

THE INFLUENCE OF *GADGET* PLAYING ON ADOLESCENT BEHAVIOR IN FAMILIES IN PEMATANG KUALA VILLAGE

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Abstract: *The world has entered a new era, namely the era of technology and communication. The development of technology and communication is happening very rapidly, technology continues to create various types of gadgets that are classified as high-technology gadgets. In general, technology (gadgets) has become an inseparable part of a person's life. Efforts are needed to increase awareness, knowledge, and skills so that they can continue to use the internet through their gadgets intelligently. However, nowadays gadgets in their use are often excessive and affect various aspects of life. This influence can be felt both by the self and by the people around the user. One of the closest environments affected by the use of gadgets is the family. This study aims to find out how the influence of gadgets on the behavior of adolescents in the family. The research is based on changes in adolescent behavior due to excessive use of gadgets. This research uses a qualitative approach with descriptive methods. Data was obtained through a questionnaire that used gadgets excessively in Pematang Kuala Village. Data analysis was carried out from the beginning of the study to reporting. The results showed that teenagers in Pematang Kuala Village used gadgets for 5-7 hours (300-420 minutes) a day, which meant that these teenagers were already addicted to gadgets. The excessive use of gadgets hurts the behavior of adolescents in the family, including emotional instability which causes adolescents to become irritable, emotional, anxious, and even withdrawn.*

Keywords: *Gadget Use, Adolescent Social Behavior, Family*

Introduction

The world has entered a new era, namely the era of technology and communication. Technological developments occur very rapidly, technology continues to create various types of gadgets that are classified as high-technology gadgets. There are many variants of gadgets that are now spread across Indonesia, especially smartphones, tablets, computers, cameras, laptops, and others. The use of various types of gadgets has now become a lifestyle in Indonesia. The use of gadgets can be seen directly in public places such as schools, stations, terminals, bus stops, and even buses. Users of this social media tool seem to have become entrenched in Indonesian society.

The role of the family for children in modern times is very important. Family, especially parents are a mirror for children to behave, talk, and socialize with the outside

world. Besides that, along with the development of technological advances, the role of parents in raising and educating children is also helped. This is evidenced by the existence of gadgets that include various forms, namely smartphones, laptops, cameras, tablets, and so on. Through the sophistication of gadgets, parents become more effective in providing learning to children in all aspects of life. But nowadays, in reality, most parents have mistakenly used gadgets to help them educate their children. They give full control over gadgets to children without any restrictions or supervision. Directly or indirectly, parents bear their portion of the blame when their children spend too much time with gadgets instead of interacting socially with society.

When viewed from the age composition, the percentage of gadget users who fall into the age category of children and adolescents in Indonesia is quite high, namely 79.5 percent. The survey conducted by the Ministry of Information and Unicef in 2014 also illustrates that children and adolescents use gadgets mostly to seek information, entertainment, and establish social relations (Liputan6, 2016). Adolescence is a transitional period marked by individual changes in all aspects, both physical, social, psychological, and mental (Djamarah and Bahri, 2004). During this period, adolescents' need to express themselves and socialize with their peers is growing rapidly. The family is expected to provide a conducive atmosphere for the intellectual and emotional development of adolescents (Djamarah and Bahri, 2004).

Adolescence is a time when they want to be like their other friends, where they want to be recognized by the social environment (Nasution & Sitepu, 2018). Adolescence is the time when humans are in their twenties. At this time humans cannot be called children or adults. Adolescence lasts between the ages of 12 to 21 years for women and 13 years to 15 years for men. According to Mohammad and Mohammad (2014: 9), the range of adolescent phases is classified into two parts, namely early adolescence and late adolescence. However, the adolescent phase is a developmental phase that is at a very potential period, both in terms of cognitive, emotional, and physical aspects. Technology from time to time undergoes significant changes. N Martono (2012: 276) states that technology must be utilized as best as possible, the current very rapid technological developments must be accompanied by an understanding of the technology itself so that it can be used optimally and not have a bad impact.

In line with the research that has been done, it shows that children are less interactive and prefer to be alone with their *gadgets*, giving rise to individualistic attitudes in children and a lack of a caring attitude towards others, both towards family, friends and other people. Marpaung (2018) states that the negative impacts of *gadgets* include that they can cause users to be more individualistic. It can be said that humans are individualists because they forget to communicate and interact with their surroundings. In addition, the increase in crime and misconduct in productive society is triggered by the freedom to use gadgets in their teens (Hadipramana et al., 2019)

Social behavior is one aspect that needs to be instilled in students. Hurlock (in Nisrima et al, 2016) states that social behavior is a person's physical and psychological activity towards other people or vice versa to fulfill oneself or others according to social demands. Polite behavior is manners in the association between humans and humans so that humans have courtesy, respect, and love each other. Sukirman (2017) polite behavior can be

said as an act of taking care of the feelings of others through words and actions. The ability to put yourself in the right position in various situations so as not to hurt others. The formation of behavior is obtained from what they see and learn, so that it can become a habit for them to behave Walgito (2004) *gadgets* allow users to play in all places, both crowded and quiet places.

The results of initial observations in Pematang Kuala Village, teenagers who use gadgets excessively are highly dependent on these objects. This condition sometimes has negative impacts such as being a rebellious person and being excessively lazy. In addition, the lack of social life is due to the time spent using gadgets. Therefore it is necessary to study more about the effect of using gadgets on the behavior of adolescents in the family. The tendency of teenagers to start depending on these gadgets is what makes this interesting to study because there are so many gadget users and very drastic changes in attitude after using gadgets.

Adolescents are individuals who are the hope of the nation, family, nation, and state life in the future is determined by the quality of today's youth. Adolescents as the nation's hope generation must have the potential and ability to build a life, adolescents also need to have a positive self-concept to understand and know themselves, because adolescents are a special concern for society and the government (Ministry of Health, 2012). When viewed from the age composition, the percentage of gadget users who fall into the age category of children and adolescents in Indonesia is quite high, namely 79.5 percent. The survey conducted by the Ministry of Information and Unicef in 2014 also illustrates that children and adolescents use gadgets mostly to seek information, entertainment, and establish social relations (Liputan6, 2016).

Literature review

Technological advances are now very fast and increasingly sophisticated. Rapid technological developments have brought the world into an advanced and modern era of globalization. In this modern era, humans are required to follow the era where life becomes practical, effective, and efficient. This is due to the needs of life that are increasingly numerous and complex. Therefore, tools were created that can help smooth and lighten the workload of humans, one of which is *gadgets*. Pebriana (2017) stated that *gadgets* are media that are used as modern communication tools. *Gadgets* make it easier for human communication activities.

Family life, work environment, school, friendships, religious activities, politics, and so on are all affected by communication technology. Human interaction with humans has been replaced by human interaction with gadgets and it is often not realized that technology can reduce one's direct interaction with the closest people around (for example between parents and children at home each busy with their gadgets). Greetings and greetings with neighbors are decreasing, and being busy alone in front of computers and other technological devices is considered commonplace in today's society (Muchlis & Nurainiah, 2018). This behavior is very common nowadays. Research (Hegde et al., 2019) noted that almost 67% of children spend more time on social media or online games than on outdoor activities, and almost 84% of them have accounts on social networking sites. Provide information/insight

about the future development of health problems due to reduced physical activity among children. It was found that 69% of children spend their time using cell phones or other gadgets at night before going to bed with 59% of children waking up with headaches in the morning and using glasses early. Gadget users in 2013 with 27% of the world's population reached 1.9 billion and it is predicted that the number of gadget users will continue to increase to 5.6 billion in 2019 (Pandey et al., 2019). Gadget addicts in 2014 in Indonesia increased from 1.4 billion gadget users, 176 million of whom are gadget addicts, this figure has increased by 123% compared to 2013 which was only 79 million (Purwanto et al., 2017).

A gadget is a communication tool that has many functions using different features. Gadgets are considered more complete than other electronic communication tools because of their different functions and characteristics. Currently, there are many gadgets that are widespread in all regions of the world. Its development is very broad because it can access various information needed. With the existence of gadgets, it is very easy for people to carry out various kinds of activities that were difficult to do before. But in another position, gadgets have a big influence on the people around them, because when someone is busy with gadgets, they will forget about the time that has become a concept in their life. Now almost all people, especially teenagers, use gadgets in the activities they do every day. Almost every teenager who uses gadgets spends their time a day using gadgets so this affects their behavior in the family. Activities that are usually done by talking with family are now filled with playing gadgets. The results of P. Handrianto's study (2013) show that there are 70% of students are teenagers say they have gadgets because they want to keep up with technological advances, and 10% of other teenagers have gadgets because they were given them by their parents.

Gadget users don't only come from workers and business people, but almost all groups including teenagers, children, and even toddlers have used *gadgets* in their daily life activities. Anggraeni & Hendrizal (2018) stated that *gadget users* are not only from the working class, but now almost all people use *gadgets* in the activities they carry out every day. Almost everyone spends their time using *gadgets*. Currently, *gadgets* are not only a means of communication but can also be used as multimedia. Therefore, *gadgets* have their value and benefits for certain circles of people. *Gadgets* as business tools, as storage of various kinds of data, music/entertainment, information tools, and even as documentation tools. This shows *the gadget* as one of the actual technological developments.

Adolescents are individuals who are the hope of the nation, family, nation, and state life in the future is determined by the quality of today's youth. Adolescents as the nation's hope generation must have the potential and ability to build a life, adolescents also need to have a positive self-concept to understand and know themselves, because adolescents are a special concern for society and the government (Ministry of Health, 2012).

Method

Several previous studies related to the effect of using gadgets have been carried out. Research conducted by Fitria, and Anizar Ahmad (2020) conducted research that examined the effect of using *gadgets* on the behavior of adolescents in the family. This research shows that teenagers in Lamdom village use *gadgets* 5-7 hours a day, which means that these teenagers are addicted to *gadgets*. The excessive use of *gadgets* hurts the behavior of these

teenagers, including emotional instability which causes teenagers to become angry, emotional, anxious, and even self-isolated.

This research uses a descriptive method with a qualitative approach. The object of research is changing in the behavior of adolescents in the family caused by excessive use of gadgets. Data collection techniques were carried out using literature studies, the Self-Administered Questionnaires Technique is a data collection method that covers a certain area making it easier for researchers to collect all the necessary data in a relatively shorter time (Sekaran & Bougie, 2013: 147). This research was conducted online through Google form. Through research, it is hoped that it can provide a factual description and analyze the data that has been collected to conclude narratively according to the research results obtained from field findings.

Results and Discussion

A. Data Presentation

The results of data collection using a structured questionnaire distributed using the Google form, it was obtained 23 respondents regarding "The Influence of Playing *Gadgets* on the Social Behavior of Adolescents in Families in Pematang Kuala Village". The data obtained have been previously verified to remove invalid data which will affect the results of the research data analysis. The profile of the respondents in this study was observed to give an idea of what the sample of this study was like.

B. Characteristics of Respondents

Based on gender, there were 14 female respondents (51.9%) and 13 male respondents (48.1%). This shows that female respondents were more involved in this study than male respondents and only one respondent differed. However, it can be said that the composition of male and female respondents is balanced.

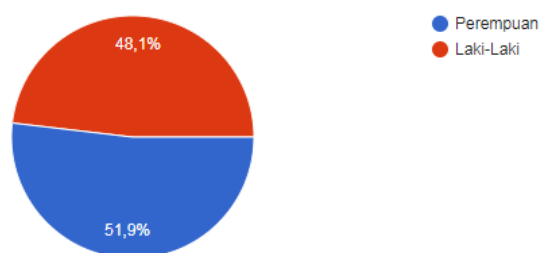
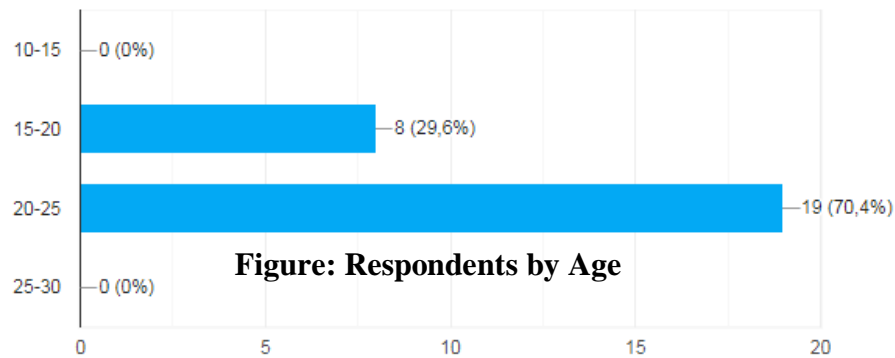
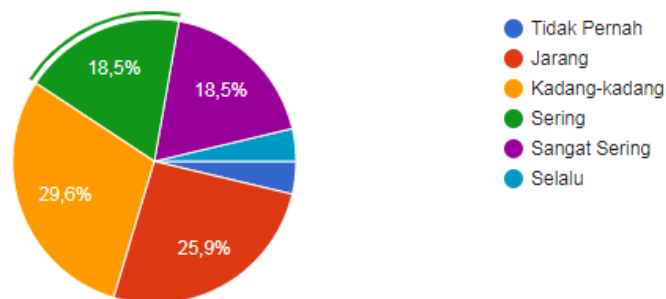


Figure: Respondents Based on Gender

Based on age groups, there are 2 (two) age groups that dominate, namely respondents aged 20-25, 19 people (70.4%) respondents and respondents aged 15-20, 8 people (26.6%).

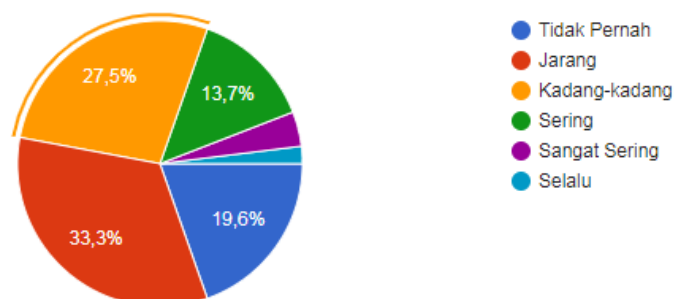


1. How often do you extend your gadget playing time from your original plan?



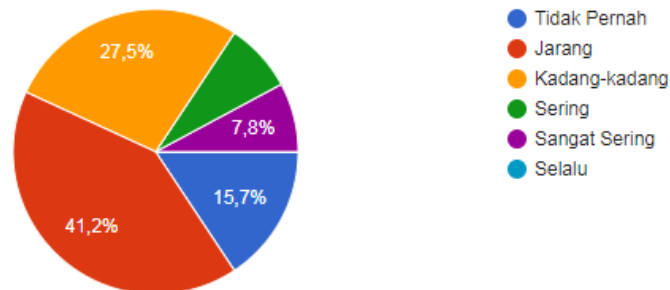
Based on the questions above, there is Never as many as 1 people (3.7%), Rarely as many as 7 people (25.9%), Sometimes as many as 8 people (29.6%), Often as many as 5 people (18.5%), Very often by 5 people (18.5%), and Always by 1 person (3.7%).

2. How often do you neglect your main task at home to be able to play with your gadgets longer?



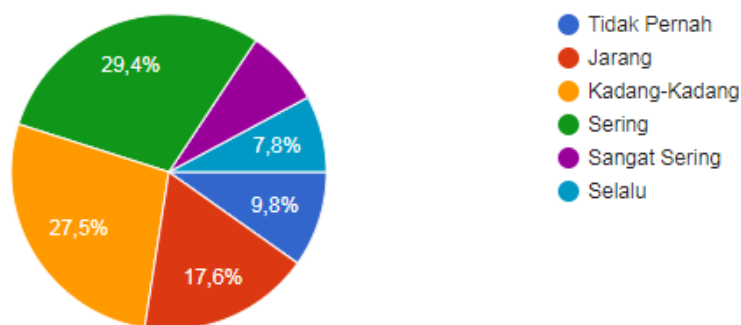
Based on the questions above, there are Never as many as 10 people (19.6%) answers, Rarely as many as 17 people (33.3%), Sometimes as many as 14 people (27.5%), Often as many as 7 people (13.7%), Very often as many as 2 people (3.9%), and Always as many as 1 person (2%).

3. How often do you prefer playinwith g gadgets to going out with friends other than at home?



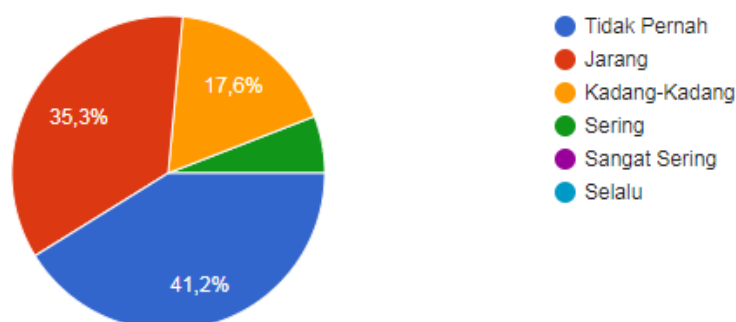
Based on the questions above, there are Never as many as 8 people (15.7%) answers, Rarely as many as 21 people (41.2%), Sometimes as many as 14 people (27.5%), Often as many as 4 people (7.8 %), very often as many as 4 people (7.8%).

4. How often do you plawith y gadgets to avoid problems in the real world?



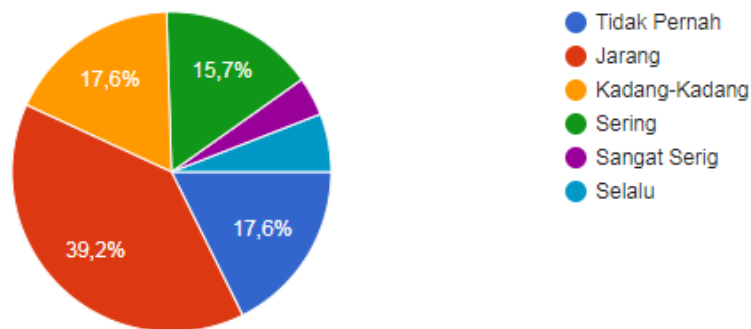
Based on the questions above, there are Never as many as 5 people (9.8%) answers, Rarely as many as 9 people (17.6%), Sometimes as many as 14 people (27.5%), Often as many as 15 people (29.4 %), Very often as many as 4 people (7.8%), and Always as many as 4 people (7.8%).

5. How often do you gethe t angry, snap, or get annoyed if someone disturbs you while playinwith g gadgets?



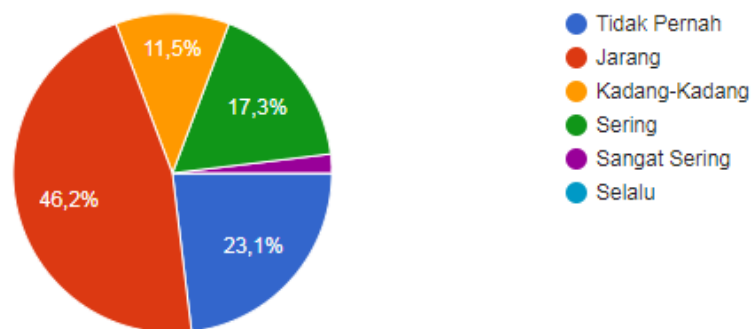
Based on the questions above, there are Never as many as 21 people (41.2 %) answers, Rarely as many as 18 people (35.3%), Sometimes as many as 9 people (17.6%), Often as many as 3 people (5.9 %).

6. How often do you feel depressed, unenthusiastic, or anxious when you are not playing gadgets but these feelings disappear when you are back playinwith g gadgets?



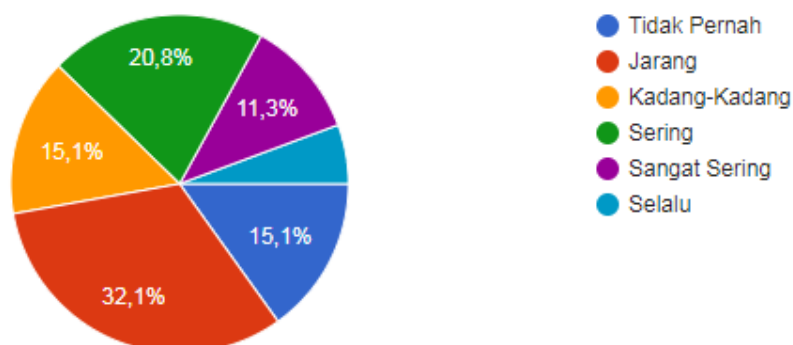
Based on the questions above, there are Never as many as 10 people (19.6%) answers, Rarely as many as 20 people (39.2%), Sometimes as many as 9 people (17.6%), Often as many as 8 people (15.7 %), Very often as many as 2 people (3.8%), and Always as many as 3 people (5.8%).

7. How often do you prefer playing gadgets over hanging out with friends?



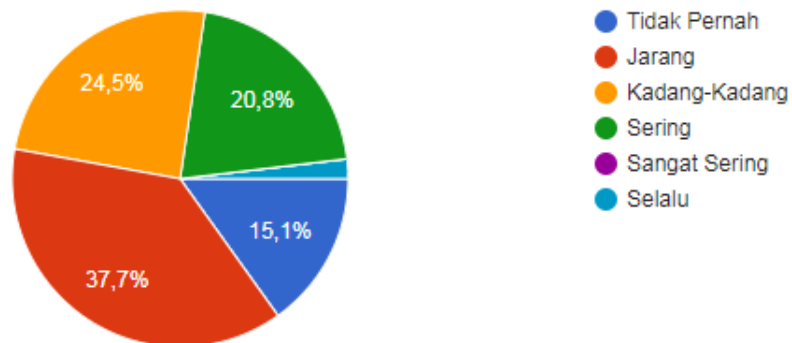
Based on the questions above, there were 12 people (23.1%) who answered Never, Rarely 25 people (46.2%), Sometimes 6 people (11.5%), Often 7 people (17.3%) %, very often as many as peopleon (1.9%).

8. How often do you stay up late to be able to play gadgets longer?



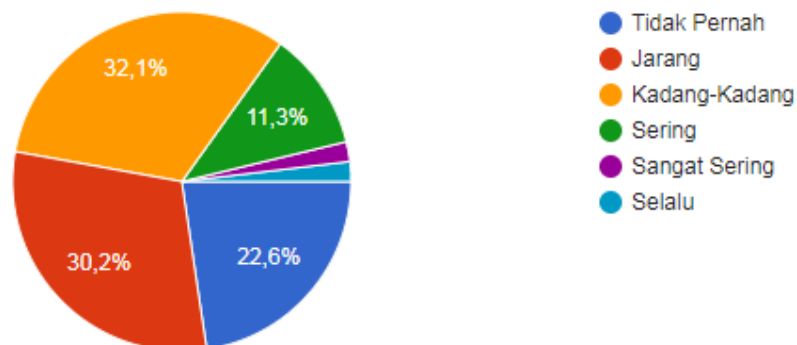
Based on the questions above, there are Never as many as 8 people (15.1%) answers, Rarely as many as 17 people (32.1%), Sometimes as many as 8 people (15.1%), Often as many as 11 people (20.8 %), Very often as many as 6 people (11.3%), and Always as many as 3 people (5.7%).

9. How often do you postpone other work while playinwith g gadgets?



Based on the questions above, there are Never as many as 8 people (15.1%) answers, Rarely as many as 20 people (37.7%), Sometimes as many as 13 people (24.5%), Often as many as 11 people (20.8 %), Always as many as peopleon (1.9%).

10. How often do your family/friends complain because you often play with gadgets?



Based on the questions above, there were 12 people (22.6%) Never answered Never, 16 people (30.2%) Rarely, 17 people (32.1%) Sometimes, 6 people often (11.3%) %), Very often 1 person (1.9%), and Always by 1 person (1.9%).

Based on the results of the questionnaire distributed online, it can be seen that all respondents had gadgets in their teens, aged 15-20 years and over, and the most commonly used gadget was the *Smart Phone*. The results of the questionnaire that was distributed to 27 respondents acknowledged that the use of gadgets had reduced their time with their families and changed their social behavior slightly with friends and family. Meanwhile, other respondents said gadgets did not reduce family time. In this case, it can be said that there are still many teenagers who choose to spend time using gadgets both for playing games, social

media, internet access and even just using things that are not important rather than spending time together with family.

This condition also occurs in adolescents in Pematang Kuala, because adolescents tend to have high curiosity and have unlimited access to the internet, both positive and negative things. As a result, teenagers can easily be influenced by content on the internet without considering the effects that will be received when accessing the internet. In this case, according to Dharmawan's opinion (2012), the use of the internet by teenagers can have both positive and negative impacts, so before accessing content on the internet, teenagers must know and understand what information and content can and cannot be accessed on the internet.

Apart from hurting internet features on gadgets, it also has many benefits for teenagers to fulfill the need for curiosity in teenagers who are still high and is very useful for assisting in the learning process of teenagers both for doing school assignments and finding the information they want. is known. However, because there are no restrictions on internet access, teenagers can access other things, such as social media, *YouTube*, and sites that hurt teenagers. Therefore, the role of parents in providing rules, punishments, or rewards in disciplining children needs to be consistent. The results of research by Dzafirah et al (2019) reveal that parents who are less consistent in implementing family rules make children tend to be rebellious, dishonest, impolite, and even reckless on the road.

Furthermore, based on the results of the questionnaire that was disseminated to people in this study, respondents said that they had used gadgets for around 5-7 hours or 300-420 minutes a day. Puspita Sari, T and Mitsalia (2016) revealed that the use of gadgets is categorized as high intensity if the use of gadgets is more than 120 minutes a day and in one use ranges from more than 75 minutes. In addition, the use of gadgets with a duration of 30–75 minutes will cause addiction to use these gadgets. So, based on this opinion it can be concluded that currently, the average teenager who uses gadgets in Pematang Kuala Village has experienced addiction to gadgets which can be one of the causes of changes in adolescent behavior in the family.

Attention and communication by parents are very important for adolescents so that adolescents can avoid changes in behavior in adolescents such as unstable emotions such as irritability and anger so that adolescents can accept all the consequences as a result of mistakes that have been made. This explanation is by the opinion of Lestari, S (2014: 61) which states that parents and adolescents can also make communication an indicator of self-confidence and honesty by paying close attention to the emotional tone that occurs in interactions between family members. Furthermore, Fitriana (2018: 123) states, in carrying out communication with children, parents pay a lot of attention and align actions with the existence and characteristics of children, especially those who are developing towards maturity. Through communication, it is possible to have a role and task in the educational function as the responsibility of parents, thus giving birth to a special pattern of communication between parents and children. Likewise with the parents of research subjects in Pematang Kuala Village, communication between parents and children can provide an understanding of the use of gadgets that are good and right, it is hoped that this will reduce

changes in behavior in adolescents due to excessive use of gadgets because parents and family are educators first for her son.

The use of this *gadget* has an impact on adolescent behavior, especially on the social behavior of adolescents with their surroundings, especially within the family. In line with research conducted by Santoso (2020) which states that today's children are too engrossed in using their gadgets, they will forget their own needs, namely learning and socializing in society. The behavior of teenagers who use *gadgets*, still respects and listen to other people who are talking even though they still carry their *gadgets*. Children also want to be asked for help even if they wait a while to stop their *gadgets* first. Parents educate and teach children to help people who need help. In line with Senjari's theory (in Nuha 2021) explaining social care as an action and attitude that wishes to assist others. This is reinforced by research conducted by Widayati et al., (2021) which states that children assisting others, on average, they provide assistance to others, and stop using devices. This is reinforced by research conducted by Prayuda et al., (2020) which states that using *gadgets* for too long can affect the level of aggression. In addition, teenagers become insensitive and do not care about the environment around them.

However, what happens is that the use of these *gadgets* is starting to become difficult to control, from the time of use to the place of use. Users of this *gadget* use their *gadgets* anytime and anywhere. Communication phenomena are also influenced by the media used, so the media sometimes also influences the content of information (I) and interpretation (II), even according to Marshall McLuhan in Bungin (2006:57) the media is also the message itself. So that the use of these *gadgets* interferes with daily communication, including interaction activities within the family.

Based on the description of the research results above, researchers experienced several limitations in completing the research, including limited time and limited ability. With limited time, and limited ability, this research is inseparable from the theoretical knowledge that the researcher has, the researcher has tried his best to compile research results according to procedures and directions.

Conclusion

The use of gadgets among adolescents in Pematang Kuala Village can be said to be high, based on the results of the questionnaire which was disseminated to respondents who have used gadgets for 4-7 hours or 300-420 minutes a day which is a long time to use gadgets so that it can be said that teenagers in the village Pematang Kuala has started to be addicted to gadgets in the form of *Smartphones*. The results of the study show that the effect of using gadgets on the behavior Teenagers in the family can be seen from the use of gadgets by teenagers in Pematang Kuala Village which exceeds the recommended time limit, so experience emotional instability when kept away from the gadget that causes it Teenagers are easy to get angry, annoyed, rage, even locks themselves in the room because it is not allowed to use the gadget.

However, the effect of using the gadget does not result in juvenile delinquency which can cause adolescents to engage in deviant behavior that requires special handling. It's just that the excessive use of gadgets by teenagers in the family that occurred in Pematang Kuala

Village caused teenagers to start being addicted so behavior changes occurred. Parents play an important role in the use of gadgets in adolescents, providing an understanding of the functions, benefits, and even negative impacts of gadgets that must be instilled from the beginning of a child's growth so that when they become teenagers they understand that there are consequences for every action they take. The intensity of using gadgets has a relationship that can affect patterns of social behavior within the family. Where in essence the gadget is made with a function to facilitate one's activities, in the sense that the function of the gadget here is good. However, it can experience a change in function if the use of the gadget is not accompanied by sufficient knowledge, in the sense that there must be management and control over the use of the gadget, starting from the quantity of user time to the quality of the user's content.

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