

# The Impact of Techno-Parenting on the Sleep Quality of Early Childhood Students at Hajar Aswad Kindergarten, Antang, Makassar

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## ABSTRACT

This study discusses the description of technoparenting for children's sleep quality, knowing the quality of children's sleep that affects children's sleep and knowing the impact of technoparenting on children's sleep quality at Hajar Aswad Makkio Baji Antang Makassar Kindergarten. This research is qualitative descriptive with an approach in the form of a case study. The data source in this study is the parents of 8 children and secondary data obtained from documentation, journals and other research. The data collection methods used in the study are observation methods, interview methods and documentation. Data processing and data analysis techniques are by using data reduction, data presentation and drawing conclusions. The results of the study showed that the 8 families in the kindergarten had different patterns of technoparenting. Parental technology in providing a duration of using gadgets with less than 1 hour, most children have good sleep quality, and vice versa. The impact of technoparenting on children's sleep quality is that it has a negative effect on children's mood and behavior, and in some cases, hidden sleep disorders can appear as symptoms of mental health problems. Children with adequate sleep show a positive mood, are active, able to concentrate, have a good appetite, and are ready for physical activity, while children with poor sleep tend to exhibit the opposite behavior. The implication of this study for parents and researchers is to pay more attention and supervise children in the use of gadgets on a daily basis, because the existence of gadgets will have a lot of impact on children, both positive and negative impacts. For researchers, it is hoped that they can deepen and conduct research related to technoparenting in early childhood care.

**Keywords:** Teknoparenting, Gawai, Kualitas Tidur Teknoparenting, Gawai, Kualitas Tidur

## 1). INTRODUCTION

In the era of society 5.0 that continues to develop, extraordinary technological developments are also increasingly advanced and cannot be separated from daily life. Current technological developments have an indirect impact on society, especially for the elderly. During this time, technology and information have developed rapidly, affecting the way parents think about raising their children. This encourages parents to be more creative in managing information to be able to educate their children and keep up with the speed of technology in this era of society 5.0, with this

parents unconsciously using a lot of technological resources or gadgets to educate and nurture their children.

Today's families, especially parents, have an indifferent attitude in raising children, most parents prioritize careers, resulting in children not getting love from the family, especially fathers and mothers. Parents are often stuck in a busy and continuous work schedule. In an effort to balance professional demands and parental responsibilities, they may find it tempting to give gadgets to children as a way to keep them calm and entertained. When busy working, gadgets are often considered an instant solution that provides an opportunity for parents to complete their important tasks without distractions. However, the use of gadgets as a substitute for attention and direct interaction can result in unintended long-term impacts on children's social, emotional, and health development. Such parental behavior is an inappropriate parenting style, this parenting style is called technoparenting.

The results of Suryameng's research, (2019) show that 98% of children use electronic products from 2,714 parents, so the number of families who provide electronic products to children aged 3-8 years is around 2,660. Children use electronic devices very often and the impact is huge. With the results of the study, it gives an ultimatum to parents that digital devices in children will have impacts on children, both positive and negative impacts because it is undeniable that today's children's lives have been dominated by the use of gadgets.

One of the parenting styles that is widely applied in the digital era is the technology parenting style or commonly called technoparenting. Technoparenting is a phenomenon that is increasingly popular in today's digital era. Parents often use technology such as gadgets, computers, and the internet to help in educating their children. However, the use of technology in children's education also has several risks such as gadget addiction and exposure to negative information.

As a result of the use of gadgets, the quality of children's sleep is lacking. One of the basic human needs is sleep, which functions to restore the state of the body. Since children are in a phase of growth and development, adequate and high-quality sleep can improve quality of life, memory, enthusiasm for learning, concentration, and behavior. According to Rugaiyah, (2019) quoted from the Director of The Atlanta School of Sleep Medicine and Tecnology explained that the use of gadgets, computers, televisions, and video games consumes a lot of rest time for adolescents and

children. A study found that one-third of American adults sleep less than 7 hours a day, which leads to serious health problems. The characteristics of children who experience disturbances in their sleep are, children are not fresh when they wake up, children's mood is not good, children have difficulty maintaining focus and concentration.

Based on initial observations and interviews conducted on Wednesday, July 19, 2023 at BTN Makkio Baji RW 05 RT 02 Antang Makassar Housing, interviews were conducted with the chairman of RT 02, noting that there were 236 residents. There were 109 male residents and 127 female residents. With a total of 236 residents, there are 73 families in BTN Makkio Baji RT 02. There are 17 families with children aged 4-6 years, with the dominance of parental work in the form of Civil Servants (PNS) and Self-Employed.

The results of the interview were obtained that there was the use of gadgets among children, this was due to the parenting style of parents. Parents who have a busy schedule such as working all day, so they have little time for their children, and give their children gadgets to relieve boredom and as a means of communication to parents. By giving children gadgets, children will be able to unknowingly interfere with their sleep time and quality. Thus, considering that the role of parents greatly affects the quality of children's sleep, researchers are interested in conducting research.

Based on the background of the above problem, the formulation of the problem in this study is that there are children in Hajar Aswad Antang Kindergarten Makassar who have poor sleep quality. The purpose of this study is to find out the picture of technoparenting for children's sleep quality, to find out the quality of children's sleep that affects children's sleep and to find out the impact of technoparenting on children's sleep quality in Hajar Aswad Makkio Baji Antang Makassar Kindergarten.

## **2) METHODS**

Qualitative research has an important role in implementation research because it can contribute to answering complex questions around the success or failure of best practice implementation efforts, as well as understanding patient and provider experiences and decision-making processes (Hamiltona & Finley, 2019). This research is a qualitative research, where the type of research used is descriptive with an approach in the form of a case study.

The data source in this study is primary data, which is data obtained directly from the parents of 8 children , the types of data are divided into two, namely primary data and secondary data. Primary

data refers to primary data obtained directly from the research subject or original source. Secondary data are data that are not obtained directly from the research subject or the original source used in the research. This secondary data plays an additional role and supports primary data, secondary data is additional data obtained from documentation, journals and other research.

This data collection method aims to obtain the materials, information, and information needed in the study. In this study, the researcher collected data in the environment. The data source of this research comes from primary data and multiple data with techniques, namely: first, interviews. Interviews were used to collect data on technoparenting and about the quality of children's sleep. Interviews are used with a structured interview method. In a structured interview, the researcher prepares question data that is in accordance with the context in which it is asked and asked to the data source, in this case the student's parents. This interview method is used to answer questions from the formulation of the problem. Second, documentation. Documentation is a way of collecting data through taking pictures and videos. This documentation will be carried out at the time of the interview with the data source. Third, observation. Observation is an activity to make direct observations to the object to be studied, namely related students to see closely the activities or events that occurred at that time. This observation is used to answer the formulation of the second problem.

The analysis and processing techniques in this study are: (1) Data reduction is a stage in written field recording that involves the selection, simplification, and transformation of raw data collected during field research. Through data reduction, important information that occurs in the field is compiled in a concise manner. Therefore, the reduced data provides a more focused picture and makes it easier for researchers to collect additional data or search for information needed at a given time; (2) Data display is the preparation of data that allows the making of conclusions and the implementation of actions. After the data reduction stage, the next step is to use the reduction model to analyze the data. In the context of qualitative research, the presentation of data through narrative text is a commonly used method. By utilizing the data display, it will be easier to understand the events that occur and plan the next steps; (3) drawing conclusions. Data analysis involves drawing conclusions and verifying. The initial conclusions made at the initial stage are provisional and subject to change if there is no strong evidence to support them during the next

stage of data collection. However, if the conclusions made at the initial stage are supported by valid and consistent evidence when the researcher returns to the field to collect data, then the initial conclusion will still be valid. Data processing and data analysis techniques are by using data reduction, data presentation (display) and extraction. The data used is triangulation testing. Triangulation is testing the validity of data with various sources, methods, and various times. Thus there is a triangular source of method, and time.

### **3) RESULTS AND DISCUSSION**

#### **Overview of Technoparenting for Early Childhood Sleep Quality at Hajar Aswad Antang Kindergarten Makassar**

The description of technoparenting in Hajar Aswad Kindergarten shows that the use of technology by parents in the care and education of early childhood children has an effect on their sleep quality. At Hajar Aswad Kindergarten, technoparenting includes a variety of practices, including the use of electronic devices for educational and bedtime entertainment purposes. Some parents report that unsupervised use of technology can disrupt children's sleep routines, cause sleep difficulties, and reduce the duration and quality of children's sleep.

Observations and interviews at Hajar Aswad Kindergarten showed that children who were exposed to electronic devices without time restrictions tended to have more sleep problems compared to children whose use of technology was well supervised and regulated. Therefore, it is important for parents to apply technoparenting wisely, limit the time spent on electronic devices, and ensure appropriate content to improve the quality of their children's sleep.

Based on the results of interviews conducted by researchers from May 6, 2024 to May 11, 2024 to 8 families at Hajar Aswad Antang Kindergarten in Makassar, the researcher found that 8 families used technoparenting parenting but in different ways. The results of the interview showed that most parents gave the duration of gadget use to their children, data was obtained that children only used gadgets for a short time because most parents applied a disciplined parenting style by setting certain time limits in the use of gadgets. In addition, it was also found that children still have real games and are often invited to play with their friends. Therefore, children do not use gadgets very often. This was conveyed by parents through an interview with the following statement.

“Kalau Dirga itu tidak ada HPnya, jadi kalau mau main HP biasanya pinjam dulu Hpku, dan biasanya Dirga itu main HP cuman 2-3 Jam dalam sehari. Karna di rumah juga itu pakai

WIFI jadi klu terlalu lamami main HP, di matikan WiFinya, supaya dia tidak main lagi (Sukmawati, 2024)”.

The opinions of Mikaila's parents interviewed also stated the same as follows.

”Kalau ananda Mikaila itu tidak ada HP milik sendirinya, jadi kalau mau main HP harus pinjam dulu. Dalam sehari itu saya batasi main HP cuman boleh 1 jam (Pramita, 2024)”.

The opinions of the third parents interviewed said almost the same thing.

”Alwi tidak ada HPnya, HPnya mamanya biasa dia pake. Kalau waktunya juga itu dibatasi setengah jam ji satu hari (Jam’an, 2024)”.

And 3 other parents also said the same thing regarding the provision of gadgets to children and the limited time. However, some parents also free their children in the use of gadgets in the sense that they do not give their children time limits.

”Kalau Arfan itu ada HPnya sendiri, kalau main HP juga sebagai selingan dan tidak di batasi waktunya (Mania, 2024)”.

The second opinion from Ananda Aditia's parents is almost the same as what was stated before, namely,

”Aditia ada HPnya sendiri, tpi kalau main HP itu tidak terlalu lamaji, sebagai selingan, kalau lamami di liat main HP biasanya di ambilmi Hpnya (Hastura, 2024)”.

Azika's parents expressed different opinions as follows,

”Kalau Azika itu tidak ada HPnya tapi kalau main HP itu biasanya waktunya tidak menentu dalam sehari kadang lama kadang juga cepatji (Aziz, 2024)”.

In addition, it was also found that children still have real games and are often invited to play with their friends. Therefore, children do not use gadgets very often. This was conveyed by parents through interviews with the following statements:

”Iye, anak-anak itu biasanya tetapji juga main sama teman-temannya kalau sore atau siang, jadi biasa na lupa juga HPnya. Kalau sore itu biasanya main bolami sama teman-temannya dilapangan (Sukmawati, 2024)”.

The results of this study are different from the research of Keswara, U. R., Syuhada, N., & Wahyudi, (2019) entitled "The Relationship between Gadget Use Behavior and Sleep Quality in Adolescents" which stated that of the 119 respondents studied, as many as 68 respondents (57.1%) showed bad behavior in using gadgets. This is due to the influence of gadgets on every aspect of respondents' lives, where in their teens they began to be trusted to own their own gadgets and most

of them have experienced dependence on gadgets. This dependence continues to increase in adolescents, thus interfering with the planning of activities that should be carried out.

The use of gadgets can have a positive or negative impact, depending on how we use them. However, if the duration of gadget use exceeds reasonable limits, this can cause many negative impacts on the body and give rise to signs of gadget addiction. Based on the results of research at Hajar Aswad Antang Kindergarten Makassar, it is known that most children have poor sleep quality. Parents answer that children sometimes wake up in the early hours of the morning because they have poor sleep due to sleepiness or nightmares. Based on the results of the study, it was shown that *technoparenting* parents who provided a duration of using gadgets with less than 1 hour, most of them had good sleep quality. Meanwhile, *technoparenting* that provides a duration of use above 1 hour, most of them have poor sleep quality. This affects the quality of sleep in children.

Researchers assume that poor sleep quality is caused by health and environmental problems. The results of this study are consistent with Rugaiyah's research, (2019) entitled "The Relationship between Gadget Use Behavior and Sleep Quality in Adolescents of SMA Negeri 21 Makassar" revealed that of the 194 respondents studied, 127 respondents (65.5%) had poor sleep quality, while 67 other respondents had good sleep quality. And in line with the research of Dewi Setia Ningsih, (2020) entitled "Factors that affect sleep quality in adolescents at SMKN 7 Pekanbaru" stated that sleep quality can be affected by a person's lifestyle and also the environment they live in.

This can interfere with the sleep quality of the individual concerned. Gadget addiction behavior also causes a person to become very focused on gadgets, so that the time that should be used for sleep is actually used to play with gadgets. As a result, individuals lose time that would otherwise be spent sleeping and resting.

The data obtained showed that children only used gadgets for a short time because most parents applied disciplined technology by limiting the time spent on gadgets. In addition, it was also found that children still have real games and are often invited to play with their friends, so they do not use gadgets too often. However, if children have reached a high level of gadget addiction, they will have a strong attachment to gadgets and experience social problems such as becoming more withdrawn, difficulties in daily activities due to blurred vision, headaches, aches, and sleep disturbances. Children also become more passive in interacting with others.

This can interfere with the sleep quality of the individual concerned. Gadget addiction behavior also causes a person to become very focused on gadgets, so that the time that should be used for sleep is actually used to play with gadgets. As a result, individuals lose time that would otherwise be spent sleeping and resting. *Technoparenting* in educating children plays a big role in the quality of children's sleep, parents should limit the use of children's gadgets so that they are not too excessive so that they cause addiction, as well as the negative impact of the use of gadgets that can affect the quality of children's sleep

### **Children's Sleep Quality Affects Early Childhood Sleep at Hajar Aswad Antang Kindergarten Makassar**

Sleep quality affects sleep in early childhood, in line with what was stated by (Jauhari, 2020) that humans need rest to enter the restoration or recovery phase. The goal is to maintain the freshness and health of the body according to their respective capacities. If these needs are inhibited or not met, it can cause a decrease in energy and endurance, such as fatigue, discomfort, physical discomfort, decreased psychomotor performance, emotional disorders, difficulty concentrating, and so on.

Based on the results of research at Hajar Aswad Antang Kindergarten Makassar, it is known that most children have poor sleep quality. Parents answered that children sometimes wake up in the early hours of the morning because they experience poor sleep due to sleepiness or nightmares. On average, children go to bed at 10 p.m. and wake up at 6 a.m. According to Shahibatul Hablaini, (2020) stated that poor quality sleep can cause physiological and psychological balance disturbances. Various sleep habits and disorders, such as the habit of watching television before bed and the use of gadgets by children before bedtime, can hinder the need for sleep. Social interaction and individual temperament characteristics also play an important role in determining sleep quality, especially in school children who need about 10 hours of sleep per day. Meanwhile, according to the Ministry of Health of the Republic of Indonesia, the need for sleep for children aged 3-6 years is for 11-13 hours.

Sleep is a basic need for humans, and is a biological process that is common to every individual. Seen from a historical perspective, sleep is considered a state of unconsciousness. Sleep is defined as a change in the state of consciousness that causes a decrease in the individual's perception and



response to his environment. In addition, sleep also includes minimum physical activity, variations in the level of understanding, changes and physiological processes of the body, as well as a decrease in reactions to external stimuli or stimuli (Rugaiyah, 2019). From the results of interviews conducted with several parents of students at Hajar Aswad Kindergarten, it was found that on average children go to bed at 10 pm and wake up at 6 am. Yunita's mother stated that my son usually goes to bed at exactly 10 p.m. and wakes up at 6 a.m. every day (Yunita, 2024).

Poor quality sleep can lead to impaired physiological and psychological balance. Various sleep habits and disorders, such as the habit of watching television before bed and the use of gadgets by children before bedtime, can hinder the need for sleep. Social interaction and individual temperament characteristics also play an important role in determining sleep quality, especially in school children who need about 10 hours of sleep per day (Shahibatul Hablaini, 2020). Meanwhile, according to the Ministry of Health of the Republic of Indonesia, the need for sleep for children aged 3-6 years is for 11-13 hours.

The role of parents is very important in compiling a sleep schedule and creating a quiet time before bedtime. Bedtime is considered a special time for parents and children to read together, listen to soothing stories or music, share the day's experiences, and pour out expressions of affection. The process of sleep growth is also influenced by environmental interactions involving biological factors and various social aspects. In this context, the role of parents has a very important value (Sriasih & Rahyanti, 2022). Recent research also shows the effectiveness of sleep attitude interventions where parents are the main agents of change in the aspect of children's sleep attitudes.

The researcher also made observations on the children of parents who had been interviewed to make direct observations on the children to see the quality of the children's sleep. The things that the researcher observed were related to positive characteristics when waking up such as, a positive mood when at school, fast or active activities, good concentration, good appetite, and being ready for physical activity in activities.

#### 1. Positive Mood When at School

The first observation at Hajar Aswad Kindergarten showed that the quality of children's sleep greatly affected their mood when they were at school. From the observation results, most children who have good sleep quality show a positive mood while at school, characterized by cheerfulness and enthusiasm in participating in class activities. However, some children who did not have

adequate sleep quality were seen to be more irritable and less excited, which indicates that their mood is not in line with expectations.

## 2. Move quickly or actively

Children's activities at school are greatly influenced by the quality of their sleep. Children who sleep according to the recommended time look faster and more active in activities, and participate in activities with full energy. In contrast, children with poor sleep quality tend to be slow and appear lethargic, indicating that they do not have enough energy to perform optimally. This emphasizes the importance of getting enough sleep to support children's physical activity. Additionally, quality sleep also allows children to be more responsive to the teacher's instructions and engage enthusiastically in group activities, which overall contributes to a more positive learning experience.

## 3. Good concentration

The third observation highlights the child's concentration during learning activities. Children who have quality sleep show good concentration, are able to follow the teacher's instructions with high focus. On the other hand, children who don't get enough sleep seem easily distracted and often lose focus, which has an impact on their learning process. This shows that quality sleep is very important to maintain a child's concentration in school. In addition, children with adequate sleep also tend to understand the subject matter more easily and actively participate in class discussions, which in turn improves their academic performance. This emphasizes that the quality of sleep not only affects the physical health of children, but also their success in learning.

## 4. Good appetite

Children's appetite is also affected by sleep quality. Children who sleep well tend to have a good appetite during school mealtimes. They eat voraciously and enjoy the food they bring. In contrast, children whose sleep is disturbed or lacking tend to show poor appetite, often not finishing their meals. This signifies that good sleep quality contributes to a healthy diet for children

## 5. Ready for physical activity in activities

Children with good sleep quality rarely complain of physical discomfort and are always ready to participate in physical activities such as play and sports. In contrast, children with insufficient sleep often complain of tiredness or headaches, as well as show a reluctance to participate in physical

activity. This confirms that adequate and quality sleep is essential for maintaining children's physical health and readiness.

Interviews with several parents revealed that consistent sleep patterns, such as going to bed at 10 p.m. and waking up at 6 a.m., help children maintain their sleep quality. However, the main challenge remains on bad habits before bed, such as the use of gadgets. Further observations showed that children with adequate sleep showed a positive mood, were active, were able to concentrate, had a good appetite, and were ready for physical activity, while children with poor sleep tended to exhibit the opposite behavior. Therefore, the role of parents in setting sleep schedules and limiting the use of gadgets is very important to improve the quality of children's sleep in activities.

The researcher also made observations on the children of parents who had been interviewed to make direct observations on the children to see the quality of the children's sleep. The things that the researcher observed were related to positive characteristics when waking up such as, a positive mood when at school, fast or active activities, good concentration, good appetite, and being ready for physical activity in activities

### **The Impact of Technoparenting on Early Childhood Sleep Quality at Hajar Aswad Antang Kindergarten, Makassar**

Technoparenting is a new and unique parenting concept in educating children in this technological era, especially with many children who are addicted to technology products such as gadgets. It is undeniable that technoparenting also has an impact, both short-term impacts and long-term impacts on the child itself. Parents cannot completely prohibit children from using gadgets, but what should be done is to use gadgets together with children under parental supervision. Based on the results of the interview, it was found that the impact of *technoparenting* on children's sleep quality is, it has a negative effect on children's mood and behavior, and in some cases, hidden sleep disorders can appear as symptoms of mental health problems.

*Technoparenting* or parenting that involves the use of technology, is increasingly being applied in modern families. At Hajar Aswad Antang Kindergarten in Makassar, *technoparenting* shows a significant impact on early childhood sleep quality. Excessive use of gadgets by children. Children who use gadgets before bed tend to have difficulty falling asleep and often wake up at night. This has an impact on their sleep quality, which then affects various aspects of daily life.

Research at Hajar Aswad Antang Kindergarten in Makassar shows that children who are exposed to gadgets for a long time experience nightmares and nightmares more often compared to children who do not use gadgets before bedtime. In addition, exposure to bright gadget screens also inhibits the production of melatonin, a hormone that helps regulate sleep cycles, making it increasingly difficult for children to sleep well.

Observations of children at Hajar Aswad Kindergarten show that those who have poor sleep quality tend to show poor behavior at school. They appear to be more irritable, less excited, and have difficulty concentrating. In contrast, children who had good quality sleep, who were not distracted by gadget use, showed a more positive mood, were more active, and were able to concentrate well during teaching and learning activities. This emphasizes the importance of timing the use of gadgets for children, especially before bedtime. The role of parents in managing the use of gadgets is very crucial. Parents who successfully implement limits on their gadget use and encourage a consistent sleep routine, such as reading a book or listening to soothing music before bed, tend to have children with better sleep quality.

The impact of gadget use on children's health also has an impact on children's brain health which can be disturbed, radiation exposure from gadgets can also interfere with children's eye health, holding gadgets for too long can cause and interfere with hand health, and the impact of gadget use can cause sleep disorders in children. Poor quality sleep can cause problems with physiological and psychological balance. The need for sleep can be hampered by various habits and attitudes of sleep disorders, such as always watching television when you want to sleep, and the use of gadgets on children before bedtime. Social interaction and individual temperament traits hold an important position in sleep quality, in children where school children need 10 hours of sleep per day.

Overall, technoparenting has a big impact on the quality of early childhood sleep at Hajar Aswad Antang Makassar Kindergarten. While technology can offer many educational and entertainment benefits, uncontrolled use can disrupt children's sleep patterns. Therefore, it is important for parents to manage their device use wisely and create a healthy sleep routine to ensure that children get enough and quality sleep.

These results are in line with An experimental study conducted in 1896 testing research subjects who did not sleep for 90 hours cited by Sabiq, A, Fitriany, J and Mauliza, M (2018) the results

showed a decrease in sensory sensitivity, reaction, motor speed, and memory in the subject. The impact of sleep deprivation is mainly seen on the function of the cerebral cortex, resulting in mood changes, impaired cognitive function, decreased motor performance, and hormonal changes, as some of the effects that may occur due to lack of sleep. Hormonal changes similar to the aging process can also appear as a result of lack of sleep. When sleep was restricted to only 4 hours per night for 6 nights, significant changes in carbohydrate tolerance were seen, increased activity of the sympathetic nervous system, decreased thyrotrophin levels, and increased cortisol secretion. Sleep deprivation can also have an impact on the cardiovascular system and blood pressure.

#### **4). CONCLUSIONS**

Based on the results of related research on the impact of technoparenting on early childhood sleep quality at Hajar Aswad Antang Kindergarten in Makassar, it can be concluded that:

1. Children only use gadgets for a short time because most parents apply disciplined technology by limiting the time spent on gadgets. Based on the results of the study, it was shown that technoparenting parents who provided a duration of using gadgets with less than 1 hour, most of them had good sleep quality. Meanwhile, technoparenting that provides a duration of use above 1 hour, most of them have poor sleep quality. This affects the quality of sleep in children.
2. Some children in the kindergarten have poor sleep quality, often waking up at night due to nightmares or sleepiness, which is mostly caused by excessive use of gadgets. Children with adequate sleep showed a positive mood, were active, were able to concentrate, had a good appetite, and were ready for physical activity, while children with poor sleep tended to exhibit the opposite behavior.
3. The impact of technoparenting on children's sleep quality is, it has a negative effect on children's mood and behavior, and in some cases, hidden sleep disorders can appear as symptoms of mental health problems. Children who have poor sleep quality tend to show poor behavior at school. They appear to be more irritable, less excited, and have difficulty concentrating. In contrast, children who had good quality sleep, who were not distracted by the use of gadgets, showed a more positive mood, were more active, and were able to concentrate well during teaching and learning activities.

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