

## The Effect Of Gadgets On Changes In The Personality Of Children

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### ABSTRACT

*The VUCA world means the world we live in today, where changes occur very quickly, are unpredictable, are influenced by many factors that are difficult to control, and truth and reality are very subjective. VUCA is closely related to modern human life, in which the modern world is always experiencing a very rapid acceleration of change. Personality Psychology is a branch of Psychology which, when interpreted in terms of terminology, means that the study of human personality through human behavior or daily life that characterizes that person. At present, children use gadgets very often in their daily lives, but excessive use of gadgets will have a negative impact on children's social and emotional development. The labor impacts of using gadgets on children include children becoming private individuals, sleep disturbances, being alone, violent behavior, fading creativity and threats of cyberbullying. But on the other hand, when gadgets are used wisely by children, it can help them develop their thinking processes, problem solving skills, and increase their creativity in various ways. Changes in a child's personality when addicted to gadgets are very diverse, ranging from positive to negative impacts. When viewed from the negative impact, children will tend to get angry easily, like to be rebellious, imitate behavior on gadgets and talk to themselves on gadgets. Meanwhile, from the positive impact, it can facilitate communication, as a medium for children's entertainment, increase comfort in learning and increase children's knowledge.*

**Keywords:** VUCA, the influence of gadgets, the impact of gadgets on children, personality changes due to gadgets.

### Introduction

In the midst of technological developments in the Industrial Revolution Era 4.0, there are now more and more challenges to face. The progress of information and technology media has been felt by almost all levels of society, both in terms of positive and negative from its use. This is because access to information media and technology is classified as very easy or affordable for various groups, both for young and old people and for the rich and the lower middle class. In fact, in general, currently children aged 5 to 12 years are the most users in taking advantage of advances in information media and technology at this time. Therefore, it is not surprising that the positive impact of the development of information media and technology for children aged 5 to 12 years is said to be the multi-tasking generation.

The VUCA era is where industrial and technological advances play an important role. At this time, a child will be required to adapt to all technological sophistication in order to survive in the intense competition in the world of work and also in his future social interactions. To prepare children to face the VUCA phenomenon, it is important for parents to introduce technology into their children's education. However, this technological sophistication must also be used intelligently and wisely so as not to have a negative impact on the child.

As quoted in the New York Times, a case occurred where a child is addicted to the iPad. The child continues to whine when his favorite gadget is not in his hands. This child can be said to have

experienced dependence on one of the latest breakthroughs in this globalization era. When you eat, when you study, when you play, even when you sleep, you can't get away from these gadgets. Parents can not do much other than comply with the wishes of the child. In essence, it's not time for children to get to know gadgets, they still need broader interactions with crayons, picture books, playmates, and so on.

According to John Locke, a child in a psychological perspective is a person who is still clean and sensitive to stimuli that come from the environment. Meanwhile, according to Augustine it is said that children are not the same as adults, children have a tendency to deviate from law and order caused by limited knowledge and understanding of the reality of life, children learn more easily from the examples they receive from rules that are force.

Many factors form personality in children, such as heredity, physical environment factors, cultural factors, group experience factors and unique experience factors. In society, individuals are interconnected with other individuals in their group. In this relationship, individuals learn the values and norms that apply in their group through the socialization process. Through this process, individual identity is formed. With different personalities from one another.

Today's rapidly developing telecommunications technology is capable of changing the pattern of human interaction and communication. The development of communication technology makes it easier for humans to always keep in touch (connect) with other people regardless of space and time. It is undeniable that the presence of technology can gain human life. There is nothing that gadgets can't do, from playing games to being used for work purposes, making human life inseparable from gadgets. Along with the development of the times, humans do not understand that the impact of excessive use of gadgets can cause various kinds of health problems. Most of them only realize about the dangers of using gadgets for too long after experiencing pain in their bodies.

In the era of technology, humans generally have a lifestyle that cannot be separated from all electronic devices. Technology can be used by humans to make it easier to do any tasks and jobs.

Some of the objectives of this study were to find out the habits and effects of gadgets on changes in children's personality, starting from being inclined towards solitude, starting to not know the outside world, not good at socializing, not good at some subjects resulting from gadget addiction and several other negative traits. Not only that, there are also some positive traits towards changing children's behavior when they start to depend on gadgets such as starting to like things related to technology, being able to solve problems on their own, being able to know the outside world through gadgets, being able to train children's creativity in various things by see some references and examples from the internet.

### **Method**

In an effort to complete this paper, the authors collect data in the form of literature study data from reviews based on previous research related to the title we raise.

## **Results**

Technological developments are not only focused on pervasive technology, but already have a variety of mobile devices or gadgets. Now, human interaction with television is getting behind compared to interaction with cellphones. The reason is that cellphones are easy and lightweight to carry and are multi-functional, that is, they can be used to watch television, play audio, and record video (Ulfa, 2016). It can be said that someone is unknowingly introduced to technology by the surrounding environment. Thus, mobile media can be used to educate children by parents. This learning can be in the form of an introduction to literacy and numeracy.

The gadget has various gaming features. Game features on gadgets are not only for entertainment or games, but also to help children's learning processes and as learning media (Warisyah, 2015), such as educational game features. According to Ismail Haryanto & Friana (2018), educational games are educational tools for teachers to educate and teach in a fun way. Educational game applications have succeeded in turning monotonous formal learning techniques into fun and more educative for early childhood, such as children being able to recognize and understand letters and numbers (Fithri & Setiawan, 2017). The research results of Irsa et al. (2015) concluded that educational games for early childhood are proven to be able to increase children's learning interest with response results reaching 78.33% which are very good.

Childhood is a period of rapid development and is also a period in which changes occur in many aspects of development, both psychologically, academically and socially. Childhood experiences have a strong influence on subsequent developments. In addition, without realizing it, children often apply "What You See is What You Get". This application has meaning as what is seen by the child is a lesson. This is if without directed and integrated guidance from parents and family, child development will lead to a negative side.

Parental involvement in controlling the use of children's gadgets is also very much needed, both in the form of motivation, affection, and responsibility (Warisyah, 2015). Parents should be more careful about the risks that result from excessive use of gadgets. From the research results, the use of learning media through applications has proven successful in increasing children's abilities so that educators need to understand forms of learning technology, operating procedures, and how to interact technology with students during the learning process (Barovich et al., 2020).

The Impact of Using Gadgets on Social Development in Early Childhood Keeping children away from using gadgets is difficult and somewhat impossible. Problems of everyday life using gadgets such as parents working using gadgets, communicating with relatives using gadgets and so on. On the other hand, children are always around their parents, therefore keeping children away from gadgets has a fairly high level of difficulty.

Some of the negative impacts will cause more bad effects from using gadgets as follows:

- a) Children imitate more scenes from the videos they will watch.

Children tend to imitate scenes or behaviors they see in videos or other media. This can happen because children are in a developmental phase that is sensitive to the environment and has strong imitative abilities become less interactive with other people because children are more concerned with their gadgets.

The behavior of children who interact less with others because they are more concerned with their gadgets is a fairly common phenomenon in today's digital era. This lack of social interaction can affect children's social and emotional development. It is important to remember that direct social interaction with others helps children develop social skills, learn to manage emotions, communicate and build healthy interpersonal relationships.

b) Become addicted to playing games so forget to do other things.

Game addiction can have a negative impact on a person's daily life such as decreased school or work performance. Game addiction can interfere with focus and attention, reducing the time allotted for studying or working effectively. This can lead to decreased academic performance or productivity at work.

Basically the use of gadgets on children does not only have negative impacts, but also has positive impacts, which include:

a) Increase Knowledge and Insight

With gadgets, children can easily add knowledge and insight by searching for or accessing sites regarding knowledge and insights related to lessons at school by using applications on gadgets.

b) Train Children's Creativity and Intelligence

A child's creativity and intelligence can be honed through games that have the concept of strategy or puzzles which in this case can have a good positive influence on the child's brain development system. Not only through games, but also with applications such as coloring, learning to read, and writing letters can also have a positive impact on children's brain development.

c) Increasing Children's Confidence

In addition to training children's creativity, playing games on children's gadgets can also increase children's self-confidence, that is, when the child can win a game, the child will be motivated to finish the game. In this case, the child will be motivated in his daily life, if the child fails in doing something then the child will keep trying until he succeeds.

d) Facilitate Communication and Add Friendship

With gadgets and social media, it can make it easier for children to communicate, both among friends and between families who have far apart homes. Meanwhile, in terms of adding friends, children can easily add friends through social media on the gadget they have.

Changes in personality and psychological changes in children towards gadgets include:

a) Reducing Interaction With People

The next psychological impact, when you play gadgets too often with reduced interaction. Especially interactions with other people around us. Even though the presence of gadgets can facilitate communication, when using it too often it will reduce interaction in the real world. You will be too focused on cyberspace, communication with family and closest people will be reduced. Can form anti-social disorder indirectly if it is used, from childhood.

b) Lazy to do daily activities

When you are addicted to playing gadgets, it often makes people lazy to do their daily activities. Because they are too engrossed in playing with gadgets and lazy to move. This of course

will cause quite a lot of delayed work. You will also incur losses in the future. Children will also be lazy in reading and writing. They will be more engrossed in looking at interesting pictures and consider reading or writing to be boring. Able to affect writing skills, because motor coordination becomes less good. That way their handwriting will be ugly. So better, have good time management. So that you can balance the activity and time according to the portion.

c) Reduced sleep/rest time

When playing gadgets, especially before going to bed, it can reduce sleep time. This will trigger the emergence of types of sleep disorders. Indirectly have a bad effect, especially on the health of the body. Because generally adults sleep at least 6-8 hours and children 9-11 hours each day. When you sleep less than that hour, it can cause several diseases. The possibility of the disease is also dangerous for yourself. The use of this gadget can also change body posture. The body will react to habits, especially daily habits that only use gadgets. Your neck and shoulders will be affected. Become inclined to lean the head forward. This position will crush the upper spine. Makes the nerves go up to the head and cause headaches, neck stiffness and tiredness.

d) Growing Egocentric Attitude

Children who often play gadgets from an early age will trigger attitudes such as being egocentric. This egocentric attitude is an attitude that is not good, especially in a social environment. Excessive gadget users will get used to not caring about other people indirectly. In addition, there will be a lack of empathy for the environment. Of course this will hurt you.

e) Triggering the Development of Consumerism

Another psychological impact, with the emergence of consumerism culture. This consumerism is related from an economic perspective and often occurs in today's teenagers. So that it is included in one of the psychological disorders in adolescents. Because its emergence also occurs from the desire of teenagers who are constantly buying the latest gadgets and following trends. That way it can cause teenage children to live more extravagantly, especially operational expenses in the form of gadgets. This fee also consists of hand phone service, pulses, gadget accessories and others. Able to influence lifestyle, be selfish and like to show off with his friends. This trait will damage the level of consumption and should not be possessed by teenagers who are still in school. Because children are usually not necessarily able to choose one of the information correctly.

f) Decreased concentration

When you use a smartphone or gadget too often. Can cause decreased concentration. Whether for work or for study every day. A person's concentration also becomes shorter and makes him not care about the environment around him. In children they will prefer to spend time playing gadgets and imagining rather than studying. Like playing games and this habit can damage the ability to concentrate, although not directly.

g) Disturbed Child Development

This is common in children and parents who are quite addicted to gadgets. So it can cause children's development and growth to be problematic. The child himself needs a stimulus from each of the closest parents. Likewise the environment so that they can develop the shared abilities they already have. But if parents are too engrossed in playing gadgets, then parents will not respond



quickly to their children's needs. Supervision and use of gadgets also still require extra supervision. If supervised, the child's development will improve and their performance in school will not decrease. Children will not experience developmental disorders as long as supervision is carried out properly.

h) Triggers Mental Illness

Irregular use of gadgets can cause symptoms of disease

### **Discussion**

Similar studies have been conducted by several previous researchers. Novianti and Garzia (2020) have conducted research with the title "Use of Gadgets in Early Childhood; New Challenges for Millennial Parents". In their research, they concluded that children aged 2 to 7 years still need special assistance from their parents in using gadgets so that the negative effects of gadgets are avoided. The similarity of this research with Novianti and Garzia's research is to identify the role of parents in using gadgets for children. However, previous research by Novianti and Garzia has differences from this study. The difference is the location of the research where this research was carried out in Banten Province, while the previous research was carried out in Pekanbaru. The research area certainly affects the developmental conditions of students. The influence can be seen from the facilities obtained and the learning process of PAUD children. In addition, the research focus reviews children's complaints after using gadgets, while this study presents the results of a survey of digital technology activities carried out by children as an effort to use gadgets.

Another research study with the title "Parent Assistance in Early Childhood in the Use of Digital Technology" describes in a narrative manner the role of communication technology, the determination of technology, the reasons parents introduce technology from pre-school age, the positive and negative impacts of technology on children, the role of parents in the digital era (Alia & Irwansyah, 2018). Some of these things were reviewed qualitatively, but did not mention the research area. The relevance of this research lies in technology as a tool, parents as users, and early childhood as recipients of assistance. The difference between this study and previous findings is seen from the research approach used, the research objectives, and the aspects assessed. The difference is that researchers use a survey method, with the aim of research identifying the role of parents in the use of technology for early childhood, and aspects such as the use of gadgets as technology that are emphasized and the role of parents in children using gadgets.

Based on this research is the media that is used as a modern communication tool. Gadgets make it easier for human communication activities. Now communication activities have developed increasingly more advanced with the emergence of gadgets. Among them smartphones such as iphone, android, blackberry and notebooks. In psychology, early childhood development is said to be a child aged 0-6 years. Growth and development are considered by giving good treatment in the form of preschool age education or school education in the early elementary school (SD) classes. Early childhood is a child aged between 3-6 years. The impact of using gadgets on the social development of early childhood has positive and negative impacts. The solution for gadget addiction to early childhood social development is to limit usage, set a schedule, set a good example, set a gadget-free area at home and tell them about the dangers of using gadgets for too long.

The use of gadgets in early childhood such as smartphones must be limited. The growth and social development of children must be paid more attention. Ensuring that early childhood does not have the negative impact of gadgets on the social development of early childhood. Implementing solutions to gadget addiction in early childhood.

Previous research explains that parents must build the habit of using gadgets wisely for children, 1-2 hours a day, the important thing is that using them for good things, such as games, songs and movies or educational applications has a more positive impact. Here the researcher tries to explain that controlling the use of gadgets for children must be done in a wise way. Children must understand and understand, so that awareness arises. Parents must use wise words and not necessarily with anger and threats.

But what is needed is the clarity of the meaning of the rules and the firmness of parents towards the rules they have made. In addition, parents must set a good example for children about using gadgets. For example, for example: parents prohibit children from using gadgets, but parents are engrossed in their gadgets, so children will feel that their parents are discriminatory so that negative turmoil will appear in the children's hearts especially toddlers who are more likely to imitate their parents, both in actions and in words -say. So that with conditions like this example, children's awareness of the negative effects of using gadgets will not appear. So parents must set a good example for their children in using gadgets.

### **Conclusion**

The VUCA era is where industrial and technological advances play an important role. At this time, a child will be required to adapt to all technological sophistication in order to survive in the intense competition in the world of work and also in his future social interactions. To prepare children to face the VUCA phenomenon, it is important for parents to introduce technology into their children's education. However, this technological sophistication must also be used intelligently and wisely so as not to have a negative impact on the child. Apart from that, there are some changes that occur to children who are addicted to gadgets and can change their personality with these tendencies. There are several positive and negative traits that arise from the tendency towards gadgets. All of that can be overcome from the type of friendship and the child's environment, the child's association can affect what their character will become in the future, apart from that parenting is also very influential in changing the child's character. There are several changes in the child's psychological personality towards tendencies with gadgets. All of that can be overcome from how the environment changes and influences the child.

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