

GADGET USE AMONG TODDLERS IN BEKASI CITY

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ABSTRAK : PENGGUNAAN GADGET PADA BALITA DI KOTA BEKASI

Latar Belakang : Kemampuan bicara sebagai modal tumbuh kembang anak, salah satunya perkembangan IQ dan masa depan anak. Penggunaan gadgdet kini sangat umum untuk semua kalangan termasuk balita dan keterlambatan perkembangan banyak terjadi pada balita. Data KPAI tahun 2022 menyebutkan 79% anak di Indonesia menggunakan gadget bukan untuk kebutuhan belajar namun untuk kebutuhan lainnya

Tujuan : Mengetahui gambaran penggunaan *gadget* pada balita yang berusia 24-60 bulan di Kota Bekasi Pada Tahun 2023.

Metode : Penelitian ini termasuk jenis penelitian deskriptif dengan teknik accidental sampling, dengan jumlah responden pada penelitian ini adalah 98.

Hasil : Penelitian ini menunjukkan bahwa mayoritas balita menggunakan *gadget* dengan intensitas tinggi dengan durasi penggunaan gadget >60 menit perhari dan frekuensi setiap hari (>6 hari perminggu).

Kesimpulan : Penggunaan gadget yang menjadi trend saat ini di kalangan anak-anak khususnya balita, diharapkan orang tua lebih waspada dengan membatasi pemberian *gadget* kepada anak sehingga anak dapat bermain dengan aktivitas fisik dengan teman seusianya untuk mendukung tumbuh kembang anak.

Saran : Penelitian selanjutnya dapat dilakukan dengan menambahkan jumlah sampel penelitian yang lebih banyak dengan metode penelitian observasional untuk melihat dampak gadget di sektor pertumbuhan dan perkembangan anak usia balita

Kata kunci : Anak, Balita, *Gadget*

ABSTRACT

Background : The ability to speak is an asset for a child's growth and development, one of which is the development of IQ and the child's future. The use of gadgets is now very common for all children, including toddlers, and developmental delays often occur in toddlers. Aim : To find out the description of gadget use among toddlers aged 24-60 months in Bekasi City in 2023.

Method : This research is a type of descriptive research with accidental sampling technique, total of respondents in this study was 98.

Results : This research show that the majority of toddlers use gadgets with high intensity with gadget usage duration >60 minutes per day and frequency every day (>6 days per week).

Conclusion : The use of gadgets is a current trend among children, especially toddlers. It is hoped that parents will be more vigilant by limiting the giving of gadgets to their children so that children can play physical activities with friends their age to support their children's growth and development.

Suggestion Further research can be carried out by adding a larger number of research samples using observational research methods to see the impact of gadgets on the growth and development of children under five.

Keywords: Child, Toddler, *Gadget*

INTRODUCTION

The alpha generation is children born after 2010, this generation is known to be smart and very familiar with the internet. Current technological

advances result in a lack of ethics and social interaction in children (Purnama, 2018). Growth and development in toddler age develops very quickly and it is important to maximize development which

includes religious values, morals, physical motor, cognitive, language, social, emotional and art (K et al., 2020; Slamet, 2020). Gadget is an electronic device that has various feature services and applications that present the latest technology that helps human life become more practical (Yumarni, 2022). Because a technological device is a very effective learning media. With the display of images that can run, sound effects or singing make learning media by utilizing technological devices very favored by children.

The Central Statistics Agency (BPS) in 2022 noted that 33.44% of early childhood use gadgets, and the Indonesian Child Protection Commission (KPAI) in 2022 noted that 79% of them use gadgets not for learning (BPS, 2021; Dewi et al., 2021). West Java Province in 2022 noted that 69.75% of children had been exposed to gadgets (BPS, 2021). Excessive provision of gadgets is an external factor in inhibiting the process of child development. Children who are addicted to gadgets will not care about their environment and affect the development of children's speech and language because children do not interact directly with their environment (Fajariyah et al., 2018). The limit of gadget use for toddlers is not at all up to 1 hour per day, if it exceeds that, it will have an impact on weak gross, fine and verbal motor skills (Dewi et al., 2021).

Children who use gadgets for a long duration will rarely do physical activity so that it can cause obesity, besides that if they do not pay attention to the distance and screen lighting on the gadget, children will get tired easily and experience eye health problems such as eye irritation, decreased vision and stress on visual function so that it can interfere with concentration in learning (Chandra et al., 2022; Julianti & Elni, 2021; Kusumawati et al., 2020). Excessive provision of gadgets is an external factor in inhibiting the process of child development. Children who are addicted to gadgets will not care about their environment and affect the development of children's speech and language because children do not interact directly with their environment (Fajariyah et al., 2018).

Today's modern development everyone has used gadgets for other activities even for work, seeing parents carry gadgets wherever and whenever parents are makes children want to know also what is in the gadget. The unprecedented upheaval of technology over the past few decades has exceeded the ability of scientists to characterize technology, sparking controversy and anxiety among parents, educators, and doctors or other medical personnel (Abdul Hadi et al., 2022; Hutton et al., 2020). The covid-19 pandemic that took place in

2020-2022 forced face-to-face school activities to turn online with the help of gadgets, so the use of these gadgets is inevitable in children. This situation makes researchers interested in knowing what the current situation and circumstances are like in children who are exposed to gadgets.

RESEARCH METHODS

This research is a descriptive research with the research sample technique using accidental sampling. The research was conducted from May 26 to June 2, 2023 at one of the Posyandu in Bekasi City, West Java. 98 respondents obtained in this study were obtained according to the research inclusion criteria, namely children aged 24-60 months, healthy children not in a sick condition or physical and mental disability, children not in the process of medical treatment or other therapists. The use of gadgets in this study is seen from the length of exposure or use of gadgets in children, with the criteria for low gadget use intensity if the duration is 1-30 minutes per day with a frequency of 1-3 days per week. The criteria for moderate intensity of use if the duration is 31-60 minutes per day with a frequency of 4-6 days per week, and the criteria for high intensity of use with the duration of gadget use >60 minutes per day and frequency every day (>6 days per week). Data collection in this study was carried out by filling out a questionnaire, and the person who filled in was the respondent's guardian in this study was the respondent's mother. The data that has been collected was analyzed descriptively using SPSS 25 software.

RESEARCH RESULTS

The results of descriptive analysis in this study are presented in table 1 with the data obtained is the majority of respondents aged 48 - <54 months, namely 21 respondents (21.4%), with the dominant male gender, namely 54 (55.1%) respondents. The last level of education of the mother showed that the majority of respondents' mother's education was at the upper secondary level (SMK/SMA/SLTA) of 69 respondents (70.4%). The majority of mothers' occupations were housewives, 86 respondents (87.8%). This univariate analysis shows the results of the majority of toddlers using gadgets with high intensity of 51 respondents (52.0%), while the use of gadgets with moderate intensity of 32 respondents (32.7%) and low intensity of 15 respondents (15.3%)

Univariate analysis

Table 1
Distribution of age of toddlers, gender of toddlers, mother's latest education, mother's occupation and intensity of gadget use in toddlers in Bekasi City in 2023.

Variable	Frequency (N)	Percent (%)
Toddler Age		
24 - <30	15	15,3
30 - <36	13	13,3
36 - <42	16	16,3
42 - <48	12	12,2
48 - <54	21	21,4
54 - <60	17	17,3
60	4	4,1
Gender of Toddlers		
Male	54	55,1
Female	44	44,9
Mother's Last Education		
Elementary School	3	3,1
Junior High School	15	15,3
Senior High School	69	70,4
Diplomas	4	4,1
Bachelor	6	6,1
Magister	1	1,0
Mother's Occupation		
Housewife	86	87,8
Civil Servants	1	1,0
Private Employee	3	3,1
Self-employed	6	6,1
Teacher	1	1,0
Labor	1	1,0
Intensity of Gadget Use		
Low	15	15,3
Medium	32	32,7
High	51	52,0

DISCUSSIONS

The majority of respondents in this study were aged between 48 - <54 months, which is preschool age. In line with research by Nurmasari (2016), the majority of respondents were preschool age children, namely 44.17% (Nurmasari, 2016). Preschool age is a child aged 3-6 years called the wonder years at this age children have great curiosity and can show their interests. At this time, parents play an important role in choosing toddler activities so that children can achieve their potential and interests in order to prepare children to enter school (Yumarni, 2022). Children after >48 months have entered school and already have a high desire for something, so many at this age use gadgets in this study.

The gender in this study was mostly male compared to female. In contrast to similar research conducted by Kusmawati (2020), the characteristics

of toddler respondents were mostly female (Kusumawati et al., 2020). This difference occurs due to the selection of research subjects tailored to the inclusion characteristics that suit the needs of researchers.

The mother's education level in this study is mostly upper middle education (SMA / SMK / high school). This study is in line with research conducted by Dian, Upik and Anjar in Surakarta in 2021 that the educational background of fathers and mothers affects the ability of parents to apply the information received in the process of child development and inhibits the acquisition of information that can help child development so that it can result in parents not being able to meet the needs that support child development (Miyati et al., 2021).

The majority of mothers in this study are housewives. In line with Aula Nurmasari's research (2016) the majority of mothers work outside the home and spend a lot of time outside the home so that interaction with children tends to be less frequent than housewives who have more time at home with children so they can find out all their children's activities (Asgaf, 2020; Nurmasari, 2016). The intensity of gadget use in toddlers is mostly high, related to Sari's research (2020) the majority of toddlers use gadgets with high intensity. The majority of gadgets used are TV, tablets or ipad and cellphones. Prolonged exposure to gadgets in children can cause dependence, have an impact on children's emotions which can affect children's behavior (Domoff et al., 2020; Sari, 2020).

Gadgets emit sound waves and UV rays that can affect a child's physical and mental state. Gadgets can affect children's brain development in their growth. The influence of gadget use on child development has both positive and negative impacts. Gadgets are only a means for children to play and find information, but it is the parents who are the guides and directors who can straighten their children so that they are not addicted to gadgets. Children under 5 years old can be given gadgets, but the duration of use must be considered and must be accompanied by parents. The role of parents is very important and influential to their children to overcome the use of gadgets today.

CONCLUSIONS

The majority of children using gadgets are aged 48-<54 months with male gender. Children of this age mostly use gadgets with high intensity with high intensity with duration of gadget use >60 minutes per day and frequency every day (>6 days per week). Children who often use gadgets have minimal interaction with the surrounding environment,

especially peers, so it is necessary for parents to limit the provision of gadgets to children to avoid developmental and emotional delays. The role of parents in parenting is very influential on whether or not there is a negative influence of gadget use on children.

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