

ANALYSIS OF THE INFLUENCE OF GADGETS ON CHILDREN'S EMOTIONAL INTELLIGENCE

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Abstract

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The increased usage of electronic devices by children has prompted a discussion regarding its impact on emotional intelligence. According to a number of studies, children's emotional intelligence can benefit from the moderate use of electronic devices, including the improvement of social and communication skills. Therefore, the purpose of this study is to examine the positive and negative effects of technology on the emotional intelligence development of children. Utilizing a literature analysis, this study examines the impact of gadget use on children's emotional intelligence. The findings indicate that excessive or uncontrolled use can result in emotional issues such as anxiety, depression, and lack of awareness of the surrounding environment. Therefore, it is essential to limit children's gadget and ensure that they have ample access to activities that foster emotional intelligence. To maximize the benefits of device use for children, parents should play a crucial role in establishing limits and educating their children on emotional intelligence.

Keywords: Children's Emotional Intelligence, Influence of Gadget Use, Literature Study, Positive and Negative Effects of Technology

1. INTRODUCTION

Emotional intelligence is the capacity to identify, articulate, and manage one's own and others' emotions. Emotional intelligence in early childhood is crucial to their development because it enables them to manage unpleasant emotions and situations [1], [2].

Young children discover their emotions through interactions with others and with their surroundings. Parents, teachers, and other social contexts have a significant influence in early childhood emotional intelligence instruction. Current learning in the digital era frequently use technology such as cellphones, tablets, computers, and other media to facilitate the early childhood learning process [3]–[5]. It is not rare for the use of technology in education to be an innovation, yet it can have negative effects on child development. In order to employ technology in their daily life, technological literacy is required [6], and parents cannot totally regulate their children's usage of electronic devices, which can have both beneficial and bad effects [7] on child development.

Gadgets such as smartphones and tablets have become an important part of children's daily lives today. While these gadgets can provide extensive access to information and entertainment, there are concerns that excessive use can have a negative impact on children's emotional intelligence[8]. Emotional intelligence is the ability to understand and manage one's own and others' emotions. This includes the ability to identify and express feelings, understand the link between feelings and behavior, and manage feelings effectively.

Multiple studies have demonstrated that excessive usage of electronic devices can negatively impact children's emotional intelligence[9]. Initially, excessive screen use can diminish children's social relationships [10]. Children who spend too much time in front of screens may communicate



with others less directly, so diminishing their capacity to manage and comprehend their emotions. Children may become less physically active as a result of excessive screen usage and spend less time playing outside or engaging in other physical activities[11]. This physical activity is essential for the development of emotional intelligence since it can assist in the discharge of bad emotions and improvement of mental health. Thirdly, excessive device use can deprive youngsters of sleep, which can lead to difficulty managing their emotions. Sleep deprivation can hasten the onset of anger, anxiety, and depression in children[12].

The relationship between children's emotional intelligence and gadget is complex and still under research. Some studies show that controlled gadget can help in the development of children's emotional intelligence, while other studies show that excessive gadget can cause emotional and social problems in children[13]. Gadget play can help in the development of a child's emotional intelligence by: -Helping children express their feelings through play[14]. Helping children learn social and emotional skills through interactions with game characters or other players. -Helping children overcome negative feelings through fun games.

Several research [11], [15], [16] indicate that excessive gadget use can produce emotional and social problems in children, including the influence of gadget reliance that can cause emotional and social problems. Lack of healthy social engagement with others is the result. Causes inactivity, which can result in physical and mental health issues [17]. Even while there are negative effects of excessive device use, this does not mean they should be completely avoided. Instead, parents may assist youngsters strike a healthy balance in their use of electronic devices by setting time limits and encouraging them to participate in other activities [18].

Consequently, the purpose of this study is to examine the impact of gadget use on child development, particularly on children's emotional intelligence, which we know serves as a basis for social life. As well as comprehending the impact of technology on children's emotional development and taking the necessary measures to address potential issues. This information can also be utilized to improve children's emotional health and facilitate the development of the social and emotional skills required for a child to be healthy and happy. By understanding the effects of device use, parents and educators can take steps to prevent needless device use and enhance the quality of life for children.

2. METHOD

This study employs the literature study method or literature review by examining journals and other references pertaining to the impact of electronic device use on children's emotional intelligence. The literature study method is a strategy for accumulating theoretical studies and references based on scientific literature [19] derived from several investigations. The approach of literature review can be utilized to acquire and analyze data from reputable sources regarding the impact of electronic device use on children's emotional intelligence. This method includes the process of analyzing data obtained from previous research on the impact of gadgets on children's emotional intelligence, and presenting the results of the analysis in the form of a summary or report that explains the impact of gadget use on the emotional intelligence of the children under study.

3. RESULTS AND DISCUSSION

The Importance of Teaching Children About Emotional Intelligence

Children who comprehend their own emotions will be better equipped to control and communicate them. This will improve their ability to cope with emotional problems[2]. Additionally, youngsters who comprehend the emotions of others will be better able to communicate, establish friends, and maintain positive social interactions. Children who comprehend their own and others' emotions will feel more assured in their social interactions and ability to handle difficult situations. This will improve their ability to make good and prudent decisions in challenging situations. There are a number of methods parents can teach their children emotional intelligence, including[20]:

- a) Teaching the name of feelings: Parents can teach the name of feelings to the child from an early age. This will help the child in recognizing and expressing their own feelings.



- b) Listening and responding to children's feelings: Parents should show that they care about the child's feelings and help the child in coping with the feelings.
- c) Teaching social and emotional skills: Parents can teach social and emotional skills such as problem solving, listening, speaking honestly, and controlling emotions. Setting a good example: Parents should set a good example in coping with feelings and expressing emotions positively. Maintaining healthy social interactions and communication: Parents should maintain healthy social interactions and communication with the child, such as doing activities together, talking about feelings, and listening to what the child has to say.
- d) Providing emotional support: Parents should provide emotional support to their children in age-appropriate ways, such as giving praise or support when children overcome difficult feelings.
- e) Promoting emotional development: Parents should promote the child's emotional development by providing opportunities to explore their feelings and express them in positive ways.

Emotional intelligence in children is crucial because it enables them to deal with emotional issues, live healthy and happy lives, and make excellent and prudent judgments under pressure. Parents should be cognizant of their responsibility to educate children about emotional intelligence and provide the necessary support for their own development. It is not always possible to teach emotional intelligence in a single conversation; rather, it should be viewed as an ongoing practice.

Children's Understanding of the Positive and Negative Effects of Gadget Use

The usage of gadget can have a negative impact on children's emotional intelligence. According to research, youngsters who frequently use electronic devices tend to be less sensitive to the emotions of others and more prone to rage or worry. This is due to the fact that devices can inhibit healthy social interactions and diminish time spent on activities that foster emotional growth, such as playing with friends or exercising. However, when used effectively and with appropriate usage, technology may be a useful tool for the emotional development of children. However, if used properly and within realistic bounds, technology can be a useful tool for learning and skill development [21], [22]. Therefore, it is essential to limit children's usage of gadget. Excessive gadget use can affect a child's emotional intelligence. Some of the effects are:

- a) Lack of social interaction: Children who spend too much time using smartphones are less likely to engage in face-to-face social interactions with friends and family. This can affect the child's ability [23] to foster and maintain good social relationships.
- b) Emotional instability: Children who spend too much time using smartphones tend to be less able to control their emotions and get angry or anxious more quickly.
- c) Lack of concentration: Children who spend too much time using smartphones tend to be less able to focus and concentrate on tasks that must be done [24].
- d) Lack of creativity: Excessive use of gadgets can reduce a child's creativity, as the child focuses only on the gadget and there is no time to explore and play naturally.
- e) However, it is important to remember that gadget use is not always bad for children's emotional intelligence. With proper organization, gadgets can be used as a tool in the development of children's emotional intelligence.

Some of the positive effects of gadget use for early childhood emotional intelligence are [25]:

- a) Assist in the development of social and emotional skills through interaction with game characters or other players.
- b) Assist children in expressing their feelings through play.
- c) Helps children in overcoming negative feelings through fun games.
- d) Assists in the development of the child's creativity and imagination through challenging games.
- e) Helps in the development of technology and computer skills which are essential in today's digital age.
- f) Assist in the development of foreign language skills through games that use foreign languages.



It must be emphasized, however, that parents should limit their children's gadget and encourage them to engage in social and physical activities. In addition, parents should supervise the content of games their children play to ensure that the games are constructive and promote the growth of their children's emotional intelligence.

Relationship between Gadget Use and Children's Emotional Intelligence

The intricate relationship between children's emotional intelligence and gadget is still the subject of investigation. Some studies indicate that limited gadget can aid in the development of children's emotional intelligence, whilst others indicate that excessive gadget might lead to emotional and social difficulties in children[11].

Games on electronic devices can aid in the development of children's emotional intelligence by: -facilitating the expression of emotions through play. Through interactions with game characters or other players, assist children in gaining social and emotional skills. -Encouraging children to overcome unpleasant emotions through play.

However, excessive use of electronics can lead to emotional and social issues in youngsters, such as: Dependency on gadgets can lead to emotional and social issues. Lack of healthy social contacts with others is the result. This lack of physical activity might result in physical and mental health issues.

Parents should therefore limit their children's gadget and urge them to engage in social and physical activities [14]. In addition, parents should supervise the content of games their children play to ensure that the games are constructive and promote the growth of their children's emotional intelligence.

The Role of Parents in Minimizing the Negative Influence of Gadget Use by Children

Parents play a crucial role in determining how children use technology and its impact on their emotional intelligence [15], [26]. The duties of parents in combating the impact of electronic devices on children's emotional intelligence include:

Parents should limit their children's screen time so that it does not interfere with social connections and other educational activities. Ensuring content is age-appropriate: Parents should ensure that their children only view age-appropriate programming that does not contain unsuitable or harmful material. Social and emotional skills can be taught by parents through direct connection with their children, such as listening, conversing, and problem-solving together. To set a good example: Parents should provide a healthy and moderate example regarding the use of electronic devices. Parents can utilize the monitoring feature on their child's device to ensure that the child does not use it for an excessive amount of time. Maintaining healthy social interaction and communication: Parents should maintain healthy social interaction and communication with their children by engaging in activities together, discussing feelings, and listening to their children's opinions[16].

In general, parents should play an active part in ensuring that their children use electronic devices in a healthy manner that does not hinder their emotional development [27]. There are numerous approaches to use technology to foster the emotional intelligence of children[9], including:

- a) Educational apps: There are many apps that can be used to help children learn about emotions, communication, and social interaction[28].
- b) Interactive videos: Video games that teach social and emotional skills can be an effective way to improve a child's emotional intelligence.
- c) Video calls: Gadgets can be used to interact with others, such as making video calls with distant family or friends.
- d) Online family: Families can communicate through chat or video call applications, thus maintaining contact and healthy social interactions despite distance.
- e) Monitoring: Parents can use the monitoring feature on their children's gadgets to ensure that their children are not using the gadgets for too long, so that they can organize the right time for social interaction, play, and exercise[29].



However, it is crucial to manage the duration and amount of device use by children so that it does not interfere with social connections and other activities necessary for the development of emotional intelligence.

There is no ideal time for early childhood screen time, as each child's development and needs are unique[17]. However, there are other factors to consider when selecting the optimal time for children to use electronic devices:

- a) Age of the child: Young children (under 2 years old) are still in a stage of rapid development and they learn best through direct interaction with others and the physical environment.
- b) Learning time: Early childhood should be given enough time to learn and play with traditional toys, such as dolls, toy cars and puzzles.
- c) Social interaction time: Early childhood should be given enough time to interact with other people, such as family, peers and teachers at school.
- d) Rest time: Children should be given adequate time to rest and sleep, as the development of the child's brain and body is greatly affected by the quality of sleep.
- e) Parental supervision: Parents should supervise children while playing gadgets and ensure that children only watch age-appropriate content and do not watch for too long.

Parents should control their children's screen time based on their development and requirements, ensuring that screen time does not interfere with social interactions and other learning activities.

4. CONCLUSION

Some research indicate that the moderate usage of electronic devices can have good effects on the emotional intelligence development of children, such as boosting their social and communication skills. However, excessive or uncontrolled use can result in emotional issues such as anxiety, depression, and a loss of awareness of the surrounding environment. Therefore, it is essential to limit children's screen time and ensure that they have ample access to activities that foster emotional intelligence. To maximize the benefits of device use for children, parents should play a crucial role in establishing limits and educating their children on emotional intelligence.

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