

Jurnal Pengabdian Masyarakat Putri Hijau	Vol. 3 No. 2	Edition: Maret 2023 – Juni 2023
	<a href="http://ejournal.delihusada.ac.id/index.php/JPMPH">http://ejournal.delihusada.ac.id/index.php/JPMPH</a>	
Received : 22 Maret 2023	Revised: 27 Maret 2023	Accepted: 27 Maret 2023

## The Relationship Of The Duration Of Gadget Use With The Emotional Intelligence Of Adolescents In SMA Negeri 1 Binjai Langkat District

### HUBUNGAN DURASI PENGGUNAAN GADGET DENGAN KECERDASAN EMOSIONAL REMAJA DI SMA NEGERI 1 BINJAI KABUPATEN LANGKAT

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#### Abstract

*In this era of globalization, many teenagers are affected by technological advances, one of the technologies that teenagers enjoy is gadgets. Gadgets have an appeal to teenagers where gadgets can be used to fill various applications. However, excessive use of gadgets in adolescents can make teenagers not care about the environment, so that it can affect the ability to empathize, express emotions appropriately, manage emotions, and all of these are aspects of emotional intelligence. The purpose of this study was to determine the relationship between the duration of gadget use and adolescent emotional intelligence in SMA Negeri 1 Binjai, Langkat Regency. This type of research is correlational with a cross sectional approach. The population in this study was 280 10th grade students at SMA Negeri 1 Binjai Langkat Regency, the sample size used was 74 respondents. The sampling technique used is simple random sampling. Methods of data collection using a questionnaire. The statistical test used in this study was Chi-square with 0.05. The results of this study indicate that the duration of gadget use shows that there is a relationship between the duration of using gadgets and emotional intelligence in SMA Negeri 1 Binjai, Langkat Regency ( $p=0.02$ ;  $p<0.05$ ) with a prevalence ratio of 2.78. From the results of the study, parents must be more selective in giving rules for teenagers to play gadgets, namely by frequently monitoring the content seen by teenagers whether it is in accordance with their age and providing rules for the time limit for teenagers to play gadgets so that teenagers do not lose track of time in the sense that teenagers do not neglecting bedtime or bathing, schoolwork, and ignoring the people around the teenager.*

**Keywords** : Duration Using Gadget, Emotional Intelligence

#### Abstrak

*Di era globalisasi ini, banyak remaja yang terpengaruh oleh kemajuan teknologi, salah satu teknologi yang digemari remaja adalah gadget. Gadget memiliki daya tarik bagi remaja dimana gadget dapat digunakan untuk mengisi berbagai aplikasi. Namun, penggunaan gadget yang berlebihan pada remaja dapat membuat remaja menjadi tidak peduli dengan lingkungan sekitar, sehingga dapat mempengaruhi kemampuan berempati, mengekspresikan emosi dengan tepat, mengelola emosi, dan semua itu*

*merupakan aspek-aspek dari kecerdasan emosional. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara durasi penggunaan gadget dengan kecerdasan emosional remaja di SMA Negeri 1 Binjai Kabupaten Langkat. Jenis penelitian ini adalah korelasional dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah 280 siswa kelas XI di SMA Negeri 1 Binjai Kabupaten Langkat, besar sampel yang digunakan adalah 74 responden. Teknik pengambilan sampel yang digunakan adalah simple random sampling. Metode pengumpulan data dengan menggunakan kuesioner. Uji statistik yang digunakan dalam penelitian ini adalah Chi-square dengan 0,05. Hasil penelitian ini menunjukkan bahwa durasi penggunaan gadget menunjukkan bahwa ada hubungan antara durasi penggunaan gadget dengan kecerdasan emosional di SMA Negeri 1 Binjai Kabupaten Langkat ( $p=0,02$ ;  $p<0,05$ ) dengan rasio prevalensi 2,78. Dari hasil penelitian tersebut, orang tua harus lebih selektif dalam memberikan aturan bagi remaja dalam bermain gadget yaitu dengan sering memantau konten yang dilihat oleh remaja apakah sudah sesuai dengan usianya dan memberikan aturan batas waktu bagi remaja dalam bermain gadget agar remaja tidak lupa waktu dalam artian remaja tidak melalaikan waktu tidur atau mandi, tugas sekolah, dan mengabaikan orang-orang disekitar remaja.*

**Kata kunci** : Durasi Penggunaan Gadget, Kecerdasan Emosional

## 1. INTRODUCTION

Gadgets are sophisticated items that are created with various applications that can present various news, social networks, hobbies, and even entertainment. This sophisticated item, seen from a price point of view that cannot be called cheap, is not only used as a medium of entertainment, but with applications that are constantly being updated, gadgets must be used by people who have business interests, or workmanship, college and office assignments, but in fact gadgets are not only used by adults or the elderly (22 years and over), teenagers (12-21 years), but by children (7-11 years), and even more ironically children aged (3-6 years) who should not be eligible to use gadgets (Widiawati & Sugiman, 2017). The research was conducted by KPAI with a total of 25,164 child respondents and 14,169 parent respondents spread across 34 provinces. There are around 71.3 percent of children who already have their own gadgets, with details of 17.1 percent stating that the gadget is still under full ownership of the parents and 11.6 percent indicating joint ownership of the gadget between parents and children and 42.6 percent of children owning gadgets. own gadgets (KPAI, 2020). The survey results show that more than half of Indonesian people already have smart phones. Using 6,246 respondents, the survey results said that the use of gadgets at the age of 9-19 was 65.34%. While the survey is based on islands, Java is the owner of the most smart phones, namely 80.60%, followed by Sumatra Island at 84.14% (Kominfo, 2017). Based on the preliminary survey, it was said that most of the 10th grade students had gadgets that enabled them to facilitate learning science information facilities and seek the latest knowledge. However, the principal continues to monitor activities when learning takes place, it is hoped that students will remain focused in the learning process, when old teachers enter class they will prefer to play gadgets to relieve their boredom and students admit to using gadgets (smartphones) more than 5 hours a day, this lead to parental anger, if this is continuously done it can affect students' emotional intelligence. Against 12 students at SMA Negeri 1 Binjai, data were obtained from 12 students, there were 5 (42%) students using gadgets for more than 5 hours/day with emotional conditions relatively good where the student revealed that he was not able to manage his emotions when angry, often neglected assignments given while playing games and lacked confidence in his own abilities, while 7 (58%) students who use gadgets for less than 3 hours/day are in a good emotional state where these students express that they are able to recognize emotions in themselves when angry or sad, like to socialize with friends, prioritize tasks rather than play.

## 2. METHOD

Research design is a research plan, pattern and strategy so that it can answer research questions or problems. Research planning is a complete scheme or research program. Design is a blue print or detailed research planning starting from selecting variables so they can be measured, selecting samples, collecting data as a basis for proving hypotheses, and analyzing results. The research will be conducted at SMA Negeri 1 Binjai, Langkat Regency. The time of the research was conducted in June 2022 - July 2022. The population in this study were 10th grade teenage students at a public high school 1 Binjai Langkat Regency, the total population in this study was 280 grade 10 students at SMA Negeri 1 Binjai Langkat Regency. The sampling technique used in this study is simple random sampling, meaning that the sampling technique is random way from a list of predetermined population lists. If the selected 10th grade students meet the requirements to be a sample, then the next stage is carried out until the predetermined number of samples is reached. In this study, bivariate analysis was conducted to determine the relationship between the duration of gadget use and the emotional intelligence of adolescents at SMA Negeri 1 Binjai, Langkat Regency. Management of this bivariate data analysis using SPSS 16.0 software. The statistical test used was the Chi-square (X<sup>2</sup>) statistical test so that the relationship between the independent and dependent variables was obtained at the significant level  $\alpha = 0.05$ .

**Table 1 Characteristics Of Adolescent In High School Negeri 1 Binjai Langkat District**

No	Variable	Characteristics Of Adolescent	
	Gender	N	%
1	Man	51	68,9
2	Woman	23	31,1
Amount		74	100
	Age		
1	14-15 Old	65	87,8
2	16 Old	9	12,2
Amount		74	100
	Religion		
1	Muslim	49	66,2
2	Christian	14	18,9
3	Catholic	11	14,9
Amount		74	100

From the table above it can be seen that the sex of adolescents in SMA Negeri 1 Binjai, Langkat Regency, was found to be more male, 51 out of 74 cases (68.9%). While the number of teenagers in SMA Negeri 1 Binjai Langkat Regency was found to be 14-15 years old, namely 65 out of 74 cases (87.8%). And the religion of teenagers at SMA Negeri 1 Binjai, Langkat Regency, was found to be mostly Muslim, 49 out of 74 cases (66.2%).

## 3. RESULTS

Langkat Regency is one of the leading and most favorite schools, especially in Langkat and has alumni who have been successful and work in various government agencies. The full address of SMA Negeri 1 Binjai is Jl. Yos Sudarso likes to prosper in hamlet III Kel. Like prosperous Kec. Binjai Kab. Langkat Province. North Sumatra. SMA Negeri 1 Binjai geographical location is Latitude 3 Longitude 98, SMA Negeri 1 Binjai was established on 2004-06-07. And for now the accreditation of SMA Negeri 1 Binjai Langkat Regency is A. Facilities and infrastructure at SMA Negeri 1 Binjai Langkat Regency are also very adequate which have classrooms, library rooms,

laboratory rooms, practice rooms, leadership rooms, teacher rooms, worship rooms, UKS Room, Toilet Room, Warehouse Room, Circulation Room, Place Play / Sports, TU Room, Counseling Room, Student Council Room, Building Room. As well as for sanitation at SMA Negeri 1 Binjai, Langkat Regency, it is also very good, where there is a sufficient supply of good clean water.

**Univariate Analysis**

**Tabel 2 Duration Frequency Distribution  
Use of Gedgets in Public High Schools 1 Binjai, Langkat Regency**

No	Duration of Gadget Use	Frequency	Percentage (%)
1	Currently	12	16.2
2	Excess	62	83.8
<b>Amount</b>		<b>74</b>	<b>100</b>

Based on the table above, it can be seen that the majority of the duration of gadget use in SMA Negeri 1 Binjai, Langkat Regency, is in the low category, namely 12 people (16.2%). The highest percentage of gadget usage duration was in the excess category, with 62 people (83.8%).

**Tabel 3 Frequency Distribution of Adolescent Emotional  
Intelligence in SMA Negeri 1 Binjai, Langkat Regency**

No	Adolescent Emotional Intelligence	Frekuensi	Persentase (%)
1	No	20	27.0
2	Yes	54	73.0
<b>Total</b>		<b>74</b>	<b>100</b>

Based on the table above, it can be seen that the majority of adolescents' emotional intelligence in SMA Negeri 1 Binjai, Langkat Regency, is in the low category, namely 20 people (27.0%). The highest percentage of adolescent emotional intelligence in the yes category is 54 people (73.0%).

**Tabel 4 The Relationship Between The Availability Of Infrastructure  
And The Use Of Referrals At The Deli Tua Health Center In 2022**

No	Variable	Emotional Intelligence				Amount	X <sup>2</sup> (pValue)	PR (CL95%)	
		No		Yes					
		n	%	n	%				
<b>Duration of Gadget Use</b>									
1	Currently	7	58,2	5	41,7	12	100	0,02	2,78(1,41-5,49)
2	excess	13	21,0	49	79,0	62	100		

which is not more common is found in moderate 7 out of 12 people (58.3%) compared to excess 13 of 62 people (21.0%). The results of statistical analysis showed that there was a relationship between the duration of gadget use and emotional intelligence at SMA Negeri 1 Binjai, Langkat Regency (p=0.02; p<0.05) with a prevalence ratio of 2.78; 95% CI (1.41-5.49) which means that the risk of using gadgets for adolescents with emotional intelligence is not 2.78 times

greater for the duration of moderate gadget use compared to the duration of excessive gadget use.

#### **4. CONCLUSION**

Based on the data and results of the research that has been done, the following conclusions can be drawn. The results of statistical analysis using the Chi Square test showed that there was a relationship between the duration of gadget use and the emotional intelligence of adolescents at SMA Negeri 1 Binjai, Langkat Regency with a value ( $p=0.02$ ;  $p<0.05$ ) with a prevalence ratio of 2.78; 95%CI (1.41-5.49).

#### **5. SUGESTION**

It is hoped that teachers can play an active role in informing parents of the impact of using gadgets on adolescents' abilities to recognize their own emotions, manage emotions, motivate themselves, recognize other people's emotions and build relationships with others. In order to be able to look after each other so that teenagers do not lead to the negative side of excessive gadget use. It is hoped that parents will be more careful in giving teenagers the freedom to use gadgets, especially by setting time limits for teenagers playing gadgets and supervising the content that teenagers see to minimize the negative side of using gadgets that can affect teenagers' emotions and behavior.

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