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Optimizing Guidance and Counseling Services to Address The Impact of Gadget Use on Elementary School Students' Social Skills

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INTRODUCTION



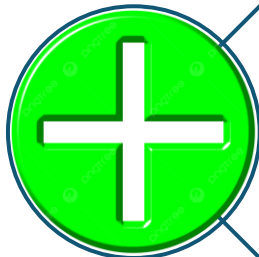
Research shows that elementary school-age students are now a generation of the digital age often exposed to digital devices from an early age even long before knowing books



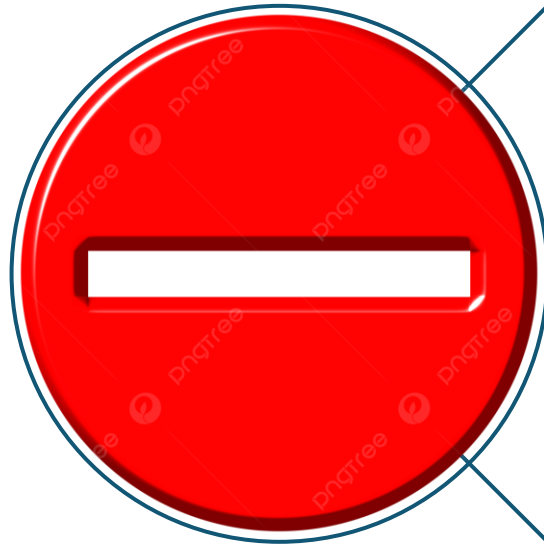
KPAI survey (2020) results that 79% of children use gadgets other than for learning and have no rules for use



The impact of gadget usage on social skills development in elementary school students is complex and depends on the balance and purpose of gadget use



Gadget can enhance learning and social skills when used appropriately



But with excessive gadget use on children can lead to a series of negative consequences such as health problems, addiction, reduced ability to concentrate, loss of a healthy social life, and can lead to problematic interpersonal and communicative skills that cause children to distance themselves from social life

INTRODUCTION



Guidance and counseling services can act as a solution to optimize social skills in children to to anticipate the negative impact of excessive gadget use

Method

The research approach used is *qualitative* with the research design used is a case study at *SDN 1 Sukagalih and SDN 1 Cikedokan*. The research instruments were interview guide, observation guide, questionnaire and records of activities at school.



Results and Discussion

The results of interviews with teachers at SDN Cikedokan 1 show that 20% of low-grade students (grades 1 - 3) and 50% of high-grade students (grades 4 - 6) have been given gadget facilities directly by their parents . Meanwhile, at SDN Sukagalih 1, 40% of low-grade students (grades 1 to 3) and 85% of high-grade students (grades 4 to 6) have been given gadget facilities directly by their parents.

Gadget Usage Indicator	Categories by School	
	Students of SDN 1 Cikedokan	Students of SDN 1 Sukagalih
Intensity of screen time	Simply	High
Use of Apps in gadgets	Simply	Simply
Limitations Time and place of use	High	High
Physical and mental disorders	Simply	Simply

Results and Discussion

The condition of technological developments such as the use of gadgets remains an important concern for schools, because they realize the many negative impacts that can result from excessive gadget use.

Elementary schools that do not have guidance and counseling teachers or counselors, guidance and counseling services are carried out by class teachers so that guidance and counseling materials can be integrated with teaching materials through thematic learning

The class teacher has an important role in guidance because the class teacher has more time than other teachers and has the obligation to shape the personality of students in accordance with values and morals to improve the students' character.

Based on research findings and literature studies on the role of guidance and counseling services in optimizing social skills can be arranged by considering the principles of intervention, classroom conditioning, emotional relationships between teachers and children, and teacher characteristics. The service is implemented by the classroom teacher and integrated into the school program.

CONCLUSION AND RECOMMENDATION

Optimizing guidance and counselling services is an important step in overcoming the negative impact of gadget use on students' social skills. With a holistic approach and involving all relevant parties, it is hoped that students can develop better social skills and use gadgets in a healthy way

The recommendation for schools is to continue to integrate lessons on gadget use, digital literacy and digital well-being in the curriculum and provide resources for guidance and counselling.

The recommendation for class teachers as mentors is to be able to adopt thematic guidance that is more relevant to technology issues.

The recommendation for parents is to always be actively involved in monitoring and limiting children's gadget use at home.



thank
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