THE ROLE OF THE PROPHET IN EDUCATING CHILDREN AND ITS IMPLEMENTATION IN PREVENTING GADGET ADDICTION IN CHILDREN

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Abstract

Currently, technological advances are rapidly developing worldwide, including in Indonesia. One technology that is currently attracting a lot of attention from the public, including children, is gadgets. However, the use of these gadgets sometimes causes people to become addicted to using them if they are not controlled. This research aims to determine the role of the Prophet in educating children and its implementation in preventing gadget addiction in children. This research uses qualitative research with descriptive-analytic data analysis techniques. The results of this research show that Prophet Muhammad has an important role in educating children, contributing to efforts to prevent gadget addiction in children. In addition, parents also play an important role in preventing gadget addiction in children, especially by being good role models as the Prophet was a role model for his people. It is very important for parents to build good communication with their children by applying teachings of the Prophet Muhammad in interacting with children. Likewise, discipline in educating children provides valuable lessons for parents in guiding their children with clear, consistent, and loving rules. Finally, parents can help children choose friends who have positive habits or engage in other creative activities that do not involve excessive use of gadgets. By emulating the Prophet's way of educating children, parents can be more effective in preventing gadget addiction in children, forming good character, and instilling strong religious values from an early age.

A. INTRODUCTION

The environment provided by parents is the first influence on the growth and development of children or the younger generation. Parents play an important role in developing a child's character. Character quality needs to be formed and nurtured from an early age (Bekci, 2021). Childhood is the beginning of human life. Very complex development occurs at this age, so it is considered the basis for human development into the next stages (Talango, 2020). Piaget (2015)stated that children's cognitive development at ages 2-7 years is in the pre-operational stage. At this stage, the child is still not capable of optimizing his cognitive operations perfectly because children at this stage are only able to experience.

The use of information and communication technology has become a global phenomenon due to the rapid advancement of technology (Surjadmodjo & Cangara, 2024). It is now considered a necessity in people's lives (Zulfah, 2018). In the digital era, children are increasingly using gadgets such as smartphones, tablets, and computers. Easy access to these devices often leads to children spending a significant amount of time playing games, watching videos, or using social media (Nathan et al., 2022).

The presence of technological developments has had many positive impacts on children (Susilo, 2019), but in various situations, the presence of technology can hurt them (Damayanti & Gemiharto, 2019). One of the negative impacts is the emergence of a feeling of addiction and dependence on gadgets (Rakhmawati et al., 2020). This addiction makes children increasingly reliant on gadgets and leads to excessive use. Many parents have difficulty controlling the use of gadgets by their children. This may be caused by a lack of knowledge about the negative impacts of gadget addiction, lack of clear rules at home, or because the parents themselves are too busy with their own gadgets (Tafrihah & Utanto, 2022).

According to Fitriana et al (2020), gadgets are communication tools with numerous functions and various features. They are considered more comprehensive than other electronic communication devices because of their diverse functions and features. Basit et al (2022) state that gadgets are among the

technological devices that receive attention at every level of society. Today's gadgets offer features such as internet access, messaging, video, and social media, catering to the needs of individuals. Internet access is a significant factor driving the use of gadgets at any time of the day or night. Therefore, information through gadgets is easily accessible without the need for significant effort (Munir et al., 2020).

The use of gadgets can have a significant impact on child development. According to Windari et al (2021), gadgets can be an effective learning tool. Rahayu et al (2021) explained that using gadgets from an early age can help children become more accustomed to technology, which is essential for their future in an increasingly digital world. However, excessive use of gadgets can hurt children. Qiladah et al (2023) explained that too much gadget use can reduce the time spent on direct social interaction, which is important for the development of children's communication and empathy skills. Miranti and Putri (2021) also explained that the negative impact of excessive gadget use on children includes becoming closed off, sleep disorders, a preference for being alone, aggressive behavior, diminished creativity, and the threat of cyberbullying.

While gadgets can be valuable tools for education and entertainment, their excessive or uncontrolled use can lead to addiction. The main challenge is how to use this technology effectively and wisely without causing negative impacts. There is an urgent need to increase awareness and education for parents, educators, and children themselves regarding the healthy use of gadgets. Applying rules or limiting time on gadget use often creates challenges, such as resistance from children, as well as difficulties in consistent implementation at home and school (Arimar & Wirtati, 2024).

The background highlights the importance of paying serious attention to the use of gadgets in children and the need for effective strategies to prevent addiction to promote their well-being and development. It is necessary to conduct special research through the teachings of the Prophet to prevent gadget addiction in children. Hadith, which are the words, actions, and characteristics of the Prophet (Harahap, 2023), can significantly contribute to educating parents and individuals on preventing gadget addiction in children. Therefore, the research

aims to explore the Prophet's role in educating children in order to implement effective measures to prevent gadget addiction.

B. METHODS

The research employs a qualitative approach, using the researcher as the primary instrument to study natural objects. Data collection techniques involve triangulation (combination) and data analysis is descriptive-analytic, with an emphasis on deriving meaning rather than generalization (Sugiyono, 2018). The research type is library research, which involves using literature such as books, journals, notes, or reports of previous research (Abdussamad, 2021). The nature of this research is descriptive-analytic, focusing on describing and analyzing to generate specific findings and general conclusions.

The primary data source in qualitative research is words or actions, with additional data such as documents (Sugiyono, 2018). Researchers obtain this data from documents and data sources rather than from words or actions. Main sources used include the books of hadith contained in the *Kutb al-Sittah* (Book of Six Hadiths). Data is collected through documentation, which involves gathering data about things or variables pertinent to the research, including activity notes, books, journals, and other relevant literature. Once collected, the data is then analyzed inductively to develop hypotheses.

C. RESULTS AND DISCUSSION

1. Understanding Gadgets

As living creatures, humans need a means of communication to obtain information, as it has become essential for interaction and effective communication. Therefore, humans have developed systems and tools to facilitate communication, access to information, and entertainment. These systems include images, writing, sound, video, games, internet facilities, and social networking, all of which can be accessed through various gadgets (Mailani et al., 2022).

Gadget is a term that comes from English, which refers to small electronic devices with specific functions (Rosiyanti & Muthmainnah, 2018). Gadgets are among the most recent developments in communication technology in Indonesia over the last few years (Risnawati et al., 2022). The difference between gadgets

and other electronic devices lies in the element of renewal. Gadgets are electronic devices that receive updates daily, making human life more practical (Novianti et al., 2024). In its development, the meaning of gadgets has expanded. Nowadays, gadgets are not only defined as physical (electronic) forms but have developed meaning in visual form (software). Broadly speaking, the meaning of a gadget is technological devices with specific functions that are constantly evolving (Marpaung, 2018).

Gadgets commonly feature internet access, cameras, telephones, email, SMS, Bluetooth, WIFI, games, and MP3 players. The variety of gadgets, such as cellphones, smartphones, laptops, tablets, and iPads, is rapidly increasing, making these items popular to own. They are available in various brands, including Samsung, Apple, SONY, and OPPO. Gadgets from different brands offer growing facilities due to technological advancements, ultimately becoming essential for human needs (Rosiyanti & Muthmainnah, 2018).

The extent to which people use gadgets is believed to be affected by various factors, including personal characteristics and the environment (Fitriana et al., 2020). The intention behind gadget use can impact social interaction within both internal (family) and external environments. Different objectives can lead to varying degrees of gadget use, influenced by the availability of features on the gadgets (Wahyuliarmy & Sari, 2021).

2. Gadget Addiction and Its Impact on Children

Islam recognizes that Allah SWT made humans as creatures who have feelings of affection. However, if these feelings are not well controlled and regulated, they can hurt the individual. This phenomenon is known as addiction (Fathurrahmah & Mud'is, 2022).

Addiction comes in different levels of severity. It is considered a mental illness characterized by rigidity and stiffness. According to Wahab (2020), addiction is a form of mental stiffness and rigidity. Another perspective from Holden (2001) defines addiction as a bodily dependence on something that provides prolonged support. Wulandari and Netrawati (2020) offer a two-part definition of addiction. Firstly, addiction occurs when the body or mind craves

something. Secondly, once the mind and body obtain it, they can function normally again.

According to Rini and Huriah (2020), the majority of Indonesian people, particularly those addicted to using gadgets, are affected. This addiction is also prevalent among children due to easily accessible internet (Miranti & Putri, 2021). With wireless internet and affordable internet services, gadgets are not limited to smartphones, tablets, or laptops, as even televisions can now connect to the internet (Delfiantrisno & Sroyer, 2020).

The use of gadgets can lead to negative effects on individuals when it becomes addictive. Ariyanti et al (2022) mentioned that addictive behaviors usually have harmful consequences for individuals. According to Arifin and Nuryono (2021), being addicted to something is acceptable as long as it benefits the individual. However, if the addiction hurts the individual, then it should be avoided.

Erna et al (2023) stated that pediatric and neonatology consultants have emphasized that increased use of gadgets such as smartphones and computers can have more negative impacts than positive ones on children, especially when they use gadgets without parental supervision. They pointed out that children playing with gadgets for more than two hours can lead to eye problems, causing their vision to become blurry and making them nearsighted.

Using gadgets for extended periods in a lying or sitting position can lead to spine problems and increase the risk of developing a stooped posture at a young age (Zainovita et al., 2023). Additionally, children who rarely move due to prolonged gadget use may experience joint pain in the knee and shoulder areas. Furthermore, frequent gadget use in a sedentary position can lead to shallow breathing and impact overall body oxygenation (In et al., 2021).

Muppalla et al (2023) mentioned that excessive use of touch screens can have long-term health impacts on children. When children use touch screens, they don't develop the muscles necessary for writing, leading to weakness in their hand muscles. Additionally, screen exposure before bedtime can disrupt the natural sleep cycle by reducing the production of melatonin, the hormone that regulates

sleep. This can result in sleep difficulties, such as restless sleep or waking up at night (de Toledo et al., 2023). Lack of sleep due to excessive gadget use can affect overall health, impairing a child's ability to concentrate and learn at school.

Excessive use of gadgets can lead to anxiety and restlessness in children when they are not using the devices. This can result in attention and focus issues, making it hard for them to concentrate on tasks that require long-term attention (Jannah et al., 2023). Additionally, relying on quick and instant solutions from games or apps can hinder the development of problem-solving skills, leading to frustration when faced with real-life challenges that demand critical thinking (Ismail et al., 2022).

In terms of socialization and communication, children may easily become impatient, and withdrawn, and, even more concerning, their communication skills may become weak and their language mastery may not develop (Sugiarti & Andyanto, 2022). Based on the information above, excessive use of gadgets has negative effects on society, especially on children. These impacts may not be immediately noticeable, but they will have long-term implications, particularly on health and mental well-being. It can even influence children's morals and behavior. Therefore, a solution must be found for this issue to ensure that the next generation is healthy both physically and morally.

3. The Role of the Prophet in Educating Children

Children are considered a trust that Allah Swt bestows upon those who hold the title of mother and father. Children are generally born in a state of purity, free from all sin. Therefore, it is the parents who shape the character of their children (Erica et al., 2021). The Prophet Muhammad Saw was an example for humans to emulate. Allah Swt sent him to this world to be an example for the people in all things (Siregar & Harahap, 2024), and one of them is children's education. There isn't anyone who can deny that Islam places importance on education and child-rearing. Thus, the educational process can be seen through the example of the Prophet Saw, among others:

a. Parents Become Role Models for Children

Being a role model for children is one of the most important aspects of educating them, but this is often a big challenge for parents. Many parents expect their children to follow certain rules or values, but they do not practice them consistently. For example, parents who ask their children not to use gadgets too much for a long time, but they themselves do not follow these principles. This inconsistency can cause children to become confused and lose respect or obedience regarding the rules that are applied (Juwita & Yunitasari, 2024). On the other hand, parents often have difficulties managing their own time, especially if they have to work or complete household tasks. In conditions like this, giving gadgets to children to fill their time can feel like a quick and easy solution (Maharani et al., 2022).

In a child's life, parents are the most important figures and influence. Parents set an example for children because whatever parents do, the children will follow (Salwiah & Asmuddin, 2022). Children view their parents as the first and most influential people in their lives. The influence of both parents will be very strong in shaping a child's self-concept, whether positively or negatively. Everything a child sees, such as parents' conversations, words, and behavior, will influence them (Baharuddin, 2022).

According to Nahdiyah and Sutrisno (2021), the method mentioned in the Quran and hadith is considered the most effective. Prophet Muhammad Saw set the best example for his people, including his children, as explained in Surah al-Ahzab verse 21. The Messenger of Allah possessed commendable morals and characteristics. He was careful about his morals regarding his children, and parents should emulate this to make their children role models, especially in shaping their personalities. This is evident in the hadith that reads:

Meaning: Honor your children and correct their behavior (Mājah, 2014).

This hadith emphasizes two important aspects in raising children: glorifying them and improving their manners or behavior (Al-Suyūṭī, 1999). When children are addicted to gadgets, one way parents can help is by

being role models for children. Parents need to stay away from gadgets when they are with their children to prevent them from being influenced by excessive gadget use and becoming addicted (Aryati et al., 2023). Unfortunately, there are cases of parents using gadgets in front of children, which can lead to children also using these gadgets at a young age (Hidayati et al., 2024).

Parents should reduce their use of gadgets in front of their children. They need to find free time to spend with their children without using gadgets so that the children don't feel excluded and influenced by gadgets (Zain et al., 2022). Therefore, parents need to be good role models and set clear time limits for gadget use for both children and themselves. When children see their parents not using gadgets excessively, they are more likely to accept these rules. This requires adults to not only establish rules but also to follow them in their own daily lives.

b. Effective Communication

Islam is a religion that teaches humans to love each other, especially by showing parental love for children. Islam teaches that love and affection are the main foundations of building a healthy family, harmony, and happiness (Anam & Bakar, 2024). In the hadith narrated by Imam al-Tirmiżī, Rasulullah Saw once said: Meaning: Not among our group, people who do not love children small and don't respect your parents (Al-Tirmiżī, 1975).

The hadith emphasizes that love for children is a part of a Muslim's faith. Islam encourages parents to give full love, attention, and care to their children (Putri et al., 2022). Prophet Muhammad Saw was a role model in showing love towards children. He often kissed and hugged children, even in public, to demonstrate how important compassion is to them. In a hadith narrated by Imam Muslim, it reads:

> *Meaning: I once walked with Thabit al-Banani, and then we passed little kids. So he (Thabit) greeted them. After that (Thabit) said that he had walked with Anas, then passed the small children and he said hello to they. Likewise, Anas*

said that he had walked with the Messenger of Allah then passed the small children, then he Saw greeted them (Al-Naisābūrī, 1955).

The hadith illustrates that Prophet Muhammad Saw paid attention not only to adults but also to children, even in simple gestures like saying hello. This is a clear example of the noble character of the Prophet in his interactions with children. He treated them with kindness, respect, and affection (Al-Nawawī, 1972). By greeting children, the Prophet Saw taught the importance of paying attention to them. In a modern context, parents can apply this by giving full attention to their children, not just through words but also through actions. When children feel cared for and valued, they are less likely to seek attention through gadgets.

When children feel the love of their parents, a sense of closeness develops between them. This warmth fosters effective communication with peers, making the child feel fulfilled in their daily life. They prefer spending time with their parents without relying on gadgets for daily activities (Asyura et al., 2021). Parents can achieve this by dedicating time to communicate and play with their children. When the parent-child relationship is strong, the child will find it easier to discuss gadget usage and is more likely to follow the rules.

If there is no communication between parents and their children, the children will seek other ways to connect with other parents. One way they do this is by using gadgets, such as smartphones, to communicate with other people. This lack of communication can strain the relationship between parents and children (Ariyanti et al., 2022). Additionally, without good communication with their parents, children may not receive proper guidance to understand right from wrong. Virtual friends may not provide appropriate advice or support, resulting in children making wrong decisions or behaving in ways that are not in line with the moral values and ethics that they should learn from their parents (Grey et al., 2022).

To prevent these negative impacts, parents need to establish good communication with their children. By implementing the teachings of the Prophet Muhammad Saw in their interactions with their children, parents

can create an environment that fosters healthy and balanced development for their children, including in terms of gadget use. This will help prevent gadget addiction and promote a more productive and beneficial lifestyle for children.

c. Discipline in Educating Children

The implementation of discipline in educating children often poses a challenge for many parents. Discipline is an important part of a child's education, but its implementation can be fraught with various difficulties and barriers (Yuliana et al., 2022). Many parents are inconsistent in applying rules; at times, they are strict, while at other times, they allow the child to break the rules without facing any consequences. This inconsistency confuses children about boundaries and expectations, leading to non-compliance with the rules. Some parents may be too harsh in enforcing discipline, causing children to feel afraid, anxious, or depressed. On the other hand, some parents may be too soft because they do not want the child to feel hurt, preventing the child from learning responsibility (Rohayani et al., 2023).

Discipline is a process that requires time and patience. Many parents feel frustrated if their child does not immediately obey the rules or change according to expectations. This can cause parents to become angry or resort to unhealthy methods such as threats or physical punishment (Setyaningrum et al., 2024). On the other hand, parents sometimes feel uncertain about what discipline methods they should use. Some use an authoritarian approach, while others are more permissive or even too democratic. Confusion in choosing an approach can make the rules implemented ineffective (Mutmainah & Sholihah, 2021).

Inconsistent discipline can occur due to stress or busy parents. When parents feel tired or burdened by work, they may tend to ignore the implementation of rules, give gadgets as entertainment to calm the child or reduce attention to rule violations (Gunawan, 2017). Hadith about discipline in educating children provides important guidance for parents to apply clear and consistent rules in guiding children. Prophet Muhammad

emphasized the importance of discipline, especially in terms of worship and daily behavior, which can become a deep basis to educate children in various aspects of life, including the use of gadgets. There is a hadith narrated by Abu Dawud in which Prophet Muhammad said:

> *Meaning: Order your children to pray when they have done it reaches the age of seven years, and when it reaches the age of ten years then beat him if he doesn't do it, and separate them in his bed (Al-Sijistānī, 1993).*

The hadith demonstrates that Prophet Muhammad emphasized the importance of parents teaching their children about discipline, especially in matters of worship such as prayer. Children are encouraged to start praying at the age of seven, and if they do not do so until the age of ten, parents are permitted to take more decisive action to instill discipline, but in a gentle and non-harmful manner (Ābādī, 1994). Similar to the way the Prophet advocated for educating children about the significance of prayer from the age of seven, parents can also establish guidelines for gadget use from an early age. For instance, at around 6-7 years old, parents can set time limits for gadget usage, such as allowing only one or two hours per day.

In this hadith, Rasulullah Saw taught that if children do not perform prayers at the age of ten, parents may give a warning. This warning should be firm but still full of affection. This can also be applied in the context of gadgets by gently warning children when they start breaking the rules for gadget use. If children still do not comply with time limits, parents can take firmer action, such as reducing gadget usage time or even temporarily removing their access to the device.

In this hadith, Rasulullah Saw also taught that children should sleep separately when they reach puberty. This highlights the importance of giving children different spaces and responsibilities as they grow older (Ābādī, 1994). In the context of preventing gadget addiction, parents can start by familiarizing children with various activities that do not involve gadgets, such as sports, studying together, and reading books. By doing so, children will not be completely dependent on gadgets for entertainment or their daily activities.

Just like the prayer discipline taught by the Prophet to train children in spiritual responsibility, disciplining the use of gadgets is also important for developing personal responsibility. Children need to be taught to take responsibility for the time they spend in front of a screen and to understand its impact on their health, study time, and social relationships with family and friends. The discipline taught by Rasulullah Saw was not only in the form of punishment but also an encouragement to do what is right. Parents can reward children if they are able to comply with screen time limits or reduce gadget use. On the other hand, if the rules are broken, parents can provide clear but still loving consequences, such as cutting back access to gadgets.

The hadith about discipline in educating children provides a valuable lesson for parents in guiding their children with clear, consistent rules and affection. In the context of preventing gadget addiction, the principles of discipline taught by the Prophet Muhammad can be applied through the strict setting of gadget usage times, gentle reprimands, and developing children's responsibility for the use of technology. In this way, children can learn to use gadgets wisely without becoming addicted, while still maintaining balance in their daily lives.

d. Choosing Good Friends

In the Islamic religion, it is recommended to choose individuals who behave well to be friends. Choosing good friends is an important aspect of maintaining one's morals and behavior, including efforts to prevent gadget addiction. This was clearly seen from the Prophet Saw, who appealed to the parents to be careful in choosing their children's friends. There is a hadith from Abu Musa al-Asy'ari where the Prophet Saw said:

> *Meaning: The parable contrasts the influence of associating with righteous people and that of socializing with bad people, such as perfume sellers and blacksmiths. When you interact with a perfume seller, you will inevitably acquire the fragrance, whether you purchase the oil or simply catch a whiff of it. On the other hand, interacting with a blacksmith means you may get burnt or have your clothes singed, or you may be exposed to an unpleasant smell (Al-Bukhārī, 1993).*

This hadith teaches that relationships and the environment have a significant influence on a person's behavior and character. It also recommends choosing pious friends, meaning those who are deeply obedient, and have good morals, and distancing oneself from things that are not useful (Al-'Asqalānī, 1970). Parents can help children choose friends who have positive habits such as enjoying reading, exercising, or engaging in other creative activities that do not involve excessive use of gadgets (Erna et al., 2023).

Parents can use this hadith as discussion material with their children about the importance of choosing good friends and how bad friends can have a negative impact, including in terms of gadget use. Choosing friends is very important for children. Children should not be influenced by their friends to develop a gadget addiction. Children who have gadgets such as smartphones can communicate with friends via Facebook, WhatsApp, and other platforms.

Parents must take an active role in getting to know their child's friends and understanding the social environment in which their children socialize. By doing this, parents can more easily assess whether their child's associations have a positive or negative impact. If parents notice negative influences, such as friends who excessively use gadgets for non-constructive activities, they can encourage their children to seek out friends with healthier habits.

Thus, parents should monitor their children, as well as their friends, even on social media. The influence of friends in the mass media also affects children's morals and behavior, especially regarding gadget addiction (Siti Amanah & Robingatun, 2023). By following the teachings of this hadith, parents can effectively shape their children's behavior to be more discerning in socializing, reduce gadget addiction, and strengthen their character through healthier and more meaningful social interactions.

E. CONCLUSION

Excessive use of gadgets has more negative impacts than positive impacts on children when they use gadgets without parental supervision. Rasulullah plays

an important role in educating children and contributes to efforts to prevent gadget addiction in children. The conclusions of this research show that parents play an essential role in preventing gadget addiction in children, especially by being good role models as the Prophet Muhammad was for his people. Additionally, parents must establish good communication with their children by applying the teachings of the Prophet Muhammad in their interactions. Similarly, discipline in educating children provides valuable lessons for parents in guiding their children with clear, consistent, and loving rules. Finally, parents can help children choose friends who have positive habits or engage in creative activities that do not involve excessive use of gadgets. By emulating the Prophet's way of educating children, parents can be more effective in preventing gadget addiction in children, forming good character, and instilling strong religious values from an early age.

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