

Duration of Playing Gadgets with Temper Tantrum of Emotional in Toddlers

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ABSTRACT

Temper tantrums are emotional disorders in children in the form of emotional outbursts characterized by crying, getting angry or slamming objects around them. Gadgets are a communication tool and can be used as a tool for children to play or watch. The purpose of this study was to determine the relationship between the duration of playing with gadgets and temper tantrums emotional in toddlers. The research was carried out in May 2022 in 30 sub-districts in Bengkulu City with a cross-sectional study approach. A sample of 166 toddlers was determined using a purposive sampling technique that has been known to play with gadgets. Data were analyzed using chi-square. The results obtained were 56 toddlers (33.7%) playing with gadgets \leq 20 minutes per day and the remaining 110 toddlers (66.3%) playing with gadgets $>$ 20 minutes every day. Toddlers with emotional temper tantrums were 108 (65.1%) and those who did not experience temper tantrums were 58 toddlers (34.9%). The duration of playing with gadgets has a significant relationship with temper tantrums of emotional in toddlers with $p = 0.004$. The OR value indicates the risk of temper tantrums of emotional in toddlers increasing 0.375 times who play with gadgets longer ($>$ 20 minutes).

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1. INTRODUCTION

Children are the initial generation and the pillar of hope is not only their parents but also their religion, nation, and country. A healthy and intelligent generation, of course, is the target for future generations to achieve. The state through the Ministry of Health of Indonesia has set child growth and development as one of the family health standards. Regular monitoring is needed to find out whether a child's growth and development are normal or not. The World Health Organization (WHO) in 2018 reported that data on the prevalence of toddlers experiencing growth and development disorders was 28.7% and Indonesia was the third country with the highest prevalence in the Southeast Asia region[1]. IDAI research results (2016) show that around 1-3% of children under the age of 5 experience developmental delays[2].

Emotions are an important component that can determine other psychological conditions in a person. Emotions also play a critical role that can lead to psychopathology in humans. Emotions have started to be stimulated from an early age. Toddlers are children who are in the age range of 0-59 months which is part of their early childhood [3]. This age is the golden age, meaning that at this time the child is in a sensitive period, namely a period that is very easy to receive stimulation of knowledge and skills that are appropriate to the stages of growth and development[4]. Therefore, proper and continuous monitoring and stimulation need to be provided so that the child's growth and development can run optimally[5]

Detection and stimulation of children's growth and development is the main task of parents or the adults around them. Healthy development of the individual dimension provides an opportunity for a person to explore the potentials that exist in them, both their strength and weaknesses. Existing positive aspects are enhanced, and negative ones inhibited. Early childhood undergoes a stage of heteronomous moral development, at this stage children need attention, because at this stage, children are still unstable, easily carried away, and easily influenced. They really need guidance, training

process, and constant habituation. Learning methods are appropriate to the characteristics of kindergarten-age children, for the benefit of the development and learning of children's morals and religion, include: telling stories, field trips, singing, and reciting rhymes. There are several ways of telling stories that can be used, including the teacher can read directly from the book (story reading), use picture book illustrations (story telling), use flannel boards, dolls, and play roles in a story. Early age is the best time for parents and teachers to lay the foundations for value, moral and religious education[6, 7].

The use of technology in the digitalization era is a serious challenge, especially for parents, regarding efforts to stimulate child growth and development. The use of gadgets that are too long and without supervision or assistance in early childhood actually backfires and hinders the development of positive potential in children. In a recent survey we conducted in Bengkulu City, it was found that 79% of 210 toddlers were allowed to play gadgets by their parents. Playing with gadgets is very dangerous for development of toddlers, including reducing concentration and addiction[8]. Children under the age of 18 months are not allowed to play gadgets, but children over 18-24 months, if it is difficult to avoid exposure to gadgets then limit it to a maximum of 20 minutes and ages above 24 months to 4 years are limited to a maximum of 1 hour per day[9].

Emotional disorders that are often found in children, especially at the age of under five, are temper tantrums. Temper tantrums are emotional outbursts in children which are characterized by the child's stubborn attitude, crying, screaming, yelling, rebelling, or being angry[10]. If this condition is allowed to continue and it is not appropriate to treat it, it will become a psychosocial disorder that is difficult to overcome into adulthood.

2. METHOD

This research is a correlational quantitative descriptive research to determine the relationship of the variables studied. The research was carried out in May 2022 in 30 sub-districts in Bengkulu City using a cross-sectional study approach. The purpose of this study was to determine the relationship between the variable duration of gadget use as an independent variable and temper tantrums of emotional in toddlers as the dependent variable. The population in this study were children under five years old (toddlers) in the working area of the Bengkulu City Health Center, totaling 30,201 toddlers. A sample of 166 toddlers was determined using a purposive sampling technique which is known to have been given gadgets to play with by their parents. The research instrument used a survey sheet. The data obtained were processed and analyzed using the chi square correlation test.

3. RESULTS AND DISCUSSION

The characteristics and results of the analysis using chi-square can be conveyed through the following table:

Characteristics of respondents

Playing Gadgets Duration

The results showed that the distribution of the playing gadgets duration frequency of toddler in Center of Bengkulu City can be described as follows:

Table 1. Frequency Distribution of Toddler Based on Duration of Playing Gadgets

No	Duration of Playing Gadgets	Numbers of Toddlers	Percentage (%)
1	≤ 20 Minute	56	33,7
2	> 20 Minute	110	66,3

Based on Table 1, it is known that 56 toddlers (33.7%) play with gadgets ≤ 20 minutes per day, and the remaining 110 toddlers (66.3%) play with gadgets > 20 minutes every day.

Table 2. Frequency Distribution of Toddlers Based on Temper Tantrums of Emotional

No	Temper Tantrums Emotional in Toddlers	Number of Toddlers	Percentage (%)
1	Yes	108	65,1
2	No	58	34,9

Table 2 shows that there are 108 toddlers with frequent temper tantrums of emotional (65.1%) and 58 toddlers (34.9%) who do not experience temper tantrums emotional.

Table 3. Correlation Between Duration of Playing with Gadgets and Temper Tantrums of Emotional in Toddlers

Duration of Playing Gadgets	Temper Tantrums Emotional in Toddlers		Asym Sig (<i>p</i>)	OR
	Yes	No		
≤ 20 menit	28	28	0,004	0,375
>20 menit	80	30		

Based on table 3, it is known that the duration of playing with gadgets has a significant relationship with temper tantrums emotional in toddlers with $p = 0.004$. The OR value indicates the risk of temper tantrums of emotional in toddlers increasing 0.375 times who play with gadgets longer (> 20 minutes).

Toddlers are generally not able to express their emotions properly. Disappointment and anger at toddlers expressed by crying is still normal. Temper tantrums are attitudes and behavior of children that are expressed by crying, getting angry, throwing tantrums and even slamming things caused by something that is both manipulative and frustrating. Some of the causes of temper tantrums are obstruction of the child's desire to get something, inconsistent parenting patterns, and children's moods[11].

The results of this study indicate that there is a relationship between the duration of playing gadgets and temper tantrums of emotional in toddlers, where the longer the duration of play will increase the risk of temper tantrums of emotional in toddlers. The results of this study are in line with the research of Anisa Aulia et al (2022) which states that gadgets can cause temper tantrums and have a negative impact on children's growth and development[10]. This research is also in line with Dinda (2022) who also stated the results of his research that online learning has an effect on temper tantrums in early childhood[12]. In addition, Layyinatus Syifa's research (2019) stated that the use of gadgets has an impact on the psychological development of elementary school children. In her research, it is known that the negative impacts arising from gadgets have an effect on the psychological development of children, especially aspects of emotional growth and moral development. In emotional growth, children who use gadgets become irritable, like to be rebellious, imitate behavior on gadgets and talk to themselves on gadgets. While the effect on moral development has an impact on discipline, children become lazy to do anything, leave their obligations to worship, and reduced study time due to too often playing games and watching YouTube[13]. Wulandari (2021) also mentioned the results of her research that gadgets affect children's emotions[14].

Temper tantrums make children unstable and unfocused. Even though temper tantrums are still categorized as normal in toddlers, if they occur too often they will interfere with their growth and development. Physically, temper tantrums will use up a lot of energy and interfere with positive activity patterns, including eating patterns. Children who have temper tantrums with inappropriate parental responses will add to psychological disturbances for children. Dissatisfaction or even the fulfillment of negative requests such as letting children play gadgets for a long time will lead to habituation and negative behavior patterns for children. In addition, crimes are prone to occur in children, have difficulty concentrating on the real world, disrupt brain function in children (Pre Frontal Cortex), and addiction to gadgets. It is very important for parents to supervise, control and pay attention to all children's activities to see better child development[15].

4. CONCLUSION

The duration of playing gadgets is associated with temper tantrums of emotional in toddlers. The longer the duration of playing with gadgets, the higher the risk of temper tantrums in toddlers. Temper tantrums that often occur will have a negative impact on the growth and development of toddlers.

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