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An Overview on Case Internet Addiction in Early Childhood's Perspective

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Abstract
This article was written based on research that aims to describe the level of internet addiction in early childhood in TK Nagari Lima Kaum with quantitative descriptive research methods. The novelty in this study is to find out data on the level of internet addiction in early childhood's perspective in Nagari Lima, where the topic of this research has not been studied by other researchers. The results showed that the level of internet use in AUD in Nagari Lima Kaum was 23 respondents in the high category, 7 respondents in the medium category, 3 respondents in low category, and 2 of the respondents in the very low category. This can be a record of parents and the surrounding environment in providing supervision to children when using the internet and gadgets to avoid internet addiction. Limiting internet usage time for children and providing time to play together can be one solution that can be given by parents. The conclusion of this study is that the level of internet addiction in Nagari Lima Kaum is in the high category.

Keywords: *internet addiction; early childhood; parents*

Abstrak
Artikel ini ditulis berdasarkan penelitian yang bertujuan untuk mendeskripsikan tingkat kecanduan internet pada anak usia dini di TK Nagari Lima Kaum dengan metode penelitian deskriptif kuantitatif. Kebaruan dalam penelitian ini adalah untuk mengetahui data tingkat kecanduan internet pada perspektif anak usia dini di Nagari Lima, dimana topik penelitian ini belum diteliti oleh peneliti lain. Hasil penelitian menunjukkan bahwa tingkat penggunaan internet pada AUD di Nagari Lima Kaum sebanyak 23 responden dalam kategori tinggi, 7 responden dalam kategori sedang, 3 responden dalam kategori rendah, dan 2 responden dalam kategori sangat rendah. Hal ini dapat menjadi catatan orang tua dan lingkungan sekitar dalam memberikan pengawasan kepada anak saat menggunakan internet dan gadget agar terhindar dari kecanduan internet. Membatasi waktu penggunaan internet untuk anak dan menyediakan waktu untuk bermain bersama dapat menjadi salah satu solusi yang dapat diberikan oleh orang tua. Kesimpulan dari penelitian ini adalah tingkat kecanduan internet di Nagari Lima Kaum termasuk dalam kategori tinggi.

Kata kunci: *kecanduan internet; anak usia dini; orang tua*

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Introduction

The more sophisticated and developing science in this era, humans cannot be separated from technology. Technology has a very strong and close bond with human life, especially technology in the form of gadgets. A gadget is a form of advanced technology that is equipped with features that can support the sophistication of technology, and is also an information technology that is widely used in everyday life at various ages (Marpaung, 2018)). In the millennial era, which is based on technology and digitalization today, needs can easily be arranged through gadgets (Hijriyani & Astuti, 2020). Therefore, gadgets are one of the real forms of the rapid development of science and technology in today's era (Pebriana, 2017).

This gadget-shaped technology started from a mobile phone with coins which developed into a telephone with a cable, and developed again into a wireless cell phone, until now it has become a smart phone (smartphone or gadget) that can facilitate human work (Nurhaeda, 2018). In addition, the existence of an internet service or network that supports the sophistication of these gadgets makes any information freely accessible through gadgets and the internet. The internet is a form of network that can make it easier for individuals to find information over a wide range without any limitations.

The presence of the internet can penetrate the dimensions of its users' lives regarding space and time including being accessible by anyone, anytime, and anywhere (Junida, 2019). In fact, nowadays gadgets are not only used by adults, but also accessed and used by children at an early age. According to Midayana et al (2021) the use of gadgets has been used by children aged 7-11 years and even early childhood (3-6) years. This is also evidenced by other literature data which states that in 2020 through the Central Statistics Agency around 3.5% of children under five and 47.7% of pre-school children have used gadgets (Hamidah, 2022). Many of today's early childhood are good at accessing and using gadgets without help from others. The interesting features of the gadget make children interested and quickly familiar with it (Midayana et al., 2021). This makes gadgets have a closer relationship with humans and cannot be separated from their lives (Sri Rahayu et al., 2021).

However, continuous use can be a threat to parents if it is played and accessed by children, especially at an early age because there are many negative effects that can arise as a result of using this technology. The use of gadgets from an early age caused a lot of controversy in the community. The debate about the pros and cons of this has colored life in today's millennial era. Children are assets that will continue human civilization and the nation. Therefore, at this age children really need stimulation, supervision and guidance from parents and the surrounding environment in order to avoid things that can affect children, and one of them is the bad influence of using gadgets. Early childhood has the nature of imitation, where children can imitate whatever they have seen, both in real and through intermediaries such as television or gadgets. Early childhood is a golden period known as the golden age, a period that will not be repeated (Hadisi, 2015). In addition, early age is the age that is most vulnerable to the formation of children's character and personality (Silahuddin, 2017).

Currently, the sophistication of digitalization makes the use of gadgets in early childhood a common thing. Various reasons for parents have begun to emerge in the midst of modern society that allows children to use gadgets (Keumala et al., 2018). Parents make gadgets as a shortcut in providing assistance and care to children so as not to interfere with the activities they are doing (Chusna, 2017). Many parents introduce gadgets to their children through shows or videos that they feel are suitable for children. In addition, parents also silence their children when they cry by using gadgets to cheer them up. While on the other hand, this can trigger children's excessive interest in gadgets and over time can lead to addiction levels in children. In addition, there is a new problem that is a threat to human life and is known as the Covid-19 virus. This epidemic is one of the conditions that change and affect the order and habits of human life around the world.

Physical distancing (maintaining distance), not making crowds, wearing masks, washing hands and making contact remotely through the network (online) are one of the ways

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that can be done to reduce the spread of the Covid-19 virus. One of the areas affected by the virus is education. Learning activities were initially carried out through direct face-to-face meetings between teachers and students, but now learning is carried out online from home to reduce the higher risk of spreading COVID-19 (Marcia & Nurhafizah, 2022). There are two effects that arise from the use of gadgets in distance learning, namely a positive effect that can create an interactive and interesting environment (Suzana et al., 2020), and a negative effect that can affect the quality of human life. In fact, learning activities like this result in activities in the use of internet networks and gadgets increasing and increasing from early childhood to teenagers to adults.

Children tend to use the internet in the form of gadgets for online games, listening to music, watching videos, looking for information and online social interactions (Rachmayani, 2017). In addition, now gadgets are also equipped with software created specifically for early childhood such as YouTube Kids and several other software features that attract children's attention (Hijriyani & Astuti, 2020). Most parents neglect to supervise their children when using gadgets because they have other activities to do. Without assistance from parents and the surrounding environment, children's interest in this gadget can trigger a high curiosity so that it is feared that it could have a bad impact on children.

Use of gadgets countinusly can harm and damage children's lives. Internet addiction, addiction to playing games, acts of violence, and also content containing pornography are some of the cases that can occur from continuous use of gadgets without assistance (Nurhaeda, 2018). The Indonesian Pediatrician Association (IDAI) estimates that 5-10% of children experience developmental delays. This delay can occur because it is influenced by several factors such as environmental factors, parents, nutritional status, and even factors from the use of gadgets themselves (Calorina et al., 2021). In addition, the use of gadgets and the internet without restrictions and supervision from parents can also be a threat and a boomerang for children, especially children at an early age because it can cause damage to their character and personality.

The formation of children's character and personality requires guidance and direction from parents. Parents are the main key in controlling and guiding children because parents are the main educators for children (Sihura, 2018). Therefore, management of the use of gadgets in today's modern era is urgently needed to reduce the risk of addiction to using gadgets in children (Barotun Mabaroh & Sugianti, 2021). Information received by children through gadgets must be balanced with good information given to children so that children can filter that information (Harahap & Adeni, 2021). Many major changes can occur and change the order of human life that cannot be avoided due to the use of gadgets (Yuniani et al., 2019). Excessive use of gadgets can also affect the mindset and behavior patterns of users (Pebriana, 2017). In addition, children who are addicted to their gadgets can cause mental problems (Park & Park, 2014). The use of technology in the form of this gadget has a very broad impact, especially if it has reached the stage of addiction that can threaten the quality of life of the next child.

The positive impact of using gadgets in early childhood is that it can serve as a medium of stimulation that can optimize aspects of child development such as increasing children's vocabulary through videos or games that can be easily accessed through software features on the gadget (Alia & Irwansyah, 2018). In addition to the positive impacts, negative impacts dominate children's lives, especially in early childhood if the use of gadgets is not limited. The negative impact that can arise from excessive use of gadgets and the internet in children is that it can pose a risk of addiction that can affect the child's further development. Children who have experienced addiction to this technology can have an impact on their metal development such as social and emotional (Yuniarni, 2019).

In addition, the negative impact of using gadgets is the lack of interaction, low ability to socialize with the environment, having a sense of dependence, decreased health such as dry eyes due to radiation (Itsna & Rofi'ah, 2021). Laily & Chandra (2021) also stated that children

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who are addicted to the internet tend to play alone, are less sensitive to the environment and become individualized individuals. Another problem when children are addicted to gadgets is the disruption of the child's speaking ability (Nasikhah & Purwanta, 2019). So it can be concluded that children who are addicted to gadgets will have an impact on social relationships and emotional and mental feelings, children tend to be individual individuals, are not good at socializing with their surroundings, have problems with children's speaking skills and prefer to play with gadgets than playing with friends.

Therefore, to minimize these problems, guidance and direction from parents and appropriate parenting patterns are needed so that children avoid the influence of gadgets and the internet. This is also conveyed in the research of Cahyani et al (2022) that parental assistance in the use of gadgets from an early age in childhood is very important and needed to avoid negative impacts that can occur. The maximum role of parents is needed in mentoring, education and supervision in addressing the problem of using gadgets in children so that they are not misused and become addicted (Asmawati, 2021).

Based on initial observations in the field that children have more fun playing with their gadgets than playing with friends in their surroundings. This indicates how interesting the features provided by this technology for its users can increase the number of gadget addictions. Without realizing it, excessive use of gadgets in children can make children passive, individual, do not want to know the surrounding environment, forget time and disrupt health such as children's eyes and brain due to radiation. Therefore, the policy of parents in this modern generation is needed so that children can avoid the dangers of using gadgets and the internet. Based on what has been described above, the researchers are Perspectives. interested in researching the "Review of Internet Addiction Cases in Early Childhood". The novelty in this study is to find out data on the level of internet addiction in early childhood's perspective in Nagari Lima, where the topic of this research has not been studied by other researchers.

Methodology

This research is a quantitative descriptive study to analyze data describing conditions in the field. Researchers collected data using a survey method through questionnaires distributed on January 15-20, 2022. Figure 1 is a description of the flow of research in the field:

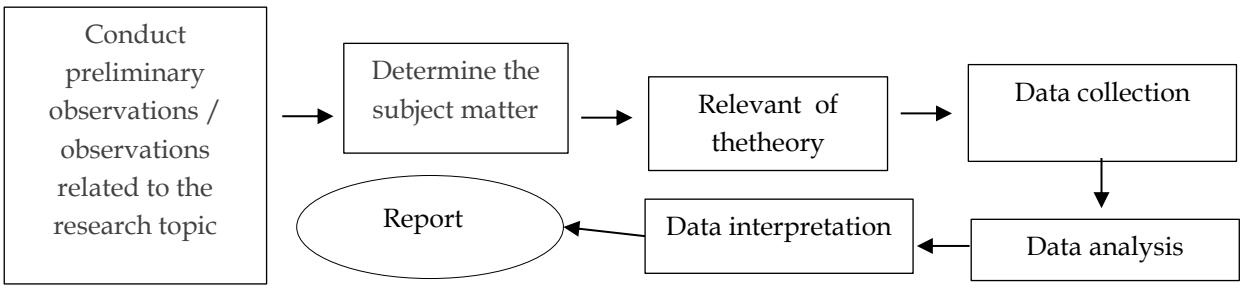

Figure 1. Research Flow

Based on the research flow above, it can be explained that this research was designed in the form of a description of the data presented in the form of a table. The stages in the design of this research start from references in the form of journals and books that are used as references in making research questionnaires. Questionnaires were distributed via google form, the data obtained was entered into a tabular form and analyzed. The population or subject of this study are parents who had an early childhood in Kindergarten in Nagari Lima Kaum. The population is the object or subject of research in accordance with the research topic, which is then studied and conclusions drawn. The sample in this study was 35 parents, where the sample was taken 10-15% or 20-25% of the total population if the number of subjects was

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more than 100 people (Arikunto, 2010). The sampling technique in this study is using simple random sampling which means that the sample is taken randomly without looking at the strata (Sugiyono, 2018). The research data collection was obtained from the results of distributing questionnaires which were processed in tabular form, so that through the table the percentage score to measure and determine the results of parental observations of children with high and low scores of internet addiction in children. The questionnaire contains statements in the form of a Likert scale which are filled out by research respondents according to the circumstances they experience. To find out the high and low categories of the results of the study, interpretation was carried out with very high, high, medium, low and very low classifications. Based on the interpretation of the data, the results of the research categories can be seen related to the high or low internet addiction in children in Nagari Lima Kaum.

Results and Discussion

Following are the results along with a discussion of the research that has been done regarding the review of internet addiction cases from the perspective of early childhood. The results of research conducted in Nagari Lima Kaum are known as of the 35 respondents who filled out the research questionnaire as table 1.

Table 1. Results of research conducted in Nagari Lima Kaum

Category	interval	f	%
Very high	84-99	0	0
Tall	68-83	23	66
Currently	52-67	7	20
Low	36-51	3	8
Very Low	20 -35	2	6
Total		35	100

In the table 1, it is known that 66% of respondents are in the high category with many respondents, namely 23 respondents. Furthermore, 20% of respondents are in the medium category with 7 respondents, 8% of respondents are in the low category with 3 respondents, and 6% of respondents are in the very low category with 2 respondents. Based on the results of the research data, it is known that the level of internet addiction (internet addiction) in Nagari Lima is in the high category with the respondents' answers being 66% or 23 people. This figure can be a record and reference as well as an illustration for parents and the community to overcome the high rate of internet addiction in children in Nagari Lima Kaum. Through this explanation, it can be concluded that the level of internet addiction in Nagari Lima Kaum is in the high category and requires special attention by parents and the surrounding environment so that children can avoid the negative effects of gadgets and internet technology that can affect their next lives.

According to research Sunita & Mayasari (2018) parents' love for children makes parents continue to lend their gadgets to children and some even give special gadgets to their children even though they know the impact that gadgets can have. This is also done so that the child becomes calm and does not interfere with the activities of the parents (Wardi et al., 2018). This is in accordance with the initial observation data found by researchers that parents tend to give gadgets to children as a form of solution so that children are not fussy and do not interfere with the activities they are doing. In the process of conducting the research, this statement is also included and included in the research questionnaire in order to clarify and confirm the circumstances or facts that occur in the field. The result is also known that parents choose gadgets as a tool to calm children so they don't interfere with work. In addition, parents who have the status of office workers also make gadgets as a form of entertainment for children so that children become calm. Other findings were also found when observing tourist

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attractions, places of worship and culinary places that gadgets are one of the most effective choices given by parents to children so that children are not fussy and can sit quietly.

This reason is the basis for parents when giving gadgets to children. But without realizing it, the use of gadgets from an early age can have a negative impact and a bad influence on the life of the next child. The use of gadgets without supervision, restrictions, and directions from parents can also increase the amount of internet addiction in children. There are several negative impacts that result from gadgets if the child is addicted, which results in decreased writing and reading activities, decreased social skills, and a selfish attitude. Young children are still unable to distinguish between good and bad, and this will be a problem if children accidentally access pornographic materials (Sri Rahayu et al., 2021). Not only that, children's concentration power can also be affected as a result of internet addiction (Maria & Novianti, 2020).

In addition, children who often spend time with gadgets will tend to be angry and rebellious because they feel disturbed when playing games and are lazy to do routines and other activities (Saroinsong et al., 2021). The danger of radiation from gadgets is also one of the harmful effects because over time it can reduce the ability of vision due to exposure to radiation, in addition to reducing the ability to capture learning because it is not focused (Iqbal et al., 2020). So this will certainly be very dangerous for the next child's life if left alone.

According to Nurhaeda (2018) one of the causes of internet addiction in early childhood is because of the interesting features offered by gadget technology. So this makes the users happy. Anything can be accessed and searched for information through this mobile phone without any restrictions on access, time and place. In addition, lack of parental attention and supervision can also have a negative impact on children. Parents feel that their work has become lighter since the existence of gadgets and the internet, because children can sit still when they have been lent a gadget, so they don't interfere with other parents' activities.

Based on the above, it can be seen that the role of parents is very important and very much needed in maintaining and caring for children so that they do not fall into the negative things of using gadgets. Limitations in the use of gadgets are needed so as not to become addicted to children (Suzana et al., 2020). The concept of parenting is the most important key, so that children can be directed and guided in a good direction so that the realization of a virtuous human being and good character.

According to Sunita & Mayasari (2018) there are several ways that can be applied to children so that children do not become addicted to using gadgets, namely limiting children's use of gadgets, developing children's talents and interests, often giving time to play together with children, inviting children to play outside. Midayana et al (2021) also said that other ways to overcome problems so that children avoid gadget addiction are limiting the time they use gadgets consistently, parents educating themselves about gadgets, providing assistance and supervision to children when using gadgets, providing understanding about behavior on the internet to children, directing children to play without gadgets. In addition, parents must be wiser in facilitating children with gadgets even though parents also have other activities in their work (Johnson, 2010).

Conclusion

Based on the results of research data, we can know that the number of gadgets used in early childhood in Nagari Lima Kaum belongs to the high category, which illustrates the high use of gadgets in early childhood in Nagari. This situation can be one of the influences for the next child's life if there is no supervision from parents. Therefore, children need supervision and direction from parents in using gadgets. Limiting the time of using gadgets can be one way so that children do not feel addicted to playing with gadgets, besides providing education that is in accordance with the level of understanding of children regarding gadgets, and taking time to play with children, so this can be a way to avoid children from addiction to using gadgets and the internet.

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