
**EFFORTS TO STABILIZE CHILDREN'S MENTAL HEALTH
THROUGH SCREENING THE USE OF GADGETS IN CHILDREN IN
THE PANDEMIC PERIOD OF COVID-19**

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ABSTRACT

The development of the industrial era 4.0 made various changes in community activities. One of them is the use of Gadgets everyday that when it had become a necessity. Use of the wise tentunyaakan bring the impact that good and helpful. But otherwise Especially again when it the people of old let children use gadgets without supervision. According to a study at the Chinese Academy of Science, it turns out that addiction to gadgets and the internet can change a person's brain structure.

Brain development in children during their infancy needs attention. Given the high intensity of use of gadgets in almost most major activity of children. It is an impact on the production of the hormone dopamine, which exaggerated disrupt maturation function of the prefrontal cortex that controls emotions, control themselves, bear responsibility, decision -making and the values of moral others. Addiction to gadgets can cause interference pemusat attention and hyperactivity .

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PRELIMINARY

Background

The development of technology adult is experiencing the progress that is very rapid. So much convenience and practicality are offered in the use of technology. When this communication can be done with very real without obstructed space and time. Technology as gadget when it semkain advanced not only in sending sound to send images more easily without issuing costs were very much.

Technology users are not age restricted. Now the social life of children is more influenced by technology. More often children ages early interact with gadgets and virtual worlds also affect the power thought the child against something in the outside things that, he also will feel foreign to the environment around because of the lack of interaction social. However, the progress of technology also can help power the creativity of children if their use is offset by the interaction of children with the environment around it. They know how to how to utilize technology to satisfy the desire to play them.

People parents should supervise when children play gadget so that they are not too dependent with gadgets and do not forget to socialize with the environment. Being parents of children who live in the era of globalization of information as now it is not easy. It doesn't just take persistence. prowess. patience and wisdom in attitude but also in acting.

The role of parents is important in the development of children with the gadgets they have. Often we find the use of gadgets to be one of the shortcuts for parents in assisting them as caregivers for their children. They use it to accompany the child so the parents can carry out activities with calm, without worries his son wander, play dirty, messy home. Children can operate gadgets and focus on games or other applications. People older latter is much the assumption gadget is able to be a friend to play the safe and easy to control. So that the role of parents during child development is replaced by gadgets.

The period of development of children who are very sensitive is the current age of 1-5 years, as the future of children aged early so it is often called the golden age. At the time this whole aspect of the development of intelligence, namely the intelligence of the intellectual, emotional, and spiritual experience the development of the outer usual so that will affect and determine the development of the next .

When children are in the golden age of all the information will be absorbed by quickly. They became imitators are reliable, they are more smart than what we think, is more intelligent than the visible and will be the basis of the formation of character, personality, and ability cognitive.

The gadget is more dominant on the impact negative that effect against the development of the child. One of them is radiation in gadgets that can damage the nerve and brain networks of children if children often use gadgets. In addition, it can also reduce the active power of children and the ability of children to interact with other people. In addition to having impact positively, including the patterns of thought a child is able to assist children in arranging the speed of play, cultivate strategies in the game, and help improve the ability

of the brain right of the child during the supervision of the well. However, behind these advantages .

Children become more individual with their comfort zone with gadgets so that they have less caring attitude towards friends and even other people. By because it is, important understanding about the influence gadget for parents. So that children can be restricted its use and power development of children can thrive with a good and be a child who is active, intelligent, and interactive towards other people.

State is supported by the situation pandemic which requires naka must always remain at home. All aktivitasc such as school and play done with online. So that the screen time of children with gadgets will be longer. For children who have not been in school, it allows excessive use of gadgets due to the presence of parents who have to work at home. Usually the person parents give gadgets on children that are not fussy or disturb the work the parents .

RESEARCH METHODOLOGY

This type of research used in this research is descriptive analytic with approach cross sectional of a study that aims to determine the relationship disorder health mental child to use gadgets that are excessive

A. Population and Sample

1) Research population

The population includes all the characteristics or properties possessed by the subject or object under study. The population can also mean a group of people or object and object observed. The population in this study were preschoolers in Java east.

2) Research Sample

The sample is part of the population that represents the population taken. In this study, the number of samples found was 26 children. The sampling method used in this study was *accidental random sampling*

DISCUSSION

Based on the results of the study, 85% of mothers as an observer activities of children in the use of gadgets at home. It is very reasonable because most large children become responsible responsible mother. The age of the parents who fill in is 54% of the productive age. Productive age in parents is able to follow the child's development. So that it is easier to direct children to use gadgets.

Results of the study showed the use of gadgets at the time before the pandemic tends to be high. 61% in the medium category of gadget use and 4% in the high category. It is possible because it is the gadget was considered a child more attractive. Start of applications and content that no one of them youtube, games online, and applications other. So that the child is choosing to use gadgets than the activities of the other. The cause of the high rate of use of smartphone for children ages kindergarten 4-6 years, among others : 1) smartphones and tablets as a means of introduction to the technology of information and communication; 2) smartphones and tablets as educational media to increase children's

knowledge; and 3) smartphones and tablets as a means of entertainment so that children are not fussy and fussy.

While the use of the gadget when the pandemic actually tends to decrease. From those previously experiencing moderate dependence, 61% to 58% during the pandemic. And is not there a single use of the gadgets in the category high. Based on the results of the study showed that not there is a difference that is significant to the use of gadgets by children between the prior and the current pandemic. This is certainly a good thing if it can be continuously suppressed during the pandemic. Scheduled gadget use, as needed and monitored by parents, is expected to reduce dependency on children. So that children can be protected from the impact of excessive use of gadgets, especially for their growth and development.

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