

ABSTRACT

This research explores the impact of gadget usage on adolescents' social skills, utilizing primary data collection techniques (through interviews and observations) as well as secondary data from various literature sources. Excessive gadget use among teenagers has been found to cause multiple issues, including physical health problems, mental and emotional disturbances, and a decline in social interactions. This report also highlights the significant rise in internet and smartphone penetration among Indonesia's younger generation and discusses strategies to mitigate the adverse effects of gadget addiction on social abilities. Furthermore, it emphasizes the importance of implementing measures to reduce these negative impacts without disregarding the benefits that gadgets offer. The study aims to underscore the need for a balanced approach to gadget usage while providing valuable insights for parents, educators, and mental health professionals regarding adolescent gadget use.

Keywords: Addiction, adolescents, gadgets, social skills, parents