



Developing Children's Self-Control Based on Islamic Values to Prevent the Negative Impacts of Digital Device Usage

¹ Erhamwilda, ² Nurul Afrianti,
³ Fitroh Hayati

^{1,2,3} Universitas Islam Bandung

Correspondance author: nurulafrianti28@gmail.com*

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Abstract

Self-control is a critical skill essential for children to navigate the challenges posed by digital devices effectively. This study explores the role of Islamic values in fostering children's self-control to mitigate the negative consequences of modern digital interactions. The research involves a comprehensive literature review encompassing child development theories, Islamic teachings, and the implications of digital technology on young minds. Children's use of digital devices is a certainty for interacting with the online world. The internet offers various benefits but also brings several challenges and risks, especially for children and adolescents who lack strong self-control. Islamic teachings contain commands to develop self-control, which involves restraining oneself from actions prohibited by Allah and striving to follow Allah's commands. This study seeks to answer the following questions: 1) How is the process of developing children's self-control? 2) How is self-control developed according to Islamic guidance? 3) What are the negative impacts of digital device usage on children? A qualitative approach with literature review methods is used in this study. The results show that: 1) Self-control can be fostered through modeling, reinforcement, cognitive-behavioral techniques, delaying gratification, setting clear and consistent expectations and rules, etc.; 2) Parents need to guard their children's sight, hearing, and heart early through digital parenting. Parents play a crucial role in developing their children's conscience and preventing exposure to films, stories, games, and information that could damage their children's faith and morals. In conclusion, integrating Islamic values into children's education regarding self-control offers a holistic approach to safeguarding their well-being amidst the pervasive influence of digital devices. This approach not only supports their moral development but also prepares them to navigate the digital world responsibly and ethically.

Keywords: Self-Control, Digital Device, Islamic Value.

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Introduction

A study funded by UNICEF and carried out by the Ministry of Communication and Information (Kemkominfo) revealed that 98 percent of children and teenagers are familiar with the

internet, and 79.5 percent of them actively use it, while 20 percent of respondents do not use the internet. "Their main reason is that they do not have devices or infrastructure to access the internet or that their parents prohibit them from accessing it".

The internet has become an integral part of everyday life in this digital era. The Internet offers a variety of benefits, such as fast access to information, entertainment, and communication with people from all over the world. On the other hand, the online world also brings several challenges and risks, especially for those who do not have strong self-control. Studies on the correlation between Online Game addiction and aggressive behavior, self-control, and Narcissistic personality characteristics (Eun Joo Kim, et al, 2007); show that aggression and narcissistic personality traits are positively correlated with online game addiction, while self-control is negatively correlated with online game addiction ($p < 0.001$). This means that the higher a person's self-control, the less likely they are to be addicted to online games. This also means that the more a person's self-control increases, the less addicted they will be to online games. Research by Pan, Y., Motevalli, S., & Yu, L. (2024) similarly found that certain psychological attributes such as aggression, self-control, and narcissistic tendencies can make certain individuals more susceptible to developing online gaming addiction. Research on students and adolescents found that online game addiction is influenced by self-control and family function (Xihua Zhou, Jing Xing (2021); Zhong, Y.

Researchers have discovered various negative impacts of excessive and inappropriate use of digital devices. The study by Twenge et al. (2018) in the journal "Clinical Psychological Science" shows that excessive use of social media is associated with increased levels of depression and anxiety in adolescents. This research shows that teenagers who spend more time on social media have a higher risk of experiencing mental health problems compared to those who spend less time online. Research by Kowalski et al. (2014) in the journal "Journal of Adolescent Health" revealed that cyberbullying is a serious problem faced by children and adolescents in the online world. The impact of cyberbullying includes depression, anxiety, and in some extreme cases, suicide. This research emphasizes the importance of education and intervention to prevent cyberbullying. A study by Hale and Guan (2015) in the journal "Sleep Medicine Reviews" found that excessive use of digital devices and online interactions can disrupt the sleep patterns of children and adolescents. Blue light emitted by gadget screens can interfere with the production of melatonin, a hormone that regulates sleep, thereby reducing the quality and duration of sleep. Research by Uhls et al. (2014) in the journal "Computers in Human Behavior" found that excessive online interaction can hinder the development of children's social skills. Children who spent more time interacting online showed a reduced ability to read facial expressions and emotions compared to those who had more face-to-face interactions. The study by Andreassen et al. (2016) in the journal "Psychology of Addictive Behaviors" highlights that excessive online interaction can cause addictive behavior in children and adolescents. Children who show signs of internet addiction tend to have mental health problems such as depression and anxiety, as well as poor academic performance.

The various negative impacts of using digital devices on the development of children and adolescents discovered through the research above cannot be separated from how parents or educators guide and care for children in using digital devices. The parenting patterns used by parents also determine the extent to which children will be able to control themselves in using digital devices to obtain positive benefits for themselves. Early childhood can access various information, entertainment, knowledge, and various stimulations for children's development, but young children are not able to choose what is useful for them and what is not useful for them. Of course, children are not always with their parents, so children need guidance in choosing programs, games, films, YouTube or other menus. Therefore, developing self-control or self-control in young children when using digital devices is very important. Self-control does not grow by itself, parents need efforts to develop self-control from an early age.

Self-control is a person's ability to control impulses and desires to achieve long-term goals. The development of self-control in early childhood helps children to (1) focus and concentrate (Duckworth, A. L, et al, 2014); (2) develop social skills to interact with other people positively (Eisenberg, N., & Spinrad, T. L. (2004); (3) prevent dependence on digital devices which can interfere with children's daily activities and socio-emotional development (Christakis , D. A. (2009); (Kardfelt-Winther, D. (2017). Developing children's self-control is important because excessive use of digital devices in children can cause impacts including (1) stress and anxiety; (2) risk. depression; (3) impaired concentration; (4) hampering social development (Ameenuddin, Hill, D., et al (2016).

The aims of this research are: (1) to describe the process of developing self-control according to developmental theory; (2) to describe the process of developing self-control within the guidance of Islamic teachings; and (3) to analyze the negative impacts of uncontrolled use of digital devices.

Research Method

The research approach used is a qualitative approach with a literature study method referring to (Creswell, J. W., 2013). The literature study method is considered suitable for research because the information obtained can be comprehensive, efficient, and basic. The author is aware of the weaknesses of this research method, namely that it is limited to existing sources, there is an element of subjectivity, because the interpretation is influenced by the researcher's perspective, and it may be less contextual, because the dynamics of phenomena in the field related to human behavior are constantly changing. The research steps taken include: (1) Identifying the research topic; (2) collecting literature, by identifying relevant sources; (3) literature evaluation, namely carrying out a critical assessment of the literature collected to see the relevance, methodology, and main findings of each source; (4) synthesis of findings, by combining findings from various sources to identify patterns, themes or trends from the literature; (5) interpretation and analysis, namely carrying out in-depth analysis to interpret findings, connect concepts and develop in-depth understanding regarding the research topic; (6) writing research reports which include literature reviews, analysis, research findings and implications.

Results & Discussion

Development of Self-Control from the Perspective of Developmental Theory

In general, self-control or self-control is a person's ability to regulate their emotions, thoughts, and behavior in facing temptations and urges to achieve long-term goals. Self-control is the key to a successful life. The results of research using a longitudinal approach (Roy F. Baumeister & John Tierney, 2012) show that individuals who had low self-control as children were unhappy as adults (sicker, poor, and committing crimes and ending up in prison). On the other hand, those who have successful adulthood, are happy in their family, have good relatives, have a successful career, are healthy, have adequate income, and have the desire to continue to progress are those who have personal qualities that are indicated by intelligence. and high self-control. In explaining how self-control develops, there are various theories in psychology that can be used as a reference.

Theory of Desire and Control (Baumeister, R. F., Vohs, K. D., & Tice, D. M. (2007) views the urge to interact with the ability to control desires. Ego Depletion Theory proposed by Roy Baumeister (1998) this theory states that self-control is limited resources that can be depleted. Delay of Gratification Theory was introduced by Walter Mischel in the 1960s (Mischel, W., Shoda, Y., & Rodriguez, M. I. (1989) which explains self-control as a person's ability to delay gratification for better results. big in the future. The results of Walter Mischel's research through experiments on children aged 4-5 years tested the children's ability to resist eating marshmallows by giving prizes to those who were able to resist, and it turned out that only a few of these children were able to resist. When researched again during adolescence, it turned out that children who were able to delay eating marshmallows were more successful than children who were unable to postpone their desire. Lev Vygotsky's Cognitive Theory believes that every individual learns to regulate themselves by controlling their actions. The main mechanisms of self-regulation are language the zone of proximal development (ZPD) and the amount of learning carried out by students with the right learning conditions (Verenikina, I., 2003). Then James views metacognition and self-regulation as self (Fox, E., & Riconscente, M. (2008). This means that who I am is determined by awareness and the ability to control thoughts.

These various theories show the importance of forming self-control from an early age, and the important role of the environment, especially parents, in cultivating self-control. Two factors influence self-control, namely internal factors including personality, self-confidence, emotions and external factors including the sociocultural environment (Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). The level of self-control influences academics, health, and social relations (Duckworth, A. L., & Seligman, M. E. P., 2005); (Moffitt, T. E., et al, 2011). self will tend to have better self-control, (2) Quality of Parent-Child Relationship: Active involvement of parents in children's daily activities helps improve their self-control abilities, (3) Modeling from Parents: Children learn from other people's behavior their parents who show self-control so that they become positive examples for children. This means that the family is the main key to developing self-control in children because the formation of the ability to control attitudes, behavior and thoughts is related to how the family

shows children that every activity has a purpose. , make rules, and be consistent with those rules. The family's inability to foster self-control will cause problems in the child's subsequent development. Research shows that high self-control scores correlate with academic achievement, good adjustment, less likelihood of experiencing psychopathology, and high self-esteem (June P. Tangney, et al, 2018) Self-control development strategies can be carried out through self-control exercises and through psychological interventions, namely programs or therapy designed to help individuals improve self-control (Muraven, M., Baumeister, R. F., & Tice, D. M. (1999); (Oaten, M., & Cheng, K., 2006). Parents are the people who are most likely to train children to control themselves because training is not possible if it is only done once or twice.

Self-Control Development in an Islamic Perspective

In Islam, self-control or self-control is known as mujahadah an-nafs. Mujahadah comes from the word "juhd" which means serious effort, while "an-nafs" means oneself. So, mujahadah an-nafs can be interpreted as a serious effort to control oneself, especially from desires, emotions, and other things that can lead to bad things. According to Ibnul Qoyyim Al-Jauziyah, the most severe degree of patience is avoiding prohibitions which are generally popular, in this case a person is patient in leaving temporary pleasures in this world for future pleasures in the land of the afterlife (Al-Jauziyah, 2006).

The concept of self-control in Islam has existed since the beginning of this religion. Allah SWT commands humans to control themselves as stated in the QS. An-Nahl verse 91: "And do not follow your desires, because they will lead you astray from the path of Allah."

The main goal of self-control in Islam is to achieve devotion to Allah SWT. People who can control themselves well will find it easier to carry out Allah SWT's commands and stay away from His prohibitions.

Al-Qur'an Verses about Self Control (Mujahadah An-Nafs)

The Qur'an, as a guide to life for Muslims, contains many verses that discuss the importance of self-control or mujahadah an-nafs.

QS. Al-A'raf ayat 199:

"And fulfill Allah's promise and do not break your oath. Indeed, Allah knows what you do."

This verse reminds us to always maintain commitments and control ourselves so as not to break promises, including promises to ourselves to increase self-control.

QS. An-Nahl ayat 91:

"And do not follow your desires, because they will lead you astray from the path of Allah."

Lust often leads people to bad deeds. This verse reminds us not to follow our desires and to always control ourselves by being guided by Islamic values.

QS. Al-Baqarah ayat 153:

"And ask Him for help with patience and prayer. Indeed, prayer is a heavy obligation, except for those who are humble."

Prayer is a form of worship that can help increase self-control. This verse reminds us to be patient and diligent in prayer so that we can calm our souls and control ourselves.

QS. Al-Mujadilah ayat 11:

"Indeed, those who are most entitled to the grace of Allah SWT are those who believe and do good deeds, and who do not do wrong to themselves. These are the people who will enter heaven; they will remain eternal therein."

This verse emphasizes the importance of protecting oneself from disgraceful actions and always doing good. This is a form of self-control that can lead humans to happiness in the afterlife.

QS. Fussilat ayat 30:

"And be patient; indeed, patience is help from Allah SWT, and do not ask for help from other than Him and those who believe."

Patience is one of the keys to achieving self-control. This verse reminds us to always be patient in facing temptations and obstacles and to always ask Allah SWT for help

QS. Al-Qashas ayat 59:

"And do not follow your desires, because they will lead you astray from the path of Allah."

Lust often leads people to bad deeds. This verse reminds us not to follow our desires and to always control ourselves by being guided by Islamic values.

QS. Al-An'am ayat 164:

"Indeed, Satan always invites you to evil and evil."

Satan is humans' biggest enemy in efforts to increase self-control. This verse reminds us to always be alert to Satan's tricks and always try to stay away from despicable actions.

QS. Al-Isra' ayat 36:

"And do not kill yourself. Indeed, Allah SWT is Most Merciful to you."

Suicide is a reprehensible and haram act in Islam. This verse reminds us to always take care of ourselves and not take actions that could endanger ourselves.

QS. Al-Baqarah ayat 186:

"And fight against your desires; indeed, they are the enemies closest to you."

Lust is humans' biggest enemy in efforts to increase self-control. This verse reminds us to always fight against lust and try to control it.

QS. Al-Hujurat ayat 10:

"Believers are brothers. Therefore, make peace between your two brothers and fear Allah SWT so that you may receive mercy."

Maintaining good relationships with fellow humans is a form of self-control. This verse reminds us to always make peace and forgive each other and avoid disputes that can disturb the peace of the soul.

The Process of Developing Self Control According to Islam.

The process of developing self-control or mujahadah an-naafs in Islam is a continuous effort that requires commitment and determination. The following are several steps in the process of developing self-control according to Islam:

Build a Strong Foundation

Building a strong foundation begins with strengthening Faith and Piety as stated in the QS.

Al-Imran 3:139: *"Do not act weak, and do not (also) be sad, even though you are the people of the highest (rank), if you are believers."*

According to Imad Zuhair Hafidz, consoling his friends for the injuries and deaths they received in the Uhud perang: "Do not be weak in fighting your enemies, and doubt Allah's promise to help His religion even though you are defeated, and do not mourn what has been befall you, you will defeat them if you believe in the Messenger of Allah in his promise to you. The first step is to build a strong foundation within yourself, namely by: a) Strengthening your faith and devotion to Allah SWT. This can be done by increasing worship, such as prayer, fasting, zakat and alms: b) Reading more of the Koran and studying its interpretation. The Koran is a life guide for Muslims and contains many verses about self-control; and c) Emulate the Prophet Muhammad and his companions. Rasulullah SAW and his companions are the best examples of self-control.

Get to Know Yourself

Allah says in QS. Al-An`am verse 103

"He cannot be reached by eyesight, whereas He can see everything that is visible; and He is the Most Subtle, the All-Knowing." According to Imad Zuhair Hafidz, Allah does not resemble anything in the universe, so visions in the world cannot encompass Him, because He cannot be encompassed by time and place. As for the afterlife, believers will see their Lord as in the word of Allah:

There are several ways to get to know yourself, including a) Reflecting on your strengths and areas for improvement to gain a clear understanding of yourself; b) Seek feedback from trusted individuals to gain insight into your strengths and weaknesses; and c) Acknowledge your limitations and look for opportunities for personal growth. The next step is to know yourself, namely by: a) Knowing your strengths and weaknesses. Each person has their own advantages and disadvantages. By knowing ourselves, we can more easily control ourselves; b) Understand the triggers of lust. Everyone has their own triggers for doing bad things. By understanding the triggers, we can more easily avoid them; and c) Be aware of the consequences of bad actions. Doing bad deeds will bring negative consequences, both in this world and in the afterlife.

Develop a Strategy

After recognizing yourself, the next step is to develop a strategy to increase self-control, namely by: a) Setting clear goals. What do you want to achieve by increasing self-control? By setting clear goals, you will be more motivated to achieve them; b) Make realistic plans; and c) Seek support from others.

Take Action

After developing a strategy, the next step is to take action, namely by: a) Implementing the strategy that has been created. Be consistent in implementing the strategy that has been created;

b) Practice continuously. Self-control is a skill that needs to be trained continuously; c) Be patient and don't give up easily.

Evaluate and Improve

The final step is to evaluate and improve, namely by: a) Carrying out regular evaluations; b) Improving strategy if necessary; c) Looking for new motivation.

In Islam, the concept of self-control is very emphasized and has many aspects related to ethics, morals, and spirituality. Here are some of the main concepts in Islam related to self-control:

Taqwa (Awareness of Allah)

Taqwa is the main concept in Islam which means awareness and devotion to Allah. Taqwa involves constant awareness of Allah's presence and a commitment to obey His commands and avoid His prohibitions. This includes self-control in all aspects of life. Quran, Surah Al-Baqarah (2:183): "O you who believe, fasting is prescribed for you as it was prescribed for those before you so that you may attain piety."

Patience (Sabar)

Patience means patience and the ability to control oneself in the face of difficulties, trials or temptations. Patience is an important quality that a Muslim must have in living everyday life. Quran, Surah Al-Baqarah (2:153): "O you who believe, make patience and prayer your help, indeed Allah is with the patient."

Ikhlas (Sincerity)

Sincerity means doing everything with sincere intentions only for Allah. Sincerity helps a person to control himself from actions that are not sincere or that aim to get praise from people. Quran, Surah Al-Bayyinah (98:5): "Even though they were only ordered to worship Allah by sincerely obeying Him solely because of (practicing) religion..."

Mujahadah (Efforts Against Yourself)

Mujahadah is a hard effort to fight the desires and negative impulses within oneself. It is a form of personal jihad that focuses on controlling oneself from temptation and sin. Hadith: The Prophet Muhammad SAW said, "A strong person is not good at wrestling, but a strong person can control himself when he is angry."

Salah (Prayer)

Prayer is a very important form of worship in Islam and the main tool for self-control. Prayer reminds Muslims to connect with Allah and maintain self-discipline and purity. Quran, Surah Al-Ankabut (29:45): "Read what has been revealed to you, namely the Book (Al-Quran) and establish prayer. Indeed, prayer prevents evil and evil (deeds)..."

Fasting

Fasting (sawm) in the month of Ramadan is a powerful exercise in self-control. By refraining from eating, drinking and bad behavior during the day, a Muslim learns to control his desires and lusts. Quran, Surah Al-Baqarah (2:183): "O you who believe, fasting is prescribed for you as it was prescribed for those before you so that you may become pious."

The concepts above show how Islam emphasizes the importance of self-control as an integral part of a Muslim's life. Self-control in Islam is not only about refraining from things that are prohibited but also actively doing things that get closer to Allah and living life with full awareness and sincerity.

Impact of Digital Device Misuse

The misuse of digital devices by children can have several negative impacts on their health and development. These impacts include physical, social, emotional, and cognitive problems, as documented in numerous studies.

Health Impact: Prolonged use of digital devices can cause overweight and obesity, disturbed sleep patterns, vision problems, and increased risk of headaches and neck pain (Sadeghi et al., 2019; Ichhpujani et al., 2019; Kadam & Shitre, 2019).

Cognitive and Behavioral Problems: Misuse of digital devices is associated with reduced attention span, delayed language development, reduced learning ability, and behavioral problems such as hyperactivity (Huang, 2023; Bodrožić Selak et al., 2023).

Social and Emotional Effects: Increased screen time can affect children's social interactions and emotional well-being, leading to problems such as depression, anxiety, and decreased executive functioning (Aloufi et al., 2022; Sonnenschein et al., 2023).

Addiction and Dependence: Excessive use of digital devices can lead to addiction, affect children's academic performance, and increase the risk of digital dependence (Schulz van Endert, 2021; Canas-Galvis et al., 2023).

Parental Guidance: Many studies emphasize the importance of parental monitoring and setting limits to reduce these negative effects. Effective strategies include limiting screen time, using parental control apps, and encouraging more physical activity and face-to-face interactions (Tripathi & Mishra, 2022; Nathan et al., 2022).

In conclusion, although digital devices can offer educational and entertainment benefits, their misuse poses significant risks to children's physical health, cognitive development and emotional well-being. Parental involvement and appropriate usage guidelines are critical in mitigating these negative impacts.

Discussion

Based on the research results, there are several things that are the main points, including as explained below.

Strong Religious Education

Strong religious education is the main foundation of Islamic digital parenting. Parents can teach their children Islamic values which will become a moral guide in using the internet. In the journal "Islamic Parenting as a Solution for the Alpha Generation Addicted to Gadgets" (Mardhiyah, 2021), it was stated that religious education helps children distinguish between good and bad in digital content. Good religious education can motivate children to avoid content that conflicts with Islamic values.

Restrictions and Supervision

In the article "Digital Parenting of Children and Adolescents in the Digital Era" (Widiastuti, 2023), it is explained that restrictions and supervision are key in preventing the negative impacts of the internet. Parents can use monitoring software and set rules regarding when and what type of content their children can access. With proper supervision, the risk of children being exposed to inappropriate content can be minimized.

Examples and Examples from Parents

Parents must be role models in the use of technology. According to research "Parenting Skills Training for Guardians of TPQ Al Ikhlas Students in the Digital Era" (Fitriani, 2022), parents who demonstrate wise and productive use of the internet tend to have children who imitate this behavior. For example, using the internet to study or preach can be a positive example for children.

Open Communication

Open communication between parents and children is very important. In the journal "Islamic Religious Education in the Family, Digital Parenting in the Era of Generation Alpha" (Afandi, 2023), it is stated that good communication helps children feel comfortable reporting if they experience problems on the internet. Open discussions about online dangers and how to deal with them can increase children's awareness of the risks involved.

Use of Islamic and Educational Content

Encouraging children to access Islamic and educational content can prevent the negative impacts of the internet. According to the research "The Social Media Use for Digital Natives Parenting Model of Muslim Cleric Families" (Suryadi, 2023), there are many online resources that offer Islamic content that can be used by parents to replace less useful entertainment content. Good content can enrich children's religious and moral knowledge.

Positive Digital Skills Development

In the same article, Suryadi (2023) also emphasizes the importance of teaching children positive digital skills. Parents can guide children in using the internet for productive activities such as studying, searching for useful information, and interacting with positive online communities. This helps children see the internet as a tool for good, not just entertainment.

Increased Awareness of Privacy and Security

Teaching children about the importance of online privacy and security is another important step. According to the journal "Digital Parenting of Children and Adolescents in the Digital Era" (Widiastuti, 2023), children must be taught not to share personal information carelessly and to recognize signs of fraud or cyberbullying. This awareness of privacy and security can prevent children from becoming victims of cybercrime.

Conclusions

Islamic digital parenting combines Islamic values with digital supervision and education to protect children from the negative impacts of the internet. With references from various journals, it is proven that strong religious education, restrictions and supervision, good examples from parents, open communication, use of Islamic and educational content, development of positive digital skills, and increased awareness of privacy and security are the steps effective steps in preventing the negative impact of the internet on children.

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