



## Relationship between Gadget Use and Learning Concentration Kedai Damar Village, Tebing Tinggi Subdistrict, Serdang Bedagai Regency

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### ABSTRACT

Changing times emerge along with advances in technology created by humans, the more sophisticated technology is, the greater its influence on individuals throughout the world and the more individuals who want to have and want to be able to master sophisticated technology. Learning concentration is the main asset for students in receiving material and is an indicator of successful implementation of learning. Theoretically, if student concentration is low, it will result in low quality activities and can lead to a lack of seriousness in learning. The method used to obtain the research results contained in this article is qualitative with a case study approach. Peliti has carried out direct observations in Kedai Damar Village, Tebing Tinggi District, Serdang Bedagai Regency, this process took place from 18 July to 18 August 2023. The results show that more than half have knowledge about gadgets, but do not know how to use gadgets properly. correct, thus disturbing the student's concentration.

Keywords: Gadget, Learning Concentration,

### INTRODUCTION

In the millennial era, technology has developed rapidly and has an effect on human life. Changing times arise along with technological advances created by humans, the more sophisticated technology is, the greater the influence on individuals around the world and the more individuals want to have and want to be able to master technological sophistication. There are various types of technology, and one of the technologies that is very influential and almost owned by every individual from children to adults is Gadgets (Adelia, 2021).

Gadget is a technological tool that is currently developing rapidly and has special functions including smartphones, Iphones, Blackberries, computers, laptops, notebooks, tabs, and others. Gadgets are sophisticated items that are created and have various applications that can present various social networks, media, news, hobbies, or entertainment (Adelia, 2021). High-speed media content has the effect of increasing the risk of inattention, as well as decreasing concentration and memory power for gadget users. (Savitri, 2019).

Learning concentration is the main capital for students in receiving material and is an indicator of successful learning implementation, theoretically if student concentration is low, it will lead to low quality activities and can lead to unseriousness in learning. It is the lack of seriousness that affects the understanding of the material (Aviana & Hidayah, 2015). Wise use of gadgets can help

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increase motivation and engagement in learning. Expand access to educational resources and develop digital skills.

Referring to BPS data (2021), internet users in the age range of 5-12 years have always increased every year in Indonesia. There are 5.69% of the population aged 5-12 years who have accessed the internet through their devices, then increased to 7.93% in 2019 and 9.55% in 2020. It can be assumed that students aged 5-12 years old already use smartphones in their daily lives, especially in learning. (Zulfa & Mujazi, 2022).

Unsupervised use of smartphones can cause boredom and loss of learning concentration. In research (Arirahmanto, 2016) said that students who experience boredom and loss of learning concentration have the following characteristics: having an indifferent attitude towards learning, talking or joking with peers and not paying attention to explanations from educators or even sleeping during the online learning process. In this condition, learners will lose many things such as time, opportunity and energy. If allowed to continue, it will cause learning loss problems and the low quality of education graduates in Indonesia. In line with research (Sari et al., 2020) which states that the intensity of smartphone use has an influence on learning outcomes. Students who are accustomed to using smartphones tend to have poor sleep patterns and find it difficult to concentrate during learning.

Based on observations made on students of school children in Kedai Damar Village tend to lack concentration during the learning process. This can be caused by a lack of awareness from students of the importance of regulating and limiting the use of smartphones. Students who use smartphones excessively and are not restricted at home cause low socialization skills, lack of sleep, obesity, lack of happiness and have unstable emotional conditions (Adelia et al., 2021). If left unchecked, it can affect physical and mental health problems for students, including a decrease in student learning outcomes and achievement.

## **RESEARCH DESIGN**

The method used to obtain the research results contained in this article is qualitative with a case study approach. Qualitative is a method whose research process and understanding are based on a social phenomenon and the problems that arise. Qualitative research has one of the characteristics that humans are instruments, so that a researcher's ability to see, hear and observe things that become objects of research must be owned and applied in research. Data collection uses the process of taking interviews and is supported by observation. This qualitative method will contain a complex picture, because the data generated is based on the views of informants, case studies in natural situations. In obtaining data, researchers have made direct observations, namely in Kedai Damar Village, Tebing Tinggi District, Serdang Bedagai Regency, the process took place from July 18 to August 18, 2023.

## **RESULTS**

The results found that most of the informants were students from elementary to high school. This can be seen from the following points

### **Gadget Usage**

From the results found, it can be concluded that some informants know the types of gadgets, more than half of the informants know the types of gadgets. Some informants answered questions about their knowledge of gadgets with the following answers.

"Mobile phones, laptops, computers, tablets",

Although almost half have answered with the right answer, there are some informants who do not know clearly what gadgets are. Knowledge about gadgets can affect an individual's use of gadgets. This is in line with the research proposed by (Anggraeni, 2019) that the lack of understanding about the impact of using gadgets makes children behave to use gadgets excessively. Gadget knowledge affects a person's way of thinking in using gadgets wisely. This is because improper use of gadgets can affect eye performance and children's concentration.

Gadgets affect eye performance due to multifactors other than eye disorders. This is in line with research conducted by (Norlita et al., 2020) which states that a decrease in sharp vision can be caused by refractive errors such as myopia, astigmatism, hyperopia and organic disorders including cataracts, glaucoma, papillary edema, keratitis, degenerative processes, retinopathy, and others, from these various risk factors appear various complaints about sharp vision in the eye.

Gadgets support the learning process. Gadgets themselves have recently become a habit. Students and gadgets become two things that cannot be separated. Gadgets become one thing that is actually needed because this gadget requires special attention so that gadget devices can be used wisely, especially in elementary school students who on average have insufficient knowledge, both regarding the use of gadgets and the impact that will be caused by improper use of electronic devices.

### **Learning Concentration**

The results showed that some informants showed complaints about learning concentration. One of them said that there were external distractions. However, there are also those who say that there is a delay in writing. This can also interfere with students' effectiveness in absorbing lessons in class. And looking back, the majority of informants have hours of gadget use with a duration of more than 3 hours in one day.

The link between gadget use and damaged eyes has been discussed, but it is eye fatigue that occurs due to fatigue of the ciliary muscle of the eye that causes a person to lose focus and concentration in learning. It is also the use of gadgets due to the demands of trends that shape them to be active in cyberspace (social media), thus disrupting the work function of the brain to absorb information in the classroom.

### **CONCLUSIONS**

Prolonged use of gadgets in all daily activities will disrupt brain development and health. The more often children use gadgets, especially in non-ideal viewing distances, will disturb health, especially in the eyes. In addition, the use of gadgets without parental guidance will reduce children's interest in reading because they are accustomed to pictorial and moving objects.

The use of gadgets has a detrimental impact on children's interpersonal skills if used too often. The effect of cellphones on student learning achievement is that students become more reliant on cellphones rather than having to study.<sup>8</sup> The literature that researchers have described can be interpreted that any use of gadgets can make school-age children dependent on using gadgets which will result in a decrease in learning concentration.

The use of gadgets is due to the demands of trends that shape them to be active in cyberspace (social media). This causes that some of the material explained by the teacher is no longer absorbed properly because students are no longer able to concentrate on the ongoing lessons, which can result in students' academic grades, as well as students rarely communicate with their friends because they are more comfortable with their gadgets.

## Conflict of Interests

The authors declared that no potential conflicts of interest with respect to the authorship and publication of this article.

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