



Journal Physical Health Recreation (JPHR)

Volume 4 Nomor 1 November 2023

<https://jurnal.stokbinaguna.ac.id/index.php/JP>

e-ISSN : 2747- 013X

Gadget Addiction Countermeasures Through Physical Education

Muhammad Akbar Syafruddin¹, Agus Sutriawan², Nur Indah Atifah Anwar³, Sufitriyono⁴

{akbar.syafruddin@unm.ac.id¹, agus.sutriawan@unm.ac.id², nurindah@unm.ac.id³,
sufitriyono@gmail.com}

Universitas Negeri Makassar, Jl. A. P. Pettarani, Tidung, Kec. Rappocini, Kota Makassar, Sulawesi Selatan 90222¹, Universitas Negeri Makassar, Jl. A. P. Pettarani, Tidung, Kec. Rappocini, Kota Makassar, Sulawesi Selatan 90222², Universitas Negeri Makassar, Jl. A. P. Pettarani, Tidung, Kec. Rappocini, Kota Makassar, Sulawesi Selatan 90222³

Abstract. This research is descriptive research that uses the literature study method. The method used is a literature study from various previous research articles. The data sources in this research were taken from Google Scholar, Researchgate, and Elsevier. Gadgets are technological advances in the form of sophisticated equipment from previous technology with more practical applications and functions. On the other hand, if its use is not regulated, it will have negative impacts. Uncontrolled and excessive use of gadgets can cause addiction at an early age and have a negative impact on children's development, such as emotional and behavioral problems, lack of movement which causes health problems, and individualistic views. This research tries to overcome the problem of gadget addiction by implementing appropriate physical education. The findings of this research provide an overview of good character development and the expansion of social values that occur during physical education so that the younger generation is not addicted to gadgets.

Keywords: Gadgets, Physical Education, Addiction

1 Introduction

Human thirst for convenience brought about by technological advances is very great in the contemporary millennial period. Gadgets are one of the results of current technological advances. This is needed by people of all ages, including preschool children (Fitriana et al., 2021) (Putri & others, 2021). According to BPS data in 2016 in (Setianingsih, 2019) the use of gadgets for elementary school age children has been widely used, but most of the use is for fun (games, streaming TV/video) at 66.9% and social media at 51.9%.

The existence of gadgets is certainly very beneficial for young people because it makes it easier for them to get reference sources when doing school assignments. However, the use of gadgets has a number of negative effects on children, including decreased communication with parents, decreased psychomotor abilities, problems with learning material, and communication challenges (Warisyah, 2019) (Sunita & Mayasari, 2018). Addiction to electronic devices is

equally dangerous for children, especially the development of the younger generation in the future. The young generation is the next generation of the Indonesian nation who reflects and is based on the Pancasila belief. Physical education in schools (madrasahs) participates in realizing these values, especially instilling character values in physical education activities, in accordance with the practice of these values.

Physical education is a learning activity aimed at fulfilling a number of objectives based on the applicable curriculum. Physical education is a forum for training fitness, character, and teaching values to all students (Syafruddin et al., 2022). As a result, it exists at all levels of education. Physical education is an important component of the educational process that allows children to experience optimal physical, motoric, mental and social growth and development (Susanto, 2015).

Thus, physical education activities in schools are an excellent means of building character, social skills, healthy manners and intelligent cognitive abilities in order to help develop a new generation of excellence and quality (Syafruddin & Asri, 2022). Physical Education, Sports and Health, abbreviated as PJOK, is one of the media that encourages physical growth, psychological development, achievement of movement skills, creation of knowledge, appreciation of values, and formation of a culture of healthy living in order to achieve the essential body and spiritual balance (Lismana et al., 2022). Physical education with optimal implementation can be beneficial for the younger generation; Apart from that, physical education will foster a culture of movement so that the younger generation can channel their positive energy into activities (Erfayliana, 2015).

2 Method

This research is qualitative research that takes a scientific study approach. Where the material is presented qualitatively using a library study approach based on scientific studies and books which are then used to answer the problems studied in this research. The method used in this research is a literature study which is carried out by exploring and searching various library sources to uncover the problem being studied (Izza et al., 2020). The sources of information used in this article come from various research on Google Scholar using the keywords physical education and gadgets.

3 Result

Rapid technological advances have had a significant impact on many scientific disciplines, including education (Nafaida & others, 2020). Technology and communication today are not only understood by adults, but also by children. (Yuaviki et al., 2020) said that as time progresses, it is proven that the development of information and communication technology is increasingly rapid, and its use has reached various layers of people's lives from all fields, ages and levels of education. The device itself is a small instrument with many applications.

The world is not as wide as a moringa leaf, as the saying goes. This term may now be replaced by "a world the size of a gadget screen". As we all know, the existence of gadgets allows us to access information from all over the world (Velawati, 2020). Access to various

information has been made easier both in online and offline formats. Some parties often misuse gadgets, such as parents who provide gadget facilities for the media to educate their children without taking additional precautions (Khairani, 2022).

Most children are interested in using gadgets to watch music videos, cartoon/animated series, or play games and learn new topics. The need to use gadgets for communication with parents or finding learning resources is still lacking (Novianti & Garzia, 2020). Another study found that almost all parents agree that their children use technology primarily to play games, that more than 60% of children spend half an hour playing games at a time, some correspondents reported their children play games between half and one hour, and at least correspondents reported their children playing games for more than an hour at a time (Nugroho et al., 2022)(Novitasari, 2019).

Based on this description, it is clear that children use gadgets more for playing games than for other useful purposes, even though this can have a detrimental effect if gaming addiction appears. Spinal problems, which can cause eye damage, hand cramps, decreased focus, decreased learning outcomes, and wasteful use of quotas are some of the negative impacts of game addiction for children (Rozi, 2021).

Another problem that arises when young people are addicted to technology is a lack of social interaction. According to a study, the use of electronic devices has a negative impact on the social contacts of children aged 5-6 years (Pangastuti, 2017). Furthermore, (T. P. Sari & Mitsalia, 2016) found data that preschool children have learned to use gadgets to play games for an average of more than 1 hour per day, causing these children to have below average social development. This adds to evidence that gadgets have a detrimental impact on the social development of preschool children. According to other research, parenting approaches and using gadgets together have a negative impact on toddlers' social relationships (Pebriana, 2017).

Children's use of gadgets is also vulnerable to pornographic content which, if ignored, will have negative impacts in the future. Environmental conditions greatly influence a child's development starting from the prenatal phase, where if a child is exposed to pornographic material too early it can cause sexual disorientation and moral degradation later in life (Sholeh et al., 2022).

Through physical education and sports, elementary school physical education seeks to shape character, develop values, develop optimal physical aspects, achieve optimal levels of health and fitness, and have a healthy lifestyle (Yuliawan, 2016). Play activities and games are used in physical education which is also part of the curriculum (Mashuri & Pratama, 2019). Children are instilled with values through these activities, and they will also feel happy moving to the rhythm of play and games carried out during physical education. Physical activity also improves children's fitness (Yuaviki et al., 2020).

This fitness will then become the basis for young people to have high endurance and excellent health. Not only that, children are taught to have a healthy lifestyle which includes a balanced nutritional diet and adequate rest (Winarni, 2011).

Children will be forgotten by the world of games who only find excitement in the virtual world, through movement. Movement in play and games in physical education activities in elementary schools must be produced in the most interesting way possible to trigger children's motivation and enjoyment of movement (D. P. Sari & Sutapa, 2020). Through play activities and interesting games, physical education is very useful in overcoming gaming addiction. As a

result, physical education learning activities must be packaged as attractively as possible and with thorough preparation (Maftuhin et al., 2021). Not only that, the excitement of the team in which there is encouragement to win each other through a good learning approach is displayed in the form of play and games (Prasetyo et al., 2018).

Physical education is very important because it can instill social ideals in young children (Widodo & Lumintuarso, 2017), turning them into creatures who are not apathetic, and who enjoy movement as a necessity to maintain fitness and health levels, which encourages success in carrying out activities. everyday (Permana et al., 2018). Some of the characters that will emerge in physical learning are the spirit of discipline, cooperation, nationalism, sportsmanship, independence, piety, and maintaining unity (Fadli, 2014).

5 Conclusion

Physical education can be used to encourage young people to engage in real-life activities with their peers, thereby reducing gaming addiction. There are various kinds of interesting activities that can be done in physical education, one of which is traditional games and other sports games. Through physical education, saline provides a means of entertainment for children, and can also encourage children to do physical activities that can support their growth and development. So physical education teachers are required to be able to be creative in providing interesting activities for children.

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