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IMPLEMENTATION EDUCATION HEALTH TO LEVEL KNOWLEDGE ABOUT IMPACT USE OF *GADGETS* ON CHILD AGE SCHOOL AT BERINGIN STATE ELEMENTARY SCHOOL, NORTH LAMPUNG

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Abstract

Health education is an educational activity carried out by spreading messages, instilling confidence so that people are not only aware, know and understand, but also want and can carry out recommendations that are related to health. Elementary school children are those aged between 6 - 12 years or what is usually called the intellectual period. Gadgets have a negative impact on children and teenagers, which can be seen in terms of education, health, social and economic aspects. This scientific paper aims to describe the characteristics of students of school age and to find out the results of the implementation of health education on the level of knowledge about the impact of gadget use on school age children. The writing design used in this Scientific Writing is descriptive using pre-test and post-test questionnaires. The results of the implementation of health education on the level of knowledge about the impact of using gadgets on school-age children at SD Negeri Beringin, North Lampung Regency, Lampung Province show that before implementation the level of knowledge was less with an average value of (3.96%), after the implementation of health education occurred increase (96.4%) in good knowledge with grades (100%). The conclusion of this scientific paper shows that there has been an increase in knowledge by (96.4%). Suggestions: This research can be used as a reference or reference source for further research that raises the same problem by expanding the number of samples, methods used and media that are different from research that has been carried out.

Keywords: *health education, knowledge level, gadget, school-age children Literature: 30 (2017-2025)*

1. INTRODUCTION

The development and progress of technology is very rapid and advanced has lots brings benefits to human life. However, in today's era, technological advances cause bad things for everyone, especially for pre-school children and school-age children, as we know most parents allow or give gadgets / cellphones to their children with the reason that the child is not fussy and does not play outside the house, but this method is not right because it will affect in child development, children should do a lot of activities to train cognitive and psychological abilities in children. (marpaung, 2018). The world health organization (who) revealed that as much as 93.52% of gadget use by child age school is at in age 9-15 years and internet usage

as much as 65.34% aged 9-15 years. Generally, children use the internet to access social media including youtube and games, who reports that worldwide, 10-20% of children and adolescents experience mental health conditions, such as childhood epilepsy, developmental disabilities, depression, anxiety, and behavioral disorders. As many as 5-25% of children age preschool suffer disturbance development. Various problem child development, such as motor, language, emotional and social behavioral delays in recent years has increased. Globally, it has been reported that children who experience anxiety disorders are around 9%, easily emotional 11-15%, disturbance behavior 9- 15% (who, 2017)

Gadget users in lampung reached 5.3 million people. This apjii survey was conducted through 2 questionnaire and interview to 7,000 samples, with a level of tolerance error of 1.27%. The research was conducted on june 2-25, 2020. (katadata, 2020). From the results of the survey conducted in sd country banyan lampung north said that almost 80% students grade iv and v have gadgets/smartphones, some students are addicted to playing online games and also have social media such as instagram, whatsapp, and tiktok. Frequency of gadget use, incorrect position and poor lighting intensity can have a bad impact. To decline sharpness vision and increase the risk of various complications due to increasing myopia or computer vision syndrome. (cvs). Impact negative other which will the causes include obesity, depression, loneliness, risk of suicide, attention deficit hyperactivity disorder (adhd), and disruption of family communication functions. In using gadgets, individuals generally will focus only staring at one object and lasting for a long period of time. (purwantiwi, 2023). efforts made to overcome excessive gadget use include conducting health education. Teachers are expected to provide health education about the impact of gadget use on school children. In addition, with the knowledge gained is expected also to students and parents can reduce or limit gadget use in children. One of the roles of nurses in overcoming this problem is to provide health education about the impact of gadget use on school children, educate parents to pay attention to their children, and manage gadget use time.

Addiction to gadgets can make children more aggressive and difficult to control, parents are ignored when giving orders to children because the child... Only focuses on gadgets (fatma fitriani, 2018). The aim of this health education is to provide information about the health hazards due to excessive use of gadgets in children at beringin lampung state elementary school north with he did this health education, children understand better about impact use gadget and can carry out prevention and control to overcome it (watak, 2023). Based on the description of the impact of gadget use on elementary school children, the author is interested in compiling a final assignment report with the title "implementation of Health education on the level of knowledge of elementary school children". About impact gadget use in school-age children".

2. METHODOLOGY

Descriptive writing design with use type approach studies case to describe the results of the implementation of health education about the impact of gadget use on school children at Beringin State Elementary School in North Lampung, Lampung Province.

Subjects that have been covered in the written work scientific This is a total of 28 school children base with the following criteria:

2.1 Criteria inclusion

Inclusion criteria are the general characteristics of research subjects from a target population that is reachable and will be studied. (Nurssalam, 2020). The inclusion criteria in scientific papers this is:

2.1.1 School children of Beringin Elementary School, North Lampung
2.1.2 Child school Which willing become a Respondent
2.1.3 Child school class IV and V
2.1.4 Capable communicate in a way cooperative.

The data collection method used in this Study is data collected from WOD results (interviews, observations, documentation). data collection is a tool that used to measure data to be collected (Adiputra, 2021 in Nursalam 2020). Data collection instruments The data that has been used in this Study is

2.2 Questionnaire

Contains 15 questions about the impact of gadget use .

2.3 Sheet *informant consent*

The sheet contains information about the agreement to be a respondent and the number of respondents is 28 people.

2.4 Sheet observation/interview

Contains information about the characteristics of school children.

3. RESULTS

2.2 Research data collection locations this done in sd beringin country of north lampung
2.3 Characteristics students' class iv and v at beringin state elementary school, north lampung

It is known that the number of 28 respondents is male, 15 respondents (53%), and females number 15 respondents (53%). 13 Respondent (46%) , as much as 14 Respondent (50%) Already own *gadget* Alone And 14 Respondent (50%) borrow *gadgets* from parents, the majority of parents' jobs are farmers 18 Respondent (64%), mine rock coal 1 Respondent (3%) ,trader 5 Respondent (17%), laborer farmer 2 Respondent (7%), 2 respondents were civil servants (7%). Most of the respondents' parents had an income of ≤Rp 2,000,000, namely as much as 10 Respondent (35 %), Which income person old ≥Rp 2,000,000 4 Respondent whereas 14 Respondent (50%) do not know the amount of income parents, as many as 18 respondents (64%) use *gadgets* ≥ 2 hours per day, the remaining 10 respondents use *gadgets* ≤ 2 hours per day. Then the exposure to information about the impact of gadgets as much as 20 Respondent (71%) don't know yet, 8 respondents (29%) already know.

4. DISCUSSION

Characteristics of respondents from the research results done between other gender, work person age, parents' income, time of use, and information exposure. These characteristics can affect a person's knowledge of the level of knowledge about the impact of *gadget use* . This is reinforced by the theory that states that the factors that influence knowledge are age, education, occupation, income, information, environment, and socio-culture (Wawan, 2011 in Neng Yuni 2019).

Gender is one of the factors that influences knowledge. The difference in the level of

understanding between men and women is one example. Generally, in searching for a information both formally and informally women tend to have better knowledge than men. men. (AH, Jatmiko 2022). Theoretically, the type sex is one of genetic factors that influence a person to behave, apart from environmental factors. In general, it can It is said that genetic and environmental factors are determinants of behavior. creature life including human behavior. The work factor found that 18 respondents (64%) worked as farmers, 18 in coal mining. 1 Respondent (3%), trader as many as 5 Respondent (17%), laborer farmer 2 respondents (8%), Civil Servants 2 respondents (8%), Characteristics of farmers tend to have a positive perception because respondents have enough time to pay attention to their children, including in terms of parental supervision of *gadget use* in children (Adhtiya, 2021 in Lestari 2022). Researchers assume that from the job data above, there are more farmers because they can focus more on taking care of and accompanying their children. child in activity a day – day at home 1 including *gadget use* . The income factor was found to be almost half, as many as 4 respondents. (15%) earn ≥Rp2,000,000, and 10 respondents (35%) have an income of ≤2,000,000, and 14 respondents No know. According to (Mulyana, 2002 in Lestari 2022) states that income level (economy) affects a person's perception of a reality. The greater the difference in income between two people, the greater the difference in a person's perception of reality. A person's income level or income is an internal factor that affects a person's attention. The difference in a person's income will affect their level of perception of the object. Researchers assume that from the income factor data above, parents are able to facilitate children in terms of using *gadgets* so that parents' perceptions of *gadget use* become positive.

From the data above, 18 respondents (65%) used *gadgets.* ≥ 2 hours, and 10 respondents (35%) use *gadget* ≤2 hours. Excessive use of *gadgets* can have a significant impact on children's growth and development. In addition, another negative impact of using gadgets is that if the duration of use is too long, it can result in on the eyes and brain. Several studies have shown that impact use gadgets include disruption of children's brain growth, obesity, lack of sleep, mental disorders, aggressive behavior and radiation emissions. Therefore, there needs to be a limit on the use of *gadgets* in children. (Novitasari W & Khotimah N. 2016 in Anggraieni, 2019)

4.1 Table before health education action is carried out

Number	Knowledge level category	Jumblah	Presentation	Nilai rata-rata Average value
1	*Good*	0	0%	0
2	*Enough*	0	0%	0
3	*not enough*	28	100%	3,9%
	overall	28		3,96%

Based on table 4.1, before health education was conducted, most respondents had knowledge in the less category about the impact of gadget use, as many as 28 respondents with an average value (3.96%).

4.2 Table after health education action is carried out

Number	Knowledge level category	Jumblah	Presentation	Nilai rata-rata Average value
1	*Good*	28	100%	100
2	*Enough*	0	0%	0
3	*not enough*	28	100%	0
	overall	28		100 %

Based on table 4.1, after health education was conducted, all respondents had knowledge in the good category regarding the impact of gadget use, as many as 28 respondents (100%). The data obtained was 20 respondents (71%) who were less exposed to information and 8 respondents (29%) who were exposed to information. *Gadget usage behavior* is influenced by various factors, one of which is knowledge. Lack of exposure to information about the impact of gadget usage, make children behaving excessively using *gadgets .*(Novitasari W & Khotimah N. 2016 in Anggraieni, 2019). The results of the scientific paper conducted by researchers on May 31, 2024 at Beringin Elementary School, North Lampung regarding "implementation of health education on the level of knowledge about the impact of *gadget use* on school children at Beringin Elementary School, North Lampung" obtained the results that before health education was carried out , the level of knowledge of respondents with category knowledge not enough namely 28 respondents 100% with an average level of knowledge (3.96%), after health education the level of respondents' knowledge increased with category Good 28 Respondent (100%) with an average value of 100%, from the results obtained the increase before and after was 96.04%.

5. CONCLUSIONS

Respondent characteristics: Most of the students' parents work as farmers (64%), and some parents work as civil servants. (8%), coal (3%) and traders (17%). For the income of parents of students ≤ 2,000,000/month (35%) , ≥2,000,000 (15%) and the rest (50%) do not know their parents' income. The use of *gadgets* by students is ≥ 2 hours/day (65%) and those who use ≤2 hours/day are (35%). And students who lack information are (71%), (20%) the rest already have information. The level of knowledge of respondents before health education was carried out was 28 respondents (100%). have a low level of knowledge with a value average (3.96%). The level of knowledge of respondents after health education was carried out, as many as 28 respondents (100%) experienced an increase, namely with a good level of knowledge category with an average value (100%). There was an increase of 96.4%.

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