

Efforts to Mitigate the Adverse Effects of Internet Access Through the Implementation of a Healthy and Safe Internet Programme at Smp It Al-Zira

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ABSTRACT

Community service by implementing the Healthy and Safe Internet (INSAN) program is carried out to overcome the negative effects of internet access on adolescents. Teenagers are aged 13-18, where the majority of them are in junior high school. The Insan Program was socialized at Al-Zira IT Middle School located in Candali Village, Rancabungur District, Bogor. The method used is active participation and talk shows with stages; Observation, location determination, implementation and reporting. The results found that there are several factors and causes of students' lack of understanding regarding a healthy and safe internet. Most of the students at Al-Zira IT Middle School are not familiar with the internet, so the access they do is just playing social media without knowing the impact and benefits. Based on these problems, the Nahdlatul Ulama Indonesia University (Unusia) Community Service (Pengmas) team implemented a healthy internet program at Al-Zira IT Middle School.

Keywords: Healthy And Safe Internet, *Al-Zira Middle School*, *Candali Village*,

Community Dedication.

INTRODUCTION

The development of technology in the era of globalisation has a significant impact on human life, one of which is the presence of the internet. The internet is a global computer network system that is interconnected using the internet protocol (TCP/IP) to connect devices in computers around the world (Hidayanto & Zidni Ilmi, 2015). The internet is a communication network that is connected to each other, the internet provides various sources of information and services, such as World Wide Web (WWW) access, electronic mail, telephone, and peer-to-peer networks for file sharing (Hoffman & Harris, 2006).

Currently, almost all human activities are driven by the internet, for this reason, people's dependence on the use of the internet is getting bigger, especially among teenagers. The influence of the role of the internet covers various aspects including social, educational, and even cultural aspects. In the social aspect, it can be seen through various kinds of news that appear on the internet regarding social conditions in schools, boarding schools, and universities. In the educational aspect, it plays a role as a support in teaching and learning activities outside the classroom as a source of reference in learning methods such as what happened during the Covid-19 Pandemic. The development of the learning concept requires students to carry out Teaching and Learning Activities (KBM) in their respective homes online (Siswopranoto et al., 2021).

The reality of the phenomenon of the usefulness of the internet is not always positive if the user is not wise in using it. Uncontrolled use of the internet will have an adverse effect on children's social and psychological lives, even their academics [Jackson, et al, 2003]. The launch of the Healthy and Safe Internet (INSAN) programme is a solution to the urgency of unwise internet use. The presence of a healthy internet programme initiated by the government and communities concerned about the negative impact of the internet aims to campaign for the use of the internet properly and correctly (Setiawan, 2012). Healthy and safe internet is one of the Indonesian government programmes initiated by the Ministry of Communication and Information (KemKomInfo) with the aim of educating the use of healthy internet through learning ethics in the internet (Hidayanto & Zidni Ilmi, 2015).

According to a survey conducted by the Indonesian Internet Service Providers Association (APJII) based on the age of internet users. The user group aged 13-18 years, as many as 99.16% are familiar with and connected to the internet. The age group of 19-34 years is 98.64%. The age group 35-54 years is less, namely 87.3%, and the age group 55 years and over with 51.73%. then judging from the percentage of the largest internet users in Indonesia it is used by teenagers (APJII, 2022). SMP IT Al-Zira is the only secondary school located in Candali Village, Rancabungur District, Bogor Regency, with 81 students who are teenagers as well as internet users. Teenagers are a group of people aged 9-18 years. The development of adolescence at the junior high school level has a high curiosity, wants to try new things and is easily influenced by peers. Guidance in using the internet is very important to sort and select information and its usefulness. Lack of control in using the internet properly will potentially damage the future (Montanesa & Karneli, 2021).

The results of observations by the Community Service Team (Pengmas) of Universitas Nahdlatul Ulama Indonesia (Unusia) show that most of the internet access carried out by students of SMP IT Al-Zira is to access social media such as Facebook, WhatsApp, TikTok, and games, and have never received education related to healthy internet. Based on this observation data and the phenomenon of good and bad internet access, the Unusia Community Service team implemented the Healthy and Safe Internet programme as an effort to overcome the adverse effects of internet use..

IMPLEMENTATION METHOD

This community service activity was carried out from 28 July to 28 August 2022. While the target of the healthy Internet programme activities is students of Al-Zira IT Junior High School, which is located on Jl.H. Dudung Kp. Cipanggalur 02/02 Candali Village, Rancabungur District, Bogor (Al-Zira Candali Foundation, 2021). The purpose of this programme is to overcome the adverse effects of unregulated internet access. The methods used are active participation and workshops with stages of preparation, implementation, evaluation and reporting. Through this method of active participation and workshops, the Pengmas Unusia team can campaign or socialise what a healthy and safe internet is and its benefits. When viewed from the opinion of Merdekawati (2021) socialisation is a process of learning a person to gain knowledge, skills, values, norms so that he can contribute to the community group. The stages carried out in this activity are as follows:

1. Preparation Stage
 - a. Observation

In general, observation is a way of collecting information materials carried out by systematically observing and recording the phenomena that are the object of observation (Listiawan, 2016). Another definition, observation is an observation process to provide detailed factual data or information about activities, behaviour or atmosphere by adjusting objectives empirically (Hasanah, 2016)..

- b. Designation

The location aims to determine the location where the healthy internet socialisation will be held after the Pengmas Unusia team has made observations and formulated problems at the place.

- c. Preparation of equipment as a design for socialisation preparation after observing and determining the location by looking at what is needed in Pengmas activities.

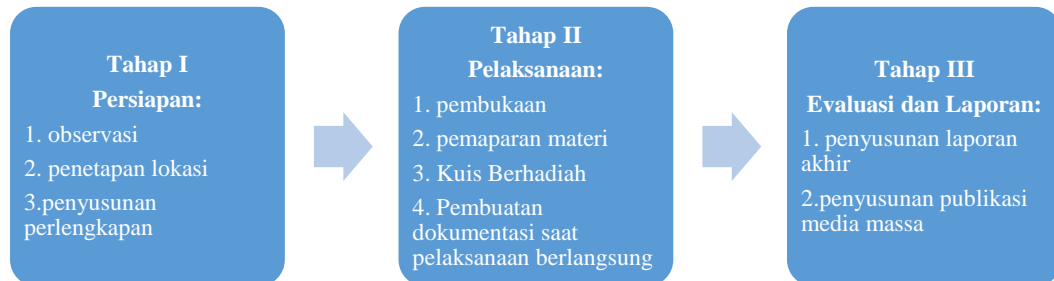
2. Implementation Stage

The implementation of Pengmas Unusia activities is a series of stages to provide education about healthy internet socialisation by compiling the socialisation process as follows: opening, presentation of healthy internet material, quiz with prizes and making documentation when the implementation takes place (Noor, 2010).

3. Evaluation and Report Stage

The evaluation stage is carried out to see the level of success of the activity from preparation to the results of the activity. report as a sign that this socialisation is carried out well.

Table 1. Methodology of Community Service Implementation



RESULTS AND DISCUSSION

SMP IT Al-Zira is the only junior high school in Candali village. The school was established on 14 July 2014, with a total of 81 students. Considering that there are many factors and causes of internet use, the Unusia Community Service team tried to overcome the adverse effects of internet access through the implementation of a programme initiated by the government, namely healthy and safe internet. With the following series:

1. Planning

In this planning stage there are several points, as follows:

- a. Observation, at this stage the Unusia Pengmas team visited the Candali Village office to collect data and information related to the village. At the Candali Village office the team met with several staff and conducted interviews. The observation results show that there are several formal education institutions in the village, ranging from kindergarten, elementary and junior high school..



Figure 1: Interview between the Unusia community service team and Candali Village.

- b. Determination of the implementation location; After knowing the data and information related to Candali Village, and considering that the most appropriate target in the implementation of healthy internet socialisation is adolescents, the team visited the junior high school in the village, with

the aim of asking permission to hold a healthy internet socialisation at the school. After getting permission.



Figure 2. The visit of the Unusia Community Service team to Al-Zira IT Junior High School, regarding permission to carry out healthy internet socialisation.

- c. Preparing the equipment needed for the implementation: This equipment preparation was carried out after obtaining permission from the school and the socialisation date was determined, which was 13 August 2022. The equipment prepared included projectors, sound, materials, animated videos, prizes and questionnaires.

2. Activity Implementation

In an effort to campaign or socialise healthy and safe internet in an effort to overcome the adverse effects of internet access, the Unusia Community Service team conducted a talk show at Al-Zira IT Junior High School. In the talk show, there was material delivery from a resource person who was one of the Unusia Community Service Team. In addition to the delivery of material in this talk show, post tests and pretests were also carried out to measure the extent of knowledge of students at SMP IT Al-Zira related to the internet and the impact of the internet before and after being given material. The stages carried out in the implementation of the activity are:

- a. Opening, which was guided by the person in charge and provided the questionnaire sheet.
- b. Material presentation, at this stage the person in charge explains the material by displaying an animated video about "healthy internet" along with slideshow material.

As for the material provided, which includes:

- Definition of Internet

In this explanation, Al-Zira IT Junior High School students are given an understanding that the Internet is a global communication system that connects computer networks with other computers around the world through telecommunications lines such as; telephone, radio, links, satellites and others (Gani, 2014). The Internet is also one of the forms of the development of science and technology (IPTEK). Therefore, the internet is one of the media that makes it easier for humans to find the information they need. Then the internet can also produce

communication media such as; whatsapp, Instagram, Telegram, Line, Facebook, Messenger, Twitter and others. And there are also media for entertainment and learning such as Youtube, Ruang Guru, Google, Browser, Play Store, Zoom, and others. There are even online shopping media such as; Shopee, Lazada, Tokopedia, Blibli, Bukalapak and others. And so many other internet media that are very useful for human life with their sophistication..

- History of Internet

Students were also told about the history of the development of the Internet. Its development began with the establishment of the Advanced Research Projects Agency (ARPA) in 1969, which was founded by part of the United States government. Later in the project, the ARPA Network (ARPANET) was established and even for ten years ARPANET continued to be developed through cooperation between government agencies and educational institutions in the United States and Europe. Then because of the support from Europe and the creation of new communication protocols, ARPANET developed into the Internet in the early 1980s. And in the following years the internet has accelerated and continues to develop until now (Saroji et al., 2021)..

- What Is Healthy Internet?

And the students were given an understanding that Healthy and Safe Internet is one of the programmes established by the Indonesian government published by the Indonesian Ministry of Communication and Information Technology (Kemkominfo) which aims to provide an understanding to internet users to use the internet in a healthy and safe manner, namely through learning ethics and rules in using the internet in a healthy manner and those involved in this are all people from various circles (Hidayanto & Zidni Ilmi, 2015).

- The Impact positif and negative of internet

In this discussion, students are also given an understanding that the internet can have positive and negative impacts. The positive impact obtained from using the internet is when using it to get information from various parts of the world, get knowledge from various knowledge, can communicate in various places, and many more positive impacts if we use the internet healthily. In terms of negativity, one of them is that many teenagers use the internet without supervision and guidance from their parents so that their use is uncontrolled, therefore it can have a bad effect on their lives, be it psychological, social or even academic (Hidayanto & Zidni Ilmi, 2015). For example; they can use the internet freely and access or search for things that they should not see. And there are also teenagers who use the internet to play games and do not pay attention to the time or they can play from morning until late at night..

- Benefits of internet

It was also explained to students that the internet also has so many benefits if we use it healthily and safely. The benefits of using the internet healthily and safely are such as; support in learning activities, work, and for entertainment (Sasmita, 2020). All media on the internet greatly facilitate human needs, the internet can ease human work, make communication easier, make it easier for humans to find knowledge and information, can increase human creativity and innovation, can also relieve stress with entertainment on the internet, and can make it easier for humans to find locations when travelling..

- Crime internet

The speaker also explained to the students what crimes are found on the internet. In this era of digitalisation, there are many people who abuse the use of the internet, for example; the spread of pornographic videos and adult content in various media, the rise of widespread hoaxes, toxic, online fraud, online gambling, cyber bullying, cyber crime and many more crimes that have been widespread on the internet. In fact, there are so many crimes that threaten teenagers, in a search found on Google Indonesia alone, by entering the keyword "teenagers", around 522,000 results were found, and the dominant news is negative things that hit teenagers such as; hacking, pornography, drug transactions, wiretapping, fraud, terrorism and others. While in the keyword search "teenage social media", about 127,000 results were found. And these results are dominated by the impacts obtained from using the internet or social media among teenagers and also cause other bad things (Sherlyanita & Rakhmawati, 2016).

- Internet for health

Pada pembahasan ini dijelaskan pula kepada Siswa/i, bahwasannya internet juga dapat berpengaruh terhadap kesehatan jika menggunakan secara berlebihan. Dalam penggunaan internet yang terjadi pada kalangan anak remaja tidak hanya digunakan untuk proses belajar saja, tetapi melebihi waktu dari pada itu. Oleh karena itu akan menimbulkan dampak yang buruk bagi kesehatan seperti; sering bergadang, lupa waktu, tidak peduli dengan keadaan sekitar, sakit mata, malas dalam beraktifitas, dan lain-lain. Hal tersebut dapat berakibat fatal baik bagi fisik dan psikisnya, oleh karena itu dalam penggunaan internet bagi anak remaja butuh bimbingan dan pengarahan agar mereka dapat menempatkan penggunaan internet dengan baik dan sesuai dengan porsinya (Mustika Sari & Dwi Prajayanti, 2017).

- a. Kuis berhadiah, pada sesi ini penanggung jawab mengadakan sesi kuis berhadiah untuk 3 orang pemenang yang bisa menjawab dengan cepat, lugas dan tepat maka akan diberikan hadiah yang telah disiapkan oleh panitia.

- b. Pembuatan dokumentasi saat pelaksanaan kegiatan.



Gambar 3. Kuis edukatif (siswa yang menjawab pertanyaan diberi hadiah)

3. Reporting Stages

Tahapan yang dilakukan setelah kegiatan yaitu :

- Pengumpulan pretest dan post-test yang sudah diisi oleh siswa/i SMP IT Al-Zira`
- Mendata hasil pretest dan post-test untuk melihat hasil perbandingan

Hasil membuktikan bahwa dari 50 siswa/i yang mengikuti sosialisasi 60% dari mereka belum memahami bagaimana menggunakan internet dengan sehat. Kemudian pada post-test atau test yang dilakukan setelah pemaparan materi menjadi 95% dari 50 siswa/i telah memahami apa itu internet sehat. Berikut data perbandingan pengetahuan siswa/I SMP IT Al-Zira sebelum dan sesudah pemaparan materi.

Table 1. Pretest data of Healthy and Safe Internet for students of SMP IT Al-Zira

Pertanyaan	Tidak	Kurang	Cukup	Baik	Total
Apakah kamu mengetahui apa itu internet sehat dan aman?	5	35	10	0	50
Seberapa paham kamu terhadap dampak positif dan negatif dari akses internet	12	30	8	0	
Sejauh mana pemahaman kamu tentang bahaya akses internet yang tidak terkontrol?	10	30	10	0	
Apakah kamu tahu bahwa terdapat kejahatan di dalam dunia internet seperti penyebaran berita hoax, penjeblolan data pribadi dan lain sejenisnya?	0	30	20	0	
Apakah kamu mengetahui internet dengan sangat baik dan sejauh mana pengetahuan kamu terkait sejarah internet ?	20	20	10	0	

Table 2. Data on Healthy and Safe Internet Post-test Results for Students of SMP IT Al-Zira

Pertanyaan	Tidak	Kurang	Cukup	Baik	Total
Apakah kamu mengetahui apa itu internet sehat dan aman?	0	0	29	21	50
Seberapa paham kamu terhadap dampak positif dan negatif dari akses internet	0	0	38	12	
Sejauh mana pemahaman kamu tentang bahaya akses internet yang tidak terkontrol?	0	0	41	9	
Apakah kamu tahu bahwa terdapat kejahatan di dalam dunia internet seperti penyebaran berita hoax, penjebohan data pribadi dan lain sejenisnya?	0	0	26	24	
Apakah kamu mengetahui internet dengan sangat baik dan sejauh mana pengetahuan kamu terkait sejarah internet ?	0	0	20	30	

In the data above we can see that students' knowledge increases about healthy internet, not only that but they can also understand the meaning of the internet, its history, then the positive and negative impacts of the internet, the benefits of the internet, how crime from the internet and also the impact of the internet on health. So that this becomes knowledge for students to be wiser in using the internet. Because in this age of digitalisation we are required to be all digital, from learning, shopping, searching for information, giving messages and others (Listyanto & Munadi, 2013).

Therefore, the socialisation of healthy internet is very useful for all groups, especially teenagers, because in this transitional period they really need guidance in using the internet, so that they do not abuse the use of the internet when they grow up (Sasmita, 2020). Therefore, this healthy internet programme is carried out for students at Al-Zira IT Junior High School so that they can be more careful in using the internet..



Picture 4. Documentation after the completion of the healthy internet socialisation (at Al-Zira IT Junior High School)

CONCLUSIONS

Pengmas Unusia as one of the efforts in providing knowledge and understanding of the use of healthy internet to IT Al-Zira Junior High School students. The socialisation conducted by Pengmas Unusia provides an understanding for teenagers at SMP IT Al-Zira about the meaning of the internet, then the history of the internet, the positive and negative impacts of the internet, the benefits of the internet, internet crime and the effect of the internet on health if using it excessively. Outcome of the community service, students can apply or apply healthy internet in everyday life. Students can also distinguish between positive and negative content and avoid content that can negatively affect them. It can be seen in the data presented through the implementation of this healthy and safe internet programme that there is a significant increase in the understanding of Al-Zira IT Junior High School students regarding healthy internet and the positive and negative impacts of internet access.

The role of teachers and parents is very important for students to utilise the internet positively. If you want to take positive value from the internet, there are many efforts that can be made by students to improve their school learning achievement through the internet. Because one of the learning resources that can be used in the world of education is the internet, with the internet both teachers and students can access a site related to the material, it can facilitate learning activities. Then it can make it easier for students to get achievements at school and there are many more positive values from the internet that students can take so that they can develop their potential and abilities to get achievements at school..

ADVICE

In this case there are several suggestions that are conveyed, namely;

1. The socialisation carried out by Pengmas Unusia certainly has limitations and needs to be carried out on an ongoing basis, therefore healthy internet is developed in schools in Candali Village, in order to gain knowledge about healthy internet.
2. The next community service can provide further guidance for students at Al-Zira IT Junior High School, so that students can be consistent and get reinforcement on the use of the internet.
3. It is necessary to collaborate with the community, village institutions and teachers to monitor teenagers in Candali Village to apply healthy internet usage. Or it can hold a deepening seminar related to the internet, both the scope of the school and the Candali Village community..

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