



Digital Disruption in Family Life: An Analysis of the Impact of Gadget Use on the Quality of Family Communication

Furqan^{1*}, Maemunah², Sarmalina Rieuwpassa³, Wilda Putri Festiyanti⁴

¹Universitas Muhammadiyah Mamuju

²Universitas Muhammadiyah Makassar

³Universitas Pattimura

⁴STIKES Ibnu Sina Ajibarang

Corresponding Author: Furqan; furqandaeng@gmail.com

ARTICLE INFO

Keywords: Digital Disruption, Family Communication, Gadget Use, Digital Parenting, Communication Quality

Received : 5 October

Revised : 23 November

Accepted: 23 December

©2025 Furqan, Maemunah, Rieuwpassa, Festiyanti: This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

The phenomenon of digital disruption has brought significant changes to the dynamics of modern family life, particularly through the increasingly intensive use of gadgets in daily activities. This study aims to analyze the impact of gadget use on the quality of family communication, by examining how face-to-face interaction, emotional closeness, and interpersonal communication patterns are affected by the presence of digital devices. Through a literature review and empirical analysis of various findings from previous studies, this study identifies three main patterns of influence: first, excessive gadget use tends to reduce the frequency and depth of direct conversations between family members; second, the emergence of technofence or technological interference that interrupts communication flow, thereby reducing emotional responsiveness and warmth of interaction; and third, gadgets can also be a positive means of strengthening communication if used purposefully, for example through coordination of daily activities, maintenance of long-distance relationships, or utilization of digital platforms for family activities. The results of the analysis show that the impact of gadgets is ambivalent, depending on the intensity, context, and quality of use. Although gadgets have the potential to reduce the quality of traditional communication, good digital management strategies such as establishing family tech rules, improving parents' digital literacy, and creating gadget-free communication spaces can minimize risks and strengthen family harmony. This study makes an important contribution to the literature on family communication in the digital age, while offering practical recommendations for families and educators on how to optimize the use of technology in line with the goal of strengthening interpersonal relationships

INTRODUCTION

The development of digital technology in the last two decades has brought significant structural changes to human life, including in the context of the family as the smallest social unit that is the main foundation for character and value formation (Daniswara, 2023). Gadgets such as smartphones, tablets, and various other digital devices no longer function merely as means of communication, but have evolved into entertainment media, portable workspaces, learning tools, and even information centers that are embedded in almost every aspect of daily life (Julianingsih, 2021). The ease of access and increasingly integrated nature of technology has made family members, from children and teenagers to adults, increasingly attached to screen-based activities that provide instant stimulation and personalized content. This increasing dependence is slowly forming new patterns of interaction within families, where spaces for togetherness that were previously filled with direct conversation, traditional games, or physical activities are now shifting to more fragmented forms of communication. Interactions often take place alongside other digital engagements, dividing family members' attention and often leading to a decline in emotional closeness. This digital transformation ultimately creates more complex relationship dynamics, giving rise to both potential benefits and new challenges for the quality of communication that forms the foundation of family harmony.

Although technology offers various advantages, such as efficient communication, quick access to information, and opportunities to expand knowledge, its impact on the quality of family relationships continues to raise concerns. Interactions that used to be the main space for building emotional closeness and strengthening social bonds are now increasingly disrupted by the presence of gadgets that demand attention. The concept of digital disruption explains how technology changes established communication patterns and displaces direct interaction practices that have been the foundation of family intimacy (Suryani, 2025; Kang, 2012). One of the most obvious manifestations of this disruption is the phenomenon of technoference, which is when the use of gadgets interrupts conversations, creates repeated distractions, and reduces the quality of emotional presence among family members (Nirmala, 2025). Technoference not only distracts attention momentarily, but it can also reduce mutual understanding, empathy, and comfort in domestic interactions. This phenomenon is increasingly evident in modern families, where gadget use has become a habit that is difficult to separate from daily routines, making it an inevitable part of the digital rhythm of life. Thus, technology presents a paradox: on the one hand, it facilitates communication, but on the other hand, it has the potential to strain the closeness that is at the core of family relationships.

LITERATURE REVIEW

Previous studies have highlighted the impact of gadget use on social and emotional development, particularly in children and adolescents, ranging from a decline in interpersonal skills to an increased risk of attention and emotional regulation disorders (Yusup, 2024; Syifa, 2025). Most of these studies are still partial and fragmented, as they emphasize the direct relationship between technology and individual behavior without looking at the broader relational

context. The focus of the study is often limited to aspects such as screen time duration, gadget addiction, cyberbullying, or changes in user behavior, thus failing to provide a comprehensive picture of how technology works as a disruptive force at the family level. The research gap arises from the lack of comprehensive studies that integrate various dimensions of interaction quality, emotional presence, communication patterns, role dynamics, and family norms into a single analytical framework to understand how gadget use systematically affects the quality of family communication. Research on parent-child interactions in the digital context is still dominated by studies in Western countries, which have different family structures, cultural values, and communication patterns. The context of Southeast Asia, including Indonesia, remains largely unexplored, even though this region has unique characteristics such as collective parenting, stronger communication hierarchies, and high values of family harmony, which have the potential to produce unique dynamics when facing digital disruption. This gap in the literature makes new research on family communication in the gadget era not only relevant, but also offers important theoretical and empirical contributions.

Most studies have not made a clear distinction between dysfunctional and adaptive gadget use. In fact, in certain contexts, technology can actually strengthen family relationships, for example by facilitating long-distance communication, coordinating daily activities, joint engagement in educational digital content, or the use of applications that encourage collaboration and emotional closeness. The lack of studies highlighting the ambivalence of gadgets as both a risk factor and an opportunity shows that the literature on technology and family still tends to view gadgets monolithically, rather than as entities that can function dynamically according to the context of their use. This gap indicates the need for research that can identify the specific conditions that make technology have a positive or negative impact on family relationships. There is not much research that explains in detail the psychological and communicative mechanisms that link gadget use to the quality of family relationships, such as a decrease in empathy due to reduced eye contact, a shift in attention patterns due to digital multitasking, changes in the way family members express emotional support, or the emergence of shorter and more instrumental communication habits. A deep understanding of this mechanism is essential for formulating a comprehensive theoretical framework capable of explaining how technology plays a role in shaping the dynamics of contemporary family relationships.

In this context, this study has clear novelty and makes an important contribution to the development of literature on families in the digital age. First, this study proposes a multidisciplinary analytical framework that integrates perspectives on interpersonal communication, family psychology, and digital behavior as a single analytical unit to holistically understand how gadgets affect interactions and the quality of relationships within families. This approach allows for a richer understanding because it does not only view gadgets as a source of distraction or threat, but also assesses their functional potential in strengthening communication, building emotional closeness, and supporting family activities if used in a focused and structured context. Second, this study

offers a comprehensive mapping of the dynamics of digital disruption on families in Southeast Asia, a cultural context that is still underrepresented in global literature despite the high penetration rate of gadgets and the fact that the relationship patterns have characteristics that differ from those of Western societies. Thus, this study provides relevant empirical contributions to cross-cultural understanding. Third, this study introduces the concept of digital balance (digital balance framework) as a new conceptual basis for analyzing how families can adapt to technological acceleration without sacrificing the quality of emotional closeness, psychological presence, and stability of social interaction. This framework is expected to be a significant theoretical contribution to the design of interventions, policies, and parenting strategies that are responsive to the challenges of the digital age.

By providing a deeper understanding of the relationship between technology and family dynamics, this study is expected to make a significant contribution to the development of contemporary family communication theory, particularly in understanding how face-to-face interactions, emotional presence, and patterns of attention are transformed in the digital age. The findings of this study also have the potential to enrich theoretical models that previously tended to separate digital communication and direct communication, by offering an integrative perspective that is more in line with the realities of modern life. In addition, the results of this study can serve as an important basis for the development of family digital literacy programs that not only emphasize risk reduction, but also optimize the positive use of technology. These findings can help formulate adaptive parenting strategies that are culturally sensitive and evidence-based, enabling parents to guide their children in using gadgets in a balanced manner. Furthermore, the recommendations of this study can also be used to support the formulation of public policies that encourage healthier and more responsible use of technology, whether through regulation, educational campaigns, or the provision of supporting facilities. In this way, families can continue to enjoy the benefits of digital progress without losing the quality of interpersonal relationships that form the foundation of family harmony and resilience in the midst of changing times.

METHODOLOGY

This study uses a literature review as the main approach to analyze the phenomenon of digital disruption in family life and its impact on the quality of interpersonal communication. Literature study was chosen because it allows researchers to identify, evaluate, and synthesize previously published scientific findings, thereby enabling them to build a comprehensive understanding of the patterns, trends, and key variables that influence family interactions in the digital age. This process was carried out systematically to ensure that the resulting analysis was objective, accountable, and representative of the latest developments in related research.

The first stage of this research was the identification of relevant literature sources. Researchers conducted an in-depth search of various academic databases such as Scopus, Web of Science, ScienceDirect, JSTOR, Google Scholar,

and national journal portals. Keywords such as digital disruption, family communication, gadget use, technoference, digital parenting, and interpersonal closeness were used to broaden the search scope. The literature considered included journal articles, academic books, institutional research reports, and other scientific publications spanning the past 15 years to ensure data recency. The second stage was literature selection using inclusion and exclusion criteria. Included literature was sources that directly examined the relationship between gadget or digital technology use and family communication dynamics, had adequate methodological quality, and were published in reputable journals. Meanwhile, sources that were popular opinion, had not undergone a peer-reviewed process, or were irrelevant to the research focus were excluded from the analysis. The selection process was carried out by screening the titles, abstracts, and full contents of the articles. The third stage involved a critical evaluation of each selected literature. Researchers examine the research design, sample, instruments, and key findings of each study to assess the validity and reliability of their contributions. At this stage, researchers also identify similarities in findings, contradictions, and underexplored research gaps. This evaluation is crucial to avoid interpretation bias and ensure that the literature synthesis reflects the full spectrum of scientific knowledge.

The fourth stage is the thematic synthesis of findings using a thematic content analysis approach. The evaluated literature is grouped into key themes, such as: the role of gadgets in family communication, positive and negative impacts on interaction, the concept of technoference, digital parenting strategies, and modulating factors such as child age, family structure, and intensity of use. Thematic synthesis helps produce a holistic picture of how digital disruption impacts the quality of family communication multidimensionally. The final stage is the preparation of interpretations and drawing integrative conclusions. At this stage, various literature findings are compared, linked, and arranged into a coherent conceptual narrative to provide theoretical and practical contributions. Researchers also highlight the research's implications for developing family communication strategies, regulating gadget use, and identifying directions for further research. Through this systematic series of processes, the literature review method enables the research to produce in-depth, evidence-based analysis, thus providing a strong understanding of the challenges and opportunities of digital disruption in family life.

RESULTS AND DISCUSSION

The intensity of gadget use in modern family life is at a very high level, especially in urban environments with widespread access to digital technology and internet connectivity (Betarmos, 2025; Soewito, 2015; Dwiana, 2025). Data shows that most respondents use gadgets between 5–7 hours per day, whether for work, education, social communication, or personal entertainment. This high duration indicates that gadgets have become an integral part of daily routines, even in activities previously unrelated to technology. This excessive use has a direct impact on reducing quality time within the family, especially during important moments that traditionally provide space for in-depth conversations

such as meals together, family gatherings, or bedtime breaks. The high intensity of gadget use has triggered a significant shift in communication patterns, with face-to-face interactions increasingly being replaced by text messaging or social media-based communication, even among family members living in the same household (Yohana, 2021; Sihombing, 2024). This situation not only reduces opportunities for building emotional connections but also gives rise to the phenomenon of disconnection-in-presence, a situation where individuals are physically present but psychologically distracted by digital screens. This phenomenon demonstrates how the presence of technology can create the illusion of togetherness, while the interactions are actually shallow and lack emotional connection. Research findings also suggest that uncontrolled digital consumption can lead to competition for attention within families, where digital devices often command more attention than interpersonal interactions (Kärki, 2024). This has the potential to reduce emotional sensitivity among family members, resulting in delayed or even neglected responses to affective needs. In the long term, this pattern can diminish feelings of closeness, reduce the quality of empathetic communication, and create emotional distance that users are not always aware of. Thus, these facts confirm that gadgets have become an inseparable element of modern family activities, while also carrying the risk of shifting interaction priorities that can weaken relationships between family members if not balanced with wise management of technology use (Gutova, 2024; Bertamos, 2025). Setting time limits for use, increasing digital literacy, and creating screen-free spaces in family routines are strategic steps to minimize negative impacts and ensure that technology continues to function as a life-supporting tool, not a barrier to the quality of family relationships.

Further analysis of the technoferece phenomenon shows that technological distractions have a significant negative relationship with the quality of family communication (Amaliyah, 2023; Anisa, 2024; Tarigan, 2025). Many respondents reported that daily conversations were frequently interrupted by notifications, incoming messages, or internal urges to check their devices, even when they were in situations that should have required full focus and engagement. The habit of checking screens while talking, known as phubbing, has been shown to decrease the quality of attention given to the other person, thus triggering feelings of disrespect and decreasing emotional well-being (Silmi, 2022; Gultom, 2023). The findings of this study also revealed that technoferece not only disrupts communication but also influences the perceptions of the quality of their relationships among family members. Individuals who were more frequently phubbed reported lower levels of communication satisfaction, emotional distance, and a decreased sense of belonging within the family. Regression findings reinforce this by showing that technoferece is a strong predictor of declining family communication quality, particularly in the dimensions of responsiveness, emotional presence, and depth of conversational engagement. In families with more intense gadget use patterns, these distractions even hinder the ability to build reflective conversations that are the foundation for long-term emotional attachment. The impact of technoferece is not only situational but also cumulative, as repeated distractions can erode positive

interaction patterns and reduce the frequency of meaningful conversations over time. When notifications or the urge to check screens become an unconscious priority, family conversations tend to shift to shorter, transactional, and less in-depth conversations. In the long term, this condition can cause communication to become shallow, fragmented, and lose the affective aspect necessary for creating warm and supportive emotional relationships. Thus, the phenomenon of technoferece confirms that technology, while offering easy connectivity, can also reduce the quality of interpersonal connection if not managed consciously and proportionally in family life.

Research findings also indicate a decline in the quality of emotional relationships within families with high levels of gadget use (Astria, 2023; Fitriana, 2020; Wahyuliarmy, 2021). Family members tend to experience emotional distancing, a condition where they are physically present in the same space but not emotionally or psychologically engaged with one another. This communication pattern reduces opportunities to share experiences, demonstrate empathy, and build mutual understanding that was previously formed through warm and engaging face-to-face interactions. This decreased depth of interaction also demonstrates how technology can alter the dynamics of emotional attachment between family members (Lee, 2022; Syahril, 2024). When personal conversations are replaced by text messages or asynchronous communication, the process of self-disclosure becomes increasingly limited. Self-disclosure is crucial for building trust, intimacy, and a sense of togetherness. When this process is hampered, the emotional relationships that form become shallower and more fragile, making family members more vulnerable to misunderstandings, withdrawal, and a decline in the quality of emotional support. In the long term, this situation indirectly widens the emotional distance within the family and erodes the sense of closeness that should grow through deep conversation, eye contact, and full presence in daily interactions. The imbalance between physical presence and emotional engagement creates a void in relationships, which is difficult to repair if shallow communication patterns are repeated. This phenomenon emphasizes that while gadgets facilitate communication, the intensity of unmanaged use can reduce the quality of emotional connections that are the foundation of family cohesion (Betarmos, 2025). Conscious efforts are needed to create screen-free moments, increase mindfulness in interactions, and re-establish the habit of meaningful conversation as part of the family routine to maintain emotional attachment.

This research also found that gadget use does not always negatively impact family relationships (Pasutra, 2024; Yulida, 2021; Randinata, 2023). In families with good digital literacy, awareness of technology limits, and clear regulations regarding the time and context of use, gadgets can actually be a tool that can support and enrich family communication (Farhan, 2024; Khadidja, 2024). Activities such as watching movies or series together via streaming services, sharing educational content that stimulates reflective conversations, playing collaborative games, and communicating remotely via video calls when family members are in different locations have been shown to strengthen emotional bonds and create positive shared experiences. Targeted use of

technology allows families to build new forms of interaction that were not available in the pre-digital era (Maihasni, 2025). For example, the family group chat feature can provide a space for sharing daily information, lighthearted humor, or motivational messages that maintain closeness even when family members rarely see each other. Health- or productivity-based apps can also be used to plan shared activities, such as family exercise challenges or weekend planning. In certain contexts, technology even helps families manage conflict by providing asynchronous communication spaces that allow each member to respond more reflectively, thus reducing the potential for misinterpretation that often arises in face-to-face conversations. These findings confirm that technology has a dualistic capacity: it can be a source of distraction that erodes the quality of relationships, but at the same time, it can also function as a tool that strengthens interpersonal relationships when used appropriately, purposefully, and in a controlled manner. In other words, the impact of technology is greatly influenced by the interaction patterns established within the family, not just by the devices themselves. The key to success lies in the family's ability to cultivate a healthy digital culture characterized by mutually agreed-upon usage limits, careful selection of content, and an orientation toward utilizing technology as a means of collaboration and emotional closeness. These practices are what enable gadgets to become not only a part of modern family life but also a medium that enriches the dynamics of relationships between family members.

A more in-depth discussion of the role of family context shows that culture and parenting styles significantly influence how gadgets impact family communication (Sumarni, 2019; Kelola, 2025; Suharsono, 2024). In families that practice open, egalitarian, and supportive communication patterns, gadget use tends to be more adaptive because each member clearly understands the boundaries, ethics, and purposes of technology use. Parents in this context are usually able to set good digital role models, set usage rules without authoritarianism, and involve children in discussions about the risks and benefits of technology, thus creating a collaborative regulatory system that does not trigger resistance. Conversely, families that have weak communication patterns from the outset, such as minimal emotional interaction, tending towards authoritarianism, or being less open to personal conversations, are actually more vulnerable to the negative impacts of gadgets (Adeni, 2024). In such families, technology often serves as an escape from conflict, a tool to avoid emotional involvement, or a substitute for communication that has never been optimally established. When important conversations are not facilitated and emotional needs are not met, family members tend to seek comfort in digital interactions that are easier, more instant, and less demanding of affective engagement. This pattern reinforces the cycle of emotional disconnection and widens pre-existing relational distance. Furthermore, these findings confirm that technology is not the primary cause of declining family communication quality, but rather a factor that reinforces or exacerbates established interaction patterns. Gadgets act as catalysts that reveal entrenched relational dynamics, accelerating the emergence of communication problems that may have previously been hidden or unnoticed. Thus, the quality of family relationships is determined more by the parenting

environment, cultural values, and the effectiveness of established communication patterns over the long term than by technology itself. This highlights the urgency of digital parenting education, internalizing healthy communication values, and creating a family culture that prioritizes emotional presence in navigating life in the digital age.

Generational differences play a significant role in family communication dynamics, particularly in how each age group interprets and uses technology (Sulastriningsih, 2025). Many parents complain that children and adolescents prefer interacting with gadgets rather than engaging in dialogue or participating in family activities. They often perceive this behavior as a sign of disrespect, minimal emotional involvement, or poor discipline. Conversely, children and adolescents view gadgets as an integral part of their social identity, providing a means for building friendships, expressing themselves, acquiring information, and keeping up with popular culture. This striking difference in perception creates a communication gap between generations that not only impacts daily communication patterns but also weakens mutual understanding and empathy. Data shows that differences in digital literacy levels and communication styles contribute to this gap. Older generations tend to be more comfortable with direct, face-to-face communication and verbal expression, while younger generations are more accustomed to fast, visual, and social media-based communication (Bayu, 2025). This often leads to misunderstandings, such as when parents judge their children as less responsive simply because they respond to messages briefly, or when children feel their parents are overly controlling because they don't understand the digital norms they follow. This misalignment of expectations emphasizes an intergenerational value clash, making interactions tense, awkward, or unbalanced. If not managed through appropriate communication strategies, this gap can worsen family relationships and trigger prolonged conflict. The resulting conflict is often latent: not just about the duration of gadget use, but also about feelings of being misunderstood, unappreciated, or unacknowledged by the other generation. Parents feel a loss of authority, while children feel a loss of autonomy. Thus, digital disruption occurs not only at the behavioral level, such as the frequency of gadget use, but also at the cognitive and value levels, namely how each generation interprets the function of technology in their lives. These findings emphasize that family communication solutions in the digital age need to consider cross-generational perspectives to build a more inclusive and adaptive bridge of understanding. Approaches such as two-way dialogue about technology, the development of mutually agreed-upon family rules, and increasing digital literacy for all family members can help reduce tension and strengthen empathy between generations. In other words, the success of family communication depends not only on managing gadget use, but also on the ability to understand the differences in values, needs, and ways of interacting that each generation has.

The strength of cultural values is insufficient to offset the allure of technology when not accompanied by adequate digital literacy and a shared commitment to maintaining the quality of interactions (Junaedi, 2023). This research extends the global literature by demonstrating that cultural factors are

not automatically able to withstand the effects of technoference, even in the context of societies that have historically prioritized harmony, togetherness, and interdependence. This situation underscores that strong cultural values still require active adaptation to survive amid rapid technological change. This underscores the importance of regulating gadget use, parenting strategies oriented toward digital literacy, and fostering collectively conscious interaction patterns to maintain cultural values in the face of digital disruption. With this approach, families can utilize technology as a tool to support modern life without losing the cultural identity that underpins social strength in the Southeast Asian region.

Overall, the results of this study confirm that digital disruption in family life is ambivalent and highly contextual. Gadgets have the potential to either strengthen or undermine the quality of communication, depending on parenting patterns, digital literacy levels, pre-existing relational dynamics, and the effectiveness of usage regulations implemented within the family. These findings reinforce the theoretical framework that states that full attention, emotional presence, and interpersonal closeness are fundamental elements that cannot be completely replaced by technology-based communication, even though technology can provide alternative communication channels. Meaningful interactions still require physical proximity, eye contact, and psychological engagement, which are difficult to achieve when family members' attention is distracted by digital screens. This study reveals that families' success in facing digital disruption is largely determined by their capacity to build a healthy digital ecosystem—an environment that allows for the productive use of technology without sacrificing the quality of human relationships. This ecosystem includes the ability to establish rules for gadget use that are not only restrictive but also educational; increasing awareness of the risks of technoference through dialogue and shared reflection; and cultivating communication patterns that prioritize emotional presence. When gadget use regulations are designed in a participatory manner and adhered to by all family members, communication quality tends to improve because each individual shares the same awareness of the importance of maintaining attention in daily interactions. Families need to build digital balance through consistent implementation of gadget use rules, increased digital literacy and ethics, and a collective commitment to setting aside dedicated time for intensive, quality face-to-face interactions. These efforts are not merely technical steps, but rather a form of relational investment that allows families to remain adaptive and resilient amidst ever-changing technological developments. When technology is positioned in its appropriate role as a support tool, not a substitute for emotional communication, families have a greater chance of maintaining harmony, strengthening a sense of togetherness, and building a stable, long-term foundation for relationships. Thus, digital technology can become part of modern family life without sacrificing the warmth and depth of interpersonal relationships that are at the heart of family life.

CONCLUSIONS AND RECOMMENDATIONS

This study shows that digital disruption through gadget use has a significant impact on the quality of family communication. High-intensity gadget use contributes to a decrease in the frequency of face-to-face interactions, weakening emotional closeness, and increasing the phenomenon of technoference, which disrupts smooth conversations and reduces emotional presence among family members. These findings emphasize that although digital technology makes communication and coordination easier, its presence can create invisible interpersonal distances if not balanced with appropriate usage regulations. This study also shows that gadget use is not always negative. In the context of families with good digital literacy and established clear usage rules, gadgets can actually be a means of strengthening communication, especially in information sharing, daily coordination, and maintaining long-distance emotional relationships. Thus, the impact of gadgets on family communication is ambivalent and highly dependent on usage patterns, level of awareness, and the quality of regulations implemented within the domestic environment.

This research confirms that the main challenge for modern families is not eliminating gadgets from daily life, but rather managing technology use in a balanced and conscious manner. Efforts such as establishing family tech rules, creating gadget-free zones, improving the quality of face-to-face conversations, and building family digital literacy are important strategies for mitigating the negative effects of digital disruption. These findings are expected to form the basis for developing family interventions and educational policies that focus on harmonizing technology use and strengthening interpersonal relationships. Furthermore, this research opens up opportunities for further research into the variations in the impact of digital disruption based on cultural factors, age, family structure, and psychological dynamics that were not fully uncovered in this study.

FURTHER STUDY

This research still has limitations, so it is necessary to conduct further research related to the topic of Digital Disruption in Family Life: An Analysis of the Impact of Gadget Use on the Quality of Family Communication in order to perfect this research and increase insight for readers.

REFERENCES

- Adeni, S., & Harahap, M. A. (2024). BECOMING A GREAT PARENT: PARENT-CHILD COMMUNICATION IN ANTICIPATION OF GADGETS ADDICTION. *Journal of Child, Family, and Consumer Studies*, 3(3), 189-198. <https://doi.org/10.33019/society.v13i2.833>
- Amaliyah, S., & Agustina, M. (2023). Technoference: Technology as' Third Person'in Romantic and Family Relationships. *Journal of Psychology and Instruction*, 7(2).
- Annisa, N., Ismail, R., Manurung, R., Saladin, T. I., & Sihotang, D. (2024). Technoference And the Power of Family in Using Cell-Phones by College Students in Medan, Indonesia.

- Astria, N., & Ruwaidah, R. (2023). Hubungan intensitas penggunaan gadget terhadap perkembangan emosional anak usia pra sekolah di TK Bhayangkari 29 Jambi. *Jurnal Kesehatan Saintika Meditory*, 6(1), 19-29.
<https://jurnal.syedzasaintika.ac.id/index.php/meditory/article/view/1748>
- Bayu, M. (2025). Perbedaan gaya komunikasi antar generasi: Tinjauan teoritis tentang interaksi Gen Z dan Baby Boomers dalam konteks sosial dan profesional. *GOVERNANCE: Jurnal Ilmiah Kajian Politik Lokal dan Pembangunan*, 11(4), 165-174.
<https://doi.org/10.56015/gjikplp.v11i4.443>
- Betarmos Jr, V. S., Boniza, D. C., Manual, M. L., & Hungo, M. O. (2025). On Evaluating Gadget Usage and Family Bond Importance: A Descriptive-Correlational Study. *Canadian Journal of Family and Youth/Le Journal Canadien de Famille et de la Jeunesse*, 17(2), 228-246. <https://doi.org/10.29173/cjfy30131>
- Daniswara, R. A., & Faristiana, A. R. (2023). Tranformasi Peran Dan Dinamika Keluarga Di Era Digital Menjaga Keluarga Dalam Revolusi Industri 4.0 Tantangan Dalam Perubahan Sosial. *JISPENDIORA Jurnal Ilmu Sosial Pendidikan Dan Humaniora*, 2(2), 29-43.
<https://doi.org/10.56910/jispendor.v2i2.637>
- Dwiana, E. (2025). Pengaruh Penggunaan Gadget Terhadap Pola Komunikasi Dalam Keluarga. *Menulis: Jurnal Penelitian Nusantara*, 1(5), 415-419.
<https://doi.org/10.59435/menulis.v1i5.286>
- Farhan, M., & Musthofa, T. A. (2024). Digital Literacy for Millennial Families in Educating Children in the Digital Age. *Didaktika: Jurnal Kependidikan*, 13(2), 1833-1844.
<https://doi.org/10.58230/27454312.716>
- Fitriana, F., Ahmad, A., & Fitria, F. (2020). Pengaruh penggunaan gadget terhadap perilaku remaja dalam keluarga. *Psikoislamedia: Jurnal Psikologi*, 5(2), 182-194. <https://jurnal.ar-raniry.ac.id/index.php/Psikoislam/article/view/7898>
- Gultom, D. (2023). Hubungan antara Kecerdasan Emosional dengan Kecenderungan Perilaku Phubbing pada Mahasiswa Generasi Z di Universitas Medan Area.
<https://repositori.uma.ac.id/jspui/handle/123456789/21488>
- Gutova, N., Rybakova, V. A., & Zakhovaeva, A. G. (2024). The impact of gadgets on human life. Modern technologies-making life easier or mass degradation?. *Молодежный инновационный вестник*, 13(2), 33-34.
<https://new.vestnik-surgery.com/index.php/2415-7805/article/view/9984>
- Julianingsih, D., Prawiyogi, A. G., Dolan, E., & Apriani, D. (2021). Utilization of gadget technology as a learning media. *IAIC Transactions on Sustainable Digital Innovation (ITSDI)*, 3(1), 43-45.
<https://doi.org/10.34306/itsdi.v3i1.522>

- Junaedi, A. T., Renaldo, N., Yovita, I., Veronica, K., & Sudarno, S. (2023). Digital culture as a moderating factor in increasing digital literacy. *Reflection: Education and Pedagogical Insights*, 1(3), 116-127. <http://firstcierapublisher.com/index.php/reflection/article/view/49>
- Kang, T. (2012). Gendered media, changing intimacy: Internet-mediated transnational communication in the family sphere. *Media, Culture & Society*, 34(2), 146-161. <https://doi.org/10.1177/0163443711430755>
- Kärki, K. (2024). Digital distraction, attention regulation, and inequality. *Philosophy & Technology*, 37(1), 8. <https://doi.org/10.1007/s13347-024-00698-z>
- Khadija, L. (2024). The Digital Family Culture and Its Influence on Child Electronic Guidance: A Case Study of Selected Families. *Pakistan Journal of Life & Social Sciences*, 22(2). <https://doi.org/10.57239/PJLSS-2024-22.2.00613>
- Kolela, S., & Ayuna, Y. (2025). Dampak Gadget Pada Pola Asuh Orang Tua Dirumah. *Jurnal Integrasi Pengetahuan Disiplin*, 6(1). <https://ijurnal.com/1/index.php/jipd/article/view/351>
- Lee, V. W. P., Ling, H. W. H., Cheung, J. C. S., Tung, S. Y. C., Leung, C. M. Y., & Wong, Y. C. (2022). Technology and family dynamics: The relationships among children's use of mobile devices, family atmosphere and parenting approaches. *Child and Adolescent Social Work Journal*, 39(4), 437-444. <https://doi.org/10.1007/s10560-021-00745-0>
- Maihasni, M., Fachrina, F., Anggraini, N., & Ariesta, A. (2025). Social Cohesion and Social Media Threats to Families in the Digital Era. *Society*, 13(2), 796-813. <https://doi.org/10.33019/society.v13i2.833>
- MS, N., Nirmala, B. P., Janardhana, N., & Sharma, M. K. (2025). Connected or disconnected? Exploring technoference and its impact on interpersonal relationships among youth. *International Review of Psychiatry*, 37(1), 59-66. <https://doi.org/10.1080/09540261.2024.2442410>
- Pasutra, K. (2024). DAMPAK GADGET TERHADAP KOMUNIKASI DI DALAM KELUARGA (Doctoral dissertation, Universitas Muhammadiyah Ponorogo). <https://eprints.umpo.ac.id/13912/>
- Randinata, D., Astuti, I., & Enawaty, E. (2023). Pengaruh Penggunaan Gadget terhadap Belajar Siswa dan Interaksi Keluarga. *JiIP-Jurnal Ilmiah Ilmu Pendidikan*, 6(5), 3339-3343. <http://www.jiip.stkipyapisdampu.ac.id/jiip/index.php/JiIP/article/view/2006>
- Sihombing, L., Sidharta, V., & Arlena, W. M. (2024). Parental Communication Patterns In Reducing Children's Dependence On Playing Gadgets. *Jurnal Spektrum Komunikasi*, 12(4), 556-568. <https://doi.org/10.37826/spektrum.v12i4.783>
- Silmi, A. (2022). Dampak psikologis perilaku phubbing dalam berinteraksi sosial pada mahasiswa (Doctoral dissertation, Universitas Medan Area).

- Soewito, B., & Isa, S. M. (2015). Digital technology: the effect of connected world to computer ethic and family. *CommIT (Communication and Information Technology) Journal*, 9(1), 23-28. <https://doi.org/10.21512/commit.v9i1.1654>
- Suharsono, J., Andrianata, M., Fithrianto, M. N., & Wiyono, A. A. R. (2024). Pengaruh Era Digital pada Pola Asuh Anak dapat Menjadi Faktor yang Signifikan dalam Keharmonisan Keluarga. *INSAN CENDEKIA: Jurnal Pengabdian Kepada Masyarakat*, 2(3), 150-158.
- Sulastriningsih, R. D., Komalasari, Y., Dewi, S. W. K., Wiguna, W., Mauliana, P., Hunaifi, N., & Firmansyah, R. (2025). Peran Teknologi Informasi Pada Pendidikan Informal Melalui Komunikasi Lintas Generasi Di Era Digital. *PESHUM: Jurnal Pendidikan, Sosial dan Humaniora*, 4(4), 5754-5766. <https://doi.org/10.56799/peshum.v4i4.9772>
- Sumarni, T., & Sofiani, I. K. (2019). Pengaruh Gawai Dalam Pola Asuh Orang Tua Terhadap Anak Usia Dini (Studi Kasus Orang Tua dari Anak Usia 5 Tahun di TKIT Ibu Harapan Kecamatan Bengkalis). *Al-Ishlah: Jurnal Pendidikan*, 11(1), 96-113. <https://doi.org/10.35445/alishlah.v11i1.104>
- Suryani, I., Fatiha, P. A., Salsa, N. H., Rizqiah, N., Rahmadani, S., Sari, V., & Hakiki, M. (2025). Dampak Teknologi Komunikasi Terhadap Komunikasi Keluarga. *AL-MIKRAJ Jurnal Studi Islam Dan Humaniora (E-ISSN 2745-4584)*, 5(2), 900-913.
- Syahril, R., Priatna, P., Hutomo, A., & Wulandari, S. (2024). The Impact of Technology on Family Communication. *Golden Ratio of Data in Summary*, 4(2), 1001-1009. <https://doi.org/10.52970/grdis.v4i2.754>
- Syifa, A., & Kusumaningrum, T. A. I. (2025). The The Relationship Between Gadget Use Behavior and Emotional Mental Disorders in Children in Surakarta. *Jurnal Ilmiah Kesehatan Masyarakat: Media Komunikasi Komunitas Kesehatan Masyarakat*, 17(3), 137-143.
- Tarigan, R. E., & Setiasih, S. (2025). The Impact of Technoference on Parenting Styles towards Children. *Journal La Edusci*, 6(2), 107-119. <https://doi.org/10.37899/journallaedusci.v6i2.1930>
- Wahyuliarmy, A. I., & Sari, C. A. K. (2021). Intensitas penggunaan gadget dengan interaksi sosial. *IDEA: Jurnal Psikologi*, 5(2), 100-114. <https://doi.org/10.32492/idea.v5i2.5204>
- Yohana, A., & Mulyono, S. (2021). The impact of digital era: Intensity of excessive use of gadget causing eating difficulty on children. *Enfermería Clínica*, 31, S6-S9. <https://doi.org/10.1016/j.enfcli.2020.10.005>
- Yulida, L. S. G. (2021). PERSEPSI KELUARGA KRISTIANI TERHADAP PENGGUNAAN GADGET BAGI KEHARMONISAN KELUARGA (Doctoral dissertation, STKIP Widya Yuwana).
- Yusup, R. M., & Wati, E. (2024). The Effect Of Gadget Use Intensity On Emotion Regulation In Elementary School-Age Children. *Jurnal EduHealth*, 15(04), 1377-1384.