

ANALYSIS OF PARENT-CHILD INTERNET ADDICTION TEST IN SDIT AL IMAN BINTARA

Tissa Maharani

Departement of Information Technology, Gunadarma University, Indonesia

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Corresponding author*:

tissa@staff.gunadarma.ac.id

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Abstract: The development of information and communication technology and the implementation of distance learning during the COVID-19 pandemic have made everyone use gadgets, including children and toddlers. In addition to having a positive impact, of course, there are many negative impacts, one of which is gadget addiction. Gadget addiction can be detected using the Parent-Child Internet Addiction Test (PCIAT) developed by Dr. Kimberly Young based on Internet Addiction Test (IAT). The purpose of this research is to detect and analyze the use of gadgets and the internet using PCIAT in SDIT Al Iman Bintara students through respondent, namely their parents, and increase the awareness of parents about the dangers of gadget and internet addiction. The results of this research are, from 516 students, as many as 472 student guardians filled out the PCIAT questionnaire. A total of 288 respondent children (67.4%) showed NO SYMPTOMS of gadget addiction, 124 respondent children (29%) showed MILD symptoms, and 15 respondent children (3.5%) showed moderate symptoms. Cooperation between parents and the school is needed in regulating the use of children's gadgets, and consistency in the implementation of the rules.

Keywords: Gadget Addiction, Gadget Use, School-Age Children

INTRODUCTION

The development of ICT (Information and Communication Technology) and the implementation of PJJ (Distance Learning) during the COVID-19 pandemic made it inevitable for everyone to use gadgets. According to data from DataReportal, the number of active smartphone users in Indonesia jumped to 209.3 million in 2023 [1]. Not only limited to being used among adults, but children and toddlers have used gadgets in their daily lives.

Even though it has become a daily necessity, there are still many families who allow the misuse of gadgets, allowing or even deliberately giving gadgets to early childhood [2].

According to the Great Dictionary of Indonesian Edition V, a gadget is an electronic or mechanical device with a practical function; gawai. Its main function is to make it easier for humans to do work, such as communicating, seeking information, entertainment and other activities. Gadgets have become the most important part of human life today, thus affecting the lifestyle of its users. Most people know that gadgets are only limited to smartphones, but in reality there are a lot of electronic items that are included in gadgets. Angraini (2019) in her book states that there are several types of gadgets that are often used in society, such as cellphones or smartphones, laptops, tablets, and even smart TVs [3]. Even the internet, pen drives, emails, and social media that exist today can also be called gadgets [4].

Of course, the increase in the use of this gadget has a positive and negative impact. According to Novitasari (2019), there are several positive impacts of using gadgets for children, namely: (1) increasing knowledge; (2) facilitate communication; and (3) expanding the network of friends [3], (4) practicing sportsmanship, and (5) honing creativity [5].

Meanwhile, the negative impact of gadget use for early childhood can be seen from not answering when their parents call, whining when they are not given permission to use gadgets, and experiencing problems in their speech skills at the age of 6 [6]. Other negative impacts, children can also experience impaired focus, impaired concentration and emotional problems, and can even lead to obesity. [2] In addition, it can (1) decrease social interaction, (2) visual impairment; (3) making the child's posture poor; (4) sleep disturbances; (5) violent behavior; (6) exposure to radiation; (7) the threat of cyberbullying; and (8) gadget addiction [7].

According to Simanjuntak (2020), gadget addiction is the behavior of an individual who cannot control and depend on the internet through gadgets [8]. Gadget addiction certainly has many bad effects. According to Kompas on the www.kominfo.go.id website, the phenomenon of gadget addiction in children has been in an alarming condition and has become increasing in the last five years. A number of children became victims, or were involved in several criminal cases. Even in the last three years, the number of cases of children experiencing mental disorders due to gadget addiction has increased [9].

According to Dr. Kimberly Young, an American psychologist, gadget addiction is the same as internet addiction, which is an individual who cannot control and relies on the use of internet-based technology. Gadget addiction can be measured using the Parent-Child Internet Addiction Test (PCIAT) which is designed to measure children's online activity from a parent's point of view, based on the Internet Addiction Test (IAT), which has been widely used in clinical assessments, by evaluating the condition of children who experience Problematic Interactive Media Use (PIMU). PIMU is a behavior characterized by compulsive use, increased tolerance, and negative reactions after the cessation of the use of interactive media that interferes with a person's physical, mental, cognitive and/or social functioning [10][11].

PIMU consists of four categories, namely (1) no symptoms; (2) mild symptoms, where the child is an internet user with an average duration, several times playing the internet but still having screen time control; (3) moderate symptoms, where children begin to experience some problems affected by the internet and screen time; (4) severe symptoms, where the use of the internet and screen time has caused important problems in children's lives, especially in family and school aspects [11].

Currently, PCIAT is available online on the web using English. Although there have been those who have used Bahasa, the implementation of the test is still carried out manually using paper. The researcher made the Bahasa version of PCIAT using google form and google sheet in the previous study [12]. PCIAT consists of 20 questions in the form of a closed questionnaire that has been tested and produces conclusions that have a good reliability test and validity test so that it is empirically proven to be included in the category of science and not pseudoscience and can be used as an instrument for screening internet and gadget addiction in Indonesia [13].

Based on the explanation above, researchers consider it necessary to detect and analyze the use of gadgets and the internet using PCIAT in order to increase parental awareness about the impact and dangers of excessive use of gadgets and the internet in school-age children.

RESEARCH METHOD

This research is a continuation of previous research. It is carried out by studying the literature looking for journals, articles and other research related to the topic. Then we made an Indonesian version of the Parent-Child Internet Addiction Test (PCIAT) made with google forms and google sheets, accompanied by interviews with psychologists who focused on the problem of gadget addiction and added supporting questions made by psychologists in the development stage in the previous study [12]. Data collection used a PCIAT questionnaire consisting of 20 questions in the form of a closed questionnaire and 8 supporting questions in the form of descriptions. The google form link was then distributed through the WhatsApp application to respondents or research subjects, namely the guardians of students in grades 1 to 6 at SDIT Al Iman Bintara with a total of 516 students.

This research took place from May – June 2024. The collected data was analyzed using descriptive statistics with stages of data reduction, data presentation and conclusion [14].

RESULT AND DISCUSSION

The PCIAT consists of 20 questions in the form of a closed questionnaire using the Likert scale. Based on the collection of questionnaire data on research subjects at SDIT Al Iman Bintara, the following are the results:

Distribution of Respondents

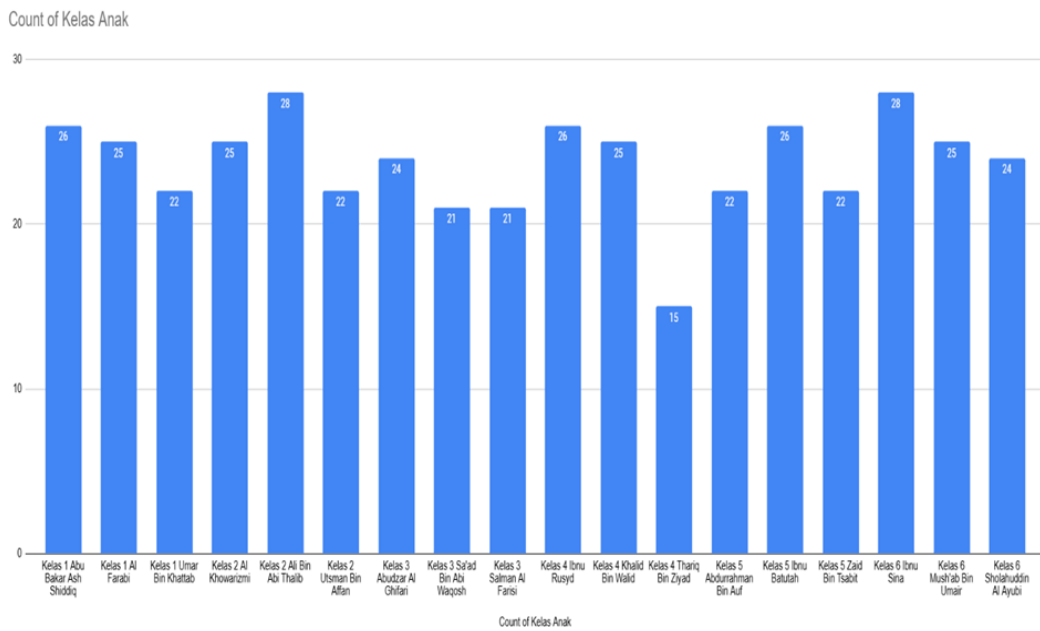


Figure 1. Distribution of Respondents

It can be seen from figure 1, out of a total of 516 students, only 427 parents (82.75%) were willing to fill out the questionnaire, as many as 89 parents did not fill out the questionnaire.

PCIAT Questionnaire Results

The following is the result of each question:

- How often does your child violate the time limit you set in using gadgets?

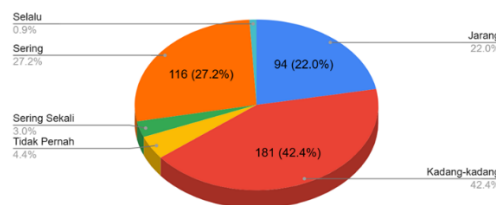


Figure 2. Results of the First Question

In figure 2 above, out of 427 respondents, it can be seen that as many as 181 respondents answered their children Sometimes (42.4%) violated the set time limit, as many as 116 respondents answered their children Often (27.2%) violated the set time limit, as many as 94 respondents answered their children Rarely (22%) violated the set time limit, the remaining 19 respondents answered their children Never (4.4%) violated the time limit, as many as 13 respondents answered that their children often (3%) violated the time limit, and as many as 4 respondents answered that their children always (0.9%) violated the set time limit.

- How often your child neglects household chores (e.g. tidying up toys) to spend more time with gadgets?

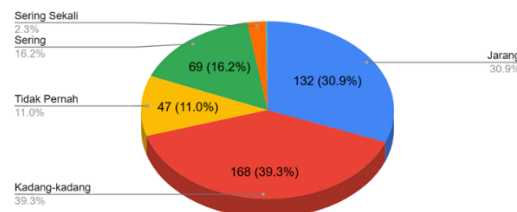


Figure 3. Results of the Second Question

In figure 3 above, out of 427 respondents, it can be seen that as many as 168 respondents answered their children Sometimes (39.3%) neglected household duties, as many as 132 respondents answered their children Rarely (30.9%) neglected household duties, as many as 69 respondents answered their children Often (16.2%) neglected household duties, as many as 47 respondents answered their children Never (11%) neglected household duties, the remaining 10 respondents answered their children Often (2.3%) neglected their children household, and as many as 1 respondent answered that their children always (0.23%) neglected household duties.

- How often your child chooses to spend time with gadgets rather than with other members of your family?

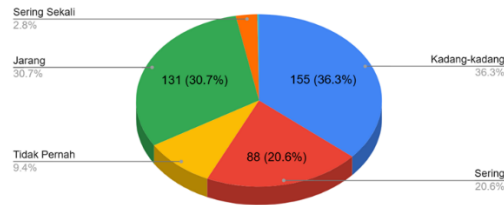


Figure 4. Results of the Third Question

In figure 4 above, out of 427 respondents, it can be seen that as many as 155 respondents answered their children Sometimes (36.3%) prefer to spend time with gadgets, as many as 131 respondents answered that their children rarely (30.7%) chose to spend time with gadgets, as many as 88 respondents answered that their children often (20.6%) chose to spend time with gadgets, as many as 40 respondents answered that their children never (9.4%) chose to spend time with gadgets, The remaining 12 respondents answered that their children often (2.8%) chose to spend time with gadgets, and as many as 1 respondent answered that their children always (0.2%) chose to spend time with gadgets.

- How often your child forms new relationships with fellow online game users?

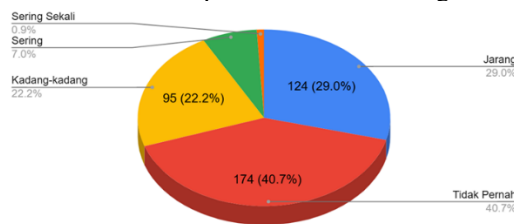


Figure 5. Results of the Fourth Question

In figure 5 above, out of 427 respondents, it can be seen that as many as 174 respondents answered that their child Never (40.7%) formed a new relationship with fellow online game users, as many as 124 respondents answered that their child rarely (29%) formed a new relationship with fellow online game users, as many as 95 respondents answered Sometimes (22.2%), as many as 30 respondents answered Often (7%), the remaining 4 respondents answered their child Often (0.9%) formed a new relationship with others online game users.

- How often do you complain about the duration of time your child spends on the internet/using gadgets?

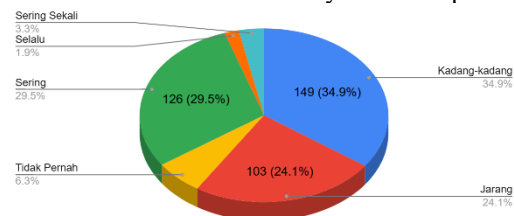


Figure 6. Results of the Fifth Question

In figure 6 above, out of 427 respondents, it can be seen that as many as 149 respondents answered Sometimes (34.9%) complained about the duration of time their children spent on the internet/using gadgets, as many as 126 respondents answered Often (29.5%), as many as 103 respondents answered Rarely (24.1%), as many as 27 respondents answered Never (6.3%), the remaining 14 respondents

answered Often (3.3%), and as many as 8 respondents answered Always (1.9%) complained about the duration of time spent by his children in using the internet/using gadgets.

- How often does your child's grades deteriorate due to the amount of time he spends on the internet/using gadgets?

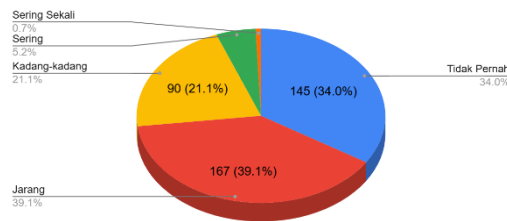


Figure 7. Results of the Sixth Question

In figure 7 above, out of 427 respondents, it can be seen that as many as 167 respondents answered that their child's value rarely (39.1%) deteriorated because of the amount of time they spent on the internet/using gadgets, as many as 145 respondents answered Never (34%), as many as 90 respondents answered Sometimes (21.1%), as many as 22 respondents answered Often (5.2%), the remaining 3 respondents answered that their child's value Often (0.7%) worsened because of the amount of time they spent in internet/using gadgets.

- How often does your child check his device before doing anything else?

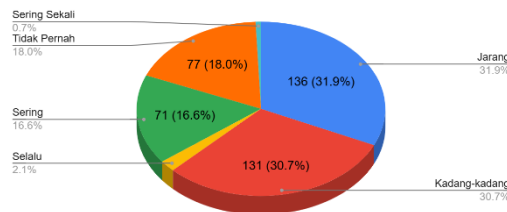


Figure 8. Results of the Seventh Question

In figure 8 above, out of 427 respondents, it can be seen that as many as 136 respondents answered that their children rarely (31.9%) check their gadgets before doing something else, as many as 131 respondents answered Sometimes (30.7%), as many as 77 respondents answered Never (18%), as many as 71 respondents answered Often (16.6%), the remaining 9 respondents answered Always (2.1%), and as many as 3 respondents answered their children Often (0.7%) check their gadgets before doing something else.

- How often has your child seemed to withdraw from others since the gadget came into existence?

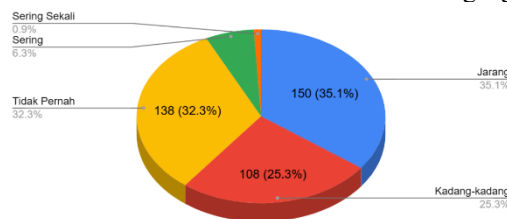


Figure 9. Results of the Eighth Question

In figure 9 above, out of 427 respondents, it can be seen that as many as 150 respondents answered that their children rarely (35.1%) withdrew from others since the existence of gadgets, as many as 138 respondents answered Never (32.3%), as many as 108 respondents answered Sometimes (25.3%), as many as 27 respondents answered Often (6.3%), the remaining 4 respondents answered their children Often (0.9%) withdrew from others since the existence of gadgets.

- How often does your child defend himself or shut down when asked what he does when using the internet/gadgets?

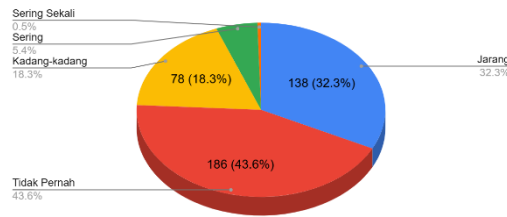


Figure 10. Results of the Ninth Question

In figure 10 above, out of 427 respondents, it can be seen that as many as 186 respondents answered their child Never (43.6%) defended themselves or was closed when asked what they did when they were on the internet or using gadgets, as many as 138 respondents answered Rarely (32.3%), as many as 78 respondents answered Sometimes (18.3%), as many as 23 respondents answered Often (5.4%), the remaining 2 respondents answered their child Often (0.5%) defended themselves or closed when asked what they did when using the internet or using gadgets.

10. How often do you see your child sneaking around to surf the internet/using gadgets against your will?

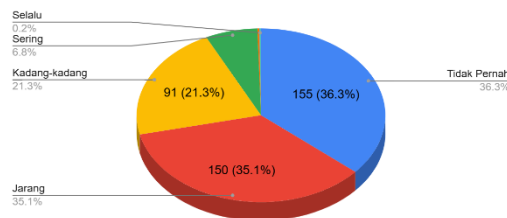


Figure 11. Results of the Tenth Question

In Figure 11 above, out of 427 respondents, it can be seen that as many as 155 respondents answered that their children never (36.3%) sneaked to the internet/used gadgets against the respondents' wishes, as many as 150 respondents answered Rarely (35.1%), as many as 91 respondents answered Sometimes (21.3%), as many as 29 respondents answered Often (6.8%), the remaining 1 respondent answered Often (0.25%) and 1 respondent answered that their children always (0.25%) sneaked to internet/using gadgets that are contrary to the respondent's wishes.

11. How often does your child spend time alone in his room playing with gadgets?

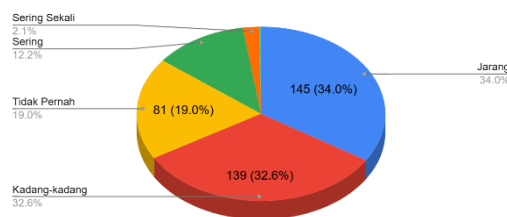


Figure 12. Results of the Eleventh Question

In figure 12 above, out of 427 respondents, it can be seen that as many as 145 respondents answered that their children rarely (34%) spend time alone in their rooms playing with gadgets, as many as 139 respondents answered Sometimes (32.6%), as many as 81 respondents answered Never (19%), as many as 52 respondents answered Often (12.2%), the remaining 9 respondents answered Often (2.1%) and 1 respondent answered that their children always (0.1%) spend time alone in their rooms playing with gadgets.

12. How often does your child receive phone calls from strangers from their new online friends?

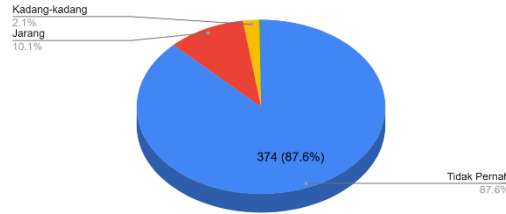


Figure 13. Results of the Twelfth Question

In figure 13 above, out of 427 respondents, it can be seen that as many as 374 respondents answered that their child Never (87.6%) received a phone call from a stranger from their new online friend, as many as 43 respondents answered Rarely (10.1%), as many as 9 respondents answered Sometimes (2.1%), the remaining 1 respondent answered that their child often (0.2%) received a phone call from a stranger from their new online friend.

13. How often does your child get angry/tantrum if he is distracted while using gadgets?

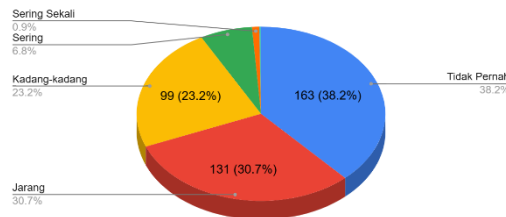


Figure 14. Results of the Thirteenth Question

In figure 14 above, out of 427 respondents, it can be seen that as many as 163 respondents answered that their child Never (38.2%) was angry/tantrum if disturbed while using a gadget, as many as 131 respondents answered Rarely (30.7%), as many as 99 respondents answered Sometimes (23.2%), the remaining 29 respondents answered Often (6.8%), as many as 4 respondents answered Often (0.9%), and as many as 1 respondent answered their child Always (0.2%) angry/tantrum if disturbed while using Gadgets.

14. How often does your child look more tired than he was before using gadgets?

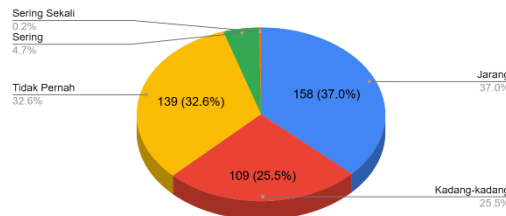


Figure 15. Results of the Fourteenth Question

In figure 15 above, out of 427 respondents, it can be seen that as many as 158 respondents answered that their children rarely (37%) looked more tired than before using gadgets, as many as 139 respondents answered Never (32.6%), as many as 109 respondents answered Sometimes (25.5%), the remaining 20 respondents answered Often (4.7%), and as many as 1 respondent answered their children Often (0.2%) looked more tired than before using gadgets.

15. How often does your child want to use gadgets immediately when he is not using gadgets?

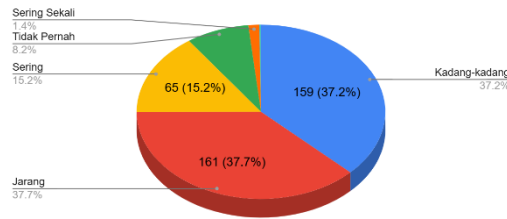


Figure 16. Results of the Fifteenth Question

In figure 16 above, out of 427 respondents, it can be seen that as many as 161 respondents answered that their children Rarely (37.7%) want to use gadgets immediately when they are not using them, as many as 159 respondents answered Sometimes (37.2%), as many as 65 respondents answered Often (15.2%), the remaining 35 respondents answered Never (8.2%), as many as 6 respondents answered Often (1.4%), and as many as 1 respondent answered their children Always (0.3%) want to use gadgets immediately when they are not using it.

16. How often does your child throw tantrums when you interfere about how much time he spends using gadgets?

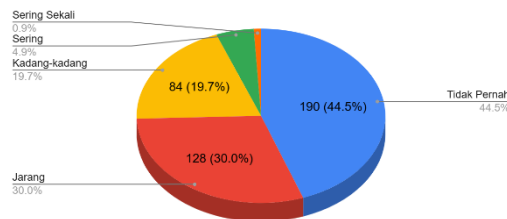


Figure 17. Results of the Sixteenth Question

In Figure 17 above, out of 427 respondents, it can be seen that as many as 190 respondents answered that their children Never (44.5%) had tantrums when respondents intervened about how long their children spent using gadget, as many as 128 respondents answered Rarely (30%), as many as 84 respondents answered Sometimes (19.7%), the remaining 21 respondents answered Often (4.9%), and as many as 4 respondents answered their children Often (0.9%) tantrums when respondents intervened about how long their children spent using gadget.

17. How often does your child choose to spend time using gadgets instead of doing hobbies or other activities outside the home?

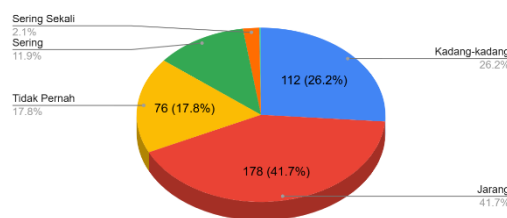


Figure 18. Results of the Seventeenth Question

In figure 18 above, out of 427 respondents, it can be seen that as many as 178 respondents answered that their children Rarely (41.7%) chose to spend time using gadgets instead of doing hobbies or other activities outside the home, as many as 112 respondents answered Sometimes (26.2%), as many as 76 respondents answered Never (17.8%), the remaining 51 respondents answered Often (11.9%), as many as 9 respondents answered Often (2.1%), and 1 respondent answered that his child Often (0.3%) chooses to spend time using gadgets rather than doing hobbies or other activities outside the home.

18. How often does your child get angry or argue when you limit how much time he or she is allowed to use his gadgets?

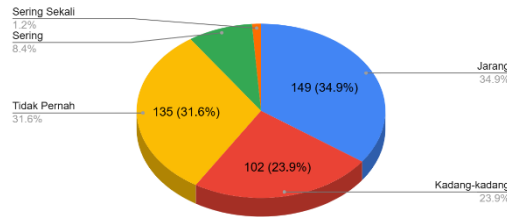


Figure 19. Results of the Eighteenth Question

In figure 19 above, out of 427 respondents, it can be seen that as many as 149 respondents answered that their children Rarely (34.9%) became angry or argued when respondents limited how much time they were allowed to use gadgets, as many as 135 respondents answered Never (31.6%), as many as 102 respondents answered Sometimes (23.9%), the remaining 36 respondents answered Often (8.4%), and as many as 5 respondents answered their children Often (1.2%) became angry or argued when respondents limit how much time is allowed in using gadgets.

19. How often does your child choose to spend more time using gadgets than going out with friends (e.g. cycling, playing in the park)?

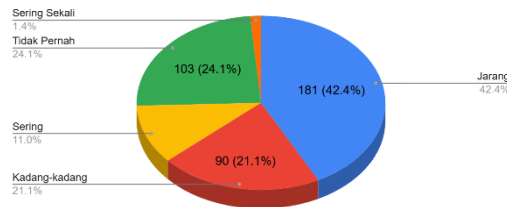


Figure 20. Results of the Nineteenth Question

In figure 20 above, out of 427 respondents, it can be seen that as many as 181 respondents answered that their children Rarely (42.4%) chose to spend more time using gadgets than going out with friends, as many as 103 respondents answered Never (24.1%), as many as 90 respondents answered Sometimes (21.1%), the remaining 47 respondents answered Often (11%), and as many as 6 respondents answered their children Often (1.4%) chose to spend more time in using gadgets instead of going out with friends.

20. How often does your child feel depressed, mood swings or nervous when not using gadgets, who wants to use their gadgets immediately?

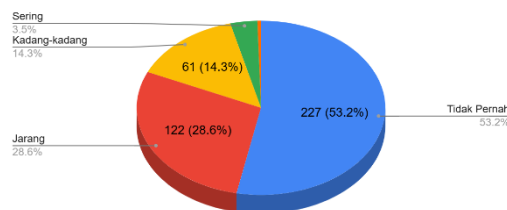


Figure 21. Results of the Twentieth Question

In figure 21 above, out of 427 respondents, it can be seen that as many as 227 respondents answered that their child Never (53.2%) felt depressed, changed their mood or were nervous when they were not using gadgets, as many as 122 respondents answered Rarely (28.6%), as many as 61 respondents answered Sometimes (14.3%), the remaining 15 respondents answered Often (3.5%), and as many as 2 respondents answered their child Often (0.4%) felt depressed, changes his mood or is nervous when he is not using gadgets.

PCIAT Scoring Results

After the respondents fill in all 20 PCIAT questions, there will be scoring results with four categories, namely no symptoms; mild symptoms; moderate symptoms; and severe symptoms. Here are the results:

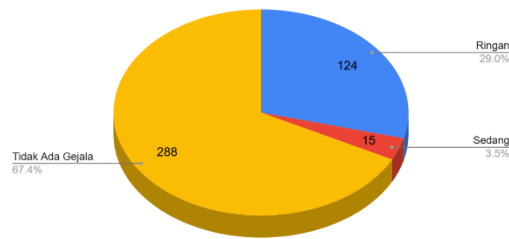


Figure 22. PCIAT Scoring Results

In figure 22 above, it can be seen from 427 respondents at SDIT Al Iman, as many as 288 respondent's child had no symptoms of addiction to gadgets and the internet (67.4%), as many as 124 respondents experienced mild symptoms (29%), and as many as 15 respondents experienced moderate symptoms (3.5%).

Results of Supporting Questions

This supporting question consists of 8 questions to support the PCIAT analysis by psychologists made at the development stage in the previous study.

1. How many hours/day is the child online or playing gadgets?

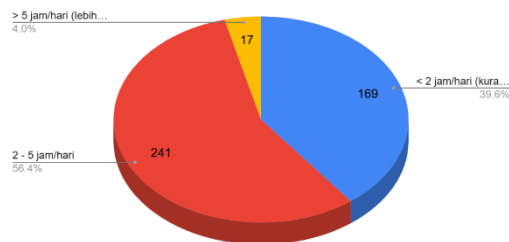


Figure 23. Results of the First Question

This question was made based on the recommendation to use gadgets and screen time for children, and according to the psychologist who collaborated with the researcher in this study, namely Riani Fitria, MPsi, Psychologist (2024) in the seminar "Beware of Decreased Intelligence, Effects of Gadget Addiction in Children" at SDIT Al Iman, children with a duration of using gadgets for more than 5 hours on weekdays or 2-5 hours on holidays will affect the high level of PIMU in early childhood.

From figure 23 above, out of a total of 427 respondents, it can be seen that as many as 241 respondent children use gadgets for 2-5 hours/day (56.4%), as many as 169 respondent children (39.6%) use gadgets for less than 2 hours/day, and as many as 17 respondent children (4%) use gadgets for more than 5 hours/day.

2. Has your child played online games?

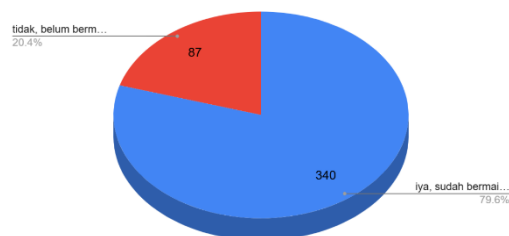


Figure 24. Results of the Second Question

Online games are one of the problems that can cause gadget addiction. Because nowadays online games are widely used excessively, and as a place to escape from the reality of life [15]. In Figure 24 above,

as many as 340 respondent children have played online games (79.6%), and as many as 87 respondent children have not played online games (20.4%).

3. If you have played online games, what games? (If you answered no, please fill in the number 0)
From the third question, the most answers to online games that have been played by respondents' children are Roblox, Mobile Legend, Free Fire, Stumble Guys, Minecraft, Counter Strike 2, Sakura Simulator, and so on. Some of the game ratings are not in accordance with the age of the child.
4. Are there any rules for playing gadgets at home?

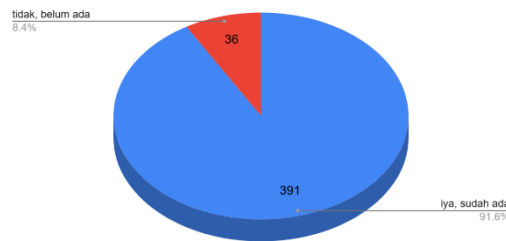


Figure 25. Results of the Fourth Question

In Figure 25, out of a total of 427 respondents, it can be seen that as many as 391 respondents have admitted to having regulations on using gadgets at home (91.6%), and as many as 36 respondents admitted that they do not have regulations on using gadgets at home (8.4%).

5. If there are already 2 regulations that apply? (If you answered no, please fill in the number 0)
This question was added because the researcher wanted to know if parents had a role in regulating the use of their children's gadgets. Because there are too many answers, the researcher decided not to include them in this writing. But out of a total of 427 respondents, as many as 39 respondents filled in with the number 0 (9.13%), which means that there are no regulations regarding the use of gadgets at home.
6. Do you feel that there are already problems that have arisen as a result of using gadgets?

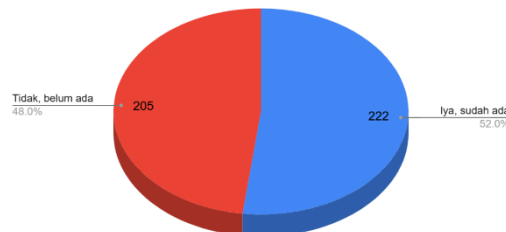


Figure 26. Results of the fifth question

In Figure 26, it can be seen that as many as 222 respondents admitted that they felt that there were problems arising due to the use of gadgets (52%), and as many as 205 respondents admitted that they did not feel that there were problems that had arisen (48%).

7. If you think there's already a problem, mention the problem. (If you answered no, please fill in the number 0)
A total of 201 respondents (47%) filled in with the number 0, which means they feel there is no problem. A total of 226 respondents (53%) answered these problems, such as forgetting the time/exceeding the agreed time, getting angry when losing playing online games, tantrums, using abusive language, getting emotional more often, preferring to watch youtube on holidays, being lazy to do activities, not wanting to be told to stop playing gadgets, ignoring commands, lacking/not focusing, timidity, lost memorization, difficult to advise/informed/denied, aggressive, feeling bored if you don't play smartphones, sick, declining grades, like to postpone work, difficult to be told to study, lack of rest, minus eyes, not responding to calls, often mocking each other with siblings, difficult to go out together, lack of enthusiasm for learning, lack of discipline, forgetting to eat, not wanting to socialize with others, sleeping late at night, like to imitate the way of speaking and movements in the online games played, likes to dance like on TikTok, etc.

8. How many hours/day do parents use gadgets?

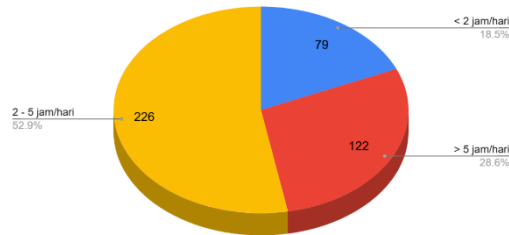


Figure 27. Results of the Eighth Question

In figure 27, it can be seen that, out of 427 respondents, as many as 226 respondents (52.9%) use gadgets for 2-5 hours/day, as many as 122 respondents (28.6%) use gadgets for more than 5 hours/day, and as many as 79 respondents (18.5%) use gadgets for less than 2 hours/day. This question was made to support the theory of parents who are role models for their children, including in the use of gadgets [16][17].

CONCLUSION

Based on the results of the analysis and discussion of the research, it can be concluded that:

1. The total number of respondents who filled out the questionnaire was 427 respondents (82.5%) out of a total of 516 student guardians, 89 other respondents did not fill out the questionnaire.
2. Out of a total of 427 respondents, 39 respondents (9.13%) admitted that they did not have regulations regarding the use of gadgets in their homes. This is very unfortunate because parents need to be consistent in implementing time limits and be an example in setting an example by reducing the use of gadgets in front of children. Regulations on the use of gadgets are important to do so that there are clear rules that help prevent conflicts in the family. Children will more easily accept the restrictions given when all family members understand and agree with the rules applied. The implementation of this rule needs to be consistent in order to provide stable guidance and reduce children's confusion or frustration about when they can use gadgets [18].
3. Out of a total of 427 respondents, 288 respondent children (67.4%) showed NO SYMPTOMS of gadget addiction.
4. Out of a total of 427 respondents, 124 respondent children (29%) showed MILD symptoms. The psychologist who collaborated with the researcher suggested that these 124 children be assisted and supervised by their parents and cooperate with the school. Things that can be done such as providing a safe limit of 1.5 hours/day screen time duration, setting children's sleep hours around 9-11 hours/day, and providing productive activities to children at home.
5. Of the total 427 respondents, 15 respondent children (3.5%) showed MODERATE symptoms, and had experienced several problems caused by gadgets. It is necessary to evaluate the overall impact of gadgets on children's daily lives, both at home and at school. It is recommended for further assistance by referring to a psychologist.
6. SDIT Al Iman is strongly advised to encourage other schools in the same sub-district to do this so that more parents of students are vigilant and aware of the bad effects of gadget addiction on children.

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