

Children's Social Emotional Relationship to Digital Parenting

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Abstract

Digital parenting or digital parenting is to provide clear boundaries for managing and supervising children against the use of digital devices. Currently, many families in Indonesia have not implemented digital parenting, causing children to be lazy to socialize, the intensity of family communication is reduced. In addition, children are difficult to communicate with, are not sensitive to the environment, children become passive, do not listen to their parents, cannot contain their emotions, and are very slow in responding when ordered to do something. In this case, people give gadgets to their children for the purpose of making it easier for parents to take care of their children. The results of the research related to the above discussion are applying the rules and agreements related to the use of gadgets; guide and assist children; using parental control, and balancing the digital world of children with the real world. The role of digital parenting on prosocial behavior includes; as prosocial behavior education; instilling prosocial values from children's shows; and as a child's control of inappropriate viewing; and balance the world of play with gadgets and the real world. The role of digital parenting on children's logical thinking as education as well as entertainment for children; stimulate logical thinking; controlling, supervising, guiding children and as an effort to prevent children from being addicted to gadgets.

Keywords:

Social Emotional, Child, Digital Parenting

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A. Introduction

In the era of globalization, technology is developing so rapidly. Various technological products have emerged. Change from analogue mechanical and electronic technology to digital technology since the 1980s.¹ Digital devices are updated every day. In the digital era, many digital devices no longer use cables, the size is more minimalist and certainly easier. The development of digital technology includes the development of computers, the birth of the internet, mobile phones (cell phones), social networking sites, and children's games. Technological advances cause a great influence on human life with all civilizations and cultures both positive and negative. One of the positive influences is to facilitate human life and as a source of information. In addition, digital influences have a big impact on the transformation of values that exist in every country, including Indonesia.

The digital impact based on the results of a survey in the United States made by the US Census Bureau does not seem much different from the conditions that occur in Indonesia, especially for families living in big cities and from the upper middle class. There are 2.4 TVs per household, 75% of households own a computer, and 63% have internet.² With internet access being too easy and cheap, this has resulted in a high percentage of young people and children using digital. Digital does not look at children, teenagers, adults, or the elderly. This condition is not much different from the condition of children in Indonesia and other countries. Because basically, children are individuals who are still innocent and need to be filled with useful things. Albert Bandura stated that early childhood likes to imitate the behavior of adults.³ He will imitate the activities of parents and those around him.

¹ Kementerian Pendidikan dan Kebudayaan Direktorat Jenderal Pendidikan Anak Usia Dini dan Pendidikan Masyarakat Direktorat Pembinaan Pendidikan Keluarga 2017, *Mendidik Anak di Era Digital*, 2017, Sahabat Keluarga Kementerian Pendidikan dan Kebudayaan, h. 2

² Andri Priyatna, *Parenting di Dunia Digital*, Jakarta:PT Elex Media Komputindo, (2012), p. 2.

³ William Crain, *Teori Perkembangan Konsep dan Aplikasi*, Yogyakarta: Pustaka Pelajar, (2007), p. 319.

Early childhood is seen as a golden age, which is a very valuable period for growth and development. At an early age children's brain development is 80%, therefore it is very important for children to get educational services that support all aspects of child development. These aspects of child development include religious and moral development, cognitive, language, physical-motor, socio-emotional, and artistic development. Early childhood education services are packaged by playing not with digital devices such as gadgets. So that children feel happy in following the learning process and its output, all aspects of child development will be achieved. This will affect the next stage of child development.

Therefore, early childhood education services should avoid giving gadgets and other digital tools. However, today's parents often use gadgets. Without realizing it, their children are also curious and ask to play with gadgets like their parents. This is what parents should avoid. After he feels engrossed in using gadgets, he will be addicted to using it. This is very damaging to all aspects of early childhood development. It is important for children to balance between playing gadgets and playing in the real world.

Playing in the real world can improve aspects of child development. These aspects include religious and moral development, cognitive, language, physical-motor, socio-emotional, and artistic development. Digital parenting is very important. So that children can balance real-world interactions (environment) with playing on gadgets. Therefore, parents need to know digital parenting or digital parenting. Digital parenting or digital parenting is to provide clear boundaries for managing and supervising children on the use of digital devices.⁴ Parents and children need an agreement around the use of digital media, utilizing educational programs/applications related to aspects of child development, not prohibiting children from using gadgets. This does not mean that parents forbid their children to completely use digital, but that there are clear usage limits. Currently, many families in Indonesia have not implemented digital parenting.

We can see how big the influence of technological progress on the transformation of values in society. Indonesia is one of the countries with the most internet users. Of the approximately 133 million people surveyed in April 2016, the composition of the most internet users is based on the age range of 35 to 34 years, which is around 39 million people. Meanwhile, children are in third place, which is around 25 million people⁵. The rest of the composition of other internet users at the age of 35 years to 55 years and over.⁶ This means that most people have done activities through the internet regardless of age range. This is supported by data on internet users throughout Indonesia as many as 281 million people, while the total population in Indonesia is 252 million people.

From these data, it can be seen that the number of internet users is actually more than the total population, this is because one parent can have 2 to 3 cellphones at once. This is why we cannot completely eliminate the internet from the lives around us. It is very worrying for children who are busy playing gadgets, offline/online games, videos, and watching television. Excessive use of digital devices will interfere with early childhood development. One of them is the child's social emotional development⁷.

Based on the description above, the main problem can be drawn, namely how is the Social Emotional Relationship of Children to Digital Parenting? And what about the negative side of using digital devices? The data collection technique was carried out by library research with qualitative data analysis.⁸ This research was conducted using the problem approach, namely by approaching the results of theoretical empirical studies by looking at various opinions of experts, writers and studies of laws

⁴ Sukiman. dkk, *Seri Pendidikan Orang Tua: Mendidik Anak Di Era Digital*, Jakarta: Kementerian Pendidikan dan Kebudayaan, (2016), p.12

⁵ Koto, Ismail. "Kewenangan Jaksa Dalam Melakukan Penggabungan Perkara Korupsi Dan Money Laundering (Studi Kejaksan Tinggi Sumatera Utara)." *Iuris Studia: Jurnal Kajian Hukum* 2.2 (2021): p.156-162.

⁶ Leni Nurul Azizah. dkk, *Modul Pelatihan Parenting Di Era Digital*, Kementerian Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia, (2017), p. 17.

⁷ Koto, Ismail, and Taufik Hidayat Lubis. "Tindak Pidana Penyelundupan Pakaian Bekas Dalam Perspektif Teori Kepastian Hukum (Studi Kasus Di Kantor Bea Cukai Teluk Nibung Tanjung Balai)." *Buletin Konstitusi* 2.1 (2021).p.10

⁸ Rahmat Ramadhani, "*Legal Consequences of Transfer of Home Ownership Loans without Creditors' Permission*", IJRS: International Journal Reglement & Society 2, No. 1, (2020): p. 33.

and regulations relating to issues based on legal principles and formulating legal definitions.⁹The procedure used to collect data in this study is in the form of documentation, namely the guidelines used in the form of notes or quotes, searching for legal literature, books and others related to the identification of problems in this study both offline and online. Analysis of legal materials is carried out using the content analysis method (content analysis method) which is carried out by describing the material of legal events or legal products in detail in order to facilitate interpretation in the discussion.¹⁰

B. Discussion

1. Children's Social Emotional Relationships with Digital Parenting

As time goes by and technology changes parenting of children to only permissive, authoritarian, democratic or neglectful, it is currently highly recommended with a parenting style that combines warmth, supervision and open communication between parents and children.¹¹ Ketiga pengasuhan ini dapat diwujudkan dalam pengasuhan digital atau These three parentings can be realized in digital parenting or digital parenting.

Digital parenting or digital parenting is to provide clear boundaries and supervision to children about things that are allowed and not allowed to be done when using digital devices and the role of parents and children in using digital devices. Digital parenting is not only forbidding children to use devices, but also caring for children so they don't fall into digital devices/addiction and use digital devices for a long time. This can damage the growth and development of early childhood.

As for what parents must do for their children in digital parenting or digital parenting are as follows:¹²

- a. Increase parental knowledge. It is difficult to do digital parenting for children if parents do not understand what a blog is, or how to use facebook, youtube, tik-tok or twitter or other sites that children usually visit. Therefore take some time to understand these sites.
- b. Clearly direct the use of digital devices and media. If children are already exposed to digital devices it is better to direct with effective communication to decide how long and when children can use them. There needs to be an agreement on the use of digital devices between parents and children.
- c. Balance time using digital devices with real-world interactions. This is very important for parents to do so that children can still interact with the surrounding environment. For example, by introducing real-world experiences such as artistic activities; outdoor activities; sport; interactive reading; interact with friends, play traditional games and so on.
- d. Lend children digital devices as needed. Parents are strictly prohibited from giving or buying digital devices specifically for children. This kind of behavior will have a negative impact on the use of digital. Thus, parents are advised to only lend digital devices such as ipads, gadgets, and computers so that they can learn to control themselves and learn to use them with their family..

1) Choose a positive program/application

Parents need to identify programs/applications that have education, such as applications for recognizing the alphabet, hijaiyyah letters or counting, piano, children's songs, learning ablution and prayer, coloring and others. This can have a positive impact on aspects of child development.

2) Accompany and enhance interaction

Parents need to accompany and interact with children during the use of digital media. Accompanying children when surfing in cyberspace using a digital device at the same time can be realized in real interactions as a family activity.

3) Use digital devices wisely

Parents are the model children in the family. Therefore, parents need to be wise in using digital devices while interacting with children. Parents who are not discreet about using

⁹ Rahmat Ramadhani, "Peran Politik Terhadap Pembangunan Hukum Agraria Nasional", SOSEK: Jurnal Sosial dan Ekonomi 1, No. 1, (2020): p. 2.

¹⁰ Peter Mahmud Marzuki, *Penelitian Hukum*, Jakarta: Kencana Prenada Media Group, (2011), p. 171.

¹¹ Andri Priyatna, *Parenting di Dunia Digital*, Jakarta: PT Elex Media Komputindo, (2012), p. 18.

¹² *Ibid.*, p. 50.

digital devices become more violent or sometimes neglect their children. And a very important thing is not to use digital devices before going to bed.

4) Browse children's activities in cyberspace

Parents can monitor the websites they've visited, and make sure their kids don't visit sites that aren't age-appropriate. Currently, there are many web-filtering software programs that can assist parents in scanning or blocking website addresses that contain features that are not appropriate for their child's development.

Sometimes parents are confused, don't know how to digitally raise children, what parents imagine is buying children digital devices such as cellphones/gadgets for learning. Then, what is a good brand to buy later? This is not what is meant by digital parenting. There are several principles of digital parenting, which are as follows:¹³

- a. What matters is not the "what" brand and type, but when you need it.
 - 1- By looking at the right time to give it, namely by looking at the age and maturity of the child.
 - 2- Make child-approved rules regarding the use of digital devices before lending them to children.
- b. Quality is more important than quantity
 - 1- Parents can observe and dialogue with children.
 - 2- Parents can ask the child to make notes in the event that the child uses the internet which has nothing to do with schoolwork.
 - 3- Make a schedule to determine internet usage and use a timer to remind the time and the child must make a commitment from what time to turn off the gadget.
- c. Determine the sanctions if the child breaks his promise
 - 1- Make sanctions against the rules made jointly between children and parents.
 - 2- Be consistent in applying sanctions to children.
- d. Explain the reasons for applying the regulations
 - 1- Explain to children about the meaning of digital, social media and the impact of digital devices.
 - 2- Children's ages differ in their approach to digital media.
- e. Share experiences about digital devices with children.
 - 1- Supervise children regularly in a pleasant atmosphere.
 - 2- Parents make friends with their children on social media.
 - 3- Explain the features that children may and may not access.
- f. Make sure the child or the closest environment already has a learning culture (not just a habit) and regular study time.

Parents have an important influence in reducing the use of gadgets both online and offline. Starting from offline to online, there are many impacts on children. Initially watching saved children's videos, then interested in watching directly from YouTube. Likewise with offline games to online. Therefore, parents must always pay attention to the duration of children playing gadgets.¹⁴

2. The Negative Side of Using Digital Devices

The negative side of using digital devices or gadgets arises due to the lack of parental supervision of children who use gadgets. So that children spend too much time playing gadgets. Therefore, it is very important for parents to understand digital parenting.

The following are things that will result from using gadgets for too long, including:

- 1) Eye health. Screen time will cause radiation to the eyes, resulting in myopic eyes.
- 2) Child sleep problems.

This sleep problem can be caused by the length of time the child looks at digital screens and the impact of digital content. The impact of digital content, for example: a child sees a horror movie, or imagines a movie he watches before going to bed.
- 3) Difficulty concentrating.

¹³ Kementerian Pendidikan dan Kebudayaan, *Seri Mendidik Anak di Era Digital*, Jakarta: Kementerian Pendidikan dan Kebudayaan, (2016), p. 21.

¹⁴ Leni Nur Azizah. dkk, Modul Pelatihan Parenting di Era Digital, Kementerian Pemberdayaan Perempuan dan Perlindungan Anak Republik Indonesia dan Berlian Bersama Lindunga Anak, (2017), p. 48

The use of digital media has an effect on children's attention-shifting skills, which can increase overactive behavior and difficulty concentrating.

4) Decreased learning achievement.

Excessive use of digital media can reduce children's learning achievements, from the lack of time for children to study to children not concentrating on learning.

5) Physical development.

Children's physical activity is reduced due to excessive use of digital media, such as exercising, playing cooking, cycling, running, and so on. Parents need to pay attention to the physical-motor development of children.

In addition, children also tend to withstand hunger, thirst, and defecate, thus disrupting the digestive system, which causes an imbalance in body weight (too fat or too thin).

6) Social development

Social developments occur more often because of the use of digital media for too long. The child doesn't play with his friends, he doesn't even have any friends in his neighborhood; the child grows up to become a more self-centered person so it is difficult to join directly; and the child has difficulty recognizing nuances of feeling.

7) Brain development

It is important for children to balance between playing activities in digital media and the real world. Playing in the real world can improve children's development such as cognitive, language, social-emotional, physical-motor, artistic, and religious moral aspects. Playing in digital media cannot develop all six aspects at once, unlike the real world. And if children play too much with gadgets, it is feared that it can damage children's brain development.

8) Delays child's language development

Research has shown that the use of digital media can delay children's language development, especially for children aged 2 years and under.

9) Brain tumor

It is still a debate about the effect of electromagnetic radiation from cell phones on the brain development of children and adolescents. But the FDA in the United States recommends using a headset when calling, not directly holding the phone to the ear.

C. Conclusion

Technological progress is commonplace in terms of social life, but restrictions, regulations and assistance are needed related to the use of technology in children's growth and development. Restrictions and assistance (digital parenting) is something that must be educated from an early age by parents so that it does not affect the child's interaction with the family and the environment. Children become lazy to socialize, the intensity of family communication is reduced. In addition, children are difficult to communicate with, are not sensitive to the environment, children become passive, do not listen to their parents, cannot contain their emotions, and are very slow in responding when ordered to do something. In this case, people give gadgets to their children for the purpose of making it easier for parents to take care of their children.

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