

## An Analysis Of Gadget Addiction Phenomenon Among Teenager Of Bajo Tribe In Parumaan Village

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**Abstract:** This study analyze the gadget addiction phenomenon among teenager of bajo tribe in Parumaan village to determine the gadget addiction phenomenon among teenager of Bajo tribe in Parumaan village and to determine the impact of gadgets addiction of teenagers Bajo Tribe in Parumaan village, Alok Timur district, Sikka regency. the data method of this research uses qualitative descriptive conducted by teenager of the Bajo tribe in the Parumaan village, the data sources in this study are the teenagers of the Bajo tribe in the Parumaan village, namely junior high school students ranging from 13 to 15 years old, the data collection technique in this study is in the form of direct documentation and interviews, the results of this study are: 1. gadget addiction phenomenon among teenager of Bajo tribe in parumaan village, based on the results of careful interviews that Bajo teenagers in Parumaan village use gadgets every day, there are 7 teenagers who use gadgets at the same time for 15 hours, 3 people for 13 hours, 2 people for 16 hours, 2 people for 14 hours and 1 person for 12 hours. teenagers of the Bajo tribe in Parumaan village use gadgets to play Whatsapp, Facebook, Youtube, Instagram, Tiktok, Video Snacks and also Twitter. 2. the impact of gadgets addiction of teenagers Bajo tribe in Parumaan village, efect on learning achievement decrease use of gadgets will have a negative impact, such as the learning process does not run perfectly. This condition is due to the technology in these gadgets being able to be used by Bajo Tribe teenager in Parumaan Village to access various information, especially information related to subjects, less interaction with others here are many negative impacts of using gadgets, one of which is causing a decrease in social skills. Teenagers of the Bajo Tribe in Parumaan Village become busy and focused on their gadget screens so they no longer care about their surroundings and no longer understand the ethics of socializing, Impact on health Information and entertainment. They can open Youtube to view videos, play Games, scroll on Tiktok, watch Snack videos, WhatsApp and Instagram. It is not surprising then that students feel at home staring at gadget screens for long, study less teenagers of the Bajo tribe in Parumaan village are more lazy to think, because the gadgets they play are easier or simpler than having to draw and so on. So teenagers will do the easy things, don't want strenuous activities, such as studying, drawing, or writing.

**Keywords:** Gadget Addiction Phenomenon, Bajo Tribe, Teenager

## BACKGROUND

Technology is developing very broadly and is very much needed by humans in today's era. The breadth of technological developments, of course, can change the perspective and mindset of humans who are all practical. Technological developments are beneficial for human work, especially in teenager. The gadget is one of the technological developments are beneficial for human work, especially in teenager. The gadget is one of the technologies that are widely circulated and used by society. (Ashari, Zakiah Mohamad, et al, 2018).

Gadgets were originally created to facilitate communication, however along with the times have additional features that make it easy life but also has an impact negative, including what happened in Indonesia (Chasanah, Annisa Maulidya, and Grace Kilis, 2018.). Radiation effect beloved to provide health such as loss of vision and hearing and changes in sleep patterns who tend to be disturbed (Li, Jie, et al, 2018)

Gadget also cause distraction such as social interaction disorders with the environment and reduced physical activity due to gadget addiction. Such behavior is not out of the transitional phase of teenagers, busy teenager filled with gadget because they don't want to be called as a technology by always using the device everywhere (Mawitjere, on Ibaladan Ismanto (2017). Teenagers busyness filled with a device because they don't want to be called as a technology stutter so take your device anywhere go (Alter, Adam. Irresistible, 2017).

In Parumaan village, Alok Timur Sub-district, Sikka regency, teenagers in the village use gadgets excessively resulting in death. Addiction in excessive use of gadgets, the case started with a teenagers using gadget continuously so that he forget about time, namely by decreasing the immune system. With reduced white blood cells in his body, the teenage died. Besides that, excessive use of gadgets will also have a negative impact on teenager social and emotional development. The negative effects of using gadgets on teenager include teenager becoming closed personalities, sleep disturbances, being alone, violent behavior, fading creativity. (Benedetto, L., & Ingrassia, M. (2020).

Based on the phenomenon above, the researcher is interested in examining in depth the phenomenon of gadget addiction among teenagers of the Bajo tribe in Parumaan Village. This research was focuses phenomenon of gadget addiction faced by teenagers of Bajo Tribe in Parumaan village East Alok District, Sikka regency. The teenagers are the age of Junior High School students ranged 13 to 15 years. The researcher would be conduit the research with the title An Analysis Of Gadget Addiction Phenomenon Among Teenagers of Bajo tribe in Parumaan village, the Impact of Gadgets Addiction Phenomenon Among Teenagers of

Bajo tribe in Parumaan village. Based on the background above, it takes some formulations of the problem as follows: How is the gadget addiction phenomenon among teenagers of Bajo tribe in Parumaan village? And What are the impact of gadgets addiction phenomenon among teenagers of Bajo tribe in Parumaan village? The objectives of this research specifically are as follows: To describe the gadget addiction phenomenon among teenagers of Bajo tribe in Parumaan village and To identify the impact of gadgets addiction phenomenon among teenagers of Bajo tribe in Parumaan village.

## **REVIEW OF LITERATURE**

### **Definition Gadget**

A gadget is an object or item that is created especially in this advanced era with the aim of helping everything to be easier and more practical than previous technologies. Some examples of gadgets are laptops, smartphone, tablet which are tools technology that contains various applications and information about all things in this world. (Rathee, 2019).

The existence of a gadget which is one form of advances in the field of new technology make a person who being able to apply it feels one step ahead of previous conditions. Because after all, his existence make life easier and have a tremendous impact for life. Since the existence of gadgets, communication has become easier. Gadgets can also affect social behavior someone, depending on how that person uses gadgets.

According to Eravianti, (2020). teenagers is a time of storm and stressed. That is, teenagers is a period full of "storms and storms". mental stress", which is a period in which there are major changes in physical, intellectual and emotional impact on a person who causes sadness and doubt (conflict) on the person concerned, and create conflict with their environment (Winnicott, Donald Woods, 2018), teenager is not a time full of conflict as described by first glance. Many teenagers are able to adapt well to the changes that occur in him, as well as able to adapt well to changing needs and expectations of parents and society. Mostly teenagers experience both situations (full of conflict or adapt seamlessly) alternately (fluctuate).

### **Phenomenon of Gadget**

Phenomenon is a fact ar event that can be observed. The term came into use in modern philosophy, which compares phenomena to noumena, which cannot be observed directly (Ornstein, 2018). As for other opinions in scientific use, a phenomen is any event that can be observed, including the use of instruments to observe, record or compile data.( Birt, at all 2016).

Nowadays almost everyone depends on Gadgets and Smartphones. Not only for teenagers or adults, even children aged under five are familiar with gadgets. If in our childhood we enjoyed playing outside the house, playing kites, football, or just hanging out with our friends, then it is different from today, which is full of all advances in technology and information. Many children prefer to stay at home and play on their Gadgets or Smartphones.

Basically Gadgets, Cellphones, Smartphones, and Wireless Telephones are a means of communicating over long distances without wires. Along with the times, technology has advanced so that there are lots of applications that can be included in Gadgets to make human work easier to make it more practical. Even now Gadgets can be likened to "Mini Computers" which can always be in hand.

### **Gadget Impact**

In social life, the development of gadgets (handphone) has changed human life in different ways, affecting how to work, how to think, personal life, and relationships between people.

#### **a) Gadget Positive Impact**

The use of cell phones increases connectivity, both long and short distances, and reduces the amount of time we are not able to communicate with others. Before the existence of the telephone, humans needed to be physically present with someone, but in this developed era humans are no longer bothered by this, because by communicating via mobile phones humans can talk to someone anywhere, while walking or in a relaxed position. (Ingrams, Alex, 2015).

Facilitate in communicating and obtaining information. The internet connects millions of people around the world, without them knowing the whereabouts of their communication partners. Information can be sent in various forms, such as voice, image, text, data, or a combination thereof, or Develop community awareness and capacity in Capacity building usually relates to building basic skills and capabilities of organizations (or individuals) to help them achieve their goals development.

#### **b) Negative Impact**

In general, the impact of the use of information technology is a cell phone addiction that is used on a person. If left alone it will be fatal to the condition of using the cell phone. The effect of dependence that occurs will be even greater and can damage the psychology of itself. One of the things that causes a person to be addicted to the use of information technology is the ease of access provided by cell phones whose facilities are

increasingly developing, thus making people more curious to explore more deeply the advances in the facilities available on these phones. (Arts, Irma, et a, 2021).

In addition there are several negative impacts of gadgets use that can affect people's lives, including:

1) Encourages Crime

The Internet has encouraged the emergence of new types of crimes that did not exist before. In addition, the scope of crimes committed via the internet is difficult to measure the direct impact because the reach of the internet is so wide. It is difficult to measure the magnitude of the losses suffered by victims, because victims are difficult to identify because their locations are spread all over the world. Crimes of fraud, theft of credit card numbers, pornography are some examples of conventional crimes that have bigger impact because they are done with internet facilities. It is estimated that the types of crimes committed using the internet will increase, both in terms of mode and occurrence. There are a lot of incentives for someone to commit crimes on the internet, partly because perpetrators and victims do not need to be in the same space and time, often victims and perpetrators do not know each other.

2) Facilitating the Entry of Negative Foreign Cultural Values

The progress of ICT has encouraged the entry of foreign cultural values that are negative, such as ways of dressing that are not in accordance with norms and ethics, encouraging promiscuity among adolescents without paying attention to social ethics, lack of harmony in the relationship between children and parents because the child tends to rebel and wants to behave freely without binding parental rules, and so on. These conditions arise because ICT provides a variety of easily accessible information, especially among the younger generation or teenagers. That information can be negative and positive. Even foreign cultural values that are negative that can fade the cultural values that we profess. This shows that there have been so many negative impacts or losses caused by advances in information and communication technology.

3) Facilitating the Dissemination of Pornographic Works

The development of ICT has facilitated the production, distribution and use of pornography, causing a shift in society's values and morals. This is indicated by the increasing permissiveness (acceptance) of society towards acts of action porn. This tendency has created anxiety and concern among the religious community and about the norms and ethics that are indispensable in maintaining and preserving the social order of life.

## **Addiction**

Addiction is condition that makes a person lose control of something. Usually this refers to liking too much and is driven by strong desire or fondness for one thing. A person with an addiction has no control over what he does, consumes, or uses. This condition can affect and have an impact on health conditions, especially psychological health because these condition can actually cause behavior so that a person's brain function changes. ( Panova, T., & Carbonell, X. (2018).

## **Gadget Addiction**

Someone is said to be a gadget addiction when he spends most of his time playing gadgets. This condition is also, called nomophobia ( no mobile phobia) which is the fear of going about your daily activites without a gadget or being away from your cell phone. Singh, A., Sheikh, N. P., Dahiya, J., & Vashist, S. (2022).

Signs of a teenager already addicted to gadgets are that the use of gadgets in a day can be more than 6-8 hours or even deeper, another impact can change children's behavior into individualism, which is more happy to play with mobile phones than playing with the surrounding environment. Gadget addiction can also have an impact on health that makes physical activity begin to decline so as to minimize movement, even tend not to move when holding a cellphone. (Selhub, 2012)

To increase awariness of this condition, identify some of the following signs of gadget addiction. Okfalisa, et:al (2021).

### **1. Playing gadgets in very spare time**

When they have free time even if only briefly, addiction people prefer to play gadgets. No exception at certain times, such as waiting in line, waiting for food, or on a trip.

### **2. Feeling Anxious If You Don't Use Gadgets.**

Someone who is addicted to gadgets tends to be aggressive. In this case, they will feel uneasy if there is no gadget in their hands. In fact, in some cases, they can feel angry when the gadget gets out of hand.

### **3. Don't want to do other activities.**

One of the effects of gadget addiction is not being interested in other activities, apart from playing gadgets. People in this condition often think that they have to let go of gadgets while doing other activities. That is why they are reluctant to do other activities, such as cleaning the house.

4. More often at home.

Someone who spends more time alone at home or in a room playing gadgets can be an early sign of addiction. People with this condition are generally reluctant to leave the house or even have no desire to do other activities.

5. Difficulty sleeping at night.

Please note that exposure to blue light from gadgets can affect the duration and quality of sleep. When someone is addicted to gadgets, they tend to have difficulty sleeping and even experience insomnia because they are used to playing gadgets before going to bed.

6. It's hard to concentrate at school or work.

If it's been going on long enough, gadget addiction can affect one's concentration at school or work. In fact, it is not uncommon for children who are addicted to gadgets to experience decreased performance in school.

### **Teenager**

Talking about psychology, the age of junior high school students ranged from 13 to 15 years and entered at group of early teenager, as described, (Miller, 2018). stated that teenagers is the transition from childhood to adulthood experience the development of all aspects/functions to enter adulthood. This age range of teenager is usually distinguished over three, namely 12-15 years = early teenager, 15-18 years = middle teenager, and 18-21 years = late teenager.

Psychological development. There are a number of characteristics that prominent in middle school age children.

1. The occurrence of an imbalance in the proportion of height and weight
2. Beginning of secondary sex characteristics
3. Ambivalence tendencies, between the desire to be alone with the desire to associate, as well as the desire to be free from dominance with the need for guidance and assistance from parent.
4. Likes to compare rules, ethical values or norms with the reality that happens in people's lives mature.
5. Begins to question skeptically about the existence and God's mercy and justice.
6. Emotional reactions and expressions are still unstable.
7. Begins to develop standards and expectations for behavior oneself in accordance with the social world.
8. The tendency of interest and career choices is relatively more clear.

**Bajo Parumaan Tribe**

Technology developments in parumaan village, Sikka District, Alok Timur District are now growing rapidly and becoming more sophisticated. So many uses are offered in technology, especially in gadgets. From the beginning of its emergence which was only a communication tool for telephones, now gadgets have turned into a primary need for every teenager in parumaan village. Gadgets will continue to develop to market it easier for humans to carry out their daily activities. (Nasfi, et:al 2022).

Now the social of teenager in Parumaan Village is more influenced by gadgets. The use of gadgets can help creativity. If its use is balanced with the interaction of teenager with the surrounding environment. However, most of the use of gadgets in the Parumaan Village has more negative impacts, although most of them are teenager who use gadgets for communication, doing schoolwork, or for entertainment. In fact, we often find the use of gadgets to be one of the one of the shortcuts for parents in raising their teenager.

Many parents in Parumaan Village think that gadgets can be easy playmates for teenager without supervision. So that the role of parents has now been replaced by gadgets, because if parents are negligent with teenager who can play gadgets for a long time, then the teenager can only gadgets and cannot communication with the surrounding environment.

In addition, other negative impact arising from the use of gadgets in Parumaan Village on teenager include addiction to online games and the misuse of gadgets, which have a negative impact on teenager, making teenager slow to understand lessons, and can also causes the risk of exposure to radiation because it is too frequent. Playing gadgets that are too close to the eyes.

**Previous Research**

The first Chaidirrman (2020) Phenomenon of Addiction to the Use of Devices (Gadgets) Among Bajo Tribe teenager the use of gadgets causes teenagers to become less socialized, spending most of their time playing with their gadgets and taking their gadgets with them wherever they go. This happened to the BAJO Tribe who experienced social changes so that it had an impact on the pattern of life. Methods: This research isa Qualitative research with a Phenomenological Approach with the Population in this Study are 227 Bajo teenagers and a total sample of six Bajo teenagers who are addicted to purposive sampling technique. Data collection tools used Include interview guides, video recorders, observation sheets and field notes. The method of retrieval includes observation, interviews, and documentation. Data analysis used thematic analysis.



The second Mumtaz Achmad Puntadewa, 2021 "The Phenomenon of Excessive Gadget Use by Teenagers in Kenali Asam Bawah Village, Kota Baru District, Jambi City", this theme is taken from various events around Kenali Asam Bawah Village where teenagers use gadgets excessively as a result of technological developments and current needs. In people's lives, especially teenagers, the phenomenon of using gadgets or what we are usually familiar with cellphones, laptops and computers has various impacts, such as damaging the eyes, disrupting sleep patterns, causing syndromes such as cubital tunnel syndrome, text neck syndrome, and trigger thumb. The problem has a root that causes it such as spending to buy internet packages, time to use gadgets, and social actions that underlie the use of these gadgets, and from these problems a countermeasure can be made that occurs where researchers conduct research such as limiting time using gadgets. using applications that help with positive activities, reducing playing games and streaming videos, putting/leaving gadgets on before bed, and not using gadgets at important moments. This research is a descriptive qualitative research, with a psychological approach and data collection using interview, observation, and documentation techniques, aims to determine the phenomenon of excessive use of gadgets by teenagers in Kenali Asam Bawah Village, Kota Baru District, Jambi City.

Based on current research and previous research, conclusions can be drawn through similarities and differences, namely from the three studies above, they both studied the phenomenon of excessive gadget addiction among Bajo teenager, the data collection techniques and data collection methods were the same as using qualitative methods. And the difference is in the object in the object.

## **RESEARCH METHOD**

The research uses descriptive qualitative method, where the conclusions gathered from data interpretation. It is in line with Thomas, et al (2022) states that qualitative research is a methodology for investigating and comprehending the meaning of people related to social or human issues. Therefore, the researcher applied it because it would produce more detailed and in-depth data in the narration form and data that describe a realistic view that cannot be measured in numerical. On the other hand, this research also used a case study as the design. Case study is a design for research in many fields, especially evaluation, where the author develops an in-depth analysis of a case, often a program, event, activity, process, and etc.

## **FINDING**

### **1. The Phenomena Gadget Addiction of the Teenagers' Bajo Tribe in Parumaan Village**

Most of the Bajo teenagers in parumaan village already have their own gadgets. Teenagers of the Bajo parumaan tribe on the use of gadgets in many ways and spend it in hours. Here are the researcher interviewed fifteen teenagers or students of Mts Muhammadiyah Parumaan in Parumaan village.

Based on the results of the research, that researcher did that the most time was spent by teenagers parumaan village 7 people 15 hours. Bajo tribe teenagers in parumaan village use gadgets to play whatsapp, gadgets to play whatsapp, facebook, instagram, youtube, online games, video snacks and twitter.

There are also 3 teenagers from the bajo tribe in parumaan village who use gadgets at the same time, namely as such 13 hours, teenagers from the bajo tribe in parumaan village use gadgets to play online games, facebook, scroll tiktok, youtube, intagram and whatsapp. And there are also 2 bajo teenagers in parumaan village who spend the same time using gadgets, namely as much as 16 hours, bajo tribe teenagers in parumaan village use gadgets to play online games, tiktok, video snacks, whatsapp and facebook.

After that there are two teenagers who spends the same time is 14 hours. Bajo teenagers in parumaan village use gadgets to play whatsapp, facebook, video snacks and tiktok. And 1 teenager from the bajo tribe in parumaan village using a gadget, the length of time used was 12 hours, the teenager from the bajo tribe in Parumaan villag e used a gadget to watch videos from Tiktok, Facebook and Whatsapp.

### **2. The Impact of Gadgets Addiction Phenomenon Among Teenagers of Bajo Tribe in Parumaan Village<sup>1</sup>.**

#### **1. Effect on learning Achievment Excessive**

Use of gadgets will have a negative impact, such as the learning process does not run perfectly. This condition is due to the technology in these gadgets being able to be used by Bajo Tribe youth in Parumaan Village to access various information, especially information related to subjects. In this way, students' brains cannot be honed properly so they become lazy to study. As a result, student achievement decreases.

#### **2. Less interaction with others**

Here are many negative impacts of using gadgets, one of which is causing a decrease in social skills. Teenagers of the Bajo Tribe in Parumaan Village become busy and focused on their gadget screens so they no longer care about their surroundings and no longer understand the ethics of socializing. Teenagers of the Bajo Tribe in Parumaan

Village who are addicted to gadgets have an understanding that what they want must come true immediately without going through the process. Understanding like this is obtained from games or watching on gadgets.

### 3. Impact on health

Information and entertainment. They can open Youtube to view videos, play games, scroll on tiktok, watch snack videos, WhatsApp and Instagram. It is not surprising then that students feel at home staring at gadget screens for long. Staring at gadgets for too long is not good for health, especially for eye health. Where this can cause the eyes to become myopic and tired easily and cause insomnia. Eyes that are tired means you have to rest so that you miss study time.

### 4. Study Less

Teenagers of the Bajo Tribe in Parumaan Village are more lazy to think, because the gadgets they play are easier or simpler than having to draw and so on. So teenagers will do the easy things, don't want strenuous activities, such as studying, drawing, or writing. Oftentimes, teenagers from the Bajo tribe in Parumaan village use technology, such as gadgets, without knowing the time limit. Especially if the parents do not pay attention to it. If allowed to continue, teenagers become addicted to playing gadgets so they forget their other obligations, namely studying. So, parents need to provide limits to teenagers in using gadgets.

## **DISCUSSION**

### **1. The Phenomena Gadget Addiction of the Teenagers' Bajo Tribe in Parumaan Village**

The use of gadgets among teenagers of the Bajo tribe in parumaan village is that every day and the length of time. They use the gadgets 15 hours a day. Teenagers of the bajo tribe in parumaan village use gadgets for Facebook, online games, tiktok, video snacks, WhatsApp and download videos to watch. The response of bajo teenagers in Parumaan village when they were prohibited from using gadgets was that they felt unhappy, uncomfortable and also angry when the teenagers were not banned they felt happy because they were comfortable playing gadgets. The way his mother forbids Bajo teenagers. Chaidirman (2020) said that the use of gadgets causes teenagers to become less socialized, spending most of their time playing with their gadgets and taking their gadgets with them wherever they go. In Parumaan village when they often use gadgets is by scolding the teenager, the mother is afraid that the teenagers will wake up late to go to school and there are also some mothers who do not care about the Bajo teenagers in

Parumaan village when they often use gadgets, teenagers the Bajo tribe in Parumaan village do not feel afraid when they often use gadgets because they are comfortable playing gadgets but there are also teenagers who feel afraid when they often play gadgets, namely fear of blood loss, Bajo tribe teenagers in Parumaan village also prefer playing gadgets rather than playing outside because already comfortable and accustomed to using gadgets.

The use of gadgets in teenagers of the bajo tribe in parumaan village, gadgets can help in the education of these teenager, namely doing schoolwork with the facilities available in the gadget, the teenagers of the bajo tribe in parumaan svillage can easily find references or can even find information for tasks that carry them out easily so they can be resolved quickly. And can Access information-Information is very important for every teenager, therefore with gadgets they can more easily open various sites to find the information they need. In addition, they will not miss the actual news that is currently being discussed.

## **2. The Impact of Gadgets Addiction of Teenagers Bajo Tribe in Parumaan Villages**

### **1. Effect on learning Achievement decrease**

Use of gadgets will have a negative impact, such as the learning process does not run perfectly. This condition is due to the technology in these gadgets being able to be used by Bajo Tribe teenager in Parumaan Village to access various information, especially information related to subjects. In this way, students' brains cannot be honed properly so they become lazy to study. As a result, student achievement decreases. In research by Amelia (2013), posited that when the gadget is not there in the hands of the child then he will continue to ask the gadget. Then the child can be called as a dependency on gadgets. Addiction that causes excitement student learning is lacking, learning concentratio decrease so that the level of achievement experienced decline.

### **2. Less interaction with others**

Here are many negative impacts of using gadgets, one of which is causing a decrease in social skills. Teenagers of the Bajo Tribe in Parumaan Village become busy and focused on their gadget screens so they no longer care about their surroundings and no longer understand the ethics of socializing. Teenagers of the Bajo Tribe in Parumaan Village who are addicted to gadgets have an understanding that what they want must come true immediately without going through the process. Understanding like this is obtained from games or watching on gadgets. In research by Putri Miranti ( 2021) said that some of the negative impacts will cause more negative effects from using gadget

such as children imitating more scenes from the videos they will watch, interacting less with others because children are more concerned with their gadget and become addicted to playing games so forget doing things another.

### 3. Impact on health

Information and entertainment. They can open Youtube to view videos, play games, scroll on tiktok, watch snack videos, WhatsApp and Instagram. It is not surprising then that students feel at home staring at gadget screens for long. Staring at gadgets for too long is not good for health, especially for eye health. Where this can cause the eyes to become myopic and tired easily and cause insomnia. Eyes that are tired means you have to rest so that you miss study time. In research by Weinstein (2017), respondent aged 15 years, the result showed that the ideal gadget usage duration was 1 hour 57 minutes or 2 hours. If the duration of gadget use longer than 1 hour 57 minutes, it can interfere with brain performance in adolescents 10.

### 4. Study Less

Teenagers of the Bajo Tribe in Parumaan Village are more lazy to think, because the gadgets they play are easier or simpler than having to draw and so on. So teenagers will do the easy things, don't want strenuous activities, such as studying, drawing, or writing. Oftentimes, teenagers from the Bajo tribe in Parumaan village use technology, such as gadgets, without knowing the time limit. Especially if the parents do not pay attention to it. If allowed to continue, teenagers become addicted to playing gadgets so they forget their other obligations, namely studying. So, parents need to provide limits to teenagers in using gadgets. In research by Kumalasari (2015), if student often use gadget with excess it will arise problems in the learning process. So that students experience problems in the process learning due to dependency to gadgets that cannot be used with good.

## CONCLUSION

Based on the results of the research, that researcher did that the most time was spent by teenagers parumaan village 7 people 15 hours. Bajo tribe teenagers in parumaan village use gadgets to play whatsapp, gadgets to play whatsapp, facebook, instagram, youtube, online games, Video Snacks and Twitter. There are also 3 teenagers from the bajo tribe in Parumaan village who use gadgets at the same time, namely as such 13 hours, teenagers from the bajo tribe in Parumaan village use gadgets to play Online Games, Facebook, scroll Tiktok, Youtube, Instagram and Whatsapp, and there are also 2 Bajo teenagers in Parumaan village

who spend the same time using gadgets, namely as much as 16 hours, Bajo tribe teenagers in Parumaan village use gadgets to play online Games, Tiktok, video Snacks, Whatsapp and Facebook. After that there are two teenagers who spends the same time is 14 hours. Bajo teenagers in parumaan village use gadgets to play whatsapp, facebook, video snacks and tiktok. And 1 teenager from the bajo tribe in parumaan village using a gadget, the length of time used was 12 hours, the teenager from the bajo tribe in parumaan village used a gadget to watch videos from tiktok, facebook and whatsapp. impact of gadgets addiction of teenagers Bajo Tribe in Parumaan villages, effect on learning achievement excessive, less interaction with others, impact on health, study less.

## **SUGGESTION**

1. Teenagers are expected to be able to balance use gadgets in everyday life, teenagers also expected to get more actively interact face to face and socialize with friends peers and reduce the excessive use of gadgets
2. Parents need supervision and firm action from parents in guiding teenagers to use gadgets. Teenagers may not be prohibited, but they can still be advised, parents should be able to explain well about the effects that will be obtained if they use gadgets too often, so that teenagers become guided and not too addicted to using them. Keep an eye on your teenagers use of gadgets so they don't open sites they don't need to see.
3. It is hoped that the government will close internet sites that smell pornographic and take firm action against perpetrators who access these sites.
4. Education in schools are expected to make rules and strict sanction for every student who brings gadgets to school, school and play it during class time.

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