

# **The Role of Young Instructors in Overcoming Tantrums in Toddlers Due to Influence of Gadgets**

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## **Abstract**

*Tantrums are emotional outbursts marked by a child being stubborn, crying, screaming, defiant, or angry. Usually toddlers often experience tantrums caused by gadgets. In the environment around us, we often see things like this, especially in toddlers who already understand how to play gadgets. Many parents find it difficult to watch their toddlers playing with gadgets because they spoil their children too much. These tantrums can occur from various ages, but for toddlers who experience tantrums usually occur more often and are often caused by a gadget. Therefore, we must understand some good ways to reduce the increase in tantrums in toddlers. Because these tantrums can inhibit the growth of children under five and can have a negative impact on the health of children who have tantrum in their daily lives. This research was conducted to find out what the parents and the extension workers did when they saw the tantrums. With this research, it is hoped that parents out there can limit the use of gadgets for toddlers so that they don't get tantrums because of the impact of a gadget.*

**Keywords :** *Tantrums, Gadgets and Toddlers*

## **Abstrak**

*Tantrum adalah ledakan emosi yang biasanya ditandai dengan sikap anak keras kepala, menangis, menjerit, berteriak, membangkang, atau marah. Biasanya anak balita sering mengalami tantrum ini yang disebabkan oleh gadget. Di lingkungan sekitar kita sering sekali melihat hal seperti ini terutama pada anak balita yang memang sudah mengerti cara memainkan gadget. Banyak orang tua yang cukup sulit untuk menenangkan balitanya yang sedang memainkan gadget karena mereka terlalu memanjakan anaknya. Tantrum ini bisa terjadi dari berbagai usia, namun untuk anak balita yang mengalami tantrum biasanya lebih sering terjadi dan sering disebabkan oleh sebuah gadget. Oleh karena itu, kita harus memahami beberapa cara yang baik untuk mengurangi peningkatan tantrum pada balita. Karena tantrum tersebut bisa menghambat pertumbuhan anak balita dan bisa berdampak buruk pada kesehatan anak yang memiliki tantrum dalam kesehariannya. Penelitian ini dilakukan untuk mengetahui seperti apa cara yang dilakukan baik oleh orang tua maupun para penyuluh yang melihat kejadian tantrum tersebut. Dengan penelitian ini diharapkan bahwa para orang tua di luar sana bisa membatasi penggunaan gadget pada balita agar mereka tidak terkena tantrum karena dampak dari sebuah gadget.*

**Kata Kunci :** *Tantrum, Gadget dan Balita*

## Latar Belakang

Today's technology is increasingly sophisticated, including the function of a gadget. The gadget itself is an electronic device that has a variety of services and applications that can be used to communicate with other people both from near and far<sup>1</sup>. Gadgets have a very important role in life so that communication between humans can be established. In the past few years these gadgets were only used by people who have businesses because they needed this tool to communicate remotely with their clients. But nowadays, be it young or old, children, teenagers and adults almost all use gadgets for their benefit. Even toddlers are already using gadgets, even though it is not good for their social development. Where this development will be hampered because toddlers are more concerned with playing gadgets than playing with their friends or studying. It can be seen from day to day that more and more children under five are using gadgets to play a game or watch a video<sup>2</sup>.

Giving a gadget to a child will have a negative impact on the child's life<sup>3</sup>. The use of gadgets that are used every day will have a negative impact on toddlers<sup>4</sup>. Where the toddler will experience uncontrollable emotions if not given a gadget. Even his mental and physical health will be disturbed due to the frequent use of a gadget. Toddlers also experience obstacles during social development that should occur in children their age. Many children under five are dependent on playing gadgets due to a lack of parental supervision.<sup>5</sup>. That is why the role of parents is very important in using gadgets so that there is no negative impact that could

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<sup>1</sup> Elfiadi, "Dampak Gadget Terhadap Perkembangan Anak Usia Dini" diakses melalui: <https://www.semanticscholar.org/paper>.

<sup>2</sup> Milana Abdillah Subarkah, "Pengaruh Gadget Terhadap Perkembangan Anak", Rausyan Fikr, Jurnal Pemikiran & Pencerahan, Vol. 15, No. 1 (2019), h.15.

<sup>3</sup> Layyinatul Syifa, dkk, "Dampak Penggunaan Gadget terhadap Perkembangan Psikologi pada Anak Sekolah Dasar" Jurnal Pendidikan Guru Sekolah Dasar, Vol.3, No. 4, (2019), h. 539-540.

<sup>4</sup> Putri Miranti, Lili dasa putri, "Waspada Dampak Penggunaan Gadget Terhadap Perkembangan Sosial Anak Usia Dini" Jurnal Jendela PLS (2021), h.59.

<sup>5</sup> Sinta, Pengaruh Gadget Terhadap Perkembangan Sosial Anak Di Tk Aisyiyah Bustanul Athfal VI, diakses melalui: <https://123dok.com/document/yeo13neq-pengaruh-gadget-terhadap-perkembangan-sosial-aisyiyah-bustanul-athfal.html>.

happen to their children<sup>6</sup>. Parents are the closest people to them during a child's growth period. Supervision of them when children play gadgets is very important, including the prohibition of playing gadgets continuously. Because at that time, a child could experience tantrums if they were too free to use gadgets. As a result of these gadgets causing addiction, a child will feel annoyed and angry with their parents when they are prohibited from playing gadgets. From these actions, a child emerges who is easily angry and screams if his wishes are not fulfilled, one of which is playing a gadget. The continuous use of gadgets will reduce the concentration of a toddler in general. Because in general, their brains will be constantly thinking about gadgets and hope to be able to play them continuously. From this, a problem arises with the psychology of a child who is easily influenced by the things he sees through a gadget. From this gadget, children often disobey their parents' orders and are also lazy to do anything, including their education. Nowadays, many parents pamper their children so that they are not fussy by providing gadgets that are used by children to play them. Therefore, the research was conducted to 1) find out how to deal with a toddler's tantrum due to gadgets, 2) find out the positive and negative impacts of a gadget on a toddler, 3) tell the right handling if a child has a tantrum.

### **Metode Penelitian**

This study uses a data collection method through a link to fill out a questionnaire that is distributed through social media accounts to mothers who have toddlers as the object of research to answer various kinds of questions that are already available in the link. In this study, the role of a mother is very important so that we know how they handle the tantrums of a toddler. Therefore, this study was made to understand what the characteristics of a toddler experiencing a tantrum are and to understand the proper way to handle it when a tantrum is happening to their child.

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<sup>6</sup> Rizki Nafaida, dkk, "Dampak Penggunaan Gadget Terhadap Perkembangan Anak" BEST Journal, Vol. 3, No. 2, (2020), h.58-59.

## **Landasan Teori**

### **1. Gadget**

Gadgets are one example of technological developments in modern times that can facilitate human activities but can also affect the pattern of human life, both in terms of thought patterns and behavior. Gadgets can be interpreted or referred to as mobile phones that help human communication. Gadget refers to a small device or instrument that has a specific practical purpose and function that is useful<sup>7</sup>.

Novitasari (2016) states that the media allows a person to carry out a social interaction, especially for social contact and communicating with one another is not difficult, only by using a gadget one can interact with one another. In the Big Indonesian Dictionary edition V, gadget means an electronic or mechanical device with practical functions, and according to the KBBI, gadget has its equivalent in Indonesian, namely a gawai.

Gadgets are very useful for everyday life, it is undeniable that gadgets make human life easier, everything can be done through gadgets. Not only as a communication tool, gadgets have many features that are certainly beneficial, such as social media that can make it easier for humans to get information and provide information. In addition, in this digital era, of course, everything is done through gadget intermediaries, even learning can be done easily when using gadgets. Students can download information and learning materials on the internet, in the current situation, namely in the time of covid 19, making students have to start learning from home or online (online), it makes students need gadgets for learning.

Gadgets have many impacts on human life, ranging from positive to negative impacts that affect human life and patterns of thought and behavior. Sas I explained above, gadgets facilitate communication between humans, make it easier to receive and provide information, to help the learning process, besides that gadgets can also help increase the imagination of teenagers, and also help in

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<sup>7</sup> Ibid.

the development of interests and talents. However, there are some notes about new developments in the communication system in Indonesia, especially with the use of gadgets, namely (in Kamil, 2016):

1. Gadget communication has reduced people's interest in reading.
2. Communication with gadgets gives rise to illegal practices.
3. The use of gadgets in Indonesia is used more for lifestyle, not for communication needs.

From the results of Kamil's research (2016) that gadgets greatly affect young people so that they create many impacts such as the loss of old habits that often occur when gathering to communicate directly face to face, such as waste of money, antisocial, not having limits on the use of gadgets, gadgets have changed lifestyles. previous habits.

In addition, gadgets do have a negative impact on life, such as reducing concentration in learning, fading social skills, making people lazy to do things because they are focused on gadgets.

## **2. Tantrum Balita**

Tantrums are emotional outbursts characterized by angry, tantrums, or can damage objects around them. According to the KBBI, anger tantrums with tantrums due to the inability to express desires or needs in words, are usually carried out by children.

Tantrums usually occur when a child doesn't get what he wants, in certain situations the child usually goes berserk and doesn't even hesitate to throw and damage objects around him.

Research on child behavior conducted by Wakschalg and his team, on 1,500 parents who have children aged 3-5 years, the majority of whom are toddlers, 83.7 percent sometimes experience tantrums, 8.6 percent who get angry and throw tantrums every day. Tantrums are triggered when the child is tired or frustrated. Research conducted in Chicago 50-80% temper tantrums occur at the age of 2-3 years occur once a week, and 20% occur almost every day, and 3 years or more temper tantrums occur for approximately 15 minutes. Then in Indonesia, 23 to 83

percent of children aged 2 to 4 years have experienced temper tantrums. Data from parents often respond to children who have tantrums in inappropriate ways, namely 59% trying to calm the child, 37% ignoring it and as much as 31% telling the child to be quiet. This data shows that parents often make mistakes when dealing with children who have tantrums. In fact, tantrums are actually an opportunity for parents to introduce angry emotions to their children and how to deal with them<sup>8</sup>.

Therefore, it is very important for parents to know the impact and how to handle tantrums properly and correctly, don't get used to being silent or as if they don't care about children who are experiencing tantrums and don't tell children what they want / do. If left unchecked and not given understanding to the child, it could be sustainable and make the child continue to rage when his wishes are not fulfilled.

## **Pembahasan**

### **Knowledge of a mother about tantrums caused by gadgets.**

Technology in Indonesia is growing rapidly, where it is not only adults who use technology. Even toddlers have been taught to use technology, one of which is a gadget. Children who are familiar with gadgets usually can't get out of their hands. Where the gadget is always the center of attention and strives to stay within reach. The gadget will be searched when it is not nearby. They don't realize the effects of playing gadgets too often. Where these gadgets have a bad impact on the daily lives of toddlers. Because when toddlers are introduced to gadgets, they will be so busy playing with them that they forget the time. Parents, especially mothers, must know the level of development of tantrums that occur in Indonesia. Tantrums caused by gadgets must be known by parents so that they can limit the use of gadgets for toddlers as well as understand how to handle a toddler who has a tantrum. Most mothers already understand about the development of tantrums caused by gadgets. There are even some of them who experience this in their children. Many parents cannot calm their children if they are experiencing

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tantrums, because in the past they often gave gadgets to their children until finally they became dependent on gadgets and were difficult to control. The effects of these gadgets make children more often emotional and angry if they are not given a gadget. From these effects arise bad effects that can inhibit the growth and development of a toddler. Because when they are dependent on a gadget, they will keep trying to play it all the time and forget about other things they have to do such as eating, worshipping and studying. That's why extension workers try to provide the best way to deal with tantrums in toddlers caused by gadgets. Because of the majority of mothers who have experienced this, they are often confused between giving or forbidding their children to play gadgets when their children whine to return their gadgets. So as a result of this research, it must be known that parents must understand the positive and negative impacts of gadgets on the development and growth of a child.

Mothers think that tantrums occur at the age of 2-6 years. Where at that age a mother will feel bored in taking care of her toddler especially when they cry. That's why they occasionally provide gadgets so that their children are calm and not fussy anymore. But when given too often, the child will experience dependence on the gadgets they play. This tantrum can occur at home or outside the home depending on the condition of the child. In this case, the incident cannot be predicted because usually a child will give characteristics where the tantrum can occur to them. However, on average, mothers think that tantrums occur more often at home and cause other activities to be hampered. Supposedly if they want to give a gadget to a child, they must supervise and limit the time that has been determined so that they do not become addicted to the contents of the gadget that make them cool themselves. Therefore, mothers must know how to calm their children so that they do not continue to experience tantrums just because of a gadget. Because, the impact given by gadgets can adversely affect their future and brain development. Where they will always think that gadgets are their world and entertainment that should not be released from their grasp. They will think that gadgets can calm their minds, but their brains will work where the brain will always think that gadgets are more important than education and other important

things. Therefore, a mother's knowledge about tantrums and gadgets must be broad and developed so that the increase in tantrums because gadgets can decrease can even develop and increase interest in learning and reading from toddlerhood to adolescence so that there is no inhibition of education due to gadgets.

## **2. Characteristics shown by a child who has a tantrum.**

After knowing the development of tantrums in Indonesia, mothers should know the characteristics of a child experiencing tantrums. Mothers explained that if a child was having a tantrum he would scream, get angry and cry. They will scream in anger if their wishes are not fulfilled until they finally cry out loud because they really want to play gadgets. If a child is addicted to gadgets, they will feel annoyed if they are not allowed to play gadgets. They will get angry and cry if their wishes are not fulfilled. According to research, there are also those who experience tantrums that are not caused by gadgets. However, most toddlers who are familiar with gadgets will have more tantrums because of this. They will prioritize gadgets over other activities because for them playing gadgets is a must.

Giving gadgets without supervision makes toddlers forget the time when playing them, until when they are told to stop they will get angry and there will be the characteristics of the tantrum. As a result of dependence on a gadget, toddlers get tantrums due to lack of supervision from parents. The role of parents is very important in this case, because lack of supervision can be fatal if a child is already dependent on a gadget.

## **3. Things to consider in supervising children when playing gadgets**

As parents, we must be much smarter than children, in the digital era, children are often more familiar with gadgets when compared to reading books or story books that should accompany children's childhood. Many parents underestimate the impact of gadgets on children's lives and easily give gadgets and even teach them how to play gadgets that make children feel happy to the point where they feel addicted to playing gadgets, which can then cause tantrums when children are not given gadgets.



When giving gadgets to children, parents must ensure that they know and understand the gadgets and applications that will be played by the child, after knowing and understanding what the child will do, parents must provide understanding to the child about it. When a child is too busy playing with gadgets, usually the child will forget about other things, parents can direct and communicate with the child to agree on how long the child is allowed to play with the gadget and what is allowed and what is not. Apart from limiting the time for children to play with gadgets, it can be accompanied by other activities that are much more positive. For example, balancing time playing gadgets with interaction activities in the real world or playing with their peers, a small example of what can be done when children play gadgets, parents can invite interaction with children about what they are doing, for example, when children watch cartoons, that's where parents can ask questions about the cartoon as a means of sharpening children's memory and interaction.

Parents also have to always supervise their child's activities while playing gadgets and after playing gadgets, watching what he does and thinks and what he says, if it is positive then it can be helped to develop it, but if it is negative then it must be stopped immediately. Parents must also be good examples, if they want their children not to be influenced by gadgets, then parents must teach other things that are much more positive and not to play with gadgets in front of their children.

#### **4. How to deal with tantrums in toddlers because of gadgets**

Tantrum behavior is not always a negative thing for a child's development, but if examined more deeply, it also has some positive things such as a child having a desire to show his independence, starting to express his individuality in expressing opinions, expressing anger and frustration, and trying to make adults or other people feel comfortable. Parents understand when their child is confused, tired or sick<sup>9</sup>. When children have tantrums, they tend to get angry and tantrum to damage things around them which is certainly a trigger for parents' anger. As parents, we must also pay attention to the response given to children because

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many respond negatively so that it makes children feel uncomfortable and act worse when compared to previous tantrums or anger.

In accordance with the results of the study, there are still as many as 10% of mothers who just shut up or don't seem to care about their child who is having a tantrum, there are positive and negative things that we can learn in it, namely we can give time to children to express their emotions and calm themselves, but still must be monitored and there must be action afterwards. Many mothers also distract their children when they have tantrums by inviting them to play or simply providing an understanding of why they are not allowed to tantrum and get angry as they have done, this is good but it is even better if the mother gives the child a moment to express his emotions and calm the mind and himself, if the child is calm and wants to be interacted with, then we as parents turn their attention to other things and or provide understanding and explanations about what they are doing.

Previously, as parents, we also had to know the cause of the tantrum, whether it was because we weren't given a gadget, bored or there were other things that bothered the child and made the child feel uncomfortable. After knowing the cause, then we as parents can determine what to do and how to respond appropriately to the child, remember not to be immediately scolded or beaten because the child must have certain reasons for acting that way. When dealing with a child who is having a tantrum, the first response that parents must show and do is to remain calm and supervise what the child does, if it is not dangerous it can be left as a method of emotional outburst, but if what is done is dangerous or if it can damage things around can be stopped slowly and diverted to something else that is not harmful.

After the child has calmed down, the parent can ask why the child is angry and tantrum, if the child has a tantrum because he is not given a gadget or when he is playing a gadget and it is taken by the parent then they can explain why it is not allowed to play the gadget for too long and other things that are not allowed. Do not scare or threaten children, just be given an explanation of what is prohibited and an understanding of why it is prohibited. As a parent, you are also

not allowed to do whatever your child wants, because this will trigger tantrums for the child. If his wishes are fulfilled too often, then when his wishes are not obeyed or not allowed it becomes a trigger for the child's anger which can then make the child tantrum.

If you have given understanding and explanation but the child is still angry and angry when his wishes are not obeyed, then as a parent you can prevent tantrums by giving rewards to the child when he is not angry and obeying what the parents say, or giving punishment when the child remains angry and tantrums. if his wish is not fulfilled. This is explained slowly and gradually to the child and must be accompanied by a sense of patience, do not be scolded or beaten.

<i>Pertanyaan</i>	<i>Jawaban bermutu</i>	<i>Jawaban tidak bermutu</i>	<i>Presentase</i>
<i>Bagaimana cara anda menangani jika anak anda mengalami tantrum saat tidak diberikan gadget?</i>	<ol style="list-style-type: none"> <li><i>1. Menasehatinya dan memberikan pemahaman dan juga pengalihan ke hal yang lain.</i></li> <li><i>2. Mengajaknya bermain yang lain.</i></li> <li><i>3. Membiasakan untuk tidak diberikan gadget dari kecil.</i></li> </ol>	<i>1. Mendiamkan</i>	<ul style="list-style-type: none"> <li><i>• 90%</i></li> <li><i>• 10%</i></li> </ul>
<i>saat anak tantrum, yang anda lakukan hanya diam mengawasi atau memberikan gadget?</i>	<i>Mengawasi</i>	<i>Memberikan gadget</i>	<ul style="list-style-type: none"> <li><i>• 70%</i></li> <li><i>• 30%</i></li> </ul>
<i>saat anak anda ingin memainkan gadget apa</i>	<ol style="list-style-type: none"> <li><i>1. Memberi penjelasan mengapa dilarang</i></li> <li><i>2. Tidak memberikan gadget</i></li> </ol>		<ul style="list-style-type: none"> <li><i>• 75%</i></li> <li><i>• 25%</i></li> </ul>

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yang anda  
lakukan?  
Memberi  
gadget,  
hanya  
mengawasi  
atau  
memberi  
penjelasan  
mengapa  
dilarang?

jika anda melarang,  
apakah yang anda  
sampaikan?  
Dan apakah  
hal tersebut  
dapat  
dipahami  
anak?

Memberikan  
pemahaman tentang  
efek dari memainkan  
gadget

- 100%

### **Kesimpulan**

Based on the research above, it can be concluded that tantrums due to the influence of gadgets are quite influential for the development and education of a child. Where they will pay more attention to gadgets than study and cause their development to be hampered. The role of parents in this case is very important because parents can monitor their children's activities and limit their children from playing gadgets. This tantrum has a negative impact on the future of a child. Because when gadgets are introduced to toddlers, everything will feel difficult. Because gadgets bring influence and dependence on users and can cause damage to brain function due to constantly thinking about gadgets. Therefore, we as extension workers or parents must understand the proper way of handling and understand all the risks that will occur if a child has been introduced to gadgets since childhood.

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