



Digital Parenting to Children Using The Internet

Digital Parenting Kepada Anak Dalam Menggunakan Internet

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Abstract

Based on survey data released by the Association of Indonesian Internet Service Providers (APJII), it is stated that, in 2018, out of 171.17 million people who have used the internet, 60.8% of them are children aged 5 to 19 years. The irony of the use of the internet has reached children who incidentally are still shallow on the issue of the negative impact and the positive impact of the internet. Departing from the harmful effects and positive effects caused by the internet, the author wants to do a study of digital parenting for children. This research is a qualitative study and is library research. The required data comes from books, journals, and articles. After the data is collected, it is then analyzed and analyzed inductively and deductively and is linked and compared (comparative). This study aims to prevent children from accessing harmful content so that children tend to access only positive content. The analysis result shows that good parenting in the digital era is an authoritative parenting style (contextual) and authoritative parenting style (democratic), where this parenting style is a parenting style suitable for children in the digital age.

Keywords: Children; Digital Parenting; Internet; Parents

Abstrak

Berdasarkan data survei yang dikeluarkan oleh Asosiasi Penyelenggara Jasa Internet Indonesia (APJII) menyatakan bahwa, pada tahun 2018 dari 171,17 juta jiwa yang telah menggunakan internet terdapat 60,8% penggunaannya merupakan anak-anak berumur 5 hingga 19 tahun. Ironisnya penggunaan internet telah sampai kepada anak-anak yang notabenehnya masih dangkal dalam persoalan dampak negatif and dampak positif internet. Berangkat dari dampak negatif dan dampak positif yang ditimbulkan oleh internet, penulis ingin melakukan kajian tentang pengasuhan digital terhadap anak. Penelitian ini termasuk kajian kualitatif dan bersifat library research. Data-data yang diperlukan berasal dari buku-buku, jurnal-jurnal, dan artikel-artikel. Setelah data terkumpulkan selanjutnya ditelaah dan dianalisis secara induktif dan deduktif serta dikaitkan dan dibandingkan (komparatif). Kajian ini bertujuan untuk mencegah anak-anak dalam mengakses konten-konten negatif, sehingga anak cenderung untuk mengakses konten-konten positif saja. Hasil analisis menunjukkan pengasuhan anak yang baik pada era digital adalah gaya asuh otoritatif (kontekstual) dan gaya asuh authoritative parenting (demokratis), yang mana gaya asuh ini merupakan gaya asuh yang cocok untuk anak di era digital.

Kata kunci: Anak; Digital Parenting; Internet; Orang Tua

Introduction

Technological development and advancement have created disruptions in this life, many things have changed and shifted, ranging from how people understand various information and received too many that change from manual to automatic. Today, more than half of all Indonesians use the internet (Greenfield, 2004; Herlina, Setiawan, & Adikara, 2018). Internet usage rates continue to increase from year to year (Livingstone & Bober, 2006; Valcke, De Wever, Van Keer, & Schellens, 2011). Based on survey data released by the Indonesian Internet Service Providers Association (APJII), in 2017 Indonesian internet users reached 143.26 million from a population of 262 million or equal to 54.68% of the total population of Indonesia. While in 2018 recorded an increase of up to 171.17 million people from a population of 264 million people or about 64.8% of Indonesia's people who have been connected to the internet (APJII, 2017, 2018).

Not only has the increase in the number of users, but the internet is also used by various groups, both adults, adolescents, and children (Elsaesser, Russell, Mccauley, & Patton, 2017). APJII states that, in 2018, out of 171.17 million people who have used the internet, 60.8% of them are children aged 5 to 19 years (APJII, 2018). This is also supported by a report from We are Social and Hootsuite that in January 2020 that Indonesian internet users reached 64% or equal to 174 million people from the total population of Indonesia at that time (We are Social and Hootsuite, 2020). Ironically the use of the internet has reached children who are still superficial in the matter of the negative impact of the internet.

From the past years, many cases of negative impacts caused by the internet occur in children, such as the Central Statistics Agency (BPS) from 2010 to 2014, 80 million children have accessed pornographic content from the internet; this was confirmed by data submitted by the Indonesian Child Protection Commission (KPAI) that in 2011 to 2014 there were 932 cases of pornography targeting children who were victims; besides, data in the Ministry of Communication and Informatics research in collaboration with United Nations Children's Fund (Unicef) In 2014, children and adolescents lied about their age to get permission to access internet sites (Putra, Suryanto, & Utami, 2019). Reporting from the British Board of Film Classification (BBFC) published in The Telegraph, one of the news media in the UK, found 51% of

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children aged 11-13 years claimed to have seen pornographic films at various times. Then 66% of children aged 14-15 claim to have watched pornographic films. Furthermore, 46% of people aged 16 and 17 use social media as a means to view pornographic videos, then 44% use websites as a means for pornographic videos (The Telegraph, 2020). With the presence of the internet at this time, most family members who live in one house have an inharmonious interaction due to a lack of communication with their children (Day & Qodariah, 2018).

Moreover, children have entered the internet addiction zone, which can cause mental disorders. As in the case of two 17 years old high school students and 15 years old junior high school students from Bondowoso who have a mental disorder and high level of addiction to gadgets. If they were asked to let go of their devices, they could be mad and triggered to hurt themselves and slam objects around them. Thus, we need the role of people to take care of children so they will not be addicted to gadgets (Sihombing, 2018).

Although it hurts children, the positive impact given by the internet cannot be denied (Jackson et al., 2006). The positive effect caused by the internet, for example, the ease of obtaining information quickly and efficiently as well as the ease of communicating with others (Wong, Ho, & Chen, 2019). Children who use the internet will quickly get friends, especially since they have entered the game world using an account where the child can directly connect with their playmates (Navarro, Serna, Martínez, & Ruiz-Oliva, 2013). In addition, children will also easily get information, materials, learning videos for each subject that is searched on the internet (Wang, Bianchi, & Raley, 2005).

Departing from the negative impacts and positive impacts caused by the internet, the author wants to do a study on digital parenting for children. Studies on digital parenting have indeed been carried out by previous researchers such as Herlina et al. which explains about digital parenting but they do not recommend parenting in the digital age, and they only provide parenting choices (Herlina et al., 2018); Day and Qodariah explain how to grow digital literacy in children, but they do not explain digital parenting patterns (Day & Qodariah, 2018); Rahmatullah who explained about balanced education in the digital age (Rahmatullah, 2017); Putra et al. which explains how to reduce children's use of the internet but only focuses on social media (Putra et al., 2018).

al., 2019). From some of the previous studies, the authors feel that parenting in the digital age that recommends proper parenting does not yet exist. This study aims to prevent children from accessing harmful content so that children tend to access only positive content. The authors think this study is significant to discuss because of the high number of internet users among children. So the results of this study are expected to be a reflection for parents to be able to take good care of their children in the digital age so that children can avoid the negative impacts caused by the internet.

Research Methodology

This research is a qualitative study and is library research (Sugiono, 2009). Therefore, the data needed is a written source that is collected by reading, understanding, and researching as many books, journals, articles as possible that provide information about the data sought. The data sought is data about digital parenting patterns (parents and children), internet users, and children who watch porn in Indonesia. Therefore, to optimize the data sought, inclusion criteria are used, namely the general characteristics of research subjects from an affordable target population to be studied (Nursalam, 2003). In this case, the inclusion criteria can be categorized, namely parental digital parenting patterns to children, internet user data, and cases of children who are negatively affected by the internet. Meanwhile, exclusion criteria are also used as criteria where the research subject cannot represent the sample because it does not meet the requirements as a research sample (Notoatmodjo, 2002). In this case, the exclusion criteria can be categorized, namely children who have a positive impact from using the internet. After the data is obtained from the source sought, then collected by triangulation (combined) to be further classified and placed in subtitles sub discussion. The data is then reviewed and analyzed inductively and deductively so that the resulting data are descriptive. Besides, the analyzed data are also linked and compared comparatively with each other in order to obtain concrete (real) data so that conclusions can be drawn in response to the problem being investigated.

Research result

Child, Parent, and Digital Parenting

The word "child" may already be familiar to hear, but in reality, there are still many who do not know about classification. Erik Erikson –a German psychologist–
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divides the stages of growth that occur in children into 5 phases; infants (0-2 years), early childhood (2-3 years), pre-school (3-5 years), school-age (6-11 years), and teenagers (12-18 years). While Jean Piaget –a Swiss psychologist– introduces child growth divided into four stages. First, the sensory phase (0-2 years); second, pre-operational phase (2-7 years); third, concrete operational phase (7-11 years); and the four formal operational stages (> 12 years). In general, experts agree that what their children say is those in the age range of 0-18 years. At this age, a person is at the period of growth both physically, cognitively and morally imperfect. That is, a child can be said to have been unable to avoid the various negative effects that come to him, as well as in receiving and filtering information collected from the media. Then do not rule out the possibility that children will be easily affected by negative media. Therefore, parents play an essential role in protecting and fortifying their children to avoid the negative effects of the media (Herlina et al., 2018).

If we look at the history of childcare, it became a global concern in the 1970s. This is marked by white people who want to make their children achieve academically and socially so that to meet this child must have excellent abilities and skills in various ways. Therefore, to present such a child –or known as the term “perfect”–, then various directives, rules, and penalties are applied to children to obtain abilities and skills that inhabit various fields (Darling & Steinberg, 1993).

Parenting is a behaviour that is warm, accepting, reciprocal, understanding and sensitive to what children need (Andayani & Koentjoro, 2004). With these characteristics, parenting can be characterized by the ability to understand the conditions and needs of children and the ability to choose how to respond well to the requests of children (Putra et al., 2019). while digital care means child care in the digital age. The digital age is an era of development and technological progress. In this digital age, the use of the internet in various lines of life has changed into basic human needs. This is proven by being used as an internal reference for everything (Rahmatullah, 2017). Thus, the internet with positive impacts and negative impacts caused, makes the internet can not be abandoned and abandoned by humans in their lives.

Digital Parenting to Children

Jane Brooks in her book titled "The Process of Parenting" states that parents will easily direct their children to good deeds if they can touch the hearts of children, able to understand the child's soul and be present in the lives of children. Without these three elements, parents will have difficulty directing their children in the right direction (Brooks, 2011). One of the causes of children who have nature and behaviour that is not good, none other than the lack of attention from parents to him.

The attention given by parents is significant for children's moral development. Children who do not get attention and good interaction from their parents will experience low moral development. Sry Ayu Rejeki in her writing "The Relationship Between Interpersonal Communication in Families with Moral Understanding in Adolescents", he stated that the little ethical understanding that a child has is caused by the lack of communication relationships and the interaction of children with parents. Most children today are familiar with gadgets and the internet. Using too many devices will have a psychosocial impact on children, such as increasing the child's sense of ignorance and often feeling bad moods feeling unwell in him. This is similar to the results of research conducted by Anggrahini stating that excessive use of gadgets will make it difficult for children to talk to, not caring about the environment, often bad moods, and also not listening to advice from their parents (Rahmatullah, 2017). Besides, this is also in line with the theory put forward by Iswidharmanjaya and the Agency which states that excessive use of gadgets by children will cause gadget addiction, so do not be surprised if there are children who find it difficult to escape with devices as if gadgets are part of their lives. This will affect the emotional relationship of children with parents and children with the surrounding environment. Children aged 6-12 years must know the outside world and must interact more often with parents and friends (Day & Qodariah, 2018; Schiano, Burg, Smith, & Moore, 2016).

Departing from the above interpersonal communication that inters between children and parents will be able to improve good moral understanding for children. Of course, an excellent ethical knowledge that children have will be a protective fortress to avoid the negative effects of the internet. Besides, a correct moral understanding must be accompanied by the ability of media literacy.

Media literacy can be obtained by children in the family, especially employing parents making agreements with children, what kind of games they can play, or what videos they can watch. Parents must be able to be friends for children in the use of internet media. Parents should always remind their children when they want to meet friends they know through the internet such as social media like Facebook, Instagram, or from the WhatsApp group and so on. Besides parents must also pay attention when children are afraid to access the internet, to learn the internet, to utilize the internet world as a medium to add new knowledge and knowledge (Sukiman, 2016), because parents must teach their children to use the internet thoroughly and also notice the negative impact on children. Thus, an understanding of the internet to children must be shown in the care given by parents to children. According to Darling and Steinberg, there are several types of childcare, namely authoritarian, permissive (psychological), and authoritative (contextual) (Darling & Steinberg, 1993).

First, authoritarian care is care that puts parents as regulators of all activities and activities of children. Because parents feel as they know best what is best for their children, children who break the rules will be given punishment so that the child can be independent. So that children can be economically and socially successful. To achieve this, all parents involve children in various competitions and skills training so that children can have expertise in multiple fields.

Second, permissive care is parenting that always controls parents in all respects. Parents who apply this method are those who think that it is time for children to be spoiled because time will never be repeated, so it should be the children get the best. Children who are often cared for using this method are only children, children who have physically weak. Thus, parents in this care sometimes do not pay too much attention to the rules and penalties for children because they have to give in when there is a dispute with a child.

Third, authoritative care (contextual) is care that takes into account three things, namely the relationship between parent and child, parental practices and behaviour, and the parent's belief system. Parents give what the child wants, but parents agree with the child for the facilities provided to children if they use it excessively. The purpose of this parenting is to bring ethical character values for children, a balanced lifestyle and ongoing care that is to involve children and parents.

In addition to the parenting style above, some divide parenting style into four kinds such as Diana Baumrind –a US psychologist– (Santrock, 2004): First, authoritative parenting (democratic) is a parenting style applied by parents so that children can be independent. But parents still make limits, rules and direct the behaviour of children. In this type of foster style, parents still have to give control to the child by making demands on the child that make sense according to the ability of the child so that the child can develop with his age and have confidence. Second, authoritarian parenting (adult-centred), is a foster style that implements self-control rigidly, always evaluating children’s behaviour, emphasizing that children must be obedient to parents, children must follow all the words of parents. Although this style of parenting seems authoritarian and rigid, it depends on the behaviour and environment of the child. Third, indulgent parenting/missive (child-centred) is a foster style that emphasizes parents must always be involved in every activity of the child. Still, in this parenting style parents do not demand a lot from the child, let the child do what he wants to do, and parents also always discuss with children about what children want to do. This foster style is the same as authoritarian parenting foster style, which is based on the situation and condition of the child’s social environment. Fourth, neglectful parenting/uninvolved foster style (withdrawal and not bound), is a foster style that emphasizes that parents are not involved in children’s activities, there are no rules for children, and there is no punishment for children. Form foster care like too much priority for freedom for children so that it opens an excellent opportunity for children to fall into things that are not good.

Discussion

Child and Digital Parenting

Parenting by parents at this time, it could be said they could not leave the internet for fear that their foster children would become technologically blind. But parents should not let children dissolve in using technology because it will lead them to the negative impacts caused by the internet. Parental involvement in parenting must be based on time, intention, and attention (Kirwil, 2009). Therefore, every parent cannot say that quality is more important than quantity. However, the number has a significant role in shaping quality (Putra et al., 2019). That is, parents who do not have

much time to care for children, they can not justify that care with good quality is better even in the small amount of attention. Because after all, the parents often meet with children to determine the quality of care received by children.

Jill Shepherd of the University of Strathclyde, United Kingdom and Simon Fraser of the University of Canada in their article entitled "Why the Digital Era?" States that, the digital era at this time has indeed changed the human race in a more natural direction in many ways, for example, in the fields of education, economics, employment and so on. All of that convenience can be categorized into a positive zone; profit; the good that the digital era poses for humans (Shepherd & Fraser, 2004).

But it is different from the results of research conducted by Siobhan McGrath of the National University of Ireland Maynooth; he stated that the negative impact of the digital era through the internet is quite dangerous. Especially bad for interactions in a family which will later affect the social interaction of children with the community. Children who are always accessing the internet will focus themselves on the media (smartphone) to make it easier to interact with family, especially with other people around their homes. Not to mention when the child has entered the game addiction zone and is even more dangerous when the child is addicted to accessing pornography which will worsen the mindset and behaviour level (Mazmanian & Lanette, 2017; McGrath, 2012).

When viewed from the position and role of parents in the family, of course, they have a significant role in educating children. Because parents are leaders in families who must guide, nurture, and train so that children have good personalities (Livingstone & Helsper, 2008; Witro, 2019). It must be recognized that the family is the first school (*al madrasa al uula*) for children and parents are the primary educators (*al murobbiyah al uula*) for children. Parents must make the home a comfortable learning place for children. At home, the child is educated by parents, namely the father and mother as the primary and first teachers and caregivers for the child.

Digital Parenting to Children

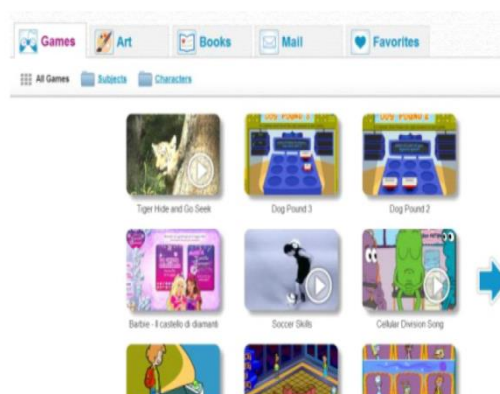
Based on several parenting styles raised by Darling and Steinberg and Baumrind there are similarities in parenting styles, among others; First, the authorities style is the same as the authoritarian parenting (adult-centred) style and the indulgent

parenting/permissive (child-centred) style of care. This foster style is not suitable for children in digital parenting because children will find it challenging to innovate on the internet because what they want to do is determined by their parents. Second, the permissive parenting style and neglectful parenting/uninvolved parenting style. This parenting style is not suitable for children in digital parenting because it allows children and parents not to get too involved with children's activities so that children range into the negative zone of internet media. Third, the authoritative parenting style (contextual) and authoritative parenting style (democratic). This foster style, the authors feel foster style that is suitable for children in the digital age because parents allow children to create and innovate while still determining the rules and penalties if the child goes outside the limits set by parents. The experts state that parenting applied by parents has a close relationship with the child's behaviour. Thus, parents must pay attention to good parenting for children according to their needs in the digital age (Darling & Steinberg, 1993; Santrock, 2004).

Besides, parents should also pay attention to several things in digital parenting, including accompanying children when playing gadgets; select and understand the content that children want to play so that later the content will be found positive and negative. Of course, parents do not always have time to accompany and pay attention to children when playing gadgets (Herlina et al., 2018). Therefore, parents must use the parental control application in a device that is represented by children, see pictures 1 and 2.



Picture 1. [Quostudio]



Picture 2. [Zoodles]

Quostudio is a free activity monitor for children. This application can block sites that are not child-friendly and can record children's activities when using gadgets. Likewise, the case with zoodles is a browser application designed specifically for children so that the search and search only display child-friendly content. Besides, parental control can also be applied in the Google Play Store application by setting it in the parental control settings menu, so children cannot download applications that are not child-friendly; on the google search engine by arranging in the settings menu filters SafeSearch so that the search results from Google are only child-friendly content; and also on youtube by setting in the settings menu that is on the restricted mode/restriction mode so that children can only watch child-friendly videos. Some of these ways are some things that can be done by parents in childcare in the digital age so that children can avoid the negative effects of internet media (Herlina et al., 2018).

Conclusion

Based on the description above, parenting patterns that are appropriate for parents in the digital age towards children are authoritative parenting style (contextual) and authoritative parenting style (democratic), which this parenting style offers parents to allow children to be creative and innovate to channel what is available in the child's mind, but still, determine the rules and penalties if the child goes out of line or agreement that has been determined by parents with children. Apart from the role and involvement and monitoring of parents of children so as not to access harmful content, in this case, parents can use applications that can monitor or record children's activities while using a smartphone with the Quostudio and Zoodles applications. Proper care cannot be separated from the cooperation of both parents. So parents should always pay attention to their children, always interact with their children and be consistent in doing so that their children can avoid the adverse effects of internet media.

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