

Durasi penggunaan media elektronik pada anak tipikal dan autism spectrum disorder serta kontribusinya terhadap fungsi eksekutif =
Duration of electronic media use in typical and autism spectrum disorder children with their contribution to executive function

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Abstrak

Tingginya angka penggunaan media elektronik pada anak tipikal dan autism spectrum disorder (ASD) di Indonesia sudah tergolong pada level mengkhawatirkan. Hal ini berkontribusi terhadap penurunan performa executive function (EF). Meskipun demikian, sejumlah penelitian terkini menemukan hubungan yang positif antara penggunaan media elektronik dan performa EF.

Penelitian ini bertujuan untuk mengetahui kontribusi kondisi perkembangan anak (tipikal dan ASD) dan durasi penggunaan media elektronik terhadap performa EF, dengan sebelumnya melakukan uji regresi antara kondisi perkembangan anak dan durasi penggunaan media elektronik. Partisipan terdiri dari 24 anak tipikal dan 9 anak ASD yang berusia 48-96 bulan dan memiliki tingkat inteligensi 70.

Hasil penelitian menunjukkan bahwa kondisi perkembangan anak yang mengalami gangguan ASD berasosiasi secara signifikan dengan peningkatan durasi penggunaan media elektronik dan penurunan performa EF, namun durasi penggunaan media elektronik tidak berkontribusi dengan performa EF.

Penelitian ini menekankan pentingnya mengatur penggunaan waktu media elektronik pada anak, baik tipikal maupun ASD, untuk mengoptimalkan EF mereka.

.....The high rate of electronic media usage in typical and autism spectrum disorder (ASD) children in Indonesia were highly concerning, which could contribute to the lowering executive function (EF) performance. However, recent studies found positive association between the use of electronic media and childrens EF performance.

This study aims to determine of the contribution of childrens development state (typical and ASD) and duration of electronic media use in childrens EF performance, with prior measurement using regression analysis for childrens development state and their duration of electronic media use. The participants of this study were 24 typical children and 9 children with ASD, which were 48-96 months of age and had IQ score of 70.

The results showed that childrens development state with ASD significantly associated with increasing in duration of electronic media use and decreasing in childrens EF performance. However, the duration of electronic media use was not contributed in childrens EF performance. This study emphasized in the importance of managing the duration of electronic media use in typical and ASD children, to promote optimum EF development.