4	6%	4	10%	3	9%	17	6%	
2	Problems with eye health, for example, wearing glasses	0%	3	14%		0%	4	6%	4	6%	1	2%	4	11%	16	6%	
3	Motor and movement problems		0%		0%	1	3%	2	3%	4	6%	1	2%	1	3%	9	3%
4	Behaviour, for example irritable, emotio	2	40%	10	48%	6	17%	13	20%	14	23%	13	31%	7	20%	65	25%

No	Complaint																
	nally less stable																
5	Not able to concentrate		0%	1	5%	5	14%	7	11%	4	6%	1	2%		0%	18	7%
6	Hard to sleep	1	20%	1	5%	3	8%	6	9%	2	3%	3	7%	2	6%	18	7%
7	Always reminded of gadgets and cannot concentrate when not given gadgets	1	20%		0%	2	6%	4	6%	5	8%	3	7%		0%	15	6%
8	Go berserk when not given a gadget.	1	20%	4	19%	17	47%	26	41%	25	40%	16	38%	18	51%	107	40%
	Amount	5	100%	21	100%	36	100%	64	100%	62	100%	42	100%	35	100%	265	100%

Source: Processed Research Data 2019

Table 1. It can be seen that children's complaints after using gadgets obtained an overall percentage of 40% of children go berserk if they are not given a gadget.

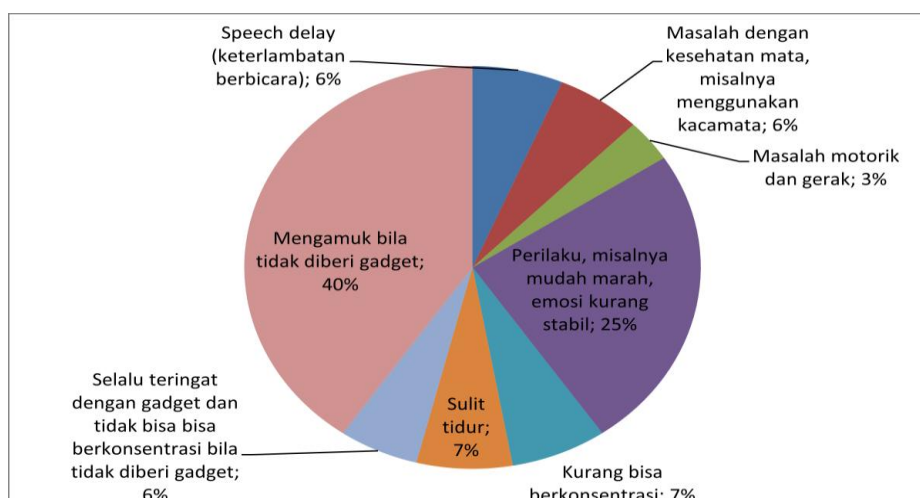For more details, see the bar chart below:

Fig 1: Complaints of Children After Using Gadgets

The results of the research above are reinforced by several studies from Ponti et al., Jusoff & Sahimi, Ruangdaraganon et al. that support that children who are affected by gadgets have speech disorders, limited vocabulary, unclear articulation, and emotional development problems (Novianti & Garzia, 2020).

In a general sense, a gadget is considered an electronic device that has a special function on each device—for example, computers, cellphones, games, and others. When children are too engrossed in the world of their gadgets, they will forget about the child's basic needs, namely learning and socializing properly in life. Children enjoy using smartphones in their daily activities at home, in school environments, and children's play environments. Some children tend to feel cool enjoying the gadgets they have. Even children are more preoccupied with gadgets than listening to parental orders. In addition, there are often people who get angry when ordered by their parents. Angry emotions shown by children are a form of negative impact on gadgets (Syifa et al., 2019).

Usually, gadgets are only used to play games and watch, so the dominant gadget use harms children. Plus, the excessive duration of using gadgets, especially during the current COVID-19 pandemic situation. It concurs with Rowan, who stated that the American Academy of Pediatricians and the Canadian Pediatric Association emphasized that children aged 0-2 years should not be exposed to technology at all. Children are aged 3-5 years are limited to using technology for 1 hour/day, and children aged 6-18 years are limited to 2 hours/day. Children who use technology beyond the recommended duration pose a health risk. Inappropriateness in playing gadgets for children is still done by parents for various reasons. Even though parents know the impact on children's development (Lubis et al., 2020).

Growth in children will depend on the family members where he is. If a family applies a disciplined attitude in using gadgets, it will make the child accustomed to being disciplined. However, on the other hand, if there is a family who cannot teach their children, the child will imitate all the behaviours shown by their parents. So that in this case, it will result in a bad attitude for the child. The role of parents for children is to help build self-confidence in children, make various choices and feel the success of the choices they choose themselves. In addition, it also helps children to recognize their needs as well as in building an attitude of self-confidence (Abdulatif & Lestari, 2021).

Meanwhile, studies on the role of parents in children's education during the Covid-19 pandemic were specifically carried out by Lilawati (2020), Iftitah & Anawaty (2020), Asmuni (2020). Based the studies concluded that parents act as motivators during learning to be carried out from home. Meanwhile, Rohita (2021) research outlines that mothers play a more

important role in accompanying children at home during the pandemic. Thus, it is important to dig deeper into the role of parents in children's education, as has been found in previous studies.

Continuous use of gadgets will lead to addiction in children. Of course, this is serious and needs attention because the negative impact is worrying, especially for children who use gadgets. Therefore, the role of parents is very important in providing and conducting supervision and control when children use gadgets. Excessive use of gadgets, incorrect position, and bad lighting intensity will have an impact on decreasing visual acuity (Lubis et al., 2020). A decrease in visual acuity in children will result in difficulties for children to carry out daily activities. The increasing decrease in visual acuity in children will increase the risk of various complications of blindness, such as glaucoma and retinal detachment. Because of that, Syifa et al. (2019) emphasized that families are advised to pay more attention to the use of gadgets at home by limiting the duration for playing gadgets by doing interesting things, such as: inviting them to play outside the home, inviting children to do more activities (sports, playing music, drawing, and other activities), and socializing with peers. Then, parents must also understand that the use of gadgets in children needs to:

1. according to the child's age, if the child's age is under two years, it is sufficient to introduce the gadget regarding its form and function. At the age of under five years, it is sufficient to introduce the colours, shapes, and sounds found on gadgets;
2. strict in the use of applications;
3. selecting educational applications;
4. Accompanying children in playing;
5. limiting the duration of playing gadgets for children;
6. inviting children to do positive activities, such as: playing cranks, catfish stakes, soccer, cooking, and others so that children ignore their gadgets (Lubis et al., 2020).

The spread of children at home is allowed to be given gadgets, especially during the COVID-19 pandemic situation, they are not allowed to leave the house to play with their friends, which makes the child feel bored and bored. However, the duration of use must be monitored, such as play for an hour at most and only in leisure. For example, introduce gadgets once a week, on Saturdays or Sundays. Through that, he must continue to interact with other people. Applications that can be opened should also be in the form of education.

The effect of using gadgets on children's development has a positive and negative impact, namely as follows:

1. Positive impact

   a. Increase Knowledge.

   According to Dhani Rizki Syaputra, he concluded that children could easily and quickly get information about their duties at school by using gadgets with advanced technology (Subarkah, 2019). For example, we want to browse the internet anywhere and anytime that we want to know. Thus from the internet, we can add to knowledge.

   b. Expanding Friendship Networks.

   Gadgets can expand the network of friends because they can easily and quickly join social media (Amri et al., 2020). So, we can easily share with our friends.

   c. Facilitate Communication.

   A gadget is a tool that has sophisticated technology. So everyone can easily communicate with other people from all over the world (Amri et al., 2020).

   d. Train Children's Creativity.

   Advances in technology have created a variety of creative and challenging games. Because of the high levels of creativity and challenge, Many children who fall into the ADHD category benefit from this game. According to Baihaqi and Sugiarmin (Subarkah, 2019), ADHD itself is an acronym for Attention Deficit Hyperactivity Disorder, a developmental disorder in increasing motoric activity of children, which causes children's unusual and tend to children to be excessive.

2. Negative impact

   a. Disturbing Health.

   Gadgets can interfere with human health because the radiation effects of technology are very harmful to human health, especially for children aged 12 years and under (Amri et al., 2020). Effects of excessive radiation can cause various dangerous diseases.

   b. Can Interrupt Child Development.

   Gadgets have sophisticated features such as cameras, videos, games, and others. All of these features can interfere with the learning process at school (Subarkah, 2019). For example, when the teacher explains the lesson in front of one of the students playing the gadget on the back or it can also be used as a tool for things that are not good.

   c. Prone to Crime.

Everyone must have the nature of updates anywhere. So people who want to commit crimes easily find it from the results of their updates which are arguably too frequent (Subarkah, 2019).

d.   Can Affect Children's Behavior.

According to Ratih Ibrahim (Subarkah, 2019), that "technological advances have the potential to make children quickly satisfied with the knowledge they get so that they think what they get from the internet or other technology is the most complete and final knowledge." Many things must be explored through traditional learning processes, and the internet is not. Can replace the depth of knowledge. If we do not pay close attention, there will be a tendency for future generations to become complacent and tend to think superficially.

The most influential figure in preventing and overcoming the negative effects of gadgets are parents. So parents have a big role in guiding and preventing gadget technology from harming children. Jovita Maria Ferliana (2013) explains how parents must adapt to the times (Nanang, 2019). It means the ability of a person to adapt to the conditions of the surrounding environment and the times. If the current development of gadgets appears, then children must know how to use them. It means that the adaptive function of the child develops. A child must know the function of a gadget and be able to use it because one of the adaptive functions of today's humans is to be able to keep up with technological developments.

Conversely, children who cannot keep up with technological developments can be told that their adaptive function does not develop normally. However, the adaptive function must also adapt to the culture and place where a person lives. If the child lives in a village where gadgets are rare, it is natural that the children do not know and do not know what gadgets are (Nanang, 2019).

Example, multiculturalism is an ideology that confessed and glorified the difference in equality both individually as well as in culture. The culture that should be understood is not the culture in the narrow sense, but rather a culture is understood as all the dialectics of man against his life.

CONCLUSION

Based on the information that has been described above, it can be seen that in 2020 the use of gadgets will increase because today's technology is getting more advanced and modern. Anyone who lives in this world must have a gadget, ranging from children to adults and even

the elderly, in rural areas and urban areas because gadgets have become our daily tools that are needed, especially during the COVID-19 pandemic situation. It makes the community, especially children who should study at school and spend much time outside socializing to meet their peers, now inevitably have to spend their time at home. It also impacts excessive use of gadgets due to access to learning online. They can have more free time, so they spend their time playing games, watching YouTube, accessing social media, and all the gadgets' applications. Therefore, the supervision and role of parents are very big and influential for the development of the child.

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