

THE CONCEPT OF *AL-AQL* ACCORDING TO ISLAM AND ITS ROLE IN OVERCOMING GADGET ADDICTION¹

O CONCEITO DE AL-AQL DE ACORDO COM O ISLAM E SEU PAPEL NA SUPERAÇÃO DO VÍCIO DO GADGET

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Abstract: Gadget addiction in society is a problem that deserves attention. Although these gadgets have a positive impact on individuals, gadgets are an effective medium of communication between two distant parties, especially when the world is in the post-CoVID-19 epidemic. Gadgets such as laptops or smartphones are especially important for those who work from home or students who study from home to prevent two-way communication from continuing as usual. Ironically, gadgets can also have negative effects when individuals become addicted to gadgets, such as affecting health and emotions. The role of *al-Aql* plays an important aspect, especially as a foundation that needs to be taken care of to deal with gadget addiction. This article paper has two main objectives. First, to explain the factors of addiction to gadgets in society. Second, to apply the addiction problem according to the concept of *al-Aql* in Islam towards gadget addiction. In order to achieve these objectives, the documentation method is carried out. The data is collected and analyzed based on content analysis to apply solutions to addiction according to Islam to the problem of gadget addiction. This study found three main factors of gadget addiction: gadgets addiction because of the influence of social media, the internet is easily accessible, and parental neglect of children. At the same time, there are three main solutions to gadget addiction, according to Islam. First, limit the use of gadgets, control social media based on Islam and enhance spiritual filling.

Keywords: Addiction. Gadget *al-aql*. Maqasid. Islam.

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Resumo: O vício do gadget na sociedade é um problema que merece atenção. Embora estes gadgets tenham um impacto positivo sobre os indivíduos, os gadgets são um meio eficaz de comunicação entre duas partes distantes, especialmente quando o mundo está na epidemia pósCoVID-19. Gadgets como laptops ou smartphones são especialmente importantes para aqueles que trabalham em casa ou estudantes que estudam em casa para evitar que a comunicação nos dois sentidos continue como de costume. Ironicamente, os gadgets também podem ter efeitos negativos quando os indivíduos se tornam viciados em gadgets, como, por exemplo, afetando a saúde e as emoções. O papel do al-Aql desempenha um aspecto importante, especialmente como uma base que precisa ser cuidada para lidar com o vício em gadgets. Este artigo tem dois objetivos principais. Primeiro, explicar os fatores do vício em gadgets na sociedade. Segundo, aplicar o problema do vício de acordo com o conceito de al-Aql no Islã para o vício em gadgets. Para alcançar estes objetivos, o método de documentação é realizado. Os dados são coletados e analisados com base na análise de conteúdo para aplicar soluções ao vício de acordo com o Islã ao problema do vício em gadgets. Este estudo encontrou três fatores principais do vício em gadgets: o vício em gadgets devido à influência das mídias sociais, a internet é facilmente acessível, e a negligência dos pais em relação às crianças. Ao mesmo tempo, existem três soluções principais para o vício em gadgets, de acordo com o Islã. Primeiro, limitar o uso de gadgets, controlar as mídias sociais com base no Islã e melhorar o preenchimento espiritual.

Palavras-chave: Vício. Gadget al-aql. Maqasid. Islamismo.

INTRODUCTION

The use of digital technology connects communication that requires across distances, cultures and communities that were previously quite impossible to do. Finding information, making assignments and sharing data will be more efficient and fast. Technology indeed provides many facilities to the community in performing work and meeting needs in daily life, considering that life nowadays is influenced by the development of modern technology (Nahar et al., 2017).

According to Omar et al. (2014), the impact obtained from innovation on technology has boosted digital technology. Digital technology is increasingly needed to facilitate work. People who now live in a world of mobility can apply for more opportunities and spaces to connect, even in different countries. The use of technology affects the context of communication, which includes communication between humans, humans and machines and between machines (Forouzan & Fegan, 2003).

The use of technological devices such as computers, laptops, video games, television, and gadgets such as smartphones have become a craze in society to the point that it has become a common phenomenon that is a necessity and no longer a desire (Omar & Latip, 2016). In addition, the rapid development of Information Communication Technology will continue to contribute to the wider use of smartphone gadgets. Hassan

and Rashid (2012) mentioned that in the past, the use of the internet could only be achieved by using a computer, but nowadays, it can also be achieved through the use of mobile phone gadgets that have wireless internet service software. Nahar et al. (2018) stated that the results obtained from a study by the International Telecommunication Union in 2013 showed that Malaysia recorded the fourth-highest number of digital users in the world, where it was recorded that almost 75% of the youth in Malaysia are digital users. Nahar et al. (2018) also added that the use of smartphone gadgets, surfing the internet and social media affects the spread of the influence of technology in the life and social environment of a family. Abdullah (2012), on the other hand, saw that teenagers and young people demand their own freedom in the use of computers, the internet and mobile phones and other gadgets where they usually follow their own tastes, like to connect and interact with others, use the latest gadgets and are fashionable with telecommunications tools sophisticated According to Mamatha et al. (2016) on the other hand, society's dependence on the use of these technological gadgets and also the internet is so significant and profound that it reaches a level where without it, they are unable to think in an effort to continue the development of what form of work is being undertaken and the young people are the most vulnerable to this addiction.

Recently, gadgets are one of the most popular and widely used technology devices in society. According to Omar and Latip (2015), a gadget is a small electronic object or device. In addition, the object has specific characteristics, such as smartphones, iPad, iPhones, iPods, and tablets. However, the definition of this gadget is different from the study done by Fazree and Zakaria (2018) and Nahar et al. (2017), who gave a definition of the gadget as a device in various forms, including tablets, smartphones, radios, televisions, video games and so on. This article uses the word gadget to cover all technological devices such as smartphones, laptops, televisions, video games and so on.

In general, today's gadgets are receiving widespread public attention because they are equipped with the internet. In fact, the internet is a necessity for society today (Azmi et al., 2019). Smartphones that have the internet can access a variety of information and connect with those who are far away. Even worldwide television broadcasts can be watched when the television is connected to the internet (Hashim & Omar, 2011).

The widespread use of gadgets is an impact on the development of technology, especially in information and communication channels that spread information rapidly

around the world (Omar & Latip, 2015). The use of these gadgets has changed the lifestyle of the community (Jabar, 2019).

In recent years, the use of gadgets such as smartphones, tablets, and laptops has become increasingly prevalent in our daily lives. While these devices can provide us with a wide range of benefits, such as access to information, increased connectivity, and improved productivity, they can also have negative consequences, particularly for the current generation of youth. This paper will explore the ways in which the excessive use of gadgets can harm the current generation, drawing on the works of several scholars in the field.

One of the major concerns associated with the excessive use of gadgets is the impact it can have on physical health. Studies have shown that prolonged use of electronic devices can lead to a number of physical problems, such as eye strain, headaches, and poor posture (Chau et al., 2019; Lee et al., 2018). The blue light emitted by these devices can also disrupt sleep patterns and lead to insomnia (Chau et al., 2019; Van der Lely et al., 2019).

The excessive use of gadgets can also have negative impacts on mental health. Studies have shown that prolonged use of electronic devices can lead to symptoms of depression and anxiety (Chau et al., 2019; Lee et al., 2018). The constant access to social media can also lead to feelings of isolation, low self-esteem, and FOMO (fear of missing out) (Van der Lely et al., 2015).

Another major concern associated with the excessive use of gadgets is the impact it can have on social skills and relationships. Studies have shown that prolonged use of electronic devices can lead to decreased face-to-face communication, which can negatively impact the development of social skills (Chau et al., 2019; Lee et al., 2018). Additionally, the constant access to social media can lead to the development of unrealistic expectations and a distorted sense of reality, which can negatively impact relationships (Van der Lely et al., 2019).

The excessive use of gadgets can also have negative impacts on academic performance. Studies have shown that prolonged use of electronic devices can lead to decreased attention spans and difficulty focusing on tasks (Chau et al., 2019; Lee et al., 2018). Additionally, the constant access to social media can lead to procrastination and decreased productivity (Van der Lely et al., 2019).

In conclusion, the excessive use of gadgets can have a range of negative consequences for the current generation, including physical health problems, mental health issues, social skill deficits, and academic difficulties. While these devices can provide us

with a wide range of benefits, it is important to use them in moderation and to be mindful of the ways in which they can harm our health and well-being.

As technology continues to advance and become an integral part of our daily lives, the issue of gadget addiction has become a growing concern. In the Islamic tradition, the concept of balance and moderation is highly emphasized, and this applies to the use of technology as well. This paper will explore the Islamic perspective on gadget addiction and the ways in which Muslims can use technology in a responsible and balanced way, drawing on the works of several scholars in the field.

METHODOLOGY

The documentation method is used in this article to obtain clear information related to gadgets addiction and the role of *al-Aql* in Islamic perspective. The documentation method is a way of collecting data by carrying out a study of documents related to the study (Diah, 1987). According to Barnadib (1982), the documents include regulations, daily notes, books, newspapers, and reports. Classic and contemporary documents are also consulted to collect data to obtain as much information as possible about addictive factors.

Through the collection of this data, these data will be analyzed using content analysis methods. This content analysis is used to examine and explain the interpretation found in the document. The result of the content analysis will be to obtain a systematic conclusion (Krippendorff, 2004; Yusof, 2004). The analysis results for this article will explain the factors of gadget addiction and its solution according to Islam based on the role of *al-Aql*.

RESULTS AND DISCUSSION

Gadgets, especially tablets, iPads and smartphones, are widespread and used by various age groups. The special features found in such gadgets provide a social media medium that is easy to achieve and attracts the attention of every layer of society (Manumpil et al., 2015). Especially since all of them can be connected to the internet, this leads to addiction among gadget users (Nahar et al., 2017).

Gadget addiction is a situation that should be a concern. Gadget addiction will affect various aspects, especially the health, social and moral aspects of society. For example, a study says 30 per cent of respondents (children) suffer from obesity when allowed to use gadgets because they are complacent with gadgets and do not do any physical activity (Feng, 2011). In addition, excessive use of gadgets will cause vision impairment. While according to Sadri (2018), from the social aspect, the social development of children is affected by 70 per cent. At the same time, emotions are affected by 60 per cent.

Therefore, in order to solve the problem of gadget addiction, it is best to unravel the factors of this gadget addiction first to ensure that the solution that will be done to this addiction problem has a practical effect.

Gadget Addiction Factor

An addiction will negatively impact the user. There are many studies related to the factors that affect gadget addiction.

First, Addiction to Social Media

Gadgets such as smartphones, laptops or ipads provide access to social media. Social media such as Facebook, Whatsapp, Twitter, Youtube, etc. is a place to share knowledge or information about an issue that arises in society. In addition, the media is also a place to find reference sources (Ayub et al., 2019).

According to Hanafi and Rahim (2017), Facebook is the most popular social media and has the most users worldwide. The privileges found on Facebook, such as free social media, the variety of information that can be shared, and the various user facilities provided on Facebook, have attracted the attention of the world community. Besides Facebook, Whatsapp is also the world's second most popular social media. Whatsapp functions as organizing and also shaping social movements. Users can also share even information.

According to a study by Ayub et al. (2019), gadget users have four main characteristics which prove they have an addiction to social media and are also addicted to gadgets. First, have a sense of sensitivity to every notification that comes in. Second, these social media users will feel restless when they cannot access the internet in their area. Third,

the lack of time with family due to being engrossed in social media needs to be addressed. Furthermore, the fourth is racing for the number of followers and likes.

Second, Easily Accessible Internet

Today, the internet network is easy to reach, and its use is widespread everywhere (Fazree & Zakaria, 2018). The Internet is a widespread channel of information and communication when the Internet can be accessed not only with a computer but also with a smartphone. However, it is easier when you have wireless internet service.

According to Hassan and Rashid (2012), wireless internet services at this time can be found in any place, such as restaurants, hotels, and supermarkets, for the convenience of users to access the Internet. In addition, the prices offered by companies that offer wireless internet services are cheaper. When the price offered is cheaper, this will attract customers' attention to access the Internet.

The Internet has become a necessity of society compared to traditional media when the Internet delivers information directly and quickly compared to print media. The dissemination of information must be allowed and is cheap compared to other media. In addition, the Internet also allows feedback on an issue quickly and spontaneously compared to other media (Raslan & Aini, 2018).

According to Ismail et al. (2020), online video game nowadays is realistic. Therefore, online video games are seen as more interesting and interactive. Users who play these online games are at risk of becoming addicted. This addiction to online video games, especially among students, causes students to decide to skip school because they spend time playing online videos.

Third, The Neglect of Parents towards Children

Gadget addiction generally goes through all stages. It does not only involve adults but also children. Alias and Parzi (2015) explained that most parents give their children gadgets. The statistics conducted by the National Population and Family Development Board (LPPKN) in the Klang Valley, as many as 78.3 per cent of parents allow their children to have gadgets.

The main factor for most parents is to familiarize their children with gadgets, so they do not interfere with their activities. Parents also do not monitor and control their children using gadgets (Hashim & Razali, 2019). This will cause children to be overly complacent with gadgets.

When children get distracted by gadgets and cause addiction among children to gadgets, this situation will cause health effects for children, such as myopic eyes. Even emotions are not stable when not able to use gadgets.

THE SOLUTION OF GADGET ADDICTION ACCORDING TO ISLAM

Islam is a complete religion for humans. Islam is also a religion that conforms to human nature with the rules that Allah SWT has prepared. Islam, Islam does not prohibit its people from using technology as long as it does not conflict with Islam. A gadget is just a device with technology and a variety of functions based on the purpose of its manufacture.

In the Quran, the concept of time management is emphasized, and the excessive use of gadgets can be seen as a form of wastefulness and a distraction from more important pursuits such as prayer, study, and community service (Al-Faris, 2016). As Al-Faris notes, the Quran encourages Muslims to use their time and resources wisely and to avoid becoming too absorbed in worldly pursuits. Gadgets can also be a source of temptation, leading to the commission of sinful acts such as viewing inappropriate content or engaging in harmful online behavior (Al-Faris, 2016; Al-Sudais, 2019).

However, it is important to recognize that technology can also be a valuable tool for spreading knowledge, connecting with others, and improving one's quality of life. One practical way to manage gadget addiction from an Islamic perspective is to set limits on the amount of time spent using technology each day and to use that time for more productive or meaningful activities. Al-Faris (2016) suggests that Muslims should set specific time limits for using technology and use that time for more productive or meaningful activities. Al-Sudais (2019) also emphasizes the importance of self-control and discipline in managing the use of technology.

In addition, it is important to be mindful of the content one is consuming and to avoid using gadgets in a way that could lead to sinful behavior (Al-Faris, 2016; Al-Sudais,

2019). As Al-Sudais (2019) notes, the use of technology should be guided by the principles of halal (permissible) and haram (prohibited) as outlined in the Quran and Hadith.

Solutions to gadget addiction include:

1. Limit the use of gadgets

Gadgets generally provide positive effects, such as getting information quickly. However, when spending time using gadgets for useless things is forbidden by Islam, as Allah S.W.T says in Surah al-Asr, which means:

"For the sake of time. Indeed, humans are truly at a loss. Except for those who believe and do righteous deeds and advise each other to obey the truth and advise each other to exercise patience" (Surah al-Asr 103:1-3)/

There is also a hadith that encourages Muslims to leave things that are not beneficial, such as the hadith from Abu Hurairah R.A he said: Rasulullah PBUH said, which means:

"Among the perfections of a person's Islam is leaving something that is not related to him (not beneficial for him)". (Narrated by al-Tirmizi)

Therefore, it is clear that the use of gadgets needs to be time-limited regardless of whether the user is a child or an adult. This is because excessive use of gadgets and wasting time is a wasteful things according to Islam (Junoh, 2017).

2. Controlling the use of social media based on Islam

One of the factors of gadget addiction is indulging in social media, especially from laptops, smartphones and others gadgets. According to Azmi et al. (2019), addiction to gadgets due to using social media can be controlled by doing proactive and beneficial activities such as reading books that increase knowledge.

Social media has become a ubiquitous presence in our daily lives, providing us with the ability to connect with others, share information, and access a wide range of content. However, its use can also lead to negative consequences, such as addiction, the spread of misinformation, and the erosion of privacy. In the Islamic tradition, the concept of balance and moderation is highly emphasized, and this applies to the use of social media as well.

In addition, when this habit is made into practice, the use of social media or this gadget will automatically be controlled because users can distinguish between good and bad things in social media. In addition, users will choose to be careful to share and evaluating content on social media (Azmi et al., 2019).

In the Quran, the concept of time management is emphasized, and the excessive use of social media can be seen as a form of wastefulness and a distraction from more important pursuits such as prayer, study, and community service (Al-Faris, 2016). The Quran encourages Muslims to use their time and resources wisely and to avoid becoming too absorbed in worldly pursuits. Social media can also be a source of temptation, leading to the commission of sinful acts such as viewing inappropriate content or engaging in harmful online behavior (Al-Faris, 2016; Al-Sudais, 2019).

However, it is important to recognize that social media can also be a valuable tool for spreading knowledge, connecting with others, and raising awareness about important issues. Al-Faris (2016) argues that the key is to find a balance and use social media in a way that does not interfere with one's religious obligations or harm one's well-being. He suggests that Muslims can use social media to enhance their spiritual practice by using it to access religious knowledge, communicate with other Muslims, and stay connected with their community.

One practical way to control the use of social media from an Islamic perspective is to set limits on the amount of time spent using it each day and to use that time for more productive or meaningful activities. Al-Faris (2016) suggests that Muslims should set specific time limits for using social media and use that time for more productive or meaningful activities. Al-Sudais (2019) also emphasizes the importance of self-control and discipline in managing the use of social media.

3. Enhance spiritual filling

A lack of soul or spiritual fulfilment sometimes causes gadget addiction. The soul searches for something that will fill the soul's emptiness and give satisfaction to the soul. Gadgets are something that gives satisfaction to users because one of the functions of gadgets is to provide entertainment to individuals. Sometimes the entertainment highlighted in the mass media is contrary to the Sharia, such as women not covering their private parts and so on.

According to Muhammad and Omar (2017), there are five cures to treat a heart, including the emptiness of the soul, according to some scholars such as Qur'an recitation, fasting, qiyamullail or dhikr. At the same time, the fourth and fifth are asking for forgiveness before dawn and being in a meeting with pious people.

In addition, this spiritual filling can apply and control human members from doing something bad and useless actions. According to al-Mandili's method, there are six methods that can control the human body. First, protect the eyes from seeing illegal things. Second, protect the hearing from listening to something against the Sharia. Third, keep the tongue from saying things that Islam forbids. Fourth, Protect the stomach from eating non-halal food. Furthermore, the fifth is to protect the vagina from doing illegal things like adultery. Lastly, keep the feet and hands from committing immorality (Sa'ari & Zaini, 2016). After all, spiritual filling is very important in the life of a Muslim to avoid *lagha* and leave the spiritual in an empty state. In addition, the spiritual filling will control the use of gadgets.

The concept of Al-Aql, or reason and intellect, plays a significant role in Islamic teachings and is considered to be one of the most important faculties that Muslims possess. In the context of technology and gadget addiction, Al-Aql can play a crucial role in helping individuals to overcome their addiction by providing them with the necessary tools to make informed and rational decisions about the use of technology.

In Islam, Al-Aql is not only viewed as a cognitive faculty but also as a moral one. It is considered to be the faculty that enables individuals to discern right from wrong, and to make decisions based on what is morally and ethically just. This is particularly important when it comes to technology, as the excessive use of gadgets can lead to a number of negative consequences, including social isolation, addiction, and negative impacts on physical and mental health.

The concept of Al-Aql in Islam emphasizes the importance of self-control and discipline, which are essential in managing the use of technology. The Quran states, "And the soul and He who proportioned it and inspired it with knowledge of its wickedness and its righteousness" (Quran 91:7-8). This passage highlights the role of the intellect in recognizing one's own limitations and weaknesses, and taking steps to overcome them.

The use of Al-Aql in overcoming gadget addiction involves setting limits on the amount of time spent using technology, being mindful of the content one is consuming, and using technology in a way that does not interfere with one's religious obligations or

harm one's well-being. The Islamic scholars such as Al-Faris (2016) suggest that Muslims should set specific time limits for using technology and use that time for more productive or meaningful activities. This can include reading religious texts, engaging in community service, or participating in other activities that promote spiritual growth and development.

In addition, the use of Al-Aql also requires the individual to be mindful of the content they are consuming and to avoid using gadgets in a way that could lead to sinful behavior. As Al-Sudais (2019) notes, the use of technology should be guided by the principles of halal (permissible) and haram (prohibited) as outlined in the Quran and Hadith. This includes avoiding the consumption of inappropriate or offensive content, and being mindful of one's own behavior and actions online.

CONCLUSION

The use of gadgets brings benefits in life. It can even help the community improve work quality and daily life. However, when it is used excessively, it becomes addictive. That requires a comprehensive solution. Moreover, the effects of gadget addiction are very worrying. The gadget addiction factor needs to be explored because the solution is related to the gadget addiction factor. The solution to gadgets, according to Islam, is a complete solution because Islam is a complete religion.

In conclusion, the concept of Al-Aql in Islam plays a crucial role in helping individuals to overcome gadget addiction. By emphasizing the importance of self-control, discipline, and the use of reason and intellect, Al-Aql provides individuals with the necessary tools to make informed and rational decisions about the use of technology. Additionally, by adhering to the principles of halal and haram and being mindful of the content they consume, individuals can use technology in a way that promotes spiritual growth and development, rather than causing harm.

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