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THE EFFECT OF LIMITATION ON SMARTPHONE USE IN SDIT AL MADINAH

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Abstract

Addiction to gadgets in children is one of the main concerns of the government in Indonesia today. Children belonging to the Alfa generation (born in 2010 and above) are also called digital native communities who have been born face to face with the digital world that has so developed. The application of the rules on limiting the use of smartphone should continue to be promoted since the elementary school level. The method used in this research is qualitative with the type of case study research. The study was conducted in the Al Madinah Integrated Islamic Elementary School (SDIT), which is located on Jalan Danau Sentarum, Pontianak Kota District, Pontianak City, West Kalimantan in the 2019/2020 school year. The selection of research subjects using purposive sampling techniques. Data collection techniques through interviews and documentation using semi-structured interview guidelines and supporting documents according to research needs. In-depth interviews were conducted with 3 (three) speakers. Data analysis techniques collected through various techniques and instruments used were analyzed descriptively using the Miles and Huberman models. The impact caused by the implementation of the rules for limiting the use of smartphone at SDIT Al Madinah tends to have a very dominant positive effect, namely (1) increasing the productivity of students' time while at school, and (2) increasing the learning activities of students in the classroom. It greatly affects the learning process in the classroom, and students appear to be more active when there is discussion and make the learning atmosphere better.

Keywords: Smartphone , Limitation, Smartphone Addiction

Introduction

Excessive use of devices in children is still a serious problem that is being discussed by academics in Indonesia. Children belonging to the Alfa generation (born in 2010 and above) are also called digital native communities who have been born face to face with the digital world that has so developed (Syakir, 2019). Based on the results of research conducted by The Asian Parent Insights (2014) mentioned that as many as 98 percents of the 2,714 parents in Southeast Asia who participated in this study allowed their children to access technology in the form of computers, smartphones or tablets. The study was conducted on 2,714 parents in Southeast Asia who have children aged 3-8 years, where the parents of the study participants came from Singapore, Malaysia, Thailand, Indonesia, and the Philippines. From the survey results, most parents allow their children to use devices for educational purposes. But in reality, according to the survey results, most of their children use the device for entertainment purposes such as games (Unantenne, 2014).

Permission given by parents in the use of devices in children unwittingly causes addiction to devices that have various effects on the development of a child. According to research conducted by the University of Maryland, in 2011, it was discovered that technological addiction in school caused mental and physical stress, panic, confusion, and felt extreme isolation. It occurs even when the child is forced away from the device even if only for one day. The presentation of Thomas Chung, a public health consultant at the Hong Kong Department of Health at the 2014 Summit on Child Health and the Environment, showed a marked increase in the use of gadgets and the internet by children for 20 to 50 hours per week from 2003 to 2012. According to data collected by Chung from the Census and Statistics Department survey, in 2003, as many as 16.3 percents of children aged 10-14 years spent 20-50 hours per week to search the internet. Then in 2012, the number increased to 37.2 percent. The impact, according to the results of a survey from the Hong Kong Health Department, found the fact that children who are addicted to gadgets 37 percent lose outdoor activities, 49 percent have sleep disorders, 45 percent have academic problems, and 19 percent lie to parents and their families to be active in internet (Priherdityo, 2016).

Device addiction to children is a severe concern to the government in Indonesia. The Minister of Women's Empowerment and Child Protection (PPPA), Yohana Susana Yembise, will propose limitation on smartphone use on children. This step is done so that children do not fall into negative things that can damage their minds due to mobile addiction. The Ministry of PPA has communicated rules on limiting smartphone use with the Ministry of Communication and Information Technology (Kominfo) and the Ministry of Education and Culture (Kemendikbud). This rule can be applied at every level of education, starting from elementary school to high school. For this reason, the application of the regulation on limiting the use of smartphone in schools needs to be followed up immediately by the policymakers in schools, especially at the elementary school level.

The application of limitation on smartphone use has been applied in several elementary schools in Pontianak, one of which is the Al Madinah Pontianak Integrated Islamic Elementary School (SDIT). Based on the results of pre-research that has been done, it was found that limitation on the use of smartphone have become part of the rules that apply at SDIT Al Madinah. Limitation of the use of smartphone to students, i.e., prohibited from carrying smartphone into the school environment. Whereas if it is necessary for students to contact parents, they can use the smartphone of their homeroom teacher. Not only for students, but smartphone use limitation are also imposed on teachers when teaching in the classroom. This regulation certainly has various positive and negative impacts on the learning process at school. It is undeniable that in the current digital era, there is a dependency on smartphone s, especially in alpha generation children. Therefore, the rules on limiting the use of smartphone at SDIT Al Madinah are very interesting for further research so that they can be a picture for stakeholders, especially at the elementary school level.

Method

The method used in this research is qualitative with the type of case study research. Case study research is a study that explores a problem with detailed limitations, has in-depth data retrieval, and includes various sources of information. This research is limited by time and place, and cases studied in the form of programs, events, activities, or individuals (Khairawati and Wahidah, 2018: 33). The study was conducted in the Al Madinah Integrated Islamic Elementary School (SDIT) located at Jalan Danau Sentarum, Pontianak Kota District, Pontianak City, West Kalimantan. The selection of research subjects uses a purposive sampling technique, where the researcher sets specific considerations or criteria that must be met by the subject/informant who knows the information clearly and in detail about the problem being studied. The subjects in this study amounted to 3 people, namely (1) Deputy Head (Waka)

Students of Al Madinah SDIT, (2) Al Madinah SDIT Teachers, and (3) Parents of Al Madinah SDIT Students.

Data collection techniques, through interviews and documentation, used semi-structured interview guidelines and supporting documents according to research needs. This interview is classified as an in-depth interview where the implementation is more free and open than structured interviews. Researchers prepare a set of questions, but in practice, researchers can develop further questions that are not limited to deepening the results of research (Mustafa, 2009; Darmawan, 2014). Data analysis techniques collected through various techniques and instruments used were analyzed descriptively using the model of Miles and Huberman (1984). Data analysis is carried out interactively and takes place continuously until it is complete so that the data is already saturated. Activities in data analysis according to this model include (a) data reduction/data reduction, (b) data display/data display, and (3) conclusion drawing/conclusion drawing.

Result and Discussion

Result

Rules on Restricting Smartphone Use at SDIT Al Madinah

Limitation on the use of smartphone in SDIT Al Madinah Pontianak are regulated in the school rules. The use of smartphone for students at SDIT Al Madinah is strictly prohibited, meaning that students are not permitted to bring smartphone into the school environment. This rule is enforced at all levels from grade I to grade VI and has been socialized to students' parents. Whereas for teachers, limitation on the use of smartphone are limited when learning in class. It means that teachers are not permitted to use smartphone while teaching. Although it has been explicitly arranged in an orderly manner, its application requires synergy between all parties, especially the awareness of students as well as cooperation by the school and parents/guardians of SDIT Al Madinah students.

Factors That Influence the Limitation of Smartphone Use at SDIT Al Madinah

Factors that can influence the limitation of smartphone usage for SDIT Al Madinah students can be divided into 2 (two) factors, namely internal and external factors. The internal factor is the awareness in students themselves accompanied by the internalization of mental reinforcement in the current digital era. Based on the results of the interview, some rules limit students in the use of smartphone in schools for SDIT Al Madinah students do not influence children's mentality because for them when at school, the smartphone had no interest at all to be used. With the implementation of these rules, the atmosphere of the school environment feels better. As we know, the majority of alpha generation children only use smartphone to play online games, surfing social media, and other things that are free to spend their free time. Besides, if smartphone usage is not monitored correctly, both parents and teachers will undoubtedly be able to influence the mentality of children as researchers have quoted from resource persons' answers that children become persistent in using smartphone so that it will have bad consequences for the child's growth and development.

While external factors are limiting the use of smartphone in SDIT Al-Madinah, Pontianak City is the needs and abilities of children to socialize with the environment. Elementary school-age children (SD) are generally in the age range of 6-12 years, the age where the growth of the child is not only in physical terms but also motor skills. Therefore, children must be able to socialize with the surrounding environment, especially with peers. However, if the child is only focused on his cellphone, this will affect the child's socialization ability. It was feared that it would damage their socialization process with the environment and their playmates. Limitation on the use of smartphone for SDIT Al Madinah students have greatly influenced the children's play environment. Therefore, the rules for limiting the use of smartphone in SDIT Al-Madinah Pontianak are carried out so that students can develop motor

skills and not be individualistic towards the surrounding environment. Besides, the existence of smartphone limitation in the Al Madinah SDIT area makes children more active playing with their friends so that they will not keep them busy or fixated with their smartphone . A number of informants agreed that the rules on limiting the use of smartphone affect the ability to socialize students, which makes students play more and hang out with friends and interact actively in their social environment.

Impact of Smartphone Phone Limitation on SDIT Al Madinah

Appropriate and effective efforts are needed in providing understanding to students about the rules of limiting smartphone use in schools, namely by providing correct teaching about what they should not see, they follow and emphasize to students by motivating them. We can not deny as teachers that in every home must have a smartphone , and we can not control deeper, therefore, in this case, the role of parents is also essential in controlling what is done by children in their homes by limiting the use of smartphone . In line with this, the most appropriate effort in giving students an understanding of the rules that have been made by the school is by communicating in advance with parents by limiting phone usage from home and socializing or interacting with students about the negative effects of smartphone use. Efforts that have been made by teachers in shaping students' behavior and attitudes to comply with applicable rules/regulations will be seen that if the acceptance of the rules restricting smartphone use in the Al-Madinah SDIT environment, Pontianak City students and parents of students can understand and understand regarding the rules that have been applied. Acceptance of the rules imposed at SDIT Al-Madinah can be seen from the lack of violations regarding the use of smartphone in schools.

The impact that will be caused regarding the enactment of a rule will certainly have positive or negative effects. Based on the results of research that has been done, there are at least 2 (two) positive impacts regarding the limitation on the use of smartphone that apply in SDIT Al-Madinah, Pontianak.

First, increasing the productivity of students' time. With the limitation on the use of smartphone at SDIT Al Madinah, it is seen that students do not spend time resting only with their smartphone , both for playing online games and surfing on social media. The thing to worry about is that every content contained on the internet at this time has a low educational value so that later they will follow or emulate it. Students also usually take advantage of breaks to look for readings or literature in the library or interact with peers. Besides, there were no more students who stole the opportunity to check their cellphones while class learning was taking place. It certainly shows that the time productivity of students has increased. Secondly, increasing the activity of learning of students in the classroom. With the enactment of limitation on the use of smartphone has made students more focused during the learning process. It certainly affects the learning process in the classroom, and students appear to be more active when there is discussion and make the learning atmosphere better.

In addition to having a positive impact, the rules for limiting the use of smartphone at SDIT Al Madinah also have a negative effect. Although a number of informants agreed that the positive effect caused was more dominant, of course, the new rules that were implemented needed to be adjusted slowly. Because until now, there are still some students who carry smartphone secretly and then use them carelessly if not monitored. Thus, from various explanations of resource persons' answers about the impact that will be experienced by students if the rules are not enforced in limiting smartphone use in schools, as parents of students in schools, it is essential that the role and efforts of teachers in providing understanding of the rules for limiting smartphone use in neighborhood SDIT Al-Madinah, Pontianak City. The negative impact felt by the teacher is the difficulty when students have certain urgent needs to contact the family at home. But this can still be overcome by using a

smartphone belonging to the homeroom teacher. As for learning in class, generally learning at SDIT Al Madinah does not require the internet, so no smartphone is needed.

Discussion

Rules on Restricting Smartphone Use at SDIT Al Madinah

The results showed that the rules for limiting smartphone used in schools, both teachers and students, were very limited in relation to the rules that had been made by the school. It is in line with the theory of Kurniawan (2008) that school discipline is a form of manifestation of norms that exist in society, be it norms of decency, legal standards, norms of decency, and religious norms. With the existence of school rules, it is expected that the regularity of life in the school environment as an educational institution will be realized to achieve it well. The code of conduct created by the school has its objectives as the rules contained in the SDIT Al-Madinah City of Pontianak, namely limitation on the use of smartphone . With these limitation, it will provide benefits and benefits for students as an effort to form a person who obeys the rules. As we know that smartphone s (cellphones) are considered as an electronic device that has a special function on each device. As according to Ilham (2011), that mobile phone is a mini mechanical device or an attractive tool because it is relatively new so that it will provide much pleasure for its users, because in its use it can give pleasure then it is feared that it will adversely affect minors who are still not yet understand how to use a smartphone correctly and properly. As we know that the use of smartphone for children is only used for playing games and social media, which in their use, is less effective and beneficial for minors. Thus the researcher can conclude from the elaboration of the rules in limiting the use of smartphone . Of course, it is essential for an educational institution as an effort to realize a goal to be achieved. The existence of these rules will teach students about an attitude or behavior that must be followed and must not be violated because whatever the school has determined is for the good of the students in creating behavior that complies with the rules that apply in the school.

Factors That Influence the Limitation of Smartphone Use at SDIT Al Madinah

Factors that can affect limitation in the use of smartphone for students from internal factors based on the answers of the speakers as SDIT Al-Madinah Pontianak City that according to them the existence of these rules does not affect the mentality of children, because for elementary school children smartphone have no interest in they use when at school. It is in accordance with the theory according to Kotler (2007) that he believes if the use of smartphone in schools is not limited it will give effect to the child's personality where he will always want to be seen more than his friends and usually will tend to follow the trend according to technological developments so fast. But if the use of smartphone is given to children, it certainly can affect the child's mentality. As a theory that supports the opinion of sources that Kartika (2014) said, the use of smartphone could cause mental illness due to excessive use such as increased depression, anxiety, lack of attention, autism, bipolar disorder, and behavioral disorders in children. While external factors with limitation on the use of smartphone for children can certainly affect the child's play environment so that it will make children more active playing with their friends so that it will not keep them busy or fixated with their smartphone .

Theories that support that the environment can affect children's play environment, according to Fadilah (2015) that the environment makes the emphasis of peers and also the community. It is what drives many people to use smartphone , besides that nowadays, and almost every activity requires a person to use smartphone both for adults and minors. According to Fadilah (2015), in addition to internal and external factors, several factors can affect smartphone usage if it is not monitored and is restricted in its proper use. These factors

include namely (a) rampant advertising in the world of television and on social media, (b) the number of smartphone displaying interesting features, (c) the sophistication of the smartphone itself, (d) the affordability of prices and (e) cultural factors. Thus from the interviewee's statement of answers supported by several theories or other opinions, the researcher concludes that in the use of smartphone for students, some very influential factors can be seen from internal and external factors. The parents and teachers have an essential role in supervising and controlling how developments are in accordance with their needs without having to follow what he wants. It is because, as we can see that with the rapid development of science and technology, students are worried that they will not develop properly.

Impact of Smartphone Phone Limitation on SDIT Al Madinah

The impact caused by the use of smartphone is now increasingly diverse ranging from health to social aspects. The positive impact of the implementation of the rules for limiting smartphone use that researchers get from the results of the SDIT Al-Madinah teacher interview is that students do not spend hours in using smartphone, as we know that smartphone use today needs to be given special attention when using it done excessively can result in losses for users. The study was also carried out by Nielsen, a body engaged in the field of global information, and the media said that the average Indonesian uses smartphone for 189 minutes (equivalent to 3 hours 15 minutes) per day (Amri, 2013). In addition, to make students more active in activities that are more useful and can make students more focused on learning. While the positive impact that will be experienced by students does not exist unless the student is already at the top level, so he will be able to use his smartphone for communication tools, search for information, and other knowledge as material for learning. It is in line with the First theory (2015) that the positive impact of smartphone is, (a) communication becomes practical, (b) more creative, and (c) becomes smarter innovating due to the development of smartphone that demand them to live better. From the results of interviews with SDIT Al-Madinah teachers, the negative impacts that will be caused if the school rules or regulations are not enforced in the school will cause children to become addicted, can access various contents on the internet, lack of socialization with the environment around and in following the teaching and learning process is not optimal.

Besides the answers from the speakers the negative impact of smartphone use is in accordance with the theory of Iswidharmanja (2014) that the adverse effects of smartphone use on children are, (a) being a private person, (b) disturbed health, (c) sleep disturbance, (d) likes to be alone and (e) the threat of cyberbullying is all forms of violence experienced by children and carried out by their peers through the internet. As stated by Rasulullah SAW in his saying, which reads:

نِعْمَتَانِ مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ ، الصِّحَّةُ وَالْفَرَاغُ

Artinya: “Ada dua kenikmatan yang banyak manusia tertipu, yaitu nikmat sehat dan waktu senggang” (HR.Bukhari)

The Hadith explains that most of the majority of people often forget and are deceived by the favors that they have gotten both healthy favors and favors in their spare time. So from the above hadith, we can know that in the development of technology and information science that is so fast and sophisticated sometimes we often neglect what has become an obligation as a human being so that with our actions, the damage will happen to ourselves. Besides that, time is one of the great favors of Allah SWT to humans. It is appropriate for humans to use it well, effectively, and as much as possible for good deeds. But in reality, an age that is experiencing rapid development of science and technology will make some people neglect their obligations and commit wrongdoing for themselves, which will have a negative impact on him. Another exposure to the negative effects of smartphone use was stated by a doctor from the United

States named Chris Rowan that the effect of smartphone use is brain growth that is too fast, developmental barriers, mental illness, aggression, digital senility, radiation and unsustainability (Kartika, 2014). Thus, the researchers can conclude that in the use of smartphone for children, it will be more dominant to get a negative impact from smartphone use as we know that smartphone for children, if not restricted and controlled in their use, both from parents and teachers, are highly feared that they will adversely affect the child both in terms of health and social aspects of the child on the playing environment.

Conclusion

Limitation on the use of smartphone in SDIT Al Madinah Pontianak are clearly and regulated in the school rules. The use of smartphone for students at SDIT Al Madinah is strictly prohibited, meaning that students are not permitted to bring smartphone into the school environment. This rule is enforced at all levels from grade I to grade VI and has been socialized to students' parents. Whereas for teachers, limitation on the use of smartphone are limited when learning in class. It means that teachers are not permitted to use smartphone while teaching. Although it has been explicitly arranged in an orderly manner, its application requires synergy between all parties, especially the awareness of students as well as cooperation by the school and parents/guardians of SDIT Al Madinah students. The impact caused by the enactment of the regulation on limiting smartphone use at SDIT Al Madinah has a very dominant positive impact. Based on the results of research that has been done, there are at least 2 (two) positive impacts regarding the limitation on the use of smartphone that apply in SDIT Al-Madinah, Pontianak. First, increasing the productivity of students' time while at school. Secondly, increasing the activity of learning of students in the classroom. With the enactment of limitation on the use of smartphone has made students more focused during the learning process. It positively affects the learning process in the classroom, and students appear to be more active when there is discussion and make the learning atmosphere better.

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