

The Effect of Digital Quran Reading on Gadget Addiction Behavior in Early Adulthood Individuals in Palembang City

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ABSTRACT

Gadget is a mini mechanical device or tool or an interesting tool. gadgets have both positive and negative impacts on anyone who wears them. This study is a quantitative study using two variables, namely reading the Quran as an independent variable and Gadget addiction as a dependent variable with a quasi-experimental method with Pretest-posttest control group Design, this study uses a survey technique that is filling the gadget addiction scale questionnaire with a sample of 30 male and female subjects who were divided into two groups, namely the control group that was not given treatment and the experimental group that was given treatment in the form of digital Al - Quran reading treatment. Based on the output table above, the value of Asymp Sig. (2-tailed) in the control group of (0.801 > 0.05), then H₀ is accepted and H_a is rejected. So, it can be concluded that there is no difference in the average value of pre-test and post-test in the control group, which means there is no change in the group that was not given treatment. While the value of Asymp Sig. (2-tailed) in the experimental group of (0.161 > 0.05), then H₀ is accepted and H_a is rejected. So it can be concluded that there is no difference in the average value of pretest and posttest in the experimental group which means there is no change in the group given treatment in the form of treatment of digital Quran reading in early adult individuals with an age range of 18-22 years in the city of Palembang.

Introduction

According to Erikson early adulthood individuals are in the crisis stage of intimacy vs. Isolation. At this time there are several developmental tasks that must be passed, when the individual succeeds in performing developmental tasks in early adulthood, he will have an intimate relationship with someone or establish a relationship attachment to a community

well. Social Media has an impact on individuals, both positive and negative. The positive thing about the use of social media is as a means of strengthening the relationship anywhere and anytime, a source of information, a means of developing skills, and a container in developing a business by way of promotion on social media. On the other hand, social media addiction can make individuals vulnerable to engaging in cyber-bullying, decreased quality of social interaction, feeling depressed and lonely, feelings of insecurity, and increased phubbing behavior. Other studies have also revealed that social media addiction tends to decrease psychological well-being in individuals (in Fatmawati, 2019). In addition, social media addiction can make individuals experience social dysfunction behavior, less sensitive to their environment, and have hyper-personal tendencies, where the assumption of communicating through computers or social networks is more friendly, pleasant, and intimate compared to communicating face-to-face. Thus, it can be concluded that excessive and uncontrolled use of the internet not only affects physical health, but has an impact on mental health based on the exposure described, it is known that there are several predictors of social media addiction, one of which is loneliness.

Gadget is a mini mechanical device or tool or an interesting tool because it is relatively new so that it will provide a lot of new fun for its users. Initially gadget is more focused on a communication tool. But the progress of the gadget era is more sophisticated with various features in it. Regardless, gadgets have both positive and negative impacts on anyone who wears them. Especially if children have started using gadgets in every activity. Gadgets are not only used as a means of communication with the outside world, but can be used as friends to fill free time such as playing games, listening to music or radio, storing memories or documenting through photos and videos. The use of gadgets is also used to access the internet, sms, play games both online and offline, and open other social networks such as facebook or twitter applications that are often done by students when the teaching and learning process is underway. When at home, the activities carried out can be ascertained that most of them use gadgets, moreover, some teenagers have begun to be affected by these gadgets so that they have a bad impact on Good Behavior in the social environment, especially in the family.

The negative impact arising from gadget and internet addiction is like the impact physically and psychologically. Physical impacts such as obesity, due to increasingly sophisticated technology makes it easier for a person to do everything that can cause lack of physical activity, so the risk of obesity. Research conducted by explains the link between internet addiction and obesity in school-age children. The results of the study explain that children with high intensity gadget use are 21 times more likely to be obese. The impact of psychology due to gadget and internet addiction, from the article that has been obtained there are several impacts such as depression, loneliness, sleep pattern disorders, attention deficit disorder and hyperactivity and disruption of family functions. Depression can be one of the triggers of a person experiencing internet addiction, it can also be the impact of internet addiction. Attention Deficit Hyperactivity Disorder (ADHD) usually has an impact on

working memory becomes weak. Children who play video games or the internet, can increase visual function is more active and can cause hyperactivity. Gadget addiction can affect a child's brain development because excessive production of the hormone dopamine disrupts the maturity of prefrontal cortex functions that control emotions, self-control, responsibility, decision-making and other moral values. This study also proves that there is a significant relationship between internet addiction and smartphone addiction which means that the greater the use of the internet will also be large as well as the use of smarhpone that occurs in adolescents and becomes addicted. The results of the study explained that based on the academic achievement of adolescents, the negative effects on secondary school adolescents are most often found in the emergence of phenomena of excessive smartphone use that lead to a decrease in their academic achievement (Utami, A. N., & Kurniawati, F. 2019).

Addiction is a form of dependence on something whether it is physical or psychological. When a teenager has a dependency on something then the teenager will always think about it and it is difficult to let go. Kwon, et al (2013) States the term Smartphone Addiction, is a form of dependence on the use of smartphone behavior that makes it difficult to escape from the habit.

The problem that also often occurs today is the ability and desire to read the Quran. This happens because most individuals are not accustomed to reading the Quran. This is so in adolescents but adults are even more interested in gadgets than reading the Quran. The book of the Quran is a Kalamullah full of miracles of Allah Swt. Among the miracles of the Qur'an that the Qur'an is one of its functions as an antidote and antidote for various types of diseases, both physical and spiritual. In addition, the Qur'an can also be an antidote to the interference of demons, jinn or magic therefore the Qur'an as a medicine (syifa) (Musri Sukmal, dkk 2019). According to the Quran a Muslim is one who has absolutely surrendered to Allah and his commands and believes in pure Tawhid (the oneness of God) that isn't tainted with any Shirk and this is why the Almighty has introduced Prophet Abraham as a true (Mahalli & Suyuti , 2006).

Allah Swt. The Qur'an is a mercy and a cure for the diseases of the heart as it says in the Qur'an. 10: 57 " O mankind, there has come to you a lesson from your Lord, and a cure for the ills of the breasts, and guidance and mercy for the believers." (QS. Yunus/ 10: 57) likewise in QS. Al-isra ' verse 82 Allah SWT explains that one of the functions alquaran sent down is as a medicine as Allah said that artuinya: "and we send down from the Qur'an a cure and mercy for those who believe and the Qur'an does not add to the wrongdoers other than loss". (QS. Al-Isra` / 17: 82) verse 82 surat Al-isra` above describes the Qur'an as the source of the Qur'an as Shifa' or can be cured by the Qur'an, both liver disease (spirit) and physical (body). Even the Koran as an inspiration for the development of the discipline of Medicine. (Halim, 2015) healing all kinds of diseases.

Therefore, one of the efforts that can be made to improve reading the Quran is to take advantage of the digital quran application and provide guidance to individuals to overcome

gadget addiction on their smartphones. In some previous studies the Qur'an can help overcome problems in adolescents who are addicted to gadgets and also to improve the ability of adolescents to read the Qur'an. Based on the results of the study, teenagers get a positive response from the application of reading the digital Qur'an application. With the stages carried out at each meeting has a development in the interest of teenagers to read the Qur'an and make teenagers more eager to use the smartphones they have to read the Qur'an and simultaneously reduce smartphone addiction in adolescents (Olan, Idi, A, Zainuri, A., & Sandi, A., 2019).

Method

This study is a quantitative study using two variables, namely reading the Quran as an independent variable and Gadget addiction as a dependent variable with a quasi-experimental method with Pretest-posttest control group Design, this study uses a survey technique that is filling questionnaires by providing 27 questions online, in the form of google form questionnaires to respondents which in this study the respondents, with a sample of 30 male and female subjects who were divided into two groups, namely the control group that was not given treatment and the experimental group that was given treatment in the form of digital AI - Quran reading treatment.

In this study, researchers used a scale measuring gadget addiction (smartphone addiction scale) based on The Theory (Young,1999). Aspects of Gadget addiction according to (Young, 1999), namely, behavior/special characteristics (salience), excessive use (excessive use), neglect of work (neglect to work), anticipation (anticipation), inability to control themselves (lack of control), neglect of social life (neglect to social life), then translated into variable indicators. the indicator is used as a starting point for compiling instrument items in the form of statements or questions in the form of questionnaires with Likert scale models. With gradation from very positive to negative.

The presentation of this scale consists of two groups, favorable and unfavorable with four alternative answers. The favorable statement indicates that the subject supports the statement and has a level of assessment: A grade of 4 for the SS answer (very appropriate), A grade of 3 for the S answer (appropriate), A grade of 2 for the TS answer (inappropriate), and a grade of 1 for the STS answer (very inappropriate). While the unfavorable statement indicates the indication of the subject does not support the statement and has a level of assessment: the value of 1 for the answer SS (very appropriate), the value of 2 for the answer S (appropriate), the value of 3 for the answer TS (not appropriate), and 4 for the answer STS (very inappropriate).

Islamic efforts to overcome gadget addiction by reading the Quran through the digital Quran application, can be done with the following steps:

- Provide group guidance on the entire subject, by providing knowledge about gadget addiction, and its dangers
- Gives a boost to overcome gadget addiction,

- Guide the subject to understand the function of the gadget,
- Directing subjects to use the digital Quran application, as an alternative in overcoming gadget addiction,
- Direct the subject to read the Quran, after the five daily prayers, and during leisure time to reduce the chance of using gadgets on activities that are not useful.

Results and Discussion

Data normality test ($p > 0,05$)

$P < 0,05$

Tests of Normality

	Kelas	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Hasil treatment membaca Al-quran digital	Pre-Test Kontrol (Tanpa Perlakuan)	,137	15	,200*	,974	15	,911
	Post-Test Kontrol (Tanpa Perlakuan)	,140	15	,200*	,954	15	,594
	Pre-Test Eksperimen (Membaca Al-quran Digital)	,370	15	,000	,608	15	,000
	Post-Test Eksperimen (Membaca Al-quran Digital)	,279	15	,003	,633	15	,000

Based on the output of the normality test using Shapiro-Wilk obtained significant values in the pre-test control group ($0.911 > 0.05$), post-test control group ($0.594 > 0.05$), pre-test experimental group ($0.000 < 0.05$) and post-test experimental group ($0.000 < 0.05$), it can be concluded that the data is not normally distributed.

Hypothesis testing ($p < 0,05$)

$P > 0,05$

Ranks

		N	Mean Rank	Sum of Ranks
Post-Test Kontrol - Pre-Test Kontrol	Negative Ranks	8 ^a	7,06	56,50
	Positive Ranks	6 ^b	8,08	48,50
	Ties	1 ^c		
	Total	15		
Post-Test Eksperimen - Pre-Test Eksperimen	Negative Ranks	10 ^d	6,55	65,50
	Positive Ranks	3 ^e	8,50	25,50
	Ties	2 ^f		

Total	15		
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- a. Post-Test Kontrol < Pre-Test Kontrol
- b. Post-Test Kontrol > Pre-Test Kontrol
- c. Post-Test Kontrol = Pre-Test Kontrol
- d. Post-Test Eksperimen < Pre-Test Eksperimen
- e. Post-Test Eksperimen > Pre-Test Eksperimen
- f. Post-Test Eksperimen = Pre-Test Eksperimen

Test Statistics^a

	Post-Test Kontrol - Pre-Test Kontrol	Post-Test Eksperimen - Pre-Test Eksperimen
Z	-,252 ^b	-1,402 ^b
Asymp. Sig. (2-tailed)	,801	,161

- a. Wilcoxon Signed Ranks Test
- b. Based on positive ranks.

Based on the output table above, the value of Asymp Sig (2-tailed) in the control group of (0.801 > 0.05), then H0 is accepted and Ha is rejected. So it can be concluded that there is no difference in the average pretest and posttest values in the control group, which means that there is no change in the group that is not given treatment. While the value of Asymp Sig. (2-tailed) in the experimental group of (0.161 > 0.05), then H0 is accepted and Ha is rejected. So it can be concluded that there is no difference in the average value of pretest and posttest in the experimental group which means there is no change in the group given treatment in the form of treatment of digital Al-Quran reading in early adult individuals with an age range of 18-22 years in the city of Palembang. There are several factors that can be the cause of the absence of the effect of digital Quran reading treatment on gadget addiction behavior such as the lack of duration of the application of digital Quran reading treatment on subjects, the presence of laziness to do therapy personally and because they feel not directly supervised by researchers, subjects experienced burnout and laziness because they were instructed to fill out questionnaires repeatedly twice.

Conclusion

Addiction is a form of dependence on something whether it is physical or psychological. When the individual has a dependency on something then the individual will always think about it and it is difficult to let go. Kwon, et al (2013) States the term Smartphone Addiction, is a form of dependence on the use of smartphone behavior that makes it difficult to escape from the habit. Allah Swt. The Quran is a mercy and a cure for diseases contained in the heart (syifa), as in his word in the Quran QS. 10: 57 " O mankind, there has come to you a lesson from your Lord, and a cure for the ills of the breasts, and guidance and mercy for the believers."In addition, the Quran can also be an antidote to the interference of Satan, jinn or magic. Therefore, one of the efforts that can be done to

overcome gadget addiction is through the treatment of reading the Quran is to utilize digital quran applications such as previous research that proved influential for gadget addiction behavior.

However, based on the results of this study, the application of digital Quran reading treatment in early adulthood individuals in Palembang city did not affect overcoming gadget addiction with the aim of diverting individual activities using gadgets such as playing games and social media at home with the habit of reading the Quran through the digital Qur'an application.

There are several factors that can be the cause of the absence of the effect of digital Quran reading treatment on gadget addiction behavior such as the lack of duration of application of digital Quran reading treatment on the subject, the presence of laziness to do therapy personally and because they feel not directly supervised by the researcher, the subject experiences boredom.

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