



Positive and Negative Impact of Gadget Use in Teenagers' Lives

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Abstract

Technological development is something that cannot be avoided in this modern era. This is because all human needs can be obtained by using this technology. Humans must be able to develop as technology continues to advance every day. However, behind the benefits of technology that can facilitate the fulfillment of human needs, this technology can also hinder human progress. It depends on how humans use and utilize this technology. Today's teenagers are also very dependent on gadgets, both for social needs, education and daily needs. This article aims to see how the positive and negative impacts of gadget use are in the lives of teenagers, so that readers can also know how to maximize the use of gadgets for positive things.

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INTRODUCTION

Technology is essential for human life today. The world of information seems inseparable from it.¹ The use of technology by society has made the world increasingly sophisticated.² In today's era, everyone can easily access the internet. And almost all generations can use the internet, because it's not difficult. As time goes by, technology will continue to evolve. Rapid technological developments greatly simplify every job and task. Technology brings benefits to life, one of which is gadgets. Gadgets in the era of globalization are very easy to find because almost everyone has a gadget.³ This is because gadgets are not only circulating among teenagers (aged 12-21) and adults or the elderly (aged 60 and above), but also among children (aged 7-11). Ironically, gadgets are no longer foreign to children (aged 3-6) who are not yet suitable for using gadgets. Human life today is modern. Many things can be accomplished easily and quickly in this era.

¹ Alzet Rama *et al.*, "Media Sosial Dan Perubahan Interaksi Manusia: Analisis Dampak Teknologi Pada Hubungan Sosial Kontemporer," *SCHOULID : Indonesian Journal of School Counseling* 9, no. 2 (2024): 317–38.

² Fatimah Nurlala Iwani *et al.*, "Moralitas Digital Dalam Pendidikan : Mengintegrasikan Nilai-Nilai Al-Quran Di Era Teknologi," *Journal of Instructional and Development Researches* 4, no. 6 (2024): 551–65.

³ Dinda Berliana *et al.*, "Pengaruh Penggunaan Gadget Terhadap Interaksi Sosial Anak Usia 5-6 Tahun," *KIDDO : Jurnal Pendidikan Islam Anak Usia Dini* 3, no. 1 (2022): 23–37, <https://doi.org/10.19105/kiddo.v3i1.5065>.

One example of today's highly sophisticated technology is gadgets. Gadgets have become one of the most advanced communication tools in today's era. In addition to communication, gadgets can also be used for other life needs, such as creating and storing videos, accessing information via the internet, playing games, storing photos, listening to music, making payments and buying and selling. With gadgets, we can access the internet from anywhere. Gadgets are also easy to carry anywhere. Gadgets that were once luxury items and only owned by people from the lower middle class, now everyone can have them, even the lower class, from children to adults, almost all levels of society have used gadgets.⁴ Nowadays, people are racing to own the latest gadgets, as gadgets are no longer just communication tools but also lifestyle and societal trends.⁵ From the explanation above, we can see that gadgets are a vital tool for modern human life. However, while they can be helpful, they also have negative impacts. At least 30 million children and adolescents in Indonesia are users of gadgets (internet and digital media), which are currently their primary communication channels. We will discuss these positive and negative impacts in this article.

DISCUSSION

Today's technological advancements are rapid and increasingly sophisticated. Every day, even every minute, technological development seems to move nonstop. Therefore, many advanced technologies have been created, bringing profound changes to human life in various fields.⁶ Along with these technological developments, gadgets have not been spared. Over time, even if only briefly, gadgets have evolved along with human needs, and inevitably, these needs are largely supported by these gadgets. Gadgets can have a significant impact on cultural values. Therefore, most people around the world who keep up with the times certainly already own gadgets, including teenagers. This is due to several factors, one of which is educational needs.⁷ Today, teenagers need

⁴ Dasrun Hidayat, *Komunikasi Antarpribadi Dan Mediana : Fakta Penelitian Fenomenologi Orang Tua Karir Dan Anak Remaja*, 1st ed. (2012), <https://inlislite.uin-suska.ac.id/opac/detail-opac?id=14255>.

⁵ Qisthy Rabathy, "Nomophobia Sebagai Gaya Hidup Mahasiswa Generasi Z," *LINIMASA : Jurnal Ilmu Komunikasi* 1, no. 1 (2018): 33–43.

⁶ Aldila Prillia Putri *et al.*, "Profesionalitas Dan Kreativitas Guru Terhadap Kualitas Pendidikan Di Era Society," *Jurnal Pengabdian Kreativitas Pendidikan Mahakam (JPKPM)* 4, no. 1 (2024): 48–52.

⁷ Zahidah Nurul Kamilah *et al.*, "Pengaruh Penggunaan Gadget Terhadap Pendidikan Karakter Peserta Didik Di Era Globalisasi," *Jurnal Sinektik* 7, no. 1 (2024): 32–42, <https://doi.org/10.33061/js.v7i1.9177>.

gadgets not only for fun but also for learning, because with gadgets they can access unlimited information.^{8,9}

Unfortunately, teenagers who use gadgets often spend a significant amount of time each day using them. While this use is beneficial for their development, if used for the opposite purpose, it can be detrimental. Therefore, gadgets also have their own value and benefits for teenagers, depending on how they use them.

Gadgets are electronic media devices with various functions and uses.¹⁰ Today, gadgets have become a part of life, even a lifestyle. According to Garini in Isna Nadhila, "a gadget is a small electronic device with many functions." Gadgets serve many purposes for their users, even though they may be considered a convenience. Gadgets vary widely depending on their function, including cell phones, laptops, digital cameras, music players, sophisticated digital watches, and so on.

According to the Big Indonesian Dictionary, impact is defined as a collision, an influence that produces both positive and negative consequences. Influence is the power that exists and arises from something (a person, an object) that helps shape a person's character, beliefs, or actions.¹¹ Impacts can have the following effects:

1. Positive impacts are impacts that have a positive influence.
2. Negative impacts are impacts that have a negative influence.
3. Direct impacts are impacts that are felt directly and are related to positive impacts.
4. Indirect impacts are impacts that are felt indirectly due to the presence of an influence.

According to Simamora's research, impact can be divided into 2 meanings, namely:

1. Positive Impact is the desire to persuade, convince, influence, or impress others, with the aim of getting them to follow or support good desires.
2. Negative impact is the desire to persuade, convince, influence, or impress others, with the aim of making them follow or support one's bad desires and causing certain consequences.

⁸ Bagus Wahyu Setyawan and Memet Sudaryanto, "Penggunaan Gawai Dalam Mendukung Efektivitas Pembelajaran Bahasa Di Era Society 5.0," *Prawara : Jurnal Pendidikan Bahasa Dan Sastra Indonesia* 3, no. 1 (2022): 1–13.

⁹ Riastri Novianita *et al.*, "Efektivitas Penggunaan Internet Sebagai Media Komunikasi Dalam Meningkatkan Tugas Akhir Mahasiswa Akademi Komunikasi," *PETIK : Jurnal Pendidikan Teknologi Informasi Dan Komunikasi* 6, no. 2 (2020): 78–88, <https://doi.org/10.31980/petik.v6i2.1165>.

¹⁰ Elsayh Fahrani Dasman, "Pengaruh Pola Asuh Terhadap Waktu Penggunaan Gawai," *Jurnal Lentera Anak* 4, no. 2 (2023): 25–40.

¹¹ Aprilia Hutagaol *et al.*, "Analisis Pengaruh Digitalisasi Terhadap UMKM Di Kota Medan," *Ekuiilnomi: Jurnal Ekonomi Pembangunan* 6, no. 3 (2024): 729–38.

A current phenomenon among teenagers, particularly those living in urban areas and even in rural areas, is that they are shifting their perspectives on obtaining the information they need and are shifting to keeping up with the times. Teenagers prefer practical things without having to spend energy and materials. The convenience offered by gadgets with all their superior applications, such as social media, which can shorten distances and disseminate information, has made gadgets an inseparable part of daily life. Social media is a phenomenon that greatly influences all aspects of life in society, especially among teenagers.¹²

According to recent Hanika's research, conducted by the mobile company Furry, people's tendency to become dependent on smartphones is increasing day by day.¹³ This dependence ultimately changes the pattern of social relationships in modern society. Another study published by Tenchmark revealed that gadget enthusiasts often check their smartphones an average of 1,500 times per day. People are more preoccupied with their gadgets or smartphones than interacting with the person they're talking to or building relationships with their environment.¹⁴ Yet one indicator of effective communication is a shared understanding between the sender and recipient of the message.

There are several notes regarding new developments in the communication system in Indonesia, particularly regarding the use of gadgets, namely:

1. Communication via gadgets has decreased public interest in reading.
2. Communication via gadgets has given rise to illegal practices.
3. Gadget use in Indonesia is more for lifestyle purposes than for communication.

As explained in the background, gadgets have an impact or influence on people's lives, especially among teenagers, both negative and positive.¹⁵ The positive impact is developing children's imagination and intelligence. Seeing images, writing, and numbers fosters creativity and intelligence, fostering reading, arithmetic, and curiosity, and problem-solving skills.

¹² Baiq Cintya Riexma Salsabila Al Hidayah *et al.*, "Penggunaan Media Sosial Dan Perubahan Perilaku Sosial Remaja," *Jurnal Humanitas : Katalisator Perubahan Dan Inovator Pendidikan* 11, no. 1 (2025): 57–70, <https://doi.org/10.29408/jhm.v11i1.29179>.

¹³ Lailatul Farqiyah and Ayong Lianawati, "Efektivitas Layanan Teknik Role Playong Untuk Mereduksi Intensitas Penggunaan Gawai Pada Anak," *Jurnal Edukasi : Jurnal Bimbingan Konseling* 11, no. 1 (2025): 93–103.

¹⁴ Nurliana Cipta Apsari *et al.*, "Dampak Penggunaan Gawai (Gadget) Terhadap Perilaku Sosial Anak Usia Dini," *SHARE : Social Work Journal* 13, no. 1 (2023): 11–22, <https://doi.org/10.24198/share.v13i1.40927>.

¹⁵ Rani Febriyanni *et al.*, "Sosialisasi Dampak Positif Dan Negatif Gadget Terhadap Anak Di SDN 054936 Sei Lapan Kabupaten Langkat," *Jurnal Pengabdian Masyarakat Nusantara* 3, no. 3 (2023): 9–18.

However, continued gadget use has a negative impact on adolescents.¹⁶ They spend more time staring at their screens than studying or interacting with their environment. This can lead to children becoming addicted to games, the internet, or even pornography. Gadgets have both positive and negative impacts. These impacts include:

1. Positive Impacts of Gadget Use

- a. Developing imagination (seeing images and then drawing them based on one's imagination trains thinking skills without being limited by reality).
- b. Training intelligence (in this case, children become accustomed to writing, numbers, and images, which helps facilitate the learning process).
- c. Increasing self-confidence (when children win a game, they are motivated to complete it).
- d. Developing skills in reading, math, and problem-solving (in this case, children develop a basic curiosity about something, which leads to an awareness of the need to learn naturally without being forced).

2. Negative Impacts of Gadget Use

- a. Decreased concentration while studying (when studying, children lose focus and are only reminded of their gadgets, for example, they are reminded of games they play on their gadgets, as if they were characters in the game).
- b. Laziness in writing and reading (this is a result of gadget use, for example, when children open videos on YouTube, they tend to just look at the images without writing down what they are looking for).
- c. Decreased social skills (for example, children play less with friends in their neighborhood, and are less aware of their surroundings).
- d. Addiction (children will have difficulty and become dependent on gadgets because they have become a necessity).
- e. Can cause health problems (clearly, they can cause health problems due to radiation exposure from gadgets, and can also damage children's eyes).

¹⁶ Rika Widya, "Dampak Negatif Kecanduan Gadget Terhadap Perilaku Anak Usia Dini Dan Penanganannya Di PAUD Ummul Habibah," *Jurnal Ilmiah Abdi Ilmu* 13, no. 1 (2020): 29–34.

- f. Impaired cognitive development in children (cognitive or psychological thinking processes related to how individuals learn, pay attention, observe, imagine, estimate, assess, and think about their environment will be hampered).
- g. Inhibits language skills (children who habitually use gadgets tend to be quiet, often imitate the language they hear, withdrawn, and reluctant to communicate with friends or their environment).
- h. Can influence children's behavior (for example, children playing games that contain violent elements will influence behavioral patterns and character, which can lead to violence against friends).

As we saw above, the negative impacts of gadgets outweigh the positive.¹⁷ Therefore, we must be wise in using gadgets and utilize their positive impacts and uses.¹⁸ It's best not to allow minors, such as toddlers, to use gadgets. Many things on the internet are inappropriate for young children or toddlers to access.

Indonesia currently has 82 million internet users. This puts Indonesia in fourth place in the world.¹⁹ Based on this number of internet users, 80% are teenagers aged 15-19. The impacts of gadget use include teenagers using social media on their devices, resulting in more time spent playing with them. Prolonged smartphone use causes them to take approximately 60 minutes longer to fall asleep than usual which is accompanied by feelings of anxiety.²⁰

CONCLUSION

Technological developments today can be described as very rapid. Almost everything is done easily and practically. People are looking for things that can simplify their work. Technology offers so many facilities today. Gadgets, for example, are very easy to use and inexpensive. So,

¹⁷ First Nanda Putra Wahyu Wardhi, *Perluakah Penggunaan Gawai Di Sekolah?* (Pusat Pengembangan Pendidikan dan Penelitian Indonesia, 2023), 53.

¹⁸ Suwan Pradona and Waizul Qarni, "Analisis Dampak Penggunaan Gawai Terhadap Perkembangan Psikososial Anak," *Murhum: Jurnal Pendidikan Anak Usia Dini* 4, no. 1 (2023): 460–69, <https://doi.org/10.37985/murhum.v4i1.248>.

¹⁹ Angelina Jasmine and Fransiska Farah, "Pengaruh Durasi Pemakaian Gawai Terhadap Perkembangan Sosial Emosional Pada Siswa/Siswi SMA Al-Muslim Tambun," *JKKT: Jurnal Kesehatan Dan Kedokteran Tarumanegara* 2, no. 1 (2023): 31–38.

²⁰ Yesi Destina *et al.*, "Hubungan Lama Penggunaan Gawai Dengan Gangguan Pola Tidur Pada Siswa Siswi Di SMA Negeri Kota Jambi," *JINI: Jurnal Ilmiah Ners Indonesia* 3, no. 1 (2022): 8–17, <https://doi.org/10.22437/jini.v3i1.18261>.

almost everyone has a gadget and can easily access the internet. Everyone from the young to the elderly can use gadgets. Because before using a gadget, there are instructions. That's why we must be wise in using technology today. Gadgets have many negative impacts. However, if we use them wisely, they can also have many positive impacts on our lives.

Today, the social lives of teenagers are increasingly influenced by technology. Teenagers interact more frequently with gadgets and the virtual world, which influences children's thinking about things outside of these. They can also feel alienated from their surroundings due to a lack of social interaction. However, technological advances can also foster creativity in teenagers if their use is balanced with interaction with their surroundings. They learn how to use technology to satisfy their social desires. For this reason, parents should supervise their teenagers when they use gadgets so that they do not become too dependent on gadgets and do not forget to socialize with their surroundings.

With gadgets, we can communicate with family members far away very easily. We can also make friends through social media. As long as we have internet access, we can access and obtain information through social media. As is well known, Google is easily accessible, and its accessibility can help students complete assignments with great ease. The current pandemic has also facilitated the teaching and learning process. Teachers can easily assign assignments to their students, and students can easily submit assignments thanks to the availability of Gmail, Google Classroom, and so on.

As time goes by, people are less aware of the impact of excessive gadget use, which can cause various health problems. Most people only realize the dangers of excessive gadget use after experiencing physical pain. Continuous gadget use will negatively impact adolescents' daily behavior. Children who tend to use gadgets continuously become highly dependent, and it becomes a mandatory and routine activity for them. It's undeniable that children today spend more time playing with gadgets than learning and interacting with their surroundings.

Therefore, as parents and educators, we must be aware of the benefits and dangers of these gadgets. Ideally, gadgets can help teenagers grow into creative, broad-minded individuals, while also fostering sensitivity to their surroundings to prevent them from becoming antisocial. It is hoped that with the advancement of technology and gadgets, the quality of Indonesian teenagers will also improve, ultimately leading to a better nation.

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