

EFFORTS TO PREVENT THE NEGATIVE IMPACT OF GADGET USE ON ADOLESCENTS IN CILILIN

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ABSTRACT

Gadget addiction is a problem that needs attention from the wider community. Of course this has a negative impact on adolescents, the most visible of which is the negative impact on health, psychological impact, social impact and academic impact. This research is expected to help in the prevention of gadget addiction. The purpose of this research is to study and describe various ways to prevent gadget addiction. The method used in this research is descriptive qualitative method. The population in this study were adolescents in the city of Cililin with a sample of four adolescents. The research was conducted for one week. The data collection techniques used were observation and interviews. The results of this study indicate that 1) gadgets make teenagers rarely communicate directly with friends and even their surroundings, communication is done through social media 2) gadgets make teenagers addicted to playing them, the reason these teenagers play gadgets is because there is a certain satisfaction when playing these gadgets.

Keywords: Gadgets, prevention, addiction

ABSTRAK

Kecanduan gadget merupakan salah satu masalah yang perlu mendapat perhatian dari masyarakat luas. Tentu hal tersebut berdampak negatif juga pada remaja, dampak yang paling terlihat yaitu dampak negatif terhadap kesehatan, dampak psikologis, dampak sosial dan dampak akademik. Penelitian ini diharapkan dapat memberikan gambaran keadaan remaja saat ini dan upaya pencegahan kecanduan gadget. Tujuan penelitian ini, yaitu mengkaji dan mendeskripsikan berbagai cara untuk mencegah kecanduan gadget. Metode yang digunakan dalam penelitian ini, yaitu metode deskriptif kualitatif. Populasi pada penelitian ini adalah remaja yang berada di Cililin dengan sampel penelitian berjumlah empat orang remaja. Penelitian dilakukan selama satu minggu. Teknik pengumpulan data yang digunakan adalah observasi dan wawancara. Hasil penelitian ini menunjukkan bahwa 1) gadget membuat remaja jarang berkomunikasi langsung dengan teman dan lingkungan sekitarnya, komunikasi dilakukan melalui media sosial 2) gadget membuat remaja kecanduan untuk memainkannya, alasan para remaja ini memainkan gadget karena ada kepuasan tersendiri ketika memainkan gadget tersebut.

Kata Kunci: Gadget, pencegahan, kecanduan

INTRODUCTION

Adolescent ages range from 12-18 years, adolescents in that age range will experience various changes in themselves, both psychologically and physically, individually and socially, (Hurlock, 2010). Teens who develop and grow in the present or millennial will intersect with various kinds of technological sophistication, of course it will be easy to get various information, (Tom, 2020).

Based on some expert opinions regarding adolescents and technological sophistication, it can be concluded that the ease of access to connect via gadgets can have a bad impact if not

addressed properly. The existence of this gadget is very unsettling for parents because they cannot supervise their children all the time.

Gadgets are sophisticated devices resembling computers that can be carried anywhere and can be connected directly to the internet, (Tom, 2020). We encounter many gadgets and are owned by everyone, from small children, teenagers, and adults. In general, gadgets can have a positive and negative impact on its users. These impacts will be described as follows. Gadgets can have a positive impact if they are used for good, and have a negative impact if they are used for evil and are of course fun, of course this can trap teenagers in a hedonistic life, (Tom, 2020).

Based on the above opinion, it can be concluded that gadgets have a positive impact, namely if they are used for good, as for the positive impacts presented by residents, namely to run a business, increase friendships, entertainment facilities, relieve boredom, and reduce stress due to activities that have been passed.

The existence of this gadget has a negative impact on its users so that it becomes addictive, it is used for its nature only for fun, it can even be used to commit crimes. The most visible negative impact regarding gadgets is a change in behavior and attitudes, adolescents become less sociable with people around them, even teenagers prefer to play gadgets and play rather than hang out with people around them.

Teenagers are considered more vulnerable and addicted to playing gadgets more often than adults. Different adolescence tends to be more easily influenced by the experiment of new things, (Jordan, 2017). For example, in Indonesia there are ten children in Banyumas who are diagnosed with mental disorders due to gadget addiction and must receive therapy at the Banyumas Regional Hospital, (Aziz, 2019). This is evident as has happened in the research area. In the areas studied, there were also teenagers who experienced changes in attitudes, behaviors and mental disorders in themselves. Especially for the four teenagers that the researchers interviewed, they really liked the gadgets used to play online such as mobile legends, COC (clash of can) and Free Fire, they were willing to reduce their study hours and ask for more daily money to play online games. Even when school holidays they still play online games, with the excuse that if they don't play them they will feel something is missing and feel lonely in their life. Another case of kidnapping that was carried out against young women in Sidoarjo, it is known that the poetic teenager got acquainted through social media, (Darus, 2020). The existence of this gadget is very unsettling for residents and parents because the existence of this gadget makes teenagers unable to keep gadgets away from their

hands. In addition, changes in attitudes and behavior towards adolescents make it difficult for them to socialize and communicate with others.

METHOD

This method uses a qualitative descriptive approach. The descriptive approach is research that tells of a solution to a problem that is happening in accordance with the data obtained. According to (Soendari, nd) descriptive research, which is research that seeks to describe an event, symptom and current event. Data collection techniques used in this study are observation or observation techniques and interviewing five adolescents who have been addicted to playing gadgets. This research was conducted in Cililin on four adolescents to find the factors that influence their addiction to gadgets.

The data collection steps in this study were carried out by observation in the vicinity of Cililin. Then the researchers observed and interviewed four adolescents who had experienced addictions. The four teenagers, namely teenagers who every day hold and use gadgets. With the consequence if they don't play gadgets they will feel lonely or feel that there is something different in their life.

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RESULTS AND DISCUSSION

Results

Based on the results of observations in Cililin, to strengthen the results of observations the researcher observed and interviewed four adolescents. The following are the results of a conversation with four teenagers who are addicted to playing gadgets.

Result Sample interview

Of the 4 samples interviewed, the result is that all samples have gadgets, then some of these gadgets are used to play games, listen to music, watch movies, do schoolwork and attend online lessons organized by the school, the average spend money to buy a quota of 80,000 up to 150,000. in a day the four samples use

gadgets about 5 to 6 hours per day. the sample explained that his eyes were often tired, red eyes and sometimes his eyes felt sore, but because he likes to use gadgets for entertainment and gadgets cannot be separated in daily life, the negative impact felt is often ignored. Of the 4 samples interviewed, the result is that all samples have gadgets, then some of these gadgets are used to play games, listen to music, watch movies, do schoolwork and attend online lessons organized by the school, the average spend money to buy a quota of 80,000 up to 150,000. in a day the four samples use gadgets about 5 to 6 hours per day. the sample explained that his eyes were often tired, red eyes and sometimes his eyes felt sore, but because he likes to use gadgets for entertainment and gadgets cannot be separated in daily life, the negative impact felt is often ignored.

Gadget addiction can have a negative impact on adolescents, if not used properly. Therefore, efforts are needed so that teenagers can avoid gadget addiction. There are four negative effects of gadgets for adolescents including academic impact, psychological impact, health impact and social impact. This impact will arise due to gadge addiction, (Delfabbro, 2018).

Academic Impact

Academic impact, adolescents will find it difficult to divide their time between learning and playing. As a result, adolescents will be negligent and indifferent to the assignment given by the teacher, as happened to all the samples who were interviewed, they ignore the assignment given by the teacher and prefer to play gadgets. It can be seen from the results of the interview the researcher asked "Why did these younger siblings choose to play gadgets instead of reading books and studying as entertainment when they were bored?". The answer you get from sample 1 is "Learning is already online. Most read books too if given assignments from the teacher, yes sometimes they do it sometimes they don't, most later the teacher will charge them. " and sample 4 "Read books are dizzy, no one is busy. If you read books, you can read the most when you're in school, and even then online. So play gadgets so you don't get bored ". That way they will assume that the assignment that has been given by the teacher is not too important by reason of schooling online. They prefer playing games rather than doing assignments or reading books.

Psychological Impact

Psychological impact, the most common threat when someone is addicted to playing gadgets, namely the inability to hold back emotions, will indirectly affect the subconscious of adolescents that life in this gadget is the same as life in the real world. As researchers observed when interviewing these four adolescents, when interviewed they were slow in providing answers. When researchers repeated the same question to three adolescents who had not answered their questions. They answered the question with annoyance and felt annoyed when asked continuously. It can be seen from the results of interviews with researchers when asking questions, sample 4, sample 3, sample 2 and sample 1 are playing gadgets.

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Health and Financial Impact

The health effects of gadget addiction have resulted in a decline in adolescent health. Teens who like to play the game will have weakened immune system due to lack of sleep and lack of physical activity. Based on the impact that occurred in sample 1 and sample 2, they became sleep deprived and lazy to do activities such as eating and sleeping irregularly. It can be seen from the results of the interview the researcher asked, "How long does it take for these younger siblings to play Gadge in one day? How do you feel if you play gadgets for too long? ". The answer obtained, namely sample 1 "Very often, even up to all day if you are on school holidays but if on a weekday it is at most 6 hours so you forget the time, just want to eat it feels lazy if you stay up late the most in the morning you like to be sleepy, even if it's school holidays it's late. " and sample 2 "If I don't know, I just stop when I sleep but on school holidays, even when I eat I still play gadgets." Seeing the results of the interviews that have been conducted in this way, the teenagers will do various ways to satisfy their desires, they are even willing to play for hours on gadgets without realizing that it will disturb their health. Financially, teenagers who are addicted to playing gadgets will spend their money to

buy data quota and can spend 80,000 to 150,000 in two weeks if used continuously. Based on the negative impact of gadgets on students or teenagers, they are willing to spend their money to buy quotas and play gadgets. That way, they are willing to do it for the sake of satisfaction and their desires are fulfilled. They will not care about the costs. In addition, they don't care when their parents don't want to give them more daily money to buy data packages. They will continue to insist and ask that their wishes are fulfilled

Social impact

Social impact, family relationships or relationships in friendship are stretched because their time with them is much reduced due to their addiction to playing gadgets. Reduced social skills and the more difficult it is to communicate or relate to those around you. Based on the impact experienced by teenagers in Cililin, they become difficult to socialize with, even when asked questions they are slow to answer. The behavior becomes disrespectful and a bit rude because they are affected by what they play and see in the gadget. When someone asks you to chat or asks questions they will answer in a high tone. Based on the results of the research above, it can be concluded that the impact of gadget addiction is more negative. The negative impacts caused are academic impacts, psychological impacts, health impacts, and social impacts.

In addition to the negative impact that has been described above, the researcher also tried to trace the value of report cards in the four samples, the author made direct observations of the sample house then asked parents to show the score of the report card, the value of concern to the researcher was the score of Indonesian language lessons, the results were as follows:

Table 1 Gain Score

	Gain Score	KKM
Sample 1	72	72
Sample 2	60	70
Sample 3	70	70
Sample 4	85	72

From the table above it can be seen that the acquisition of the Indonesian language score sample 1 is 72, according to the KKM determined by the school, sample 2 gets a score of 60, this score is still below the KKM determined by the school and must be corrected, but sample

2 does not seem to care about the value it gets. , sample 3 gets a score of 70, according to the KKM determined by the school, sample 4 gets a score of 85 above the KKM score that has been determined by the school.

From the data above, it can be concluded that gadgets also affect the acquisition of scores, as evidenced by 4 samples, only 1 sample has a value above the KKM, according to the narrative of sample 4 that besides being used for playing games, social media is also used to send assignments. -school assignment. Meanwhile, 3 samples stated that the gadgets they owned were only used for fun, school assignments were done just as they were.

Discussion

With this research, researchers provide efforts to prevent gadget addiction in adolescents, namely as follows:

Efforts to Prevent the Negative Effects of Gadgets on Adolescents

According to (Romano, 2000) prevention includes various efforts including: (a) stopping problematic behavior before it occurs, (b) reducing the impact of behavioral problems, (c) delaying the emergence of problem behavior and (d) strengthening positive behavior, knowledge, and promote a good attitude. Some efforts to prevent adolescents from gadget addiction include: 1) redesigning targets in life, replanting healthy lifestyles. Everyone must have dreams and dreams. If adolescents are reminded of their goals and ideals, they will reduce their time playing gadgets to pursue these dreams and goals, 2) filling their spare time with useful things by doing extracurricular activities such as exercising or reading books can make teens less focused on gadgets. Can reduce the level of addiction in playing gadgets, 3) reduce interaction with online game players. In interacting through gadgets, usually these friends will influence other teenagers, because of that, reducing interaction with gadget users who tend to play online games, such as refusing to be invited to play will help teenagers get rid of the feeling of playing gadgets.

CONCLUSION

Based on the results that researchers observed through interviews and direct observation at Cililin, the impact of gadget addiction among adolescents is very concerning. There are only a few positive sides that can be obtained, but the negative impact that is caused is very much. The positive impact is that it can relieve boredom, stress, make friends and entertain yourself. The negative impacts include wasting money, not socializing with people around

them, forgetting about time, and neglecting personal health. That way, researchers can provide addiction prevention efforts in gadgets, especially gamers, to let go of addiction one has to be self-aware, with strong intentions and refuse invitations from friends who invite them to play gadgets, especially online games.

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