

Internet Fancy of Children Has Escalated Parents' Anxiety

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ABSTRACT

During a pandemic, mobility constraints policies, limiting children's physical activity, physical games, and educational activities to the digital space. They prefer to play using the gadget of the play together with a friend - a friend environment neighborhood. Children who spend their time with gadgets will become more angry, rebellious because they feel that they are being disturbed while playing games and are lazy to do their daily routines. This has resulted in the parents becoming anxious with the child they are. This study aimed to determine the level of parental anxiety on the use of gadgets by children in the new normal era. The research method uses descriptive quantitative, draft descriptive quantitative, aiming to obtain the respondent's identity and identify how the relationship between anxiety and use of the internet through a gadget on children in the normal new era. The data obtained from filling the questionnaire through a *google form*, with participants from research is that of the parents who have children aged 5-12 years in East Java. This study indicates that many children use gadgets excessively and the impact it causes so that many parents show an anxious attitude when their children play with gadgets.

Keywords: Parenting, Children, Gadgets.

1. INTRODUCTION

In the results of a review of literature on our use of the internet and the anxiety of, 2016 - 2020, pointing right the results are significant in 2018, is marked by the colour green light. And the review literature is, children, anxiety, and gadgets are things that are often discussed as indicated by the colour yellow dark, so we conclude that in the two years before a pandemic, the increase in the use of gadgets by children increased the runtime in situations pandemic moment this.

A gadget is an electronic device that has a special function on each device. A gadget in a general sense is considered as an electronic device that has a special function on each device. For example Computers, cellphones, tablets[1]. Gadgets in the era now have capabilities that are very powerful and easy to use by the public, not the exception in the children. So it can bring anxiety for the people of old when his son was using the gadget. Izard in Barlow[2] put forward his view, that anxiety is a mixture of several emotions, although fears are dominant in the mix of it. Emotions basis of the most commonly considered to combine with

fears for preparing anxiety includes state hard / depression (distress/sadness), anger, shame, a sense of guilt, and interest/ excitement (interest/excitement). Almost every parent has anxiety because the use of gadgets among children is increasingly concerning and certainly hurts growth and development. Visible clear the children more quickly adapt to the technology that is there. So children often fall asleep with sophisticated gadgets with the features that are available in them. Children who frequently use gadgets, often forget the environment around them. They are more opt to play using the gadget of the play along with a friend the environment around the place of residence. So that the interaction of social among children with the community, the environment around diminished, even more, faded [3].

Excessive use of gadgets will have a bad impact on children. Children who spend their time with gadgets will become more angry, rebellious because they feel that they are being disturbed while playing games. Lazy to do the daily routine. Even to eat, you have to be fed, because you are busy using your gadget. Excessive use of gadgets in children will have a negative impact

because it can reduce concentration power and increase children's dependence to be able to do various things that they should be able to do on their own. From several factors and the impact of gadgets on children, parents will feel anxious about the behaviour that can occur in their children. However, some parents still don't know what the dangers of gadgets are to their children or deliberately allow their children to use gadgets, so some parents do not have anxiety about the impact of the gadget itself. In this study, we will discuss the relationship between anxiety and internet use through gadgets in children in the new normal era, especially during the Covid19 pandemic. As we know, during the current pandemic, many children are doing their activities at home. During a pandemic like this, of course, what children do at home is one of them playing with gadgets, which ultimately causes anxiety in parents and anxiety in children themselves because their children play with gadgets without knowing the time or duration. so there are also parents who do not have anxiety about the impact of the gadget itself. In this study, we will discuss the relationship between anxiety and internet use through gadgets in children in the new normal era, especially during the Covid19 pandemic. As we know, during the current pandemic, many children are doing their activities at home. During a pandemic like this, of course, what children do at home is one of them playing with gadgets, which ultimately causes anxiety in parents and anxiety in children themselves because their children play with gadgets without knowing the time or duration. so there are also parents who do not have anxiety about the impact of the gadget itself. In this study, we will discuss the relationship between anxiety and internet use through gadgets in children in the new normal era, especially during the Covid19 pandemic. As we know, during the current pandemic, many children are doing their activities at home.

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2. METHODS

2.1 Participants

This study uses a quantitative descriptive method that aims to obtain the identity of the respondents and identify how the relationship between anxiety and internet use through gadgets in children in the new normal era. The data analysis method is frequency distribution, graph, average number, median, mode, and standard deviation to describe a particular object or variable. During this pandemic, it was decided that this research survey uses an online platform, namely the google form. For the research population, These are all parents or caregivers who have children aged 4-6 years who use gadgets with a total of 167 children. The technique used in the sampling is using non-probability sampling, with the type of sampling being Purpose Sampling. So this study has respondent criteria. The research sample is parents who have early childhood (aged 4-6 years) who live in East Java. The material in this study uses a questionnaire presented in the form of a google form using the criteria of parents who have children aged 4-6 years and domiciled in the province of East Java. During this pandemic, almost all schools carry out teaching and learning activities at home or known as online. Thus, parents have an important role in accompanying children when they study at home and play with gadgets, so as not to cause negative impacts when children use gadgets. So the amount of time spent by children on gadgets can affect the level of parental anxiety. The procedure, The instrument of the questionnaire, has been made by the researcher. The next process is to make a research instrument on parenting style variables and early childhood spatial intelligence in the form of an instrument grid.

Table 1. Characteristics of participants n = (167)

Variable		Response (n = 167)	
		n	%
Gender	Boy	91	54%
	Girl	76	46%
Early childhood age	1 year	1	1 %
	2 years	5	3 %
	3 years	12	7 %
	4 years	38	22 %
	5 years	62	37 %
	6 years	49	30 %
Parent's age	20-24 years old	17	10,179 %
	25-29 years old	36	21,556%
	30-34 years old	51	30,538%
	35-39 years old	17	10,179%
	40-44 years old	19	11,377%
	45-50 years old	50	9,580%
Parent's education	Elementary school	4	2,4%
	Middle school	13	7,8%
	High school	78	46,7%
	Bachelor	70	42%
	Others	2	1,2%
Parent's job	Does not work	21	2,578 %
	Private	46	27,544%
	Entrepreneur	38	22,754%
	Civil servant	43	25,748%
	Other	19	11,377%
Gadget usage > 5 hours	STS	48	28%
	KS	50	30 %
	S	53	32 %
	SS	16	10 %

2.2. Data Analysis

This online questionnaire is addressed to parents of children who are using gadgets during the pandemic. The data obtained is the percentage of answers from participants who responded (strongly disagree - disagree - agree - strongly agree). Each question and answer is assigned a score into a category which is determined. The quantitative descriptive design aims to obtain the identity of the respondents and identify how the relationship between anxiety and internet use through gadgets in children in the new normal era. Data analysis methods include frequency distribution, graph, mean, median, mode, and standard deviation.

3. RESULTS AND DISCUSSION

This chapter consists of the results and discussion of the research results on the relationship between anxiety and internet use through gadgets in children.

The reliability of 167 respondents for each variable indicates that all variables have a value above 0.6 so that all variables can be stated reliable and can be used as a measuring tool in making sample calculation results. The regression test results show the results of the hypothesis of the influence of the independent variable on the dependent variable as follows, the variables included and the method used. In this case, the variables that enter are the variable "Internet Use Through Gadgets in Children" as the independent variable and "Parental Anxiety" as the dependent variable, and the method used is the Enter method. Based on the

regression test table, it is known that the significance value for the effect of x on y is $0.021 < 0.05$. The model summary table explains that the magnitude of the correlation (r) is 0.6. From the output obtained R Square of 0.032, which means that the influence of the independent variable "Use of the Internet through Gadgets in Children" on the dependent variable "Parental Anxiety" is 3.2%. From the output table above, it is known that the calculated F value is 53.92 with a significance level of $0.021 < 0.05$, which means it can be predicted that the x variable affects the y variable—the constant in the table of 19.872 means that the consistent value of the y variable is 19.872.

The regression coefficient x is 2.774, which means that for every 1% addition to the x value (Internet Use Through Gadgets in Children), the value increases by 2.774. The coefficient is positive, so it can be said that the direction of the influence of x on y is positive. Based on the calculated t value of $7,163 > t$ table 2,322, so it can be concluded that the variable Internet Use Through Gadgets in Children (x) effect on Parental Anxiety (y).

Table 2. Reliability test result

Variable	Score Cronbach	R critical	Information
Parental anxiety for children	0,659	0,6	Reliable
Children's internet use using gadgets	0,852	0,6	Reliable

Table 3. Regression test result

Variable	F	Sig	R Square
X (internet use through gadgets in children)	53,92	0,021	0,032
Y (parental anxiety)			

Table 4. Mean, SD gadget usage

Variable		Child (n = 167)	
		M	SD
Gender	Boy	87	5,65
	Girl	79,5	4,95
Time	<1 hour	32,5	13,4
	2-3 hour	38,5	4,9
	3-5 hour	53,5	16,2
	> 5 hour	40,5	2,12

From Table 4 it can be seen that the use of gadgets with the most use time is carried out by men with a standard deviation of 5.65 and within 3-5 hours per day.

A gadget or smartphone is an electronic device that has a special function on each device. Today's gadget is one of the rapidly developing technologies and is equipped with various special functions such as computers and smartphones. Gadgets in today's era are very modern and easy to use, one of the users is children, it is not surprising that many children are found who are good at using gadgets. Gadgets also have positive and negative impacts that can cause anxiety to parents [4].

Anxiety is a painful and unpleasant emotional experience. It arises from the reaction of internal or internal tensions of the body, this tension is the result of an impulse from within or from outside and is controlled by the autonomic nervous system. For example, if a person faces a dangerous and frightening situation, his heart will move faster, his breath becomes tight, his mouth becomes dry and his palms sweat, this kind of reaction then causes an anxiety reaction.

Internet addiction has caused health and behavioral related problems in kids. More than half of the children have been showing their behaviour change. So it is concluded that the excessive use of electronic gadgets or/and the internet has a strong effect on the health of children from the parent's perspective. Because parents feel anxious about the effect of using gadgets on children, parents are very aware of the impact that will happen to children when using gadgets exceeds capacity. Management of time for the use of the device is a must to minimize such problems therefore parents have fixed the time of internet uses for their children [5]

Excessive use of gadgets in children will have a negative impact because it can reduce concentration power and increase children's dependence to be able to do various things that they should be able to do on their own. The most common media used by children is gadgets, the number of children using gadgets has almost doubled from 38% to 72% [6]. Based on the results of data processing that our group has carried out, internet use that occurs in early childhood, especially pre-school age, namely the age of 5-6 years, tends to use gadgets for a long time. And this use is not only for online learning accommodation but also for game applications, in the results of the questionnaire we also know that parents are also overwhelmed in dealing with their children who are addicted to gadgets and are in a phase of dependence to use gadgets. So that they forget the environment around them, parents. When we were asked the questionnaire, we also knew what kind of negative impact would be received if they let their children use gadgets for too long. So there needs to be a change in managing the time of using children's gadgets.

4. CONCLUSION

Almost everyone experiences obstacles to living a normal life due to restrictions that need to be done to prevent virus transmission. Parental anxiety due to the use of gadgets among children is increasingly a concern and certainly harms growth and development. Children adapt more quickly to existing technology, causing parents to feel anxious about their children. Due to the intense use of gadgets by children, parents are overwhelmed in overcoming this. On average, children use gadgets for too long and affect their daily routines. Then for internet users in children with gadgets, parents realize that excessive use of gadgets in children can negatively impact children both in terms of health and academic achievement.

Based on the analysis and discussion that has been carried out in the previous chapter, it can be concluded that the use of gadgets in children affects the level of anxiety in parents. The support of parents for their children is very influential. Every parent has their way of helping their child's development. Parents' attention becomes a measure of the extent to which the success of parents and the involvement and role of parents in the lives of their children.

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