


The Use of Gadgets on Parenting Patterns in the Digital Era

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Article Information:

Received January 02, 2025

Revised January 29, 2025

Accepted January 31, 2025

Keywords:

Early Childhood; Gadgets;
Parenting

Abstract

This study aims to determine the parenting patterns of parents towards the use of gadgets in the digital era. The development of the era, especially gadgets, has a very rapid impact, one of which is on child development. Gadgets can affect child development such as the time and content presented. This study uses a quantitative approach. The sample was 10 children in Lavender class, Kindergarten, Gembala Baik, aged 5-6 years. Based on the assessment, the average results of the parenting patterns applied by parents were a mean of 16, a median of 16, and a standard deviation of 3.1. This assessment has a score of 1 to a maximum of 5 for each question. The results of the study showed that there was a score of 11 and a score of 21. So it can be concluded that parenting patterns in this digital era are good, especially in the use of gadgets. Parents supervise and limit the use of gadgets in children so that time and content can be controlled properly. The importance of supervising the content presented and limiting the time in using gadgets in children so that the use of technology in the digital era is more effective and efficient.

A. Introduction

Parenting patterns play an important role in fulfilling children's physical and mental needs and can influence their personality development according to their developmental stages (Devilia et al., 2024; Sonia & Apsari, 2020). Factors that can influence parenting patterns such as early marriage, as well as parenting by grandparents influenced by education, work, and economic conditions can influence child rearing patterns. In addition, the level of parental education also has a significant influence on early childhood parenting patterns (Honits et al., 2023). Because parental education has a positive effect on the parenting patterns applied, where the higher the education, the better the parenting patterns given. Various types of parenting patterns can have a positive or negative impact on a child's personality and behavior, so it is important to apply good parenting patterns to encourage the child's social and personality development (Firdausi & Ulfa, 2022).

Children who are raised in a democratic parenting style tend to have extroverted personalities (Devilia et al., 2024). The combined democratic and transactional parenting style in farming families has been proven to be effective in instilling good socio-emotional behavior, such as responsibility, independence, and discipline in early childhood (Hikmawati et al., 2023). In addition, the higher the implementation of democratic parenting patterns, the greater the child's creativity (Wibiarani & Wati, 2023). A more dominant permissive parenting style is often associated with moderate levels of emotional intelligence in students, while authoritative parenting is very important in developing children's emotional intelligence, character, personality, and social values. Democratic and authoritarian parenting styles have been shown to be more effective in shaping polite behavior than permissive styles, while authoritarian and permissive styles can trigger aggressive behavior in children. Conversely, authoritative parenting has a positive impact on children's emotional intelligence (Erdaliameeta et al., 2023).

The parenting method used influences the implementation of parenting patterns. Parenting patterns have an important role in the social and emotional development of early childhood (Dhiu & Fono, 2022), if

parenting patterns that are not appropriate to the child's age and needs can have a negative impact on the child's mental condition. Good parenting patterns are positively related to the child's level of self-confidence, support mental health, and good education. Therefore, parents need to get education about the impact of parenting patterns on children's mental health in order to support optimal child growth and development (Puspitasari et al., 2023; Sari et al., 2020). Parenting seminar activities can also increase parents' understanding of positive parenting patterns (Veryawan et al., 2022). Cooperation between teachers, principals, and parents also has a significant influence on the formation of children's character.

Gadgets have positive and negative influences on children's development (Sari & Marlina, 2021). The negative influence can make communication within the family worse (Yulianti et al., 2023). has an important role in human life as a positive medium (Marpaung, 2018). However, if not accompanied by strict supervision from parents, gadgets can hinder various growth and development of children. Therefore, the use of gadgets in children must be accompanied by strict supervision from parents so that the child's development is not disturbed and in order to form the character of the child's personality and intelligence (Handayani et al., 2020; Sari & Marlina, 2021). With good communication between parents and their children, it will stimulate the growth and development of children to be able to adapt to their social environment (Destiani, 2023).

Technology can change a child's behavior. Smartphone use in early childhood for 3-4 hours per day can increase children's knowledge and creativity, but also risks causing addiction and decreasing social interest. The development of technology in the digital era has changed the role and way of parents in educating children (Aslan, 2019). Therefore, the parenting pattern of millennial parents is very important for the moral development of early childhood, especially through the application of democratic parenting patterns, role models, and the habituation of religious values. An effective parenting pattern is a democratic parenting pattern where parents provide freedom with strict supervision to help children develop a critical attitude towards the negative influence of digital media (Rahmat, 2019). The importance of implementing clear boundaries, regular routines, using positive reinforcement, encouraging independent thinking, using stories as a learning tool, prioritizing emotional regulation, spending more time together, and setting a good example by not using gadgets excessively (Asrianti et al., 2024).

Based on the description above, the researcher conducted a study to determine the parenting patterns of parents towards the use of gadgets in the digital era, especially at Gembala Baik Kindergarten.

B. Research Methods

The study was conducted on September 26 in the Lavender class (group B) of Gembala Baik Kindergarten with 10 children. The study used a quantitative approach with 10 participants who were parents of 10 children of Gembala Baik Kindergarten aged 5-6 years. Data were obtained through a questionnaire assessment instrument in the form of a questionnaire on Google Form filled out by parents. The questionnaire was created to determine how parenting patterns are in the digital era, especially limiting and controlling the use of gadgets in early childhood. Consists of 5 questions, where each question has a smallest score of 1 and a largest score of 5 for each question. This questionnaire was filled out by parents according to the parenting patterns they provide in the era of digital development, especially the use of gadgets.

C. Results and Discussion

The data in this study were obtained through a questionnaire assessment instrument in the form of a questionnaire on Google Form filled out by parents of 10 children of Kindergarten Gembala baik aged 5-6 years. Based on the questionnaire data, the results were obtained as in table 1 and figure 1.

Table 1. Results of the Parenting Patterns Questionnaire

Mean	16.0000
Median	16.0000
Mode	13.00
Std. Deviation	3.16228
Variance	10,000
Range	10.00
Minimum	11.00
Maximum	21.00
Sum	160.00

Based on the questionnaire given to parents, where parents fill out the questionnaire according to the parenting pattern applied to the child. The sample of this study was 10 children with 5 question items, each question has a minimum score of 1 to a maximum of 5. 1 means very lacking, 2 lacking, 3 sufficient, 4 good, and 5 very good. Based on the assessment, the average results of the parenting pattern applied by parents are with a mean of 16 median 16 standard deviation 3.1. This assessment has the smallest score of 1 to a maximum of 5 for each question. The results of the study showed that there was a smallest score of 11 and the largest score of 21. This can be seen in Figure 1.

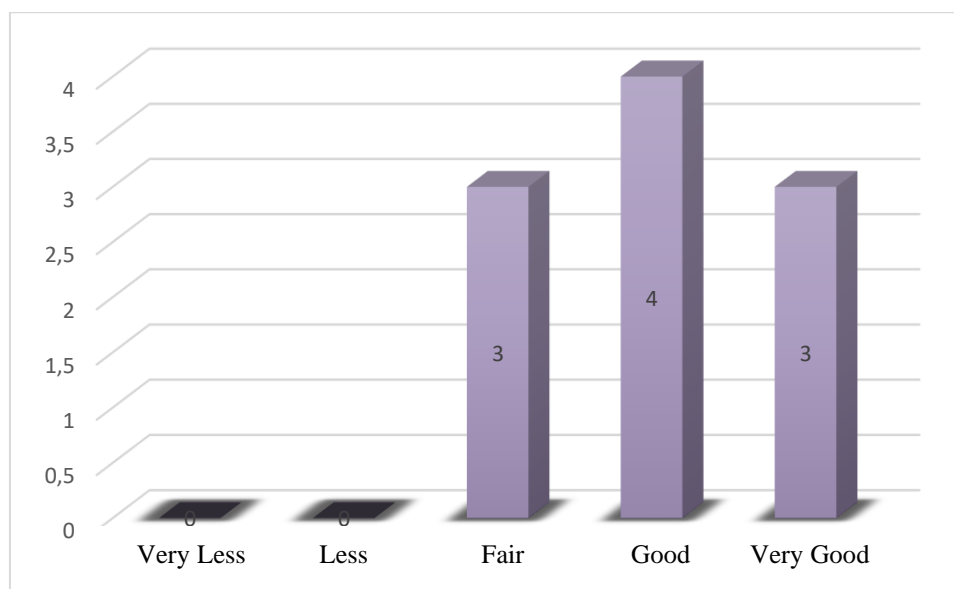


Figure 1. Parenting Patterns Chart

The diagram above shows that there are 3 children with sufficient supervision and control, 4 children with good supervision and control, and 3 children with very good supervision and control. So it can be concluded that parenting patterns in this digital era are good, especially in the use of gadgets. Parents want to supervise and limit the use of gadgets in children so that time and content can be controlled properly.

There is a positive relationship between parenting patterns and student learning motivation during online learning at home during the pandemic. Democratic parenting patterns have an effect on gadget use among early childhood and have a positive effect on children's learning motivation and good character formation in online learning (Fatmawati et al., 2021; Fitriana, 2023). Democratic parenting also plays an important role in increasing children's motivation to learn through habits of discipline, independence, and religious values (Nadhifah et al., 2021). Inappropriate parenting patterns can hinder the development of children's morals and character, and this is also influenced by the school environment (Nuraeni & Lubis, 2022). Therefore, the application of appropriate parenting patterns by parents is very important to support healthy behavior in children, both physically and mentally. The application of appropriate parenting patterns supports the formation of early childhood character where the role of the family is very important in this case because children tend to imitate the behavior of their parents (Ambariani & Rakimahwati, 2023; Elan & Handayani, 2023; Lesnussa & Wijayaningsih, 2023).

Good parenting is to set rules about gadget usage time. This plays a role in children's social interactions. However, digital devices have negative dependency behavior (Atmojo et al., 2021). Parents must be careful and precise in determining the parenting pattern that will be given to their children (Prameswari & Susanti, 2021). Parenting patterns must be in accordance with the times and control the use of digital media. The need for guidance and direction from parents to use digital media wisely (Andriani, 2022). Smart parenting enables children to be better prepared to face life oriented towards the digital era (Salwa & Aini, 2023). Democratic parenting is considered ideal in forming positive character in children, because it encourages balanced two-way communication between parents and children.

Parents in the digital era are faced with the challenge of a lack of communication between children and their surroundings because they are focused on gadgets, which can result in a lack of sleep or rest for children (T, 2021), affects the psychosocial development of preschool children, disrupts interactions within the family (Lestari et al., 2015), and makes children undisciplined and lazy to study (Hudaya, 2018). The

need for optimal and balanced use of gadgets, sharing knowledge about their impacts, and utilizing them for education, business, and efficiency in work (Asro & Sidik, 2020). As well as supervision and guidance from parents. However, not all impacts of gadgets are negative, gadgets also have a positive impact, namely they can help children's language development.

Children tend to use gadgets for entertainment rather than education (Hadi & Sumardi, 2023). This is where the role of parents is to provide a proper time schedule when children play gadgets, so that it does not hinder the social development of early childhood children (Miranti & Putri, 2021; Yuyuk et al., 2023). So the negative impacts of gadgets such as children's social development being disturbed, loss of concentration, disturbing eye health, causing unstable child behavior, and making them easily angry and crying easily can be avoided (Siregar, 2022). Parenting patterns are important to guide the millennial generation who actively use the internet so that they can develop healthily physically, cognitively and psychosocially (Lidiawati, 2019). And also effective psychoeducation can increase parents' knowledge and understanding regarding gadget use in early childhood (Azamiah et al., 2023).

Parents have an important role in educating children in the digital era (Lestari et al., 2022), where parents must know the challenges, problems and solutions so they can control the use of digital devices that their children use (Dheasari et al., 2022). Parents must also find a suitable and appropriate parenting pattern to educate children in the digital era (Nurlina, 2019). Therefore, the importance of digital parenting so that parents can use and teach their children technology wisely, and avoid the risks of digital technology (Khaerunnisa, 2021). Parents get this knowledge through presentations and discussions (Dzulfadhilah et al., 2023). This can form a wise parenting pattern towards gadget use, because parents apply an effective parenting pattern in accordance with the development of the times (Saadah et al., 2021). And of course, there needs to be consistent supervision and implementation of rules regarding gadget use in children (Saman & Hidayati, 2023).

D. Conclusion

Based on the research results, the parenting pattern of parents towards gadget use is good. There are restrictions on gadget use time and supervision of the content used, so that gadget use in the digital era can be used intelligently and optimally.

E. Acknowledgment

Our gratitude goes to the Principal of Gembala Baik Kindergarten, all teachers, staff, and parents of students at Gembala Baik Kindergarten.

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