

The Impact Of Gadget Addiction On Children's Personality In The VUCA Era

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Abstract

Using gadgets is not always bad. However, if children use it excessively and without parental supervision, it can certainly have a negative impact on their growth and development. The purpose of this research is to examine and describe the impact of gadget addiction on children's personality in the VUCA era. Materials for this research come from books, journals, and other sources. There are studies on the parts of the child's brain that are often exposed to devices (gadgets) and television which show changes in the structure of the child's brain. In addition, the frequent use of gadgets by children can trigger behavioral problems in children. Irregular use can cause personality disorders and mood disorders in children. This condition is usually caused by various games or games being played on the device.

Key words: gadget addiction, vuca era, impact, child's personality.

Introduction

Today's development is fast and complex. There's been a lot of changes in various fields, all of which are interconnected, both education, technology, and social. But the most significant change is in technology because we are now living in the 4.0 era, which could be referred to as the digital age or technology. Almost every aspect of human life depends on technology. Through further development of current technology, it has directly or indirectly transformed the originally manual way of life of humans into fully digital and created new habits. It can even be said that the need for technology is an advanced form of hypnosis that changes the way humans behave and communicate. It cannot be denied that currently many children, even very young under the age of 5, already know technology in the form of gadgets such as smartphones or mobile phones.

In this case, the use of gadgets continuously affects children's behavior and personality in everyday life. Children who use gadgets often feel very dependent and even become the activities he needs to do everyday activities. Therefore, many children today play gadgets more than they need to learn or interact with their environment.

Chen & Chang (2008) noted that there are four aspects of addiction behavior. These four aspects are:

1. compulsion (compulsive/compulsive to continuous performance). This aspect is the pressure inside to keep doing things, in this case the inner desire to keep using gadgets.
2. withdrawal, an attempt to withdraw or withdraw from a matter. A gadget user cannot withdraw or abstain from gadget-related things, as a smoker cannot avoid tobacco. When gadgets aren't used, there's a sense of uneasiness, like anxiety, which makes it hard for an addict to pull away from the things he likes.
3. tolerance. Tolerance in this case is self-acceptance when doing something. In general, tolerance refers to the amount of time a person spends or spends on something, in this case using a device. Kids who are addicted won't stop using gadgets until they're satisfied.
4. Interpersonal and health-related problems (interpersonal relationship and health problems). This aspect relates to interactions with others and health problems. Gadget addicts ignore human relationships because they only focus on using gadgets. Even when it comes to health problems, gadget addicts pay little attention to health problems such as: Lack of sleep time, poor personal hygiene and irregular eating habits.

Method

This study uses a type of literature study. According to Zed (2014) Literature study methods are a series of activities related to library data collection methods. Library studies are conducted by individual researchers with the primary goal of finding and building theoretical foundations, thinking frameworks, and determining temporary conjectures or also called research hypotheses. So that researchers can group, allocate organizing, and use library variations in their fields. By conducting library studies, researchers have a wider and deeper understanding of the problems to be studied. The data used came from the journal, a scientific article about the concepts studied.

Result

George Herbert Mead defined personality as a form of human conduct that has always evolved over time. The development of a person's inner personality will usually take a gradual lifetime through the individual's interaction with society. In a family environment where children interact well with their parents and other family members, they will easily receive formal education in the form of habits such as eating, sleeping, waking up early, dressing, manners, ethics and others. Similarly, informal education in the family will help a lot in teaching the basics of the child's personality formation.

A personality is influenced by several factors:

- a. Genetic factors that are inherent in her parents. These influences can be from innate qualities, such as grumpy, patient, polite, naughty, stubborn, strong willpower, understanding ethics and others that will have a profound effect on the quick or slow formation of a person's personality.

- b. Family factors are influential in personality formation, and there are several phases consisting of embryonic phase, infant phase, child phase, and adult phase.
- c. Environmental factors have a profound effect on how personalities are formed. The environment here is a neighborhood that consists of playmates, neighbors, and also an educational environment.

Many parents use the device as a foster care device while caring for their children. The reason why some parents give gifts to their children is so different, some claim that their child is calm and not disturbed when offered. What is important for them is that the provision of gadgets can help calm children and not interfere with parents' activities. In childhood, individuals had to play with peers to socialize and learn about the environment. Most parents also do not understand the intense use of child - friendly gadgets. It means that parents do not realize that giving gifts endlessly makes children addicted to them. Of course, cases like this cause anxiety for parents, because when a child is addicted to marijuana many negative effects, one of them affects the child's behavior. Negative effects of gambling addiction on children's behavior include, for example, alcoholism.

1. Emotional Behavior

The child is considered too indulgent to the child by giving a lecture if playing with a gawai for more than two hours a day and when the gawai is taken away, the child becomes angry, cries or shouts (Jarot, 2016). The attention of a junkie is focused only on the virtual world and when separated from the mobile, there is a feeling of anxiety and a bad mood. They can't stand being away from their devices for long. Children today are not afraid of demons, but they are afraid of no WiFi, weak batteries, or empty rooms.

2. Social behavior

If the emotional (egotistical) behavior that begins is not resolved immediately, social behavior disorder occurs. The most obvious effect of gestures on children is the decline in their social skills. Children who play gadgets too often don't care about the environment so they don't understand social ethics.

3. Violent or aggressive behavior

The trend towards violent and destructive behavior (vandalism) is increasing and one of the triggers is the development of technology, such as the use of gadgets for violent content, the proliferation of social media and the consequences of their use without supervision or assistance. Some experts claim that sadism and mischief have a negative impact on the child's personality. Basically the child wants to imitate others. This encourages children to commit similar crimes (Farmawi, 2001). Little by little, unwittingly, children's behavior changes, ranging from tantalum, sluggish social interaction, and mild violence to habits due to the violent content they see.

4. Lazy behavior and obesity

According to a study by experts from the University of Virginia in the United States the number of preschoolers who play for one to three hours a day tends to increase their risk of obesity by 30%. The longer children interact with electronic devices, the more serious they feel. When children are used to interacting with the device, they eventually prefer to sit with it rather than play with other children. Children are usually lazy to move, play, exercise, and play outside (Jarot, 2016). It makes children lazy and obese.

5. Sleep Behavior

Studies have found that 75% of children who use a device in the bedroom experience sleep disorders that cause a decline in their learning. Children who watch programs on tablets or TV after 7 p.m. can cause children from 3 to 5 years of age to experience sleep problems and have nightmares. Having fun with gadgets makes the bag taste go away.

The child's use of marijuana at the age of VUCA may affect the child's personality. The following are some of the effects of gadget use on child personality in the VUCA era that can be inferred to be:

1. Children who use gadgets often feel very dependent, even becoming an activity that has to be done daily.
2. Excessive use of gadgets can lead to addiction and reduce the time children spend in social settings.
3. Children who use gadgets too often can experience health problems such as blurred vision, headaches, and difficulty sleeping.
4. The use of gestures can affect the child's ability to speak and interact with the social environment.
5. Children who use devices too often can experience loss of concentration and memory.
6. The use of uncontrolled devices can impair foster patterns and form irresponsible child characters.

The positive effects of the use of gadgets for children in the VUCA era are:

1. The use of gadgets can improve children's language skills, such as speaking and understanding a foreign language.
2. Smart use of gadgets can encourage children to think creatively and develop their cognitive aspects.
3. The use of gadgets can help children maintain technology and internet access as academic support.
4. The use of tools can make learning easier and relieve learning boredom.
5. The use of gadgets can help parents educate their children about the VUCA era and prepare them for rapid change.

Discussion

To address the effects of using gadgets on the personality of a child in the VUCA era, parents can use a variety of ways. As is well known, in modern times the development of gadgets continues to lead in a better direction. Every day new gadgets that children can't possibly know about. Here is how to deal with child abuse:

1. Set the time limit for the use of the device
Children should also be taught that there is a time limit when using gadgets. The normal time to use a garage is during the holidays. If it's not a holiday, it's best not to let children play the guitar freely. Getting used to children with the time limit of using marijuana is one effective way to deal with addiction to marijuana.
2. Ask the child to socialize with his or her best friend
Children can play games because there is no fun activity that can be done with friends. Therefore, parents should invite their children to play with their best friends. They can invite their friends home. If he's got a lot of friends, he's got new activities and can forget about gadgets.
3. Encourage children to be active
The more free time children have, the more bored they are, and the more bored they feel, the more eager they are to play guitar. Therefore, there is nothing wrong with directing children to activities that can keep them busy all day.
4. Provide alternative toys
Children addicted to gadgets are usually children who previously had no other toys. Because there are no other toys, the kids are too attached to the garage. Therefore, the way to deal with gadget addiction children is to show other toys as an alternative.
5. Ask the children to talk
The most effective way to eliminate gambling addiction is to talk to children. Make them understand that internet addiction will have many negative effects, including insomnia and introverted personality formation that will make life difficult in the future.
6. Spend some time with the kids
It's good that parents take time to play with children so that children don't get addicted to gadgets.
7. Be a role model
Parents who always use gadgets are certainly an example for their children that using them all the time is not a problem. Parents need to set an example with addiction to care for children who are addicted to it.

Conclusion

Based on the above research results, it can be concluded that the use of gawai by children can be beneficial when used wisely and controlledly. Parents should monitor and limit the use of gadgets in children, and help children develop social skills and positive values in order to cope with the VUCA

era well. Additionally, the use of gadgets can also help parents to educate their children and prepare them for the rapid change in the VUCA era. However, improper and excessive use of devices can negatively affect the child's social and emotional development. Therefore, parents and society must be educated and socialized about the impact of proper and intelligent use of gadgets so that they can minimize the negative impact of gadgets on children.

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