

**CORRELATION BETWEEN THE USE OF GADGET WITH THE  
EMOTIONAL MENTAL DEVELOPMENT OF PRESCHOOLERS DURING  
THE COVID-19 PANDEMIC IN BANTUL DISTRICT**

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**ABSTRACT**

**Background:** The COVID-19 pandemic has encouraged preschoolers to actively use gadgets. The use of this gadget is able to have an impact on emotional mental disorders on children. Emotional mental disorder is a condition in which a child's behavior and emotions are very different from other children who have the same age and background. Bantul Regency is the district with the highest number of children in DIY, with 19,807 children. The Bantul District Office showed that the percentage of preschool children served by SDIDTK at least 2 times / year has decreased from 2018 to 2020 from 109.36% to 26.74%.

**Research Objectives:** Knowing the relationship between gadget use and the emotional mental development of preschoolers during the COVID-19 pandemic in Bantul Regency.

**Research Methods:** Retrospective cohort design. The sampling technique used multistage random sampling with a total sample of 258 preschoolers in Bantul District consisting of exposed groups and unexposed groups. The research instrument is in the form of a questionnaire. Data analysis using chi-square and logistic regression.

**Results:** Chi-square test results showed a variable that was significantly related to the emotional mental development of preschoolers was the use of gadgets ( $p$ -value = 0.015). External variables (exclusive breastfeeding, the age of the mother when pregnant, and the income of the parents) did not have a significant relationship. The results of the multivariate analysis show that the use of gadgets is the variable that most affects the emotional mental development of preschoolers during the COVID-19 pandemic in Bantul Regency ( $p$ -value = 0.016, RR = 1.868).

**Conclusion:** The use of gadgets has a significant relationship with the emotional mental development of preschoolers during the COVID-19 pandemic in Bantul District. Preschoolers who use gadgets poorly are 1.9 times more likely to cause impaired emotional mental development compared to preschoolers who use gadgets well.

**Keywords:** Gadget use, emotional mental development, preschoolers, COVID-19 Pandemic

**HUBUNGAN PENGGUNAAN GADGET DENGAN PERKEMBANGAN  
MENTAL EMOSIONAL ANAK PRASEKOLAH PADA MASA PANDEMI COVID-19  
DI KABUPATEN BANTUL**

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**ABSTRAK**

**Latar Belakang:** Pandemi COVID-19 mendorong anak prasekolah aktif menggunakan *gadget*. Penggunaan *gadget* ini mampu memberikan dampak gangguan mental emosional pada anak. Gangguan mental emosional merupakan kondisi dimana perilaku dan emosional seorang anak sangat berbeda dengan anak lain yang memiliki usia dan latar belakang sama. Kabupaten Bantul merupakan kabupaten dengan jumlah anak terbanyak di DIY, yaitu 19.807 anak. Dinas Kabupaten Bantul menunjukkan bahwa presentase anak prasekolah dilayani SDIDTK minimal 2 kali/tahun mengalami penurunan dari tahun 2018 hingga 2020 dari 109,36% menjadi 26,74%.

**Tujuan Penelitian:** Mengetahui hubungan penggunaan *gadget* dengan perkembangan mental emosional anak prasekolah pada masa pandemi COVID-19 di Kabupaten Bantul.

**Metode Penelitian:** Desain kohort retrospektif. Teknik sampling menggunakan *multistage random sampling* dengan jumlah sampel 258 anak prasekolah di Kabupaten Bantul yang terdiri dari kelompok terpapar dan kelompok tidak terpapar. Instrumen penelitian berupa kuesioner. Analisis data menggunakan *chi-square* dan regresi logistik.

**Hasil:** Hasil uji *chi-square* menunjukkan variabel yang berhubungan secara signifikan dengan perkembangan mental emosional anak prasekolah adalah penggunaan *gadget* (*p-value* = 0,015). Variabel luar (pemberian ASI Eksklusif, usia ibu ketika hamil, dan pendapatan orang tua) tidak memiliki hubungan yang signifikan. Hasil analisis multivariat menunjukkan penggunaan *gadget* merupakan variabel yang paling berpengaruh terhadap perkembangan mental emosional anak prasekolah pada masa pandemi COVID-19 di Kabupaten Bantul (*p-value* = 0,016, RR = 1,868).

**Kesimpulan:** Penggunaan *gadget* memiliki hubungan secara signifikan dengan perkembangan mental emosional anak prasekolah pada masa pandemi COVID-19 di Kabupaten Bantul. Anak prasekolah yang menggunakan *gadget* dengan buruk berpeluang 1,9 kali menyebabkan perkembangan mental emosional terganggu dibandingkan pada anak prasekolah yang menggunakan *gadget* dengan baik.

**Kata Kunci:** Penggunaan *gadget*, perkembangan mental emosional, anak prasekolah, Pandemi COVID-19