

Literature Review Dampak Penggunaan Gadget Terhadap Perkembangan Sosial Dan Emosional Anak Usia Sekolah Dasar

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ABSTRAK

Latar Belakang: Penggunaan *gadget* pada anak usia sekolah dasar semakin meningkat seiring perkembangan teknologi digital. Penggunaan *gadget* yang berlebihan diduga dapat memengaruhi perkembangan sosial dan emosional anak, seperti menurunnya interaksi sosial serta gangguan regulasi emosi. **Tujuan:** Penelitian ini bertujuan untuk mengidentifikasi jurnal-jurnal penelitian yang menjelaskan tentang dampak penggunaan *gadget* terhadap perkembangan sosial dan emosional anak usia sekolah dasar berdasarkan hasil *literature review*. **Metode:** Penelitian menggunakan metode *literature review* dengan sumber artikel dari Google Scholar, ScienceDirect, dan PubMed tahun 2016–2026. Seleksi artikel dilakukan menggunakan pedoman PRISMA dan kriteria PICOS. Sebanyak 10 jurnal yang memenuhi kriteria inklusi dianalisis secara sistematis menggunakan instrumen JBI Critical Appraisal. **Hasil:** Hasil review menunjukkan bahwa penggunaan *gadget* yang berlebihan berhubungan dengan gangguan perkembangan sosial dan emosional anak. Dampak yang ditemukan meliputi menurunnya interaksi sosial, kemampuan komunikasi, kerja sama, dan empati, serta meningkatnya gangguan emosional seperti mudah marah, kurang sabar, kecemasan, dan perilaku agresif. **Kesimpulan:** Penggunaan *gadget* yang berlebihan berdampak negatif terhadap perkembangan sosial dan emosional anak usia sekolah dasar sehingga diperlukan pengawasan dan pembatasan penggunaan *gadget*.

Kata kunci : *Gadget* , Perkembangan Sosial Emosional, Anak Usia Sekolah Dasar.

Literature Review The Impact Of Gadget Use On The Social And Emotional Development Of Elementary School Age Children

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ABSTRACT

Background: Gadget use among elementary school-aged children is increasing along with the development of digital technology. Excessive gadget use is thought to affect children's social and emotional development, such as decreased social interaction and impaired emotional regulation. ***Objective:*** This study aims to identify research journals that explain the impact of gadget usage on the social and emotional development of elementary school-aged children. ***Method:*** The study used a literature review method with article sources from Google Scholar, ScienceDirect, and PubMed in 2016–2026. Article selection was carried out using PRISMA guidelines and PICOS criteria. A total of 10 journals that met the inclusion criteria were systematically analyzed using the JBI Critical Appraisal instrument. ***Results:*** The review results showed that excessive gadget use is associated with impaired social and emotional development of children. The impacts found include decreased social interaction, communication skills, cooperation, and empathy, as well as increased emotional disorders such as irritability, impatience, anxiety, and aggressive behavior. ***Conclusion:*** Excessive gadget use has a negative impact on the social and emotional development of elementary school-aged children, so supervision and restrictions on Gadget use are needed. ***Keywords:*** Gadget s, Social Emotional Development, Elementary School Children.