

The Correlation Between The Duration Of Playing Gadgets In Young Children And Parental Anxiety Levels In Sidodadi Village

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ABSTRACT

This study aims to analyze the correlation between the duration of gadget play in early childhood and the level of parental anxiety in Sidodadi Village. This study uses an associative method with a quantitative approach. The sampling technique used in this study is the saturated sampling technique found in Non-Probability Sampling. The data collection technique was a questionnaire, the duration of playing gadgets, and the level of parental anxiety. Meanwhile, the analysis technique used is using Pearson Product Moment using SPSS software. The results of the study show that the level of duration of playing gadgets in children in Sidodadi Village, Penarik District, Mukomuko Regency, Bengkulu Province tends to be high. A total of 46.67% of respondents were included in the category of high gadget playing duration, 36.67% were in the medium category, and 16.67% were classified as low. This shows that the use of gadgets has become a dominant activity among children in the village. The level of anxiety of parents related to the use of gadgets by their children also tends to be high. The results showed that 30% of respondents had very high levels of anxiety, 26.67% high, 25% moderate, 15% low, and 3.33% very low. The dominance of the category is very high and high, indicating significant concerns among parents regarding the impact of gadget use on their children. There is a significant and positive relationship between the duration of gadget play and parental anxiety levels, with a correlation coefficient of 0.589. This suggests that the higher the duration of gadget play in children, the higher the level of anxiety experienced by parents. This relationship indicates a close connection between children's gadget usage behavior and parental psychological responses.

Keywords: *Duration of Playing Gadgets, Parental Anxiety*

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INTRODUCTION

The use of gadgets is a human interaction activity with sophisticated electronic devices, such as smartphones, tablets, and computers, for communication, entertainment, or information needs. According to Syahyudin (2020), various factors influence the use of gadgets among children, including rampant advertising on social media and television that affects children's desire to own and use gadgets (Syahyudin, 2020). The interesting features and technological advancements offered by gadgets also serve as their own

appeal for children. In addition, the affordability of gadget prices makes them more accessible to various groups, even to families with average incomes. The surrounding environment also plays a significant role in the habit of using gadgets, where peer pressure and cultural trends make children more inclined to use gadgets regularly. All of these factors indicate that the use of gadgets by children goes beyond personal necessity and is also influenced by various external factors.

Children at an early age should grow and develop in an environment that supports their physical, cognitive, social, and emotional development optimally. During this stage, direct interaction with the environment, free play, and stimulation from parents and the surrounding environment are crucial. The use of gadgets for young children should be very limited or even nonexistent, considering the potential negative impact on their development. Ideal parents should have a good understanding of child development stages and be able to provide an appropriate environment without relying on gadgets. They should feel confident in parenting and not experience excessive anxiety related to technology use.

In the context of the impact of gadget usage, research indicates that the intensity and duration of gadget use significantly affect child development. Robinson (2017) suggests that preschool children should only be exposed to screens for less than one hour per day to avoid negative effects such as addiction (Robinson et al., 2017). According to a study conducted by Sari and Mitsalia (2016), using gadgets for more than 120 minutes per day can lead to addiction, reduce social interaction, and hinder cognitive development in children (Sari & Mitsalia, 2016). Even Rowan (2017) states that children aged 0-2 should not be exposed to gadgets at all, and children aged 3-5 should only be allowed to use gadgets for about one hour per day. The conclusion that can be drawn is that although gadgets have some educational benefits, parental supervision is crucial in controlling their usage duration and preventing negative impacts on child development (Rowan, 2017).

The use of gadgets has both positive and negative impacts. Considering the positive effects of advanced devices that facilitate children in honing their creativity and intelligence, including applications for coloring, reading, and writing letters, it certainly significantly influences the enhancement of children's thinking abilities. However, the use of electronic products has negative effects on children: (1) it disrupts health, (2) hinders growth and development, (3) is susceptible to criminal activities, and (4) impacts children's behavior (Munisa, 2020b).

The impact of gadgets on children's behavior will create a unique sense of anxiety for parents in their child's developmental process. However, there are also some parents who are now unaware of the negative effects on their children or intentionally allow their children to use gadgets, so there are also parents who do not feel anxious about the impact of these devices (Nurhidayah et al., 2021). Anxiety is a negative feeling. Anxiety is defined as a reaction from within and from external factors when faced with an event or situation (Tirajoh et al., 2021).

The concern of parents regarding the use of gadgets by their children cannot be ignored. Previous research by Miharja and Fitrianti (2019) depicted the level of parental

anxiety towards the negative impact of gadgets on children aged 6-12 years, where many parents felt powerless in controlling their children's gadget usage (Miharja & Fitrianti, 2020). Lubis, Widianti, and Amrullah (2014) also indicated a relationship between parental anxiety levels and the intensity of gadget usage by their children, further reinforcing parental concerns about the potential negative effects of uncontrolled gadget use ((Yani Lubis et al., 2014).

The situation in the village of Sidodadi is not significantly different from those research findings. Many parents in this village feel anxious because their children spend too much time with gadgets, which can disrupt their social interaction and cognitive development. Munisa (2020), in her study on the impact of gadget use on social interaction in early childhood at TK Panca Budi Medan, showed that excessive gadget use can hinder a child's ability to interact socially with their surroundings (Munisa, 2020a). Furthermore, the increasing anxiety of parents in Sidodadi Village can be understood through the case studied by Finatika and Mustikawati (2019), where parental anxiety increased in line with the intensity of gadget use by their children (Finatika & Mustikawati, 2019).

Based on factual conditions, it can be concluded that uncontrolled and unsupervised use of gadgets has a negative impact on children and increases parental anxiety. Therefore, this research focuses on measuring the level of gadget dependency and parental anxiety in the village of Sidodadi. The gap between the ideal and the reality raises interesting questions about the relationship between gadget use in young children and parental anxiety in Sidodadi Village. On one hand, gadgets can be helpful tools for learning and entertainment for children. However, on the other hand, excessive use can negatively affect a child's development. Parents are faced with the challenge of balancing the benefits and risks of gadget use, which can trigger anxiety.

This research aims to explore the correlation between the use of gadgets in young children and parental anxiety levels in the village of Sidodadi. By understanding this relationship, valuable insights are expected to support the healthy development of children and the mental well-being of parents in the digital era. The findings of this study can also serve as a foundation for developing appropriate strategies and policies in addressing the issue of gadget use in young children, as well as providing necessary support for parents in facing parenting challenges in the technological age.

METHOD

The research conducted by the researchers uses an associative method, which aims to determine the relationship between two or more variables. Essentially, research aims to demonstrate truth in order to solve the problem being studied. The appropriate and relevant research method can achieve the objectives. In this study, it is hoped that the relationship between gadget playing duration (X) and parental anxiety level (Y) can be identified. The population is a generalization area consisting of objects or subjects with specific qualities and characteristics that researchers apply to study and draw conclusions. The population represents the entirety of research subjects. In this study, the population

consists of all parents with children aged 4-6 years in Sidodadi Village, totaling 60 respondents. The sampling technique used in this research is total sampling Total sampling is a sampling technique where the sample size is equal to the population size The reason for using total sampling is because the population size is less than 100 The sample taken includes all parents with children aged 4-6 years in Sidodadi Village, totaling 60 respondents. In this study, the type of instrument used to measure parental anxiety levels related to the use of gadgets in young children is a structured questionnaire. The data analysis technique for hypothesis testing in this research uses the Pearson Product Moment test to determine the significant relationship between the independent variable (X) and the dependent variable (Y) To determine the significance of the obtained coefficient, if the Sig value is > 005 , H_a is accepted and H_0 is rejected, whereas if the Sig value is < 005 , H_1 is rejected and H_0 is accepted The analysis software used is SPSS version 27

Table 1. Interpretation Table of Correlation Coefficients

No	Coefficient of Interval	Criteria
1	0,00-0,199	Very Dissatisfied
2	0,20-0,399	Dissatisfied
3	0,40-0,599	Quite satisfied
4	0,60-0,799	Satisfied
5	0,80-1,000	Highly satisfied

(Sulgiyono, 2016)

FINDING AND DISCUSSION

The data acquisition for the variable of gadget playing duration was obtained from a questionnaire distributed to 60 respondents The data will be processed into statistical data using SPSS v27 With a total of 15 statement items, each having 3 alternative answers After obtaining the mean and standard deviation values, the researcher categorized the data based on empirical statistics This categorization consists of 3 categories: high, moderate, and low The following is the scoring calculation for the gadget playing duration variable:

Table 2. Distribution of Categorized Duration Variables for Playing Gadgets

No	Criteria	Category	Frequency	Percent %
1	$X > 42.98$	High	28	46,67
2	$28.12 < X < 42.98$	Intermediate	22	36,67
3	$X < 21.64$	Low	10	16,67

The table above indicates the duration of gadget usage in the high category at 4667% with a total of 28 respondents, in the moderate category at 3667% with 22

respondents, and in the low category with a value of 1667% and 10 respondents. Therefore, it can be concluded that in the variable of gadget usage duration and across the three categories in Desa Sidodadi, Kecamatan Penarik, Kabupaten Mukomuko, Bengkulu Province, it is predominantly in the high category.

The data acquisition for the variable of parental anxiety level was obtained from a questionnaire distributed to 60 respondents. The data will be processed into statistical data using SPSS v27, with a total of 28 statement items, each having 5 alternative answers. Below are the results of the frequency distribution of parental anxiety levels.

Table 3. Distribution of Categorization of Parental Anxiety Level

Category	Criteria	Frequency	Percent %
$X \geq 132,41$	Very High	18	30,00
$109,38 \leq X < 132,41$	High	16	26,67
$86,35 \leq X < 109,38$	Intermediate	15	25,00
$63,32 \leq X < 86,35$	Low	9	15,00
$X \leq 63,32$	Very Low	2	3,33
Total		60	100

From the table above, it is evident that the level of anxiety among parents in Sidodadi Village, Penarik Subdistrict, Mukomuko Regency, Bengkulu Province is categorized as very high at 30% with a total of 18 respondents. In the high category, it is 2667% with 16 respondents, in the moderate category it is 25% with 15 respondents, in the low category it is 15% with 9 respondents, and in the very low category it is 333% with 2 respondents. Therefore, it can be concluded that the variable of parental anxiety level in Sidodadi Village, Penarik Subdistrict, Mukomuko Regency, Bengkulu Province is predominantly in the very high category.

Based on the correlation results in table 4, the correlation coefficient is 0589, indicating a strong positive relationship. Based on the significance values between the variables of gadget playing duration and parental anxiety level, the significance value is $0001 < 005$, which means there is a significant correlation. Therefore, it can be concluded that there is a correlation between gadget playing duration and parental anxiety level in the village of Sidodadi, Penarik District, Mukomuko Regency, Bengkulu Province.

Tabel 4. Correlation Test Results

		Correlations	
		Durasi Bermain Gadget	Tingkat Kecemasan Orang Tua
Durasi Bermain Gadget	Pearson Correlation	1	.589
	Sig. (2-tailed)		.001
	N	60	60
Tingkat Kecemasan Orang Tua	Pearson Correlation	.589	1
	Sig. (2-tailed)	.001	
	N	60	60

This study aims to explore the relationship between gadget usage duration and parental anxiety levels in the village of Sidodadi, Penarik District, Mukomuko Regency, Bengkulu Province. The discussion of this research will elaborate on the research findings and refer to relevant previous studies. The research results indicate a strong positive correlation between gadget usage duration and parental anxiety levels in the village of Sidodadi, Penarik District, Mukomuko Regency, Bengkulu Province.

Firstly, the research results indicate that the duration of playing gadgets among children in Sidodadi Village tends to be high. 46.67% of respondents fall into the category of high gadget usage duration, while 36.67% are in the moderate category, and only 16.67% are classified as low. This finding suggests that the majority of children in the village spend a significant amount of time playing with gadgets.

This finding is in line with the research conducted by Wulandari et al (2023), who found that the use of gadgets among young children in Indonesia tends to be high, with an average usage duration of 3-4 hours per day. The high duration of gadget usage can be attributed to several factors, such as easy access to technology, lack of parental supervision, and limited attractive alternatives for children in rural areas (Wulandari & Kurniasih, 2023).

Secondly, the level of anxiety among parents regarding their children's use of gadgets is also generally high. Research results indicate that 30% of respondents have a very high level of anxiety, 26.67% have a high level, 25% have a moderate level, 15% have a low level, and only 3.33% have a very low level. The dominance of the very high and high categories indicates that most parents in Sidodadi Village feel anxious about the impact of gadget use on their children. This finding is consistent with the research by Fransiska et al (2022), which revealed that parents in urban and rural areas in Indonesia have a fairly high level of anxiety regarding their children's use of gadgets. This anxiety often stems from concerns about the negative impact of gadgets on their children's physical, cognitive, and socio-emotional development (Fransiska et al., 2022).

Thirdly, the correlation test results indicate a significant and positive relationship between the duration of playing gadgets and the level of parental anxiety, with a correlation coefficient of 0.589. This suggests that the higher the duration of gadget play in

children, the higher the level of anxiety experienced by parents. This positive relationship can be explained from several perspectives. Firstly, the longer children use gadgets, the greater the likelihood that they will be exposed to inappropriate content or experience negative effects from excessive use. This is consistent with the research by Nurhasanah et al (2023), which found that high gadget usage duration in young children correlates with decreased social interaction abilities and increased aggressive behavior (Nurhasanah & Yudha, 2023).

CONCLUSION

The duration of playing gadgets among children in Sidodadi Village, Penarik District, Mukomuko Regency, Bengkulu Province tends to be high. 46.67% of respondents fall into the high duration category, 36.67% are in the moderate category, and 16.67% are classified as low. This indicates that gadget usage has become a dominant activity among children in that village.

Parents' anxiety levels regarding their children's use of gadgets are also generally high. Research results indicate that 30% of respondents have very high anxiety levels, 26.67% have high levels, 25% have moderate levels, 15% have low levels, and 33.33% have very low levels. The dominance of the very high and high categories indicates significant concerns among parents about the impact of gadget use on their children.

There is a significant and positive relationship between the duration of playing with gadgets and the level of parental anxiety, with a correlation coefficient of 0.589. This indicates that the higher the duration of gadget use in children, the higher the level of anxiety experienced by parents. This relationship suggests a close connection between the behavior of gadget use by children and the psychological response of parents.

However, it is important to note that this correlation does not always indicate a direct cause-and-effect relationship. There may be other factors influencing both gadget usage duration and parental anxiety, such as parenting styles, parental education level, or family socio-economic conditions.

Nevertheless, this research has some limitations that need to be considered. First, the relatively small sample size (60 respondents) may limit the generalizability of the findings. Second, this study is correlational in nature and cannot determine a cause-and-effect relationship between variables. Third, contextual factors such as family socio-economic conditions or access to the internet, which may impact the results, were not analyzed in depth.

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