

Health Education Using the Media Tool (Snakes and Ladders) on the Negative Impact of Gadget in SMP Negeri 1 Telaga Biru

Inne Ariane Gobel¹, Rona Febriona¹, Tias Rustam Nahu¹, Debby Mahdalena Yahya¹, Ferawati Monoarfa¹, Nur Meiliany Bouty¹, Octaviany Komendangi¹, Rianti Mile¹, Sri Indriati Ningsih Thalib¹, Sri Wahyuni Djibu¹, Sunatri F. Laliyo¹

¹Muhammadiyah University of Gorontalo, Indonesia

Corresponding Email: innearianegobel@umgo.ac.id

Abstract. *Gadget is a term used to refer to several types of gadgetstechnological tools that are growing rapidly and have special functions. The objective of this health education is to reduce the negative impact of gadgets throughgame educational media. This service activity is carried out by givinginformation to junior high school students about the impact of gadgets, especially the negative impactgadgets on health as well as efforts to avoid the negative effects of gadgets,the service activities carried out are the preparation stage and the implementation stage. Based on the results of observations obtained after being given health education tostudents of SMP Negeri 1 TelagaBiru with a total of 10 students, the results showed the use of gadgets has an influence on social interaction, while for the process of10 people learn before and after health education is carried out on studentsby using a tool (Snakes and Ladders) on the negative impact of gadgetsThe results obtained are the gadget can affect the learning process, especially interest in learningstudent.*

Keywords: *Snakes And Ladders Game, The Impact of Gadgets, Social Interaction, Learning Proses*

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INTRODUCTION

In modern times like today, everyone from children to adults and the elderly are familiar with sophisticated technology and tools made to be able to access information from all over the world very easily, or commonly called gadgets.

Gadgets are technological developments in modern times as they are now known by all circles, including pre-school age children. Gadgets have a lot of functions, where this function already uses very sophisticated features (Bletsch et al., 2011).

Gadget is a term that is often used to refer to various types of technological tools that are increasingly developing and have certain functions. Examples such as iphone, smartphone, laptop, computer and tab (tablet) (Manumpil, 2015).

The American Academy of Pediatrics and the Canadian Association of Pediatricians insist that children aged 0-2 are not allowed to be exposed to the internet (Kurniawati, 2020). Children aged 3-5 years should be limited in using technology to a maximum of one hour per day (Covolo et al., 2021). and children aged 6-18 years are limited to a maximum of 2 hours per day in using gadgets (Sari, 2018; Setiawati et al., 2019). Children and adolescents who use gadgets more than

the predetermined time limit can be at risk of having serious health problems (Rowan et al., 2013; Witasari, 2010).

From a survey conducted at SMP Negeri 1 Telaga Biru, it was found that there were several negative impacts of using gadgets. The negative impact caused is addiction to online games, which is 15 hours per day, addiction to watching application content so that this can cause obstacles in carrying out social interactions that cause children to say impolite words.

METHODS

This community service is carried out to students by providing information about the impact of gadgets, more specifically the negative impact of using gadgets for the physiological and psychological health of students through the snake and ladder game media. The community services carried out are:

About the impact of gadgets, especially the negative impact of gadgets on health and efforts to avoid the negative effects of gadgets through educational games, namely the snake and ladder game (board game). The service activities carried out are the preparation stage, the preparation stage in this service activity is the preparation of pre-planing, preparation of student playing media, namely an educational game tool (APE) in the form of snakes and ladders which contains information about the impact of gadgets and efforts to avoid the negative impact of gadgets. The second is the implementation stage which starts from the introduction stage, pretest using the Observation Sheet, and counseling.

RESULTS AND DISCUSSION

Based on the observations that were obtained after being given health education to students of SMP Negeri 1 Telaga Biru with a total of 10 students, the results showed that the use of gadgets had an influence on social interactions, especially interactions that occurred among students at SMP Negeri 1 Telaga Biru. This can be seen from several aspects when observing changes when the snake and ladder method is given where students are able to interact with friends and other people.

As for the learning process before and after health education was carried out on 10 students using a tool (Snakes and Ladders) on the negative impact of gadgets, the results obtained were that it could affect the learning process, especially interest in student learning that occurred in students at SMP Negeri 1 Telaga Biru. This can be seen from several aspects when observations are made, there is a change when the snake and ladder method is used where students are able to explain the questions and statements contained in snakes and ladders and also students seem more active in group activities.

CONCLUSION

The social interaction of students and students of SMP Negeri 1 Telaga Biru is well established and Increased interest in learning and the learning process of students at SMP Negeri 1 Telaga Biru.

SUGGESTION

Institution

It is hoped that this research can add to the literature in the nursing department of the Muhammadiyah University of Gorontalo and increase knowledge and insight about the effect of health promotion using game media on the negative impact of gadgets.

School

It is hoped that schools can take steps or come up with good solutions in avoiding the impact caused by gadgets that can affect student learning processes and interactions between students.

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