

Education And Prevention Of Screen Dependency Disorder (SDD) During The Pandemic At The Mother Of Balita In The Puskesmas Of Jatibening

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Abstract	Article Information
<p>Purpose: Technology plays an essential role in human life. The ease of operating gadgets, be it smartphones, tablets, or laptops, makes devices very familiar to the public, including children. The features in it attract children who access gadgets (Exposure to gadgets at an early age can lead to dependence on Screen Dependency Disorder. This is happening because the child's brain is not yet fully developed; the children are unable to distinguish between right and wrong things, as well as what to do and what not. So they cannot limit the use of gadgets. Methods: The method of community service involves. The dedication activities adopt action research measures consisting of four (four) stages, namely: planning, action, observation and evaluation, and reflection. Giving education about Screen Dependency Disorder (SDD) to Mother who has news in the Clinic of Jatibening of Bekasi district of East Jawa. Result: The dedication team has already given pre test and post test in this activity obtained mother's knowledge about the use of gadgets over 2 hours a day is 91,7 %. Conclusion: The society dedication team has provided information and education on the impact and prevention of screen dependency disorder (sdd) during the pandemic to the young mother in the Clinnic of Jatibening Bekasi District east Java to 68 respondents.</p>	<p>Keywords: Education; Prevention of screen; SDD of balita</p>
<p>Corresponding author: Tuty Yanuarti https://orcid.org/0000-0003-0660-8108 address Jalan Swadaya E-mail: tutyyanuarti@gmail.com</p> <p>Received: 16 January 2024 / Revised: 24 January 2024 / Accepted: 26 January 2024</p>	<div data-bbox="875 1317 965 1405" style="text-align: center;">  Check for updates </div> <div data-bbox="869 1439 965 1473" style="text-align: center;">  </div> <p>Lisensi: <i>cc-by-sa</i></p> <p><small>Copyright © 2024 penulis</small></p>

INTRODUCTION

Babies can grow and develop well if their basic needs are met, i.e. love, affection and care. This will enable the formation of ethics, good personality, intelligence, independence, skill and good productivity. (Heath A and Bainbridge N, 2017). In today's digital age, technology plays an important role in human life. The ease of operating the gadget, whether it's a smartphone, tablet, or laptop makes the gadget very familiar to the public, without exception children. It's a feature that attracts kids to access the gadget. (Kementrian Kesehatan RI, 2018). Exposure to gadgets at an early age, can cause addiction to Screen Dependency Disorder (SDD). It's because children's brains aren't fully developed, they can't distinguish between right and wrong, and what can be done and what doesn't. So they don't have the ability to restrict the use of gadgets (Kementrian Kesehatan RI, 2018).

The target in this devotional activity is a mother who has a baby aged 1-4 and 5-13 years in Puskesmas Jatibening, willing to follow the activities of community devotion and not in a condition of sickness or undergoing treatment. The target number is 20 participants, but in its implementation there are local regulations that must be observed in connection with the prevention efforts of covid19 that is to avoid or reduce the number of crowds, and bearing in mind the rules of the place of execution. It's closed, so you can perform a dedication of as many as 10 participants by keeping the health protocol up. According to BPS Indonesia, the presentation of the population of 5 years of age access to the Internet in the last 3 months according to the purpose of use of the Internet obtained as much as 87.20% access to social media, 62.13% entertainment, access needs to work school duties 25.86%. Southeast Nusa has a presentation of households with Internet access as many as 65.25% fall into the middle category in Internet use (Luz Yolanda Toro Suarez, 2019).

The impact of the use of unsafe gadgets based on the results of a study conducted by (Wulandari and Hermiati, 2019) showed that out of 100 respondents 66% had high levels of addiction, 34% had low levels of dependence, and 59% had suspected mental and emotional disorders. In conclusion, most children suffer from gadget addiction and most children are at risk of developing emotional disturbances if parents do not act wisely in using the gadget. Supported by the results of a study conducted by (Setianingsih, 2018) there were 81.1% children using gadgets < 2 hours a day and 82.2% normal children and do not have a risk of GPPH. There is a link between the use of gadgets and the risk of attention disturbance and hyperactivity in pre-school children. A child needs support to growth and development according to his or her age, through the first 1000 days program. (Kementerian Koordinator Bidang Kesejahteraan Rakyat, 2013). Every child needs to get routine stimulation as soon as possible and continuously at every opportunity. Growth stimulation is carried out by parents who are closest to the child, surrogates, other family members and community groups in their respective household environments and in everyday life. Lack of stimulation can cause developmental abnormalities of the child's flora even permanent disorders. (Depkes., 2016). Based on the analysis of the above situation, the author felt it necessary to implement a dedication on the impact and prevention of Screen Dependency Disorder

(SDD) on Balita so that the mother who has news has knowledge and can carry out prevention against gadget addiction to news.

METHOD

The method of community service involves the fate of the clinic jatibening of Bekasi district of West Java. The dedication activities adopt action research measures consisting of four (four) stages, namely: planning, action, observation and evaluation, and reflection. (Yaumi, Muhammad dan Damopolii, 2014). Giving education about Screen Dependency Disorder (SDD) to Mother who has news in the Clinic Jatibening of Bekasi district of West Java. The method is to provide education on how to prevent Screen Dependency Disorder (SDD) in Balita with early detection of emotional deviations in children as the impact of gadget addiction using Emotional Mental Problems Questionnaire (KMME).

RESULTS AND DISCUSSION

Table 1. Frequency distribution based on respondent characteristics (N=68)

Gender		
	frequency	percentage
Female	31	45,6 %
Male	37	54,4 %
Total	68	100 %

Table 1 above shows The number of minority respondents was obtained, namely girls of 31 person, and male 37 person.

Table 2. Frequency distribution based on age in children (N=68)

Age		
	Frequency	Percentage
1-4	44	64,7 %
5-13	24	35,3 5
Total	68	100 %

Table 2 shows that of the children of six hundred sixty-four, fourteen were children of four years old, and twenty-five children of five to fourteen years old.

Table 3. Frequency distribution based on age and duration of using gadgets in children (N=68)

Age	Duratio Of using gadget				P
	<1 hour	percentage	>1 hour	Percentage	
1-4	23	52,3	21	47,7	0,000
5-13	2	8,3	22	91,7	0,439
Total	25		43		

Note: p-Value was calculated using the Pair T.Test test.

Table 3 shows that There is a significant relationship (p 0,000) between the age of the child with long use of digital devices. 47,7% of teenagers use digital devices for more than two hours a day, while 91.7% of five-year-olds or older are using digital devices more than twice a day. Children aged five and over are most likely already in school and during the pandemic there are schools online, then the use of digital devices is required. But under-five-year-olds using digital devices for two hours a day is big enough, it needs further research and examination at a time when the pandemic is over and schools are off-line. There was no significant relationship between the gender of the child with the long use of digital devices (p 0,761). Out of 54.4% of respondents with boys, their sons use digital devices for more than two hours a day. Only 45,6.9% of those with daughters, their boys use spoken devices for over two hours per day. Although it shows long-standing differences in the use of digital devices between boys and boys, statistically there are no significant hubs. The development of video design media follows the P-Process and Framework for the Application of System Thinking phases at FAST with the expectation of packaging and content according to the SDD database obtained. The FAST phase begins with the definition of scope as a mother's perspective on the long use of digital devices by the child and SDD perspective whose results have been found in the result section. The problem is that 91,7% of children use digital devices for more than two hours a day, besides the mother's perspective on SDD, only 50% have a good perspective. This condition needs to be enhanced by the mother's deep understanding of SDD, so it is expected that the mother will be encouraged to behave properly and monitor the use of digital devices in her child. The need analysis is based on the problem as well as references to the SDD. At this stage, the priority selection of the available information is carried out, resulting in the video design material. The video material and the purpose of the material in the video package is explained as follows. The high level of use of digital devices in children is meant to raise the target's concern about the long-standing problem of using digital devices as a matter to be cautious because it can cause disruption to the child's tumors. Furthermore, the material on the overuse of digital devices in children, this is meant to encourage the target to put more interest and understand the seriousness of SDD problems in children. The SDD symptom material is intended to evaluate and provide views and opinions about SDD in children. SDD prevention, intended to better understand and encourage

actions or actions to prevent SDD in children. The weakness of this research is that perspective extraction is done through Google-forms quantitatively, so it can't dig deeper into the mother's view. Here's a brief chart of the process and the results of the research.

CONCLUSION

The society dedication team has provided information and education on the impact and prevention of screen dependency disorder (sdd) during the pandemic to the young mother in the Clinnic of Jatibening Bekasi District east Java to 68 respondents. The dedication team has already given pre test and post test in this activity obtained mother's use of gadgets 91,7% more 2 hours a day,. Participants are equipped with a screen dependency disorder module that can be brought home as an educational material for the participants at home.

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