

THE ROLE OF PARENTS IN CONTROLLING THE NEGATIVE IMPACTS OF GADGET
USAGE FOR EARLY CHILDHOOD

Yusupova Maftuna Farxod qizi
Urganch davlat universiteti talabasi

Abstract: *The most commonly utilized daily communication tools were gadgets. Many people, not just adults, but also children, have utilized gadgets. This article discussed the beneficial and bad effects of gadgets on early childhood development, as well as solutions for childhood device addiction. The qualitative method was utilized by the researchers. The collecting data used interview and documentation. This interview had ten participants. The documentation was gathered by revisiting some of the prior findings using a coding system and conducting an in-depth study of each data set. The researchers searched Google Scholar, Science Direct, and other databases for articles published between 2010 and 2022. The findings revealed that Gadgets have a negative impact on youngsters, such as diminished concentration power, poor emotional management, and health issues. Addiction in children can be reduced with the correct communication model from parents.*

Introduction

Technological improvements are extremely rapid and complex in today's globalized world. Numerous big changes occur in all disciplines as a result of the development of technology and continue to be updated. Gadgets are one technology that has succeeded in becoming a successful technology.⁹ Everywhere someone in the globe has numerous brands and types of electronics. So, if someone nowadays favors gadgets and there are elements that cause them to have device and the consumption of gadgets is quite high, this is demonstrated by the existence of gadget virtually every time but always selling well.

Many groups are now employing the utilization of gadgets. Not only do adults use devices for business or urgent requirements, but children as young as toddlers do as well, even if they believe that their age is a justification to use gadgets.³ Almost everyone makes the most of their daily life by spending time on devices.⁶ There are always several gadget-related activities that must be completed. As a result, most individuals regard devices as having their own value role.

But, without recognizing it, the usage of electronics by people of all ages has an impact in a variety of ways. Despite the fact that many of them employ gadgets for specific purposes.¹² In this day and age, we frequently see electronics used by parents as a shortcut in parenting. The presence of intriguing application features makes it useful as a source of children's teachings. On the other hand, the application's functions can help children relax so that parents can do the things they need to do. This activity also relieves parents' concerns about their children getting dirty,

destroying the house, and playing outside, despite the fact that the ideal activities for children to maximize results are genuine activities. The term "real" refers to the child's actual interaction with the game.

Children, especially toddlers, are now highly competent at operating electronic devices.⁶ At the age of children 1-5 years is a sensitive phase for youngsters which is commonly described as the age of the golden age. At this age, they go through a variety of intelligence processes, including emotional, intellectual, and spiritual intelligence, all of which have the capacity to affect and develop children. The golden age is a period when youngsters imitate what they acquire in numerous forms, and they also think faster, which affects the creation of character and personality. As a result, it is critical for parents to understand the impact of gadgets on the process of child development in order for children's growth to be as expected.

Method

The researchers employed a qualitative approach, examining prior findings with a coding system and doing an in-depth study of each data set. Data was gathered through interviews and documentation. The researchers were ten parents, and the documentation was obtained through online publishing research. The researchers collecting the data on online search publication, for instance Google Scholar, Science Direct, et al, specifically on articles published between 2010 and 2021, then analyzed them very critically to ensure that our findings are very close to the validity and reliability of answering the research questions. The researchers used keywords such as "childhood addiction solution," "impact gadget for child," and "childhood gadget addiction" to search the data. The researchers followed the guidelines for reviewing education with qualitative methods recommended by experts, primarily research and development studies.¹⁴

Outcome and discussion

Anybody, including youngsters under the age of five, can use gadgets. Although it does have a different application. Some children use gadgets to watch instructive films and play games, while others use them for random purposes. Of course, there must be a reason for this scenario, and the primary reason cited by parents is to keep their children from being fussy. Gadgets appear to be a means for parents to help their children calm down and not struggle against weeping.

According to the findings of interviews with various parents performed by researchers. There was some material about the usage of gadgets to children that stated that the reason they handed gadgets to children was so that youngsters would not cry or interfere with parental activities. Based on the results obtained that the provision and affirmation of the portion of the use gadgets for children is absent and truly there must be awareness and education regarding the portion of the use of gadgets in children since they do not know what is good and what is bad. Children's usage of devices is unrestrained; they are still negligent and have no idea what types

are appropriate or necessary when using gadgets. On the other hand, the usage of devices in whatever form can have an impact on both children and parents.

But, many parents have yet to file their appeal. They freely provide electronics to children with no strings attached. Even if the use of gadgets in early childhood has a significant impact on children's future patterns of thinking and behavior, if this is permitted, not only children but parents will feel the impact of child development. The impact of being free to give children a gadget is positive and negative, but each impact must have its own risks, and the form of risk can occur in the form of less socialization of children, children's intelligence, children becoming highly emotional, and even children becoming figures who are indifferent to their surroundings because they were given a comfort zone at one point since childhood. There are various complex elements that contribute to children's use of devices, which are as follows:

Parents

Based on the previous study, it was discovered that the element came from parents for a variety of reasons, including so that children grow up without falling behind in present technological breakthroughs, since when parents play with gadgets, children beg for gadgets to play with as well. If parents do not realize the influence of using electronics on early development, it will provide children with a sense of peace without being burdensome.

Parents who are overburdened

The tendency of children to play with electronics is also influenced by their parents' busyness. That is so the child does not interfere with the parents' work and so the youngster is not fussy or wants to be quiet and does not play outside. Because parental surveillance of children is slightly less than typical in this position, parents with busy schedules such as working at home or outdoors tend to be more focused on their work, even if the impact of therapy will be noticed strongly by children only at particular times.

Parents do not grasp the impact gadgets

Comprehension of parents who do not comprehend the influence of children using gadgets from a young age is a complex aspect in children's desire to use gadgets. The freedom to provide children electronics will result from parents' lack of awareness. Parents also do not limit their children's usage of technology and leave them alone. Understanding parental information about various sources of information, such as the impact of using devices on children, becomes a guide in educating children's character and personality from a young age.

Babysitter-Raised Children

Parents' busy schedules force them to entrust their children to babysitters. Yet, in addition to experience, there must be factors for selecting a babysitter, particularly the level of education. Because a babysitter is linked to changing parenting habits a few seconds later, becoming a person who can indirectly connect with children, he also supplies items that children can record. Babysitters who lack education will also be

less conscious of the impact of using gadgets on children; for example, they may offer children a portion of playing mobile phones when they are cranky or to put children to sleep if they are unable to take a nap. Of course, this is without parental supervision, since most parents employ babysitters because there are binding activities. We notice that the appearance gadget is really appealing, not only from the outside but also from the inside of the game. The exhibit features charming graphics, brilliant and bright hues, adorable sounds, and other items that appeal to children.

Environmental Aspects

The environment has a significant impact on children's growth and development. The environment is a family that cares for and raises children, a school where children can be educated, a community where children can hang out and play every day, and the natural environment with its climate, flora, and wildlife. The extent to which the environment influences a child's growth and development is determined by the child himself, as well as his body and spirit. Nonetheless, because his surroundings indicate an excessive usage of gadgets, he frequently desires to do the same.

The Effects of Gadgets on Children There are two effects of using devices on children: positive and negative.

- Beneficial Effect: Increased Knowledge

The ability of children to speak is improving. Children see visuals and hear audio noises indirectly when watching videos on devices. It is possible to create reciprocal relationships between children and films here, which has an impact on changing children's speaking abilities. He is prone to acting on what he sees and hears.

- Beneficial Effect: Learning to React in Technology

Youngsters are being prepared to respond to technology as the times change and competition becomes more difficult in the future. Through the introduction of gadgets to children, parents indirectly offer technological knowledge to children, ensuring that children are not technologically ignorant (technological stuttering) in the future, and that children, in particular, are able to compete in the era of rapid technology.

- Negative Effects: Eye Damage

It is caused by the eyes becoming weary as a result of screen light exposure, which can lead to eye disease. The disease that commonly occurs is cylinder.

- Negative Effects on Student Behavior

Youngsters who are preoccupied with playing with electronics will become apathetic, so that when we call or invite interaction, they will not respond. Typically, this occurs in youngsters who have a higher proportion of playing electronics in their daily lives. Conduct and speech of youngsters One of the undesirable consequences is the uncontrollable conduct and speech of children. It was said that the age of children under this age is the golden age, therefore there is a lot of opportunity to inspire all behaviors and activities to be mimicked.

- Children respond to learning more slowly

The use of gadgets causes children to be delayed in their learning process. Whether it's comprehending the names of objects, colors, forms, or command words. This is due to the child's mental control, which prefers to focus on a single place.

- Emotionally Unstable Children

The fluctuating emotions of youngsters are one of the effects felt by others around them. He is easily irritated, tough to discuss, irritable, and enjoys talking loudly.

- Threats to Child Psychologists' Development

Without recognizing it, releasing oneself from childhood can have a significant impact on one's psychological growth. The golden age has a very strong imitation potential, and a child can copy the behavior he sees on a device. As a result, situations such as sexual harassment and bullying are common.

As a result, some solutions are dependent on parental control, such as:

- Selecting the appropriate program on the device

The device has a plethora of intriguing applications. Parents, on the other hand, should be more selective in selecting applications for their children. Because it is easier to record and imitate activities in early childhood. The choice of the appropriate application can also have an impact on the development of intellect in youngsters.

- Simulating the use of gadgets in real time

Parents can begin limiting their children's usage of devices, whether they are given gadgets once a week or every day with a time limit of 10-15 minutes per day. However, it should be highlighted that in the process of limiting, parents must also cooperate, namely by not using too many gadgets in front of their children.

- Accompany children when they are using electronic devices

Parents can accompany their children when they use gadgets so that they can manage what activities their children do with gadgets.

- Attempting to Distract

Furthermore, parents can also try to divert children's game media from devices to genuine games. Whether or if parents invite their children to crochet, stack blocks, and so on.

- Making Time for Children

The second type of control is to offer youngsters free time to interact and gradually divert electronics away from them. Children will feel more focused on their parents when they have free time. Particularly if parents have fresh mini-games or intriguing stories to share.

The Solution to Childhood Development's Gadget Addiction

Parents and children should have a tight bond and open lines of communication. Parents who educate their children with authoritarian parenting tend to treat their children strongly, offer punishment if they are regarded not in accordance with the wishes of the parents, are less sympathetic, and easily blame the child. Permissive parents, on the other side, tend to offer children as much freedom as possible, children

are not forced to be responsible, children have the same rights as adults, and parents do not govern or control much. As a way of life, the Quran has shown different kinds of interactive communication between parents and children that adhere to the idea of balance. Neither authoritarian nor lenient in nature. These are some examples:

- Respect and listen to the opinions of children

Sometimes parents receive orders concerning their children. Even if parents have thoughts and attitudes of their own, it would be wonderful if they listened to their children's opinions. At the very least, it is used to assess the child's cognitive maturity. Prophet Ibrahim AS and his son, Ismail AS, exemplify this type of communication. In terms of electronics, it would be ideal if parents and children could come to an agreement. When are they allowed to carry electronics and when are they not?

- Critical and full of investigation of children's behavior

There are instances when parents must exercise control over their children despite their complete trust in them. In terms of devices, parents should occasionally ask their children what sites they visit, who their friends are who are linked on social media, and, if necessary, become friends of children on social media so that they can monitor what the child is experiencing. Prophet Zakaria AS exemplifies this care in communication with his adopted daughter, Siti Maryam.

- Offering and receiving advice

The majority of parents simply leave their children in educational institutions, particularly Islamic boarding schools. Teachers are thought to have provided children with a wide range of knowledge and counsel. Yet, this is not always the case. Even if their child is already in school or a boarding school, parents should still counsel them on some matters. For example, the monotheistic principle, Shari'ah implementation, and morals.

- If you notice a mistake in a child, issue a stern warning

The wording of this sentence has been changed to protect the privacy of our clients. If the youngster does not heed the warning, it can begin with a gentle warning and progress to a severe warning. As the Prophet Noah AS demonstrated to his son. This can also be applied to youngsters who are addicted to electronic devices. It is intended that by employing the interactive communication paradigm between parents and children portrayed in the Qur'an, parents will be able to determine the ideal approach to counsel their children. It will be easier for parents to advise their children if communication between parents and children is firmly established. Includes suggesting to limit the use of electronics, and in the end, youngsters can be free from gadget addiction.

Additional research indicates that Forming Agreements Between Parents and Children can provide a solution to childhood addiction. Utilizing the time spent playing with devices with children is the best way to prevent gadget addiction in youngsters. Parents can make an agreement with their child on how long they will use the device.⁵ The restrictions that can be placed range from half an hour to one hour to two hours. If

it is more than two hours, parents are required to punish or discipline their children to prevent narcotic behavior. Limits on the use of gadgets must be jointly negotiated and obeyed, so developing trust for both parents and children. Parents believe they can control their children's use of technology, while children obey their parents' directions by restricting their use of technology. The pattern of children's obedience to their parents will also be created when this is done continuously. Forming habits into behavior will increase children's quality of life and will almost likely have an impact on their academic results.

Further findings revealed that Gerakan Maghrib Mengaji (GMM) provided a solution for students' device addiction.¹² The duration of use of gadgets in elementary school kids might be used to observe their behavior. Parents must not only limit their children's usage of devices, but they must also manage what is offered to them (content). The wording of the ad says it all. Gerakan Maghrib Mengaji (GMM) is a practice practiced by parents, TPA teachers, priests, and clerics and teachers.⁸ This is a regular practice that has been widely used at Islamic boarding schools, mosques, and prayer halls in rural and cities. Reading the Koran, studying the yellow book, tajwid, morals, and other activities can all be part of the maghrib Koran movement. This activity can be done not only at mosques, prayer rooms, or Islamic boarding schools, but also in their respective houses. Given that there is still an outbreak of the corona virus in Indonesia, individuals must stay on dates and take out activities at home. Preventive actions by parents and teachers to children against gadget addiction are through Gerakan Maghrib Mengaji (GMM) which lasts for 30-45 minutes after each Maghrib prayer until the time for Isha' prayer arrives.

Conclusion

The wording of this sentence is a little different, but it's the same as saying it's a little different. Nonetheless, other people perceive excesses behind that convenience. One of the causes is that those who utilize the equipment are children with immature spirits. Gadgets have a negative impact on children if their use is not carefully regulated. Among the negative impacts are impaired concentration, poor emotional control, and health issues. Controlling children's habits requires strong parental involvement. Parental neglect is frequently a trigger for children's proclivity to play with electronics. Yet, this propensity can be attributed to a variety of circumstances, including the role of parents, busy parents, and the style of parenting for a babysitter, if she has one. This becomes a package that influences children's development. On the other hand, it is affected by several affects ranging from positive and negative impacts which are the end goals of self-control. Controls that parents can perform include: choosing the correct application on the gadget, restricting the use of gadgets, accompanying children when playing gadgets. Parents are expected to save their children from the excesses of the electronic world. Parents should be able to keep their children from being addicted to gadgets.

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