

Socialization of Solutions to Overcome the Negative Impact of Gadgets on Teenagers in Ulu Gedong Village, Jambi City

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Abstract

Gadgets provide many conveniences, especially in the aspects of technology and information. However, gadgets also have a negative side, especially for children and teenagers. These negative impacts include deviant behavior such as fighting, brawling, theft, fraud and exposure to pornography. Excessive use of gadgets can also reduce the feeling of togetherness and mutual cooperation, replacing it with a selfish and individualistic nature due to too much time spent in cyberspace. Therefore, it is important for teenagers to be given education about how to deal with the negative effects of gadgets. This service aims to increase awareness of teenagers so that the negative impact of gadgets can be minimized, and the character of teenagers as the next generation of the Indonesian nation can be improved. The methods used in this activity include lectures, discussions and simulations. The number of participants was 35 people with an additional 3 presenters and 11 companions. From the results of this activity, it was found that participants gave a positive response, realizing that the negative impact of gadgets could damage the character of teenagers. Participants also hope that socialization activities like this can continue to be carried out as a reminder for future teenagers.

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1. INTRODUCTION

Technological advances have become a very important part of everyday life, especially in the increasingly sophisticated digital era. This development is clearly visible in various fields such as information technology, communications, education, transportation, medicine and construction. Especially, the development of information and communication technology has changed the way we live significantly, especially with the presence of various types of gadgets such as smartphones, tablets and computers. These gadgets are now inseparable from the lives of children and teenagers, providing great benefits in terms of access to information, entertainment and communication. This development has also changed the way humans communicate by breaking the boundaries of space and time, allowing people thousands of kilometers away to interact as if they were in the same room. However, excessive and uncontrolled use of gadgets can have various negative impacts on their physical, mental and social development.

The widespread use of smartphones among teenagers has significantly changed their daily activities and behavioral patterns. This phenomenon is clearly visible in everyday life, where they tend to be more interested in their virtual world than spending time in real life. Their communication also occurs more often through social media than directly or face to face[1].

The increasing use of gadgets among children and teenagers has raised serious concerns, considering that they are the next generation of the Indonesian nation. The negative impact resulting from this phenomenon is very worrying because it can threaten their future. This problem is further

exacerbated by parents' lack of awareness of the dangers of gadget addiction, which often gives children unlimited freedom in their use. This is a common concern because efforts to prevent potential harm to children should involve the active role of both parents and society at large[2].

The results of the service carried out by Willius Kogoya regarding the socialization of the impact of gadgets on the character formation of teenagers show that there are both good and bad impacts. The use of gadgets has positive impacts such as increasing insight and knowledge, opening windows to the world, and expanding teenagers' relationships. However, there are also negative impacts such as the negative influence of modern trends such as inappropriate harsh language, indecent appearances, as well as the tendency of teenagers to smoke, drink heavily, fight, and become easily agitated. Apart from that, teenagers tend to be introverted, close themselves off from social interactions in the real world and prefer to interact in cyberspace, focusing on themselves. They can also find it difficult to ask their parents for help, often fight back, be disrespectful to parents or older people, and lack motivation to learn. From this service, participants showed a positive response, realizing that the negative impact of using gadgets can significantly disrupt the character growth of teenagers[3].

To overcome the negative impact of gadget use on teenagers, it is important to have a good understanding of them. In this service, cooperation between parents and teenagers will be emphasized. Socialization about overcoming the negative impact of gadgets on teenagers will be carried out in Ulu Gedong Village, Jambi City. One of the efforts that will be made is to accompany teenagers and limit the time they use gadgets.

Community Service (PKM) is part of the Tri Dharma of Higher Education, which includes education, research and community service. Through this activity, strategies will be explained to reduce the negative impact of gadget use on teenagers.

2. LITERATURE REVIEW

2.1 Previous Research

Many previous studies have developed the topic of gadgets. One study concluded that gadgets have now become a primary need for humans in accessing information, entertainment and knowledge. Nowadays, almost everyone has a gadget because of its role not only as a communication tool, but also as a respected symbol of lifestyle, trends and social status.[3]. In the past few decades, mobile phones have fundamentally changed the way we communicate, interact, search for information, work, complete homework, and spend time. Technological advances in smartphones, such as increases in memory capacity, processor speed, and persistent internet connectivity, have led to a significant increase in everyday cellphone use. Cell phones are almost always present in our lives, becoming an inseparable part of daily activities[4].

The use of gadgets and technology is growing rapidly across the world, creating challenges like never before. Not only adults, but also children-children increasingly engaging in the use of technological gadgets, which has raised concerns about its impact on their physical and mental health. Although technology has overcome many geographical barriers and enabled quick access to information, its excessive use has also had negative impacts. Many people who rely on technology spend time in unhealthy, sedentary lifestyles, increasing their risk of serious illness and mental disorders[5].

In the current era of globalization, the development of increasingly sophisticated communication tools such as gadgets provides lots of benefits for teenagers. According to research, gadgets not only act as communication tools, but also as a means of entertainment, education and access to information. Teenagers are a group that is very active in using this gadget. The use of gadgets among teenagers continues to increase along with advances in technology and improved ease of access. Gadgets allow teenagers to quickly access information and educational materials, which has the impact of increasing their knowledge and skills. Additionally, gadgets

facilitate fast and effective communication, strengthening social relationships through social media and instant messaging applications[6]. However, excessive use of gadgets also has significant negative impacts. Gadgets can cause physical health problems such as sleep disorders, obesity, and eye problems due to prolonged exposure to screens. Additionally, excessive cell phone use has been linked to increased levels of stress, anxiety, and depression in teens. The inability to control gadget use can also interfere with teenagers' focus and concentration in studying, which has the potential to harm their academic performance.

In Indonesia, gadget use among teenagers has increased significantly. In 2009 there were 1.3 million gadget users in Indonesia, which increased to 18.7 million in 2015. Gadget usage reached 65.52 million in 2016 and 74.9 million in 2017, with growth continuing in 2018 and 2019[7]. To maximize the benefits and minimize the negative impacts of using gadgets, a balanced approach is needed. Parents and educators need to supervise and guide the use of gadgets by teenagers, set time limits, as well as encouraging healthy offline activities. The use of educational applications and useful content can be maximized to support adolescent learning and development. With wise supervision and balanced use, the benefits of this technology can be maximized for teenagers.

2.2 Negative Impact of Gadgets for Teenagers

Excessive gadget use among teenagers can have a significant impact on their academic performance. Research shows that time spent using gadgets, especially for activities not related to education, can reduce study time and concentration. According to a study conducted by Dian Kurniawati (2020), students who frequently use gadgets tend to experience addiction to applications such as games, social networks and the internet, which in the end can cause a decrease in academic achievement. However, if gadgets are used wisely, they can be a very useful tool in students' learning process, helping them improve their academic performance[6].

The negative impact of gadgets on teenagers' physical health can also affect their academic performance. Teenagers who use gadgets excessively often experience sleep disturbances, which can cause fatigue and reduce their ability to focus in class. A study by Sakari Lemola (2014) found that the use of gadgets before bed was related to poor sleep quality and sleep problems in adolescents, which then resulted in decreased academic achievement due to lack of attention and concentration during class hours at school. This condition makes it difficult for teenagers to follow lessons and complete school assignments well[8].

Teenagers' mental health is also affected by excessive gadget use, which has an impact on academic performance. According to Sara Thomas (2018), excessive cell phone use is associated with increased levels of stress, anxiety, and depression in adolescents. Poor mental conditions can interfere with teenagers' learning abilities and reduce their motivation to achieve good academic performance. Teens who are stressed or depressed tend to have difficulty managing time, completing assignments, and preparing for exams, all of which contribute to decreased academic performance[4].

In Indonesia, this phenomenon is also clearly visible. According to data from WHO, gadget users in Indonesia increased by 17.4 million from 2009 to 2015, and continued to increase in the following years. This increase reflects wider access to technology, but also shows the need for greater attention to the negative impacts it may have, especially among teenagers. Therefore, it is important for parents and educators to monitor and regulate gadget use among teenagers. Teaching wise use of gadgets and setting time limits can help minimize their negative impacts. Additionally, encouraging teens to engage in healthy offline activities such as sports and hobbies can also help them maintain a balance between the digital world and real life.

In conclusion, although gadgets have great benefits in terms of access to information and communication, their excessive use can disrupt teenagers' academic performance in various

ways, including sleep disturbances, poor physical and mental health, and reduced time and attention that should be spent on studying. Wise supervision from parents and educators is needed to help teenagers use this technology in a balanced and positive way.

2.3 The Importance of Adolescent Character Formation

Adolescence is a period of identity search filled with great curiosity, the urge to gain recognition, and the exploration of new experiences. Emotions during this period are often unstable; Teenagers can behave well but also show off rebellion or violence. In general, teenagers tend to be more solidarity with their peers than with family members. They tend to prefer to spend time with friends rather than family[3].

Character formation in teenagers is a vital aspect of their education, involving not only academic learning but also moral and social values. According to Abdul Sakban (2023), adolescent character includes values such as integrity, empathy and responsibility, which are essential for forming responsible individuals and making positive contributions to society. Character education at school and the support provided by the family can help teenagers understand and apply these values in their daily lives[9].

In the book by William Damon (2018) he emphasizes that character education is not only about teaching morality but also forming a balanced and meaningful personality. Teenagers who have strong character tend to have the ability to make good decisions and build positive interpersonal relationships, which support their development in various aspects of life[10].

Character formation also has a significant impact in preventing negative behavior such as drug use and aggressive behavior. Belinda G Gimbert (2021), teenagers who receive good character education tend to have more positive behavior and are less likely to be involved in risky behavior. Character education programs integrated into the school curriculum can provide clear and consistent guidance on the behavior expected of adolescents[11].

The role of family and social environment is also very important in forming adolescent character. According to Xiaoyun Chai (2022), family support and a positive school environment can provide role models and social norms that support good character development in adolescents. Interaction Positive relations with peers and a healthy social environment also play an important role in forming attitudes of empathy and tolerance in teenagers[12].

By Overall, character formation in adolescents is a long-term investment in development meaningful individuals and a better society. By providing a supportive educational environment and providing positive examples, we can help teenagers develop strong moral values and integrate them into their daily lives.

3. IMPLEMENTATION METHOD

In the socializing process, there are several methods that can be used, including: lectures, discussions, brainstorming, panels, role playing, demonstrations, symposiums and seminars. Each of these methods has unique advantages and disadvantages[13]. In this socialization activity, the methods that will be used are lectures and discussions.

4. OBJECTIVE

The aim of Community Service (PKM) is to reduce the negative impact of gadget use on teenagers in Ulu Gedong Village, Jambi City. Socialization on overcoming the negative impact of gadgets on teenagers was carried out on Thursday 23 May 2024 with several activities, namely providing an explanation of the negative impact of gadgets

5. RESULTS AND DISCUSSION

The socialization of the use of this gadget is intended for 35 participants, including the Community Service Team which consists of 14 members. According to the previous schedule, the socialization was held at Madrasah Nurul Iman, Ulu Gedong Village, Jambi City. The first session included delivering material about the positive and negative impacts of gadgets on the formation of adolescent character, using the lecture method and question and answer session. This socialization activity was attended by a total of 49 people, consisting of 20 young men, 15 young women, and 14 people as presenters and companions. The event began by explaining the positive and negative impacts of using gadgets on the character of teenagers, followed by a session on sharing teenagers' opinions about gadgets. After that, ways to reduce the negative impact of gadgets on adolescent character formation were also presented.

The use of gadgets in teenagers' lives has a number of significant impacts on the formation of their character. Positively, gadgets facilitate teenagers' access to extensive information and knowledge from various sources. This allows them to learn independently and develop a deeper understanding of global values, technology, and culture. With a variety of educational applications and content available, gadgets can be a powerful tool in enriching knowledge and promoting critical and analytical skills that are important in character development.

However, excessive use of gadgets also produces negative impacts that must be taken into account. One of the main issues is the disruption to teenagers' physical and mental health. Exposure to blue light from gadget screens can disrupt teenagers' sleep patterns, which can affect sleep quality and overall health. In addition, too intensive use of gadgets often reduces the time that should be used for direct social interactions and physical activities, both aspects of which are very important for the social, emotional and interpersonal development of teenagers.

Another impact of gadget use is the potential to increase the risk of impulsive behavior and lack of self-control. Teenagers who are too involved in the digital world tend to pay less attention to deeper aspects of self-development, such as developing moral values, ethics and empathy. This can result in low levels of independence and a lack of ability to make responsible decisions, which are important elements in the formation of good character.

In general, the use of gadgets by teenagers offers challenges and opportunities in forming their character. It is important for parents, educators, and society as a whole to take an active role in monitoring and directing teenagers' use of gadgets wisely. With a balanced approach between the use of technology and useful offline activities, teenagers can optimize the positive benefits of gadgets while minimizing the negative impact on their overall and sustainable character development.



Figure 1 Community Service Team (PKM) and Supervisor Aris Munandar, M.Pd.



Figure 2 Community Service Team (PKM) and Head of Ulu Gedong Village Nopriadi, SE.



Figure 3 Providing Educational Materials related to Gadgets to Teenagers

This Community Service (PKM) aims to provide knowledge to teenagers about how to deal with the negative impacts of using gadgets in their daily lives. During the service, the presenters focused on providing in-depth and relevant explanations to teenagers regarding the importance of using gadgets intelligently. They were taught about how excessive use of gadgets can have a negative impact on their physical and mental health, such as sleep disturbances due to exposure to blue light from gadget screens.

Apart from that, the presenters also taught teenagers to understand the importance of online privacy and security. Presenters and companions highlight the risks associated with sharing personal information on social media and other applications, and provide strategies for protecting themselves in today's complex digital world.

Community Service (PKM) also encourages teenagers to seek balance between the digital world and real life. We encourage them to engage in outdoor activities, sports, the arts, or other social activities that allow them to develop hands-on social and interpersonal skills.

During interactions with teenagers, the Community Service (PKM) team builds open and supportive communication. The team provides space for them to talk about any concerns or challenges they face regarding gadget use, and provides appropriate advice and support. This aims to build trust and ensure that they feel heard and understood in this learning process.

Finally, the team involved teenagers in making decisions regarding the rules and policies for using gadgets in their environment. By giving them the opportunity to participate in setting limits

on screen time or expected offline activities, we encourage them to feel responsible for their technology use.

Overall, the results of Community Service (PKM) have had a positive impact by increasing teenagers' awareness and understanding of how to manage gadget use wisely. Participants gave positive responses, realizing that the negative impact of gadgets can damage the character of teenagers. The Community Service Team (PKM) hopes that this effort will not only help them avoid negative impacts that may arise, but also promote healthy and balanced character development in this digital era.



Figure 4. Participants in the socialization of the negative impacts of using gadgets

6. BENEFIT

The benefit of this outreach regarding overcoming the negative impacts of gadgets on teenagers is to prevent, reduce and overcome the negative impacts of gadget use on the character development of teenagers in Ulu Gedong Village, Jambi City.

7. CONCLUSIONS AND RECOMMENDATIONS

Based on the results of this service, it can be concluded that education about wise use of gadgets is very important for teenagers in this digital era. Uncontrolled use of gadgets can have a significant negative impact on adolescents' physical health, mental well-being and social-emotional development. Therefore, comprehensive education on how to manage gadget use wisely is the key to minimizing this risk.

Suggestions that can be given based on the results of Community Service (PKM) are as follows:

1. Continuous Education: There needs to be ongoing efforts to continue to educate teenagers about the importance of balanced use of gadgets. This education can be carried out routinely in schools, homes and communities, and involves parents, educators and the community at large.
2. Collaboration with Parents: Parents have a very important role in supervising and supporting teenagers in using gadgets. Good collaboration between parents and schools can help set clear rules and support a safe and healthy environment for teenagers.
3. Promotion of Activity Balance: Encourage teenagers to find a balance between gadget use and useful offline activities, such as sports, art and social interaction. This not only supports their physical and mental development, but also strengthens their social and emotional skills.
4. Monitoring and Supervision: Continuously monitor youth online activities and provide support in overcoming challenges that arise. This monitoring needs to be carried out proactively and continuously to ensure that teenagers can use technology safely and responsibly.

Consistently implementing these steps can help teenagers develop healthy habits in using gadgets and maximize the positive benefits of this modern technology. This not only supports positive

and responsible character development, but also prepares them to face future challenges in an increasingly digitally connected world.

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