

CHILDREN AND ADOLESCENTS' USE OF INTERNET: PSYCHOLOGICAL ISSUES AND CHALLENGES

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ABSTRACT

Technological advancement and the Internet are two-edged swords. Children and adolescents across the world have turned to the internet and digital technologies as a result of the pandemic COVID-19. Despite the benefits, technology advancement has a negative impact. There are many factors contributing to the use of internet among children and adolescents as well as the hazards associated with the over-usage of the digital technology. Studies also investigate the psychological effects of internet use on children and adolescents, which include physical, social, cognitive and emotional effects. This paper highlights the discussion of Islam as a way of encountering the issues and challenges faced as a result of the internet usage. Islam recognises the advent of technological tools to facilitate lives and provides general guidelines in using modern technology such as internet. This is paralleled with the role of human as a vicegerent on earth, which calls for good and prevents evil-doing, in which can be materialised by using the internet effectively. The article outlines the concluding remarks.

Keywords: *technology, internet use, children, Islamic view*

INTRODUCTION

The world of technology is constantly evolving. This development has changed the way people send and receive information or communicate with others in general. As computers, the Internet, smartphones, and other earlier electronic media have become more available, society is therefore undergoing a rapid technological revolution. According to the data from Department of Statistics, Malaysia (2021), the percentage of households using the internet in 2020 rose from 90.1% in 2019 to 91.7%. The proportion of households using smartphones and computers also rose to 98.6% and 77.6% respectively in 2020. A report released by the Malaysian Communications and Multimedia Commission 2020 (MCMC, 2020) indicated that the proportion of individuals aged 5-17 using the internet increased significantly from 18.4% in 2016 to 47% in 2020. The internet has become a necessity for everyone for a variety of purposes, including education, communication, work, and entertainment.

The outbreak of COVID 19 pandemic has accelerated the use and popularity of the internet including among children and adolescents. The internet has become a necessity for education, and school-related communication. During the movement control order (MCO) in year 2020, learning was completely transferred online. Thus, there is no doubt that internet is

a requirement for online learning purposes during the outbreak of the disease. Despite the negative impacts of COVID 19 in people's lives, the pandemic is also seen as an agent of transformation and a catalyst for the implementation of comprehensive online learning (e-learning). This is in line with the goal of the Malaysia Government to create a society that is well verse in information technology.

Nevertheless, access to the internet that provides a wide range of content can have both positive and negative impacts. Research provide evidence that relying on technology in all spheres of life including education has led to disruption in individual development, especially among children and adolescents. Even more concerning is the finding from the Internet User Survey, which was released by MCMC 2020, that 56.3% of children use digital devices to browse the internet by themselves without adult supervision. Due to the possible negative impacts of the internet bring to children and adolescent, the use of the internet requires self-control, self-responsibility, and guidance from significant individuals.

The lives of children and adolescents today have been profoundly impacted by the technology advancements. Before the advent of technology, parents, teachers, and local communities tended to handle most of the duties associated with educating, rearing, and instilling moral values in children. In contrast, modern technology now has an impact on our society, and the rise of the internet and social media has sparked a revolution that is transforming how people live their lives (Rezki et al., 2009). Information is readily available today, and even sources of education and amusement are increasingly simple to get. Children and adolescents are not exempt from spending most of their time watching TV, using the internet, playing video games, and other gadget-related activities.

According to a study by Kabali et al. (2015), 96.6 percent of the study samples utilised mobile devices every day while they were just 1 and 2 years old. MCMC (2018) reported that nine out of ten children between the ages of 5 and 17 are internet users, and some of them access the internet nearly every day. Unexpectedly, data showed that infants as young as 25 months are predisposed to screen time. In a study conducted by Birkbeck University, daily touch screen use in infants and early children was examined. The results showed that between the ages of 25 and 36 months, about 92 percent of young children used digital displays daily. Children use the device daily for roughly 25 minutes on average (Cheung et al., 2017).

It is indisputable that using modern resources like the internet may offer a quick, simple, and cost-free social environment for anyone, including children and teenagers. According to Rezki et al. (2009), using the internet is not a passive activity either; rather, it offers young people a place for education by requiring them to actively process all the information they are exposed to. They have a remarkable capacity at this age to assimilate what they learn and incorporate it into their attitudes, actions, and emotions. Therefore, beneficial internet resources or media content are needed as one of the learning mediums for children and adolescents. A study by Hsin, Li and Tsai (2014) showed that media exposure plays a positive role in stimulating child development. Similar findings were found by Higgins, Xiao and Katsipataki (2012) in their meta-analytical study, which discovered that media exposure to children and adolescents facilitate high academic achievement. Based on the discussion, the internet has both positive and negative effects on children's development. It is important to remember that children and adolescents will define the standard of future societies. Therefore, it is imperative to support them in developing positive media relationships. They ought to be capable of accurately evaluating and choosing relevant media information.

Problem Statement

One of the significant discussions in developmental psychology and human development is the use of internet and how it affects our daily lives. Therefore, it is becoming increasingly difficult to ignore the psychological, emotional and social impacts of technological usage in our life

nowadays. Children and adolescents are the population that most widely discussed in the research studies. Recent developments in the psychological and social impacts of children and adolescents' use of internet have heightened the need for a discussion on the effective guidelines to encounter the impacts of technological spill-over effects. So far, however, little is known about how religion, particularly Islam provides a clear guideline in managing our daily lives and to curb the negative effects of using technological tools. Therefore, it indicates a need to understand the Islamic views in this field of study.

The main purpose of this conceptual paper is to review pertinent research that investigate the factors of internet use, the risks and impacts of internet resources among children and adolescents. Islamic views on the use of technology and advent of internet are also discussed. This paper also outlines important discussion on the guidelines of internet use according to Islamic views. Concluding remark on the discussion of internet use among children and adolescents are also presented.

LITERATURE REVIEW

The following section reviews relevant literature on the factors of children and adolescents' exposure to and the risks associated with the usage of the internet. The review also discusses the psychological impacts of exposure to the internet as well as how Islam explains the use of technology. Several guidelines of using technology are supplemented in the review of relevant literature.

Factors of children and adolescents exposed to the internet

While the original purpose of gadgets was to allow communication and the spread of information, today's devices, and applications, along with the expansion of internet access, serve a variety of other purposes. Technological advancements and improvements have significantly altered young people's lifestyles. Thirty years ago, most children enjoyed spending time outdoors and engaging in physical activity with their friends. This way of life enhances young children's and adolescents' imagination and creative inventions, which were inspired by their desire to play, experiment, observe, and inadvertently foster their social and emotional development (Peng Chew Fong & Mohd Fikri, 2020). Today, however, they are raised in a technologically advanced environment and spend most of their time in front of screens, whether on computers or smartphones.

In addition to the technological advancements that have been mentioned, children also spend less time with their families (Wan Anita & Azizah, 2013). Families are crucial in promoting the social and emotional growth of children and adolescents. When a family invests time, effort, and loving care in a child's development, such as reading to them, playing with them, and having meaningful conversations, the most positive social and emotional progress can be noticed. Unfortunately, due to the high cost of living that requires both parents to work, most children nowadays do not have the opportunity to have such experience. As a result, having free time with children is considered scarce. Additionally, in keeping with the trend of modernization, parents place an increased emphasis on academic success, leaving little time for play or enjoyment for the children. In the meantime, parents are now required to make sure their children are at home due to the rising crime rate in society. Without parental supervision, children are not allowed to go outside and play with their friends.

The COVID-19 pandemic, which has affected the entire world, has also increased the use of technology, particularly among Malaysian children and adolescents. People are unable to socialise because of the MCO's implementation, which has forced them to spend all their time at home (Sood, 2020). Because of this, people found that technological device to be of great convenience, especially during the MCO period. In addition, the implementation of the

MCO which has resulted to the closure of schools and the replacement of classroom instruction with online learning has created spaces for children to be exposed to a variety of media sources. Thus, children spend most of their daily time in front of the screens and is no longer free to play with friends outside the home. Parents frequently allow their children to use technology to occupy their time when they are bored. This happens because the parents themselves have limited room and time to care for the children, given that this pandemic also has a significant impact on the lives of the parents (Dullabib et al. 2018). These circumstances have left children with no other options than to spend time watching television, playing video games, surfing the internet and so on.

In sum, internet has become a very important tool in our daily lives. It is not only beneficial for communication, social interaction, entertainment and managing daily transactions. It has now become a crucial tool for education among children and adolescents. Nevertheless, this group of population are exposed to risks of the internet resources and negative repercussions of internet usage and technological tools

Risks of the internet resources to children

The use of internet has led to a radical change in terms of communication, availability of knowledge as well as social interaction. However, as with all major technological changes, children and adolescent may be more likely than adult to encounter the following risks in terms of the content, contact and conduct (3 C's).

Content

Content risk refers to user exposure to potentially harmful content. Media content that disseminates violence, misunderstandings of sexuality, pornography and other negative sources indirectly interfere with the development of children and adolescents. The misbehaviour and maladjusted personality are the result of misconceptions of the content. Children and adolescents' violent behaviour increased because of exposure to sources of violence (Azizi, Gooch & Halimah, 2014). They then adapt this aggressive behaviour to the context of social relationships in their lives.

Other studies have identified other negative effects, such as gadget addiction (Danil & Suzyani, 2021), psychosocial decline (Wayan & Nyoman, 2019), and various other behavioural problems. Orestes (2002) argues that the content of aggression in the media is a serious issue that threatens people's well-being. The media has widely disseminated many misunderstandings about the effects of sex, pornography, porno action, extreme violence, and cultural & religious deviations. Dullabib et al. (2018) revealed that 12 percent of all websites on the Internet have pornographic content. This figure exceeds the number of social media or educational websites. The impact of this damaging online resource has the potential to destroy social morality. As a result of the harmful content, according to a study by Abdul (2016), 20 percent of adolescents were involved in adultery, 24 percent in pornography and pornographic actions, 21 percent in premarital sex and 35 percent in juvenile cases. Furthermore, there is a wealth of open content on social media that promotes negative ways of thinking and communicating.

Contact

The risk of contact refers to the user's activities and communication with known or unknown individuals who pose potential threats. Children and adolescents may be exposed to unsafe communication such as conversations with strangers, sexually oriented adults or acquaintances which can lead to unhealthy and dangerous behaviours. There are various dangers hiding online that affect minors in various ways. Popular social networking sites are used by young people to stay in touch with friends and meet new people. However, adult internet predators commonly

seek to engage with youngsters on websites geared towards children and young people. This can lead to real-life contacts, such as sexual grooming, in the most serious situations.

Annette Van et al. (2012) discovered in a longitudinal study of 1796 adolescents that 17% of them had real life encounters with online contacts and approximately 30% of their parents were unaware of it. Meanwhile, Livingstone et al. (2011) found that 30% of 9–16-year-olds met someone in real life after initial online meetings. Commonly, sexual predators deploy deceitful strategies to lure their victims into meeting in person. Whereas Thorn (2021) found two-thirds of minors reported being asked by someone they met online to switch from a public forum on a different platform.

Conduct

The term “conduct” risk refers to the child actions that lead to dangerous content or content. Examples of the conduct risks include cyberbullying, misusing people’s passwords and impersonating people online, making unauthorised purchases using other people’s financial details, engaging in illegal activity such as downloading or hacking, and also creating content that reveals information about other people.

Cyberbullying is a risky behaviour that is always associated with children and adolescents (Anderson et al. 2017). Cyberbullying is defined as a communication practice that aims to threaten, harass or continuously insult people or groups using electronic media such as social media sites, smartphones, e-mails, text messages, chats or games on the internet through individuals or groups. The symptoms of bullying create negative impression on the victim. In fact, cyberbullies are found to be more violent than physical bullies because they may conceal their identity.

Aside from that, social media conduct is common among today’s youngsters. It also considered as an act in which an individual or a group of individuals uses information technology resources for negative purposes that may cause harm to oneself, the community or the dignity of the country, such as defamation and destruction (Ika Destiana et.al, 2013). Teenagers today spend more time with social media applications causing them to express everything they think in social media such as insulting and cursing the government and raising racial or racist hatred.

In a nutshell, the central issue pertaining the risks of internet resources include the content, contact and conduct. Children and adolescents are at risk of exposing themselves to the explicit contents that appear in their screen without their ability to control such information. In fact, the contacts that they established on the internet may also provide an opportunity to perpetrators to take advantage of their limited level of maturity. Besides, children and adolescents are also at risk of demoralising their values and dignity when they use the internet without supervision.

Impacts of internet use on children

The use of internet through technological gadget among children and adolescents are inevitable in this current era. Many effects have been uncovered by research in the educational and psychological studies. Current study has shown both positive and negative consequences of internet use among children and adolescents. This section highlights the psychological effects of internet use on children, which include physical, social and emotional and cognitive effects.

Physical

Excessive internet usage has a harmful impact on the physical development of children and adolescents. Among the issues that are often discussed by health experts around the world is related to obesity among children and adolescents. Hidayatul Akmal (2014) highlighted that the internet use is adding to the problem of obesity since it replaces physical activity in children

and adolescents. According to Norruzeyati et al. (2021), obesity in children and adolescents is caused by a lack of physical and cardio activities performed while using gadgets or other electronic media. Children and adolescents are also more likely to be unproductive, preferring to sit and lie down for extended period while using their electronic devices.

Hence, children and adolescents cannot burn calories in their bodies due to the amount of time they spend on electronic media. Indeed, media programming not only contribute to physical inactivity, but commercials and other programs encourage them to eat more, which then leads to higher energy consumption through snacking and eating meals in front of the screen. Aside from obesity, calories accumulated in the body may lead to the development of other health issues such as the risk of heart attack, hypertension, unstable blood pressure problems and diabetes.

The use of modern technology devices has also been shown to have a negative impact on the development of motor nerves in children. Too much time spent on touching a tablet, phone, or gadget screen may impede the development of children's fine motor skills. Shima Dyana and Siti Marziah (2018) claim that excessive use of wireless devices might paralyse children's immune systems owing to high radiation exposure. In fact, gadgets can potentially cause spinal problems for users who like to play video games. This, in turn, has an impact on children physical development as they get older.

Children and adolescents' sleep patterns can also be disrupted by careless use of modern devices by spending time on the Internet and social media. Children need at least 12 hours of sleep every day to ensure that they grow up healthy, whereas adolescents require at least 8 hours a day (Santrock, 2020). Nevertheless, with internet addiction, children and adolescents are overly preoccupied with the devices, missing out on sleep. Karow (2014) discovered that 75% of children aged 9-10 lack sleep as a result of media usage activities in his study. Sleep deprivation can impede a child's growth and their physical development as they enter adolescence. Furthermore, when exposed to a screen for lengthy period, technological gadget applications are reported to endanger eye health. Eye fatigue includes symptoms such as eye discomfort, blurred vision, headache, tears, dryness, redness, difficulty to concentrate. Besides, neck and shoulder pain are also known as signs of eye tiredness (Rosenfield, 2011).

Social

Individuals' lives are enriched through social connection. Interaction is important as a means of communication and information exchange with others, as well as a vehicle for the socialisation and education process that children and adolescents go through until they achieve adulthood. Through their interactions with caregivers, other adults, and peers, children and adolescents acquire communication and social skills. As a result, children require face-to-face interaction in order to comprehend and use verbal and nonverbal communication, develop empathy, learn turn-taking, and other social skills.

According to Shima Dyana & Siti Marziah (2018), one of the downsides of information technology for children and adolescents is that it prevents human relationships and produces a lack of contact with others around them. Children and teens who are preoccupied with the internet, gadgets, and other contemporary technology sources are less likely to connect with others. Increased technology usage has the potential to create social detachment in both young and older children, which can have a negative influence on the development of social and relational skills.

An interesting study by Al Mazmi, Aslam and Rajan (2013) revealed that excessive internet use result in lack of communication skill. This contributed to the inability to understand body language. This is also supported by Small and Vorgan (2008) who stated that children who spend too much time with technology lose interaction and interfere with developing communication abilities. This is because children and teenagers spend time alone with cutting-

edge technology without the engagement of others. As a result, their ability to communicate and socialize with others around them become severely hampered. Nevertheless, communication skills are essential for children and adolescents to acquire social skills including observing, listening, and conversing with others.

Moreover, the influence of modern technology among children and adolescents also has a damaging impact on their communication and social ties with their parents. Previously, parent-child interaction took place face-to-face, but current technology's many communication channels have taken over the pattern of interaction among family members. Children and adolescents today talk less with their parents and elders because they are too preoccupied with surfing the internet, playing video games and other activities. They are also more at ease communicating with their parents through modern technology.

The rapid advancement of current communication technology communication has widened the interaction gap between children and teenagers and their parents, resulting in less stimulation of discussion between adults and youngsters. This is in contrast to established conventions about family values since technological engagement cannot simply replace human interaction. This statement coincides with Mariani's (2011) study, which discovered that a prolonged focus on the Internet leads to children preferring to being alone. Children who are accustomed to playing alone with current technological tools and who are less exposed to social interaction in our culture may struggle with speaking.

Cognitive

The intellectual level of children and adolescents will determine the success of a nation in the future. A country that inherits a young generation with low education will face problems in developing the country in the eyes of the world. Thus, many studies have been carried out over time to examine the extent to which the use of modern technology factors such as social media, gadgets and so on affect the decline in academic achievement of today's students. According to Ramírez et al. (2021), today's students prefer to spend hours with the screen and if it is not well controlled it will be a major issue for the educational system.

However, it is very unfortunate when school students who should be in school to learn are willing to skip class solely for digital activities such as video games. They will miss lessons if they do not attend school, and their academic performance will suffer as a result. This demonstrates how inappropriate use of modern technology such as the internet may have impact on the school students' academic achievement. According to Christakis (2011), at the age of 0-2 years, the size of the child's brain will grow three times and continue to expand until the age of 21 years. The brain develops very rapidly in the first 5 years of a child's life. The quantity of input from the environment influences brain development in its early stages. Excessive exposure to modern technology, such as mobile phones, the internet, television, or the iPad, on the other hand, has a detrimental impact on a child's brain stimulation.

Small (2008) discovered that stimulation to the growing brain is directly associated to a loss of function and attention in accomplishing anything, cognitive sluggishness, decreased learning, increased emotional behaviour, and a lack of self-regulation capacity. As a result, children's exposure to modern technology interferes with brain development and growth, disrupting their scholastic development. In fact, Singman's (2012) study discovered that excessive exposure to the screen of gadget equipment might cause mental health disturbance since youngsters are more vulnerable to different agents than adults owing to their developing brains and immune systems.

Emotion

Internet use by children and adolescents has been shown to be associated with emotional problems. Children who spend most of their time in the virtual world are gradually falling out

of the real world. They soon began to rely on the Internet to feel optimistic, accepting and hearing. And when they can't get online, they start experiencing anxiety, sadness and depression. In addition, other effects of excessive internet use are increasing the feeling of loneliness. Children and adolescents who often spend their time in the virtual world can feel isolated and have no one to communicate with in real life. This can worsen existing emotional problems such as depression and anxiety.

Excessive internet use can also affect an individual's social relationships. Relying too much on internet can isolate a person from the world around them and make them less able to communicate with others. This can exacerbate emotional problems such as feelings of isolation and insecurity. According to Panger (2017), emotions expressed by individuals in social media, the way they express their emotion on social media, and emotional experiences while browsing social media affect individual emotions. Likewise, unbalanced internet use can cause anxiety and stress. Reading too much news and seeing negative things can lead to anxiety and stress. Also, too much comparing self to others through media social can create dissatisfaction and reduce self-confidence.

Therefore, it is important for children and adolescents to find fun physical activities, balancing time between the virtual world and the real world. Healthy internet use helps to reduce the negative impact on a person's emotions and improve their quality of life.

To conclude, internet usage among children and adolescents can give negative impacts in terms of physical, social, cognitive and emotional domains. Physically, when children and adolescents spent most of their times with gadget, they become sluggish, inactive and poor dietary intake. They also have less time interacting with other humans through face-face contact and therefore lack communication and social skills. Although internet use help to increase knowledge and information with a tip of finger, it also brings deterioration in terms of critical thinking and problem-solving skills. Children and adolescents who are addicted to the use of internet have problems with managing their emotions and regulating their behaviours.

Islamic perspectives on modern technology: internet

The internet is a technology of network for building interpersonal ties as well as a tool for transmitting information to users. Furthermore, with the advancement of technology and the ease of access to the internet, society now has more options to learn about religion. Despite the benefits of the medium, its usage might lead to neglect and complacency in performing acts of worship. In relation to this, the internet may lead us astray. Many studies currently show that the percentage of teenage behavioural issues is growing because of social media (Mayara et al. 2018).

Therefore, Islam places great emphasis on knowledge and belief in ourselves so that we do not easily fall into elements that can damage our faith and piety to Allah. In the hadith of the Prophet Muhammad S.A.W, "Whoever follows a path to seek knowledge, Allah will make the path to Jannah (Paradise) easy for them" [Sahih Muslim 2699; Sunan Tirmidhi 2945]. In addition, in other hadith as narrated by Muslim, "When the human being dies, his deeds end except for three: ongoing charity, beneficial knowledge, or a righteous child who prays for him" [HR. Muslim 1631]. Both hadith implies that there is nothing wrong with using the internet to understand the world and the afterlife. However, the users need to be mindful in the conduct of using technology by following some suggestions based on Islamic views.

The guidelines of internet use according to Islamic views

This section focuses more on the guidelines in using modern technology such as internet. Consistent with the role of human as a vicegerent on earth, which calls for good and prevents evil, the internet is a highly effective medium of use. There are certain ways or ethics that we must follow.

Avoid any lies

Internet users should avoid telling lies. Lying means putting fraudulent or misleading content and information on websites, blogs and so on. For example, while blogging, an individual may provide inaccurate and ambiguous information. As a result, lies will be widely spread due to previous authors' doing. The users must critically think about the information that they have received instead of accepting all the information. Similarly, users should not venture into things without knowing the right source. This is in line with the Quranic verses of Al-Isra verse 3: "Do not follow what you have no 'sure' knowledge of. Indeed, all will be called to account for 'their' hearing, sight, and intellect." We must diligently investigate any information that we have received in terms of its truthfulness and integrity as ordained by Allah.

Use for good purposes

Technological progress and religion go together and interrelated. In fact, Islam has never opposed the existence of technology. However, some ethical guidelines must be upheld. Islam has established its own liturgical and moral norms when it applies technology to life, which existed a century ago. Muslims need to be more careful about inputs and resources placed on the Internet because it affects their piety towards Allah. The existence of Islamic websites and portals is now a new bright spot that is expected to inspire Muslims to free themselves from ignorance and mistakes in the use of technologies. Taking the advantage of the technological advancement, Islam now has a new method of preaching. Technology and the internet should be accepted as new platforms for the spreading the good message of Islam.

No display of pornographic materials

The era of internet sophistication reveals another bitter challenge which is the attack of pornographic materials through the web. Now hundreds of thousands of websites are ready to reveal pornographic images that can damage the thinking of Muslims in particular. The teaching of Islam requires the worshippers, both man and women to be modest and to cover their private parts. As Allah says in Al-A'raf verse 26, "Children of Adam! Indeed, We have sent down to you a garment which covers your shame and provides protection and adornment. But the finest of all is the garment of piety. That is one of the signs of Allah so that they may take heed". This command of God is to protect the welfare of mankind by being modest and protecting their dignity through the materials they shared on the internet.

Do not comment on rumours

Spreading rumours is prohibited in Islam. This is a method often used by enemies of the state and traitors of the nation. The enemies spread fake news or distort information of unknown origin, making it difficult to distinguish between true and false. In fact, they add additional information in the form of pictures or videos and making it part of the original information. Hence, the tactics have made it difficult for readers to distinguish between correct and incorrect information. Similarly, users of internet need to prevent ourselves from satirizing and insulting others in the form of pictures or comments, since respect for others is an obligation of shariah and morality.

Mindful of the internet usage

Internet users should be mindful of the time they spent on the virtual world. Browsing websites, Facebook, Twitter and blogs, leads users to neglect other worshiping activities. Most often, the users missed the sweetness of reciting the Quran and *zikrullah*, especially for young people. Online games are enough to be an excuse for them to delay prayer. The words of God in Surah Al-Mukminun verses 1-3 which mean: "Successful indeed are the believers, those who humble themselves in prayer, those who avoid idle talk". In addition, the internet causes people to feel

complacent about time but we should allocate our time wisely. As Allah said in Surah Al-Asr, in which the verse indicates that “God swears by time that man will not escape from shortcomings in his behaviours and circumstances, except for those who truly believe and do righteous deeds, advise each other, hold fast to the truth that contains all goodness, and advise each other to be patient in carrying out what is ordered to them and in avoiding all prohibitions”. Being mindful for the time spent on the internet is an important element so that the true purpose of being a vicegerent can be practiced.

Islam has outlined a comprehensive guideline in managing the use of technological tools. Islam does not prevent modernization and technological advancement, but the religion encourages the man as vicegerent of Allah on earth to be responsible and accountable to their actions. Islam emphasized that technological tools need to be used not for individual interest, but for the betterment of ummah so that we can use internet wisely based on the guidelines provided by Islam.

CONCLUSION

In conclusion, the world of technology is always changing. This advancement has altered how individuals give and receive information, as well as how they communicate with others in general. The global COVID-19 epidemic has also increased the use of technology, notably among Malaysian children and adolescents. The usage of internet has resulted in a drastic shift in communication, knowledge availability and social interaction. However, like with other big technology developments, children and adolescent may be more vulnerable than adult to hazards associated with content, contact and conduct. Children will endure psychological repercussions of internet use, if they are not supervised and monitored, including physical, social, cognitive, emotional and effects. Islam puts great emphasis on knowledge and belief in oneself so that we do not easily fall into elements that can harm our faith and piety to Allah. As a result, there are guidelines that Islam focuses on when using modern technology such as the internet to carry out the responsibilities of Allah’s vicegerent on earth.

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