

# Relationship Between Smartphone Addiction and Emotional Dysregulation on Early Childhood

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## Abstrak (Bahasa Indonesia)

One aspect that can affect emotion dysregulation is the smartphone addiction. This study aims to determine the relationship between smartphone addiction with emotion dysregulation early childhood. This type of research uses a quantitative approach with correlational methods. The sampling technique used total sampling with 40 children. Data collection techniques using a questionnaire. The data analysis technique uses the product-moment correlation test. Findings of this study show that there is a relationship between smartphone addiction with emotion dysregulation early childhood. Smartphone addiction has a positive relationship with emotional dysregulation in early childhood. Its mean, the higher the smartphone addiction level in children, the higher the emotional dysregulation in early childhood.

Kata kunci: *Smartphone Addiction, Emotional Dysregulation, Early Childhood*

## Pendahuluan

For humans, emotions are very important to develop. In managing human emotions, it is required to be smart in communicating with other people, this is the case for early childhood because the emotions that are formed are very influential in children's development. Emotions are one of the most important aspects of early childhood (Nurjannah, 2017). Emotional development is different from other aspects of development such as cognitive, physical motor, language, artistic and moral development of children (Martani & Psikologi, 2012). Early childhood has different characteristics from adults and each child has individual differences that are not the same as the others. The characteristics of the emotions possessed by children include strong emotions, emotions are often visible, emotions are temporary, reactions reflect individuality, emotions change their strength, and children's emotions can be seen through behavioral symptoms (Mulyani, 2018).

One of the children's problems, the inability to regulate and control emotions, is known as emotional dysregulation. Emotional dysregulation in early childhood is a change in feelings that occurs in children because they arise as a result of external influences, resulting in children being unable to control their emotions (Rachmat et al., 2021a). Some examples of problems with emotional dysregulation that occur in early childhood are: selfish, not caring about others, shouting, hurting, hitting, being impatient and unable to wait. Loss of control in controlling emotions, emotions that change quickly and express emotions intensely, are part of the emotional dysregulation component (A. R. H. Putri & Rahmasari, 2021). Research conducted by Putri & Primana (2018) states that dysregulation is the inability of a person to regulate emotions or regulate their own emotions so that it can cause problematic behavior such as shouting, hurting and damaging. In this study, they revealed that the factors that influence children's emotions are environmental and cultural conditions.

Emotional dysregulation in children is influenced by various factors, one of which comes from the environment. The environment for early childhood is very diverse, such as the play environment, family

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environment, and also community environment. In the family environment, parents often take it for granted when interacting with their children. For example, when children play with their parents but the parents are busy and focused on their smartphones, of course, the children will imitate them because children have the characteristics to observe or imitate what adults do. And parents unknowingly give their children smartphones (Rachmat et al., 2021b). One of the causes of emotional dysregulation in early childhood is caused by smartphone use. The smartphone is a mobile phone that has advantages over other communication tools. It is undeniable that in this increasingly sophisticated technological era; it is in great demand. In everyday life, smartphones have their functions for their users (Sawitri et al., 2019).

The results of research observations conducted by researchers in Nagari Sungai Jambu, Pariangan District, Tanah Datar Regency from May 2022 to July 2022 determine the impact of using and giving smartphones in early childhood, namely First, early childhood emotions are influenced by excessive smartphone use, namely using a smartphone with a long time. Second, excessive use of smartphones in children can cause emotional dysregulation in children such as difficulty in regulating and controlling emotions. Third, Smartphone addiction hurts the emotional development of early childhood, a negative impact on children's emotional development, namely that children will become angrier if disturbed while playing on smartphones and will find it difficult to regulate their emotions. Fourth, children tend to prefer playing on smartphones compared to playing with peers because using a smartphone will be more indifferent to the surrounding environment. Fifth, Smartphone addiction is closely related to children's emotions because smartphone addiction hurts children's emotions.

Smartphone addiction is the continuous use and giving of smartphones to children, causing dependence for children and not thinking about the negative effects of using smartphones (Ita & Fono, 2021). Research conducted Kwon (2013), the behavior of smartphone addiction in children initially started only from using smartphones, causing addiction or attachment to smartphones and causing anxiety and restlessness when not using smartphones. The indicators of smartphone addiction include: 1) daily-life disturbance or disturbance in daily life which can be seen from someone who has difficulty concentrating 2) withdrawal or withdrawal or being more interested in smartphones than interacting with other people, 3) cyberspace- relationship oriented or prefer to interact with cyberspace, 4) overuse or use smartphones too often, 5) tolerance.

Smartphone addiction has a negative relationship with emotions. The higher the smartphone addiction, the higher the emotional dysregulation, especially for young children. Research conducted by Rachmat et. al, (Rachmat et al., 2021b) explained that emotional dysregulation in early childhood is caused by smartphone addiction, so it has a significant effect on emotional dysregulation in early childhood. Previous research stated that there is a relationship between smartphone addiction and emotional dysregulation, but there is still little research on the causes of emotional dysregulation in early childhood caused by smartphone addiction. For this reason, it is important to conduct this research to answer the research objective to determine the significance of the relationship between smartphone addiction and emotional dysregulation in kindergarten.

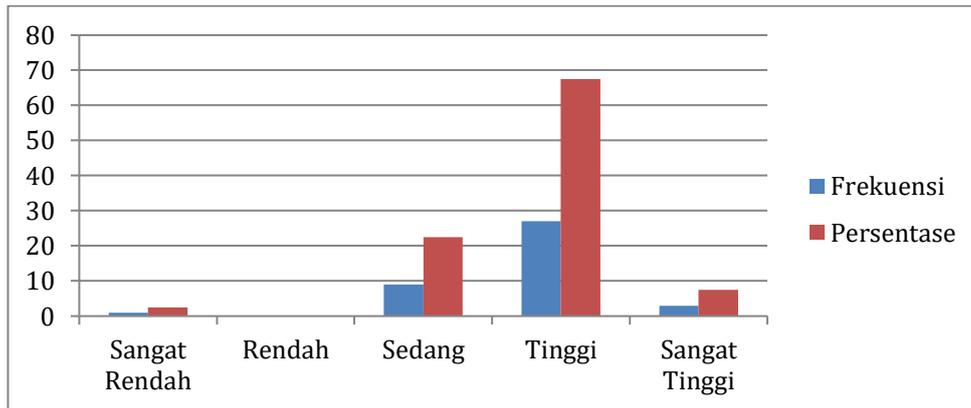
### **Metode**

This research belongs to the type of quantitative approach with the correlation method. This research approach uses cross-sectional, which is a study in which the independent and dependent variables are studied for a certain period. The research site is in Nagari Sungai Jambu, the Pariangan District, Tanah Datar Regency, West Sumatra Province. The time of the study was carried out from Mei to Juli 2022. The sampling technique in this study was carried out by the Total Sampling method, with 50 children. Total sampling is a sampling technique where the number of samples is the same as the total population. Data collection techniques using questionnaires. The dimensions of smartphone addiction are 1) daily-life disturbance, 2) withdrawal, 3) cyberspace-oriented relationship, 4) overuse and 5) tolerance (Kwon, 2013), with a rating scale ranging from very high with a score of 4 to very low with a score of 1. The dimensions of smartphone addiction are: 1) externalizing domain, 2) internalizing domain, and, 3) dysregulation domain (Briggs-Gowan, 2006), with a rating scale ranging from very high with a score of 4 to very low with a score of 1. The data analysis technique uses the product-moment correlation test.

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Hasil Penelitian dan Pembahasan**

Smartphone addiction questionnaire data can be seen in the following diagram.



Gambar 1. Data Smartphone Addiction

From the results related to smartphone addiction, it can be concluded that the level of smartphone addiction in children is in the high category, with a score range of 100-105 with an agreed percentage of 67.5%. This shows that smartphone addiction in these children is in the high category. This happens because of the high habits of children in using smartphones in everyday life. If the level of smartphone addiction is high in a person, it will impact him. This is following the theoretical basis, that the effects of smartphone addiction include: Being a private person, disturbed health, sleep disturbances, being alone, and the threat of Cyberbullying (Iswidharmanjaya & Agency, 2015).

Research conducted by Rachmat et al. (2021) explains that emotional dysregulation in early childhood is caused by smartphone addiction, so it has a significant effect on emotional dysregulation in early childhood. Smartphone addiction greatly affects emotional dysregulation in early childhood when smartphones are given to children without parental supervision. The use of smartphones without parental supervision will make children more free and flexible in using smartphones and will have a bad impact on children's behavior and emotions.

The questionnaire scored data on emotional dysregulation in early childhood. For more details, emotional dysregulation data can be seen in the following diagram

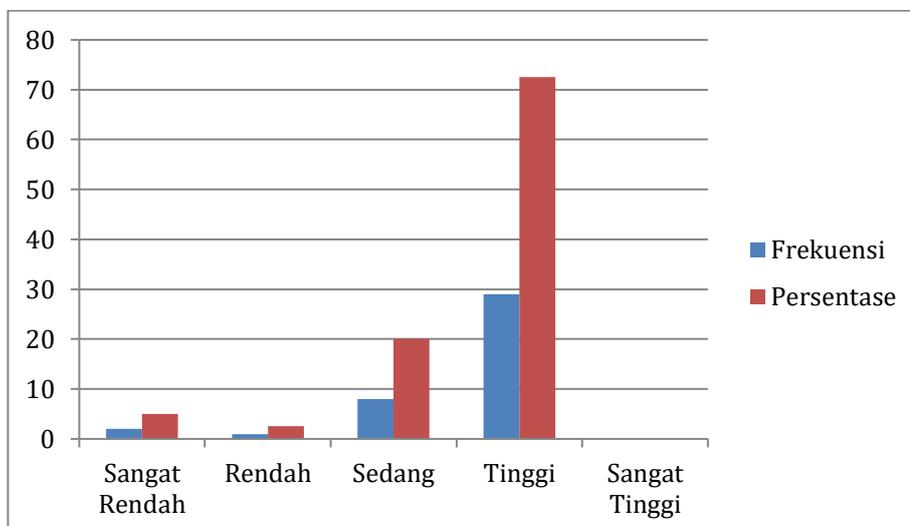


Fig. 2 Emotion Dysregulation Data

From the results of the above data related to emotional dysregulation in children, the highest score got by respondents was 98, while the lowest score got by respondents was 47. It can be concluded

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that the level of emotional dysregulation in children is in the high category, with a score range of 90-98 with an acquisition percentage of 72.5%. This shows that there are still many children who are less able to regulate their emotions.

Furthermore, hypothesis testing is carried out to test the truth of the proposed hypothesis, so that an analysis can be carried out by looking for the relationship between X and Y variables

Tabel 1. Pearson Correlation

<b>Correlations</b>			
		Smartphone Addiction	Disregulasi Emosi
Smartphone Addiction	Pearson Correlation	1	.635 <sup>**</sup>
	Sig. (2-tailed)		.000
	N	40	40
Disregulasi Emosi	Pearson Correlation	.635 <sup>**</sup>	1
	Sig. (2-tailed)	.000	
	N	40	40

\*\* . Correlation is significant at the 0.01 level (2-tailed).

From the table, it is known that the Pearson correlation coefficient is 0.635<sup>\*\*</sup>. This means that the correlation between smartphone addiction and early childhood emotional dysregulation is .635<sup>\*\*</sup> or strong. Based on the provisions seen from the r-table, then the value of the r-count must be greater than the value of the r-table. It can be seen from the calculation results using SPSS that the r-count value of 0.635 is greater than the r-table value of 0.312 with a significance level of 0.05. It can be concluded that in product moment testing, it is concluded that  $r\text{-count} > r\text{-table}$ . So H<sub>1</sub> is accepted and H<sub>0</sub> is rejected, it is proven that there is a close relationship between smartphone addiction and emotional dysregulation in early childhood. Smartphone addiction has a positive relationship with emotional dysregulation in early childhood, the higher the smartphone addiction rate in children, the higher the emotional dysregulation in early childhood. Research conducted by Rachmat et. al, (2021b), explained that emotional dysregulation in early childhood is caused by smartphone addiction, so it has a significant effect on emotional dysregulation in early childhood. Smartphone addiction also has an impact on children's mental health, such as ADHD, depression, and children's attention.

Emotional dysregulation in early childhood is a change in feelings that occur in children because they arise due to outside influences, resulting in children not being able to control their emotions. Emotional dysregulation in question is the child's inability to regulate, manage and control his emotions consisting of; externalizing domains or problems in children, internalizing domains, and dysregulation domains or not being able to regulate an action such as difficulty regulating emotions.

Research results have proven that smartphone addiction has a relationship with emotional dysregulation in early childhood. Based on the results of the discussion and research described above, it appears that smartphone addiction has a significant correlation or relationship with emotional dysregulation in early childhood, the higher smartphone addiction in early childhood, the higher emotional dysregulation in early childhood in Nagari Sungai Jambu. Pariangan District, Tanah Datar Regency

### **Simpulan**

The main cause of emerging negative emotions in early childhood is technological developments that cause children to be addicted to smartphones. It is proven that smartphones have a significant effect on emotional dysregulation in early childhood. Therefore, there is a need for more attention from parents and society in supervising its use and paying attention to the needs and safety of children. Positive parenting and synergy between teachers must be properly carried out in this sophisticated and digital era where children grow and are present in it.

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