

Implementation of Digital Parenting on Early Childhood Gadget Addiction: A Scoping Review

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ABSTRACT

The case of gadget addiction among children is quite alarming. Survey results from the Indonesian Child Protection Commission (KPAI) state that as many as 79% of children are allowed to use gadgets. In this case, the role of parents is very important in supervising children when using gadgets. Supervision in this case is by the digital parenting method used by parents in an effort to limit the use of gadgets in early childhood. This study aims to discuss some appropriate implementations in the application of digital parenting applied by parents to children's behavior in using gadgets. The method used in this research is a scoping review using two databases namely PubMed and Science Direct with Indonesian language articles, published from 2018-2022. The results obtained from 5 articles show that parents' experiences related to the implementation of digital parenting that can be used as an effort to prevent gadget addiction are the role of parents in mentoring and time management in the use of gadgets in early childhood. The conclusion of this study is that the implementation of digital parenting through the role of parents in mentoring and implementing time management can be applied in preventing gadget addiction in early childhood.

Keywords: *Early Childhood, Gadget Addiction, Digital Parenting.*

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INTRODUCTION

Communication technology in this day and age is very rapidly advancing, as evidenced by the presence of sophisticated technology such as those that have become the main needs of both children and adults. Gadgets are not only a tool for communication but can also help facilitate other activities. Today's children are born in the era of digital technology, playing computers and gadgets is a common thing in this era. The case of addiction or smartphone

Protection Commission (KPAI) state that as many as 79% of children are allowed to use gadgets. According to Subarkah (2019) seen psychologically, childhood is a golden period where at this time the growth in children's brain cells develops very quickly and is sensitive to external stimuli. All positive information can be received by children which will then affect the child's growth and development process¹. And vice versa, if the information is negative, it will have a negative impact on inhibiting the development of growth

and development in children.

The American and Canadian Pediatrics Associations emphasize that children aged 0 to 2 years should not use gadgets. While children aged 3 to 5 years are limited to one hour per day and two hours per day for children aged 6 to 18 years. The WHO also emphasizes that babies as young as 1 year old are not recommended to be introduced to gadgets. Gadgets are recommended by WHO at 2 years old, but the duration should not exceed 1 hour. But in reality, children have been introduced to gadgets by parents from the age of 1 year and the duration can be more than 1 hour. In 2020, in Indonesia, 29% of early childhood use gadgets. West Java Province reached 35,100,611 people in using the internet the most².

The impact caused by gadgets is that children become dependent on gadgets and leave various types of games that do not involve gadgets. Gadget or smartphone addiction itself is defined as loss of control, becoming more obsessive, interpersonal problems, lack of tolerance, and symptoms of withdrawal so that it becomes dependent on smartphones³.

The impact caused can have a positive and negative impact on child development. Therefore, the role of parents is very important in supervising children when using gadgets, so that the impact of using gadgets does not affect behavior in children, especially in early childhood⁴. The role of parents in this case provides optimal developmental stimulation in children through the motor aspects of children⁵. In addition, parenting also plays a very important role in children during the golden age. Various studies have shown that parenting is the main factor affecting child development. in order to stimulate optimal child growth and development⁶.

According to Setiawan et al (2022) the techniques used so that children are not exposed to negative content from using gadgets are certainly inseparable from the big role of parents who are always at the forefront in today's millennial era⁷. Parents are required to better understand introducing children to applications that are suitable for early childhood. Several studies discuss the implementation of digital parenting, which is basically interpreted as an effort to supervise, limit, and assist parents in children's behavior in using gadgets⁸. Furthermore, the process is carried out to prevent the negative impact of

gadget use on children and tends to optimize the positive impact obtained from gadgets⁹. This study aims to discuss some appropriate implementations in the application of digital parenting applied by parents to children's behavior in using gadgets.

METHODS

The writing method applied to this scoping review is to collect from several published research articles. A three-step search strategy will be used in this study. The initial search will be conducted using two databases, PubMed and ScienceDirect, to identify articles with suitable topics, followed by analyzing the titles and abstracts as well as the terms used in describing the topics in the articles.

1. Identification of Research Questions

Databases that will be used in this study include PubMed and ScienceDirect. Articles published from November 2018 - November 2022 in English.

Table 1. Scoping Review Questions

P	I	C	O
Early childhood OR Child	Digital parenting OR Smart Parenting	-	Gadget Addiction OR Smartphone Addiction

2. Identification of Relevant Studies

Secondary data search sources collected were 5 articles on the PubMed and ScienceDirect databases in the period 2018-2022.

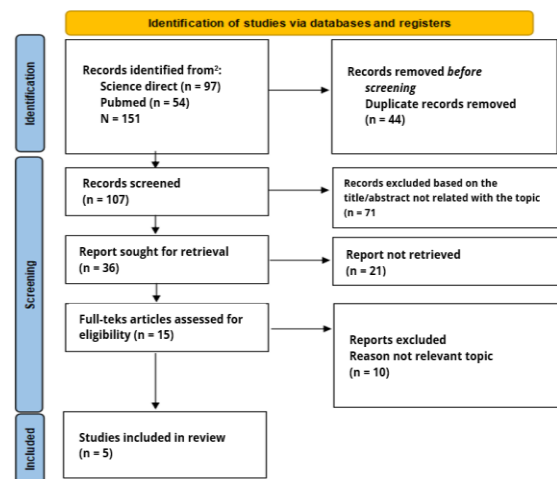


Figure 1. PRISMA Flow Chart

3. Study Selection

After searching several databases, all identified citations will be selected and screened according to the criteria previously mentioned in the database software, then check the article based on the title and abstract. If it meets the criteria after reviewing according to the participants, concepts, context, research methods and relevant keyword findings, the full-text of the article will be searched and selected based on the predetermined inclusion criteria and referring to the objectives of the review. Articles will be excluded from the review if they do not meet the criteria such as no effective digital parenting implementation and research sample > 5 years.

4. Data Extraction

Data extraction focused on the

information used in the implementation of digital parenting for gadget addiction. The components reviewed included age parameters, respondents, number of question items assessed, scale, scoring, and success of the technique.

RESULTS

In the literature search on several databases, 151 journals were obtained, which were then selected through several stages and produced 5 journals. The articles obtained discuss the implementation of digital parenting efforts to prevent gadget addiction with 5 articles obtained

Table 2. Data Extraction

Author & Publisher	Title & Year	Subject	Design	Aim	Method	Result
Budi ¹⁰ Rosyada: Islamic Guidance and Counseling	Implementat ion of Digital Parenting Classes with the theme How to Prevent Gadget Addiction in the Golden Age Period Year 2020	Parents of students at Baitul Qur'an Baitul Qur'an Islamic Boarding School (PAS) Ngabar Siman Ponorogo numbered eleven.	This research used a descriptive qualitative approach. The research was conducted at... The variable in this study is the implementa tion of digital parenting classes.	describe the implementati on of digital parenting classes on how to prevent gadget addiction in the golden age period in detail and in depth	Digital parenting class	The results showed that with the digital parenting class, participants' knowledge about digital parenting also increased. Based on this, 90% of participants stated that digital parenting classes were useful for increasing their knowledge about digital parenting.
Sisbintari ¹¹ Journal of Obsession: Journal of Early Childhood Education	Digital parenting as an Effort to Prevent Gadget Addiction in Early Childhood during the Covid-19 Pandemic Year 2021	Parents of kindergarten students in Kulonprogo Regency, Yogyakarta Special Region with an age range of 4-6 years old	This research uses a qualitative approach. The type of research used is descriptive qualitative research	Describe the role of parents in implementin g Digital parenting as an effort made to prevent gadget addiction in children during the Covid-19 pandemic.	Digital pattern of time manage ment Parental assistanc e App utilizatio n	From the results of the study, it shows that there are several techniques that are carried out by creating a Digital parenting pattern of time management for gadget use, assistance from parents, utilizing the youtube kids application, monitoring

						browsing activities, not introducing games to children, and implementing screen time on gadgets.
Asmawati ¹² Journal of Obsession: Journal of Early Childhood Education Volume 6 Issue 1 (2022) Pages 30-44	The Role of Parents in the Utilization of Digital Technology in Early Childhood Year 2021	There are 277 parents with young children in Banten Province.	This research uses quantitative research. The method used is the survey method	Determine the effect of digital technology utilization on the role of parents in early childhood.	Parental assistance in gadget use	The results showed that there is a positive and significant influence of digital technology on the role of parents in utilizing gadgets. In this case, parents play an active role in guiding, educating, and supervising children in responding to the use of gadgets.
Alia, et al ¹³ Polyglot: A Scientific Journal, 14(1).	Parent Mentoring of Young Children in the Use of Digital Technology Tahun 2018	Parents of young children who are negatively affected by the internet	Qualitative research methods	Knowing that parents can supervise children and direct positive content for children to use technological advances appropriately in accordance with the child's developmental period.	Effective communication to supervise children in gadget use	The results of this study indicate that in this case the role of parents is as good communicators for children, as for effective communication methods, namely, determining time contracts with children, using language that is easily understood by children, using good attitudes when communicating, and sorting out which communication is effective when done by children.
Setiawan ⁷ Journal of PAJAR (Education and Teaching), 6(4), 1188-1197. DOI : http://dx.doi.org/10.33578/pjr.v6i4.8793	The Effect of Smart Parenting Media on Parents' Digital Mediation Skills During Pandemic at Tk Al-Azhar 54	Parents who have children aged 5-6 years in Al-Azhar 54 Kindergarten Pekanbaru City	Experimental method with one group pretest posttest design	Knowing the effect of Smart Parenting media on parents' digital mediation skills during the pandemic	Digital mediation (parental supervision, restriction, and assistance)	Smart Parenting media is proven effective to improve parents' digital mediation skills at Al-Azhar 54 Kindergarten in Pekanbaru City. (Setiawan et al., 2022)

DISCUSSION

In the literature search on several databases, 151 journals were obtained which were then selected through several stages and 5 journals were produced. The articles obtained discuss the implementation of digital parenting efforts to prevent smartphone addiction with 5 articles obtained.

Method described above, parents and children can have a sense of responsibility that both must do. In addition, with the agreement applied by parents and children, parenting behavior is well established between mother and child, so that the process of child development and growth can develop optimally. By implementing time management parents can also make their children's attention diverted from gadgets and tend to play more productive activities. Various applications are carried out by parents to apply Digital parenting to children to prevent gadget addiction. However, the use of gadgets in children must still be controlled so as not to interfere with their growth and development. In addition, parents must be disciplined and committed to the schedule and rule agreements that have been made. This time management pattern tends to be effective because children can successfully divert to more productive play activities with their friends. Based on the description of the data, it can be concluded that the application of time management in gadget use can be used as a good digital parenting method to be used to prevent gadget addiction in children.

CONCLUSION

From the discussion above, it can be concluded that the implementation of digital parenting that is widely applied by parents in an effort to reduce the use of gadgets in children is by implementing mentoring and time management. The assistance that parents do is by sorting out what applications the child can access so that it does not have a negative impact on the child. The role of parents in assisting children in using digital technology is a form of primary

responsibility because the family is the first place of education. However, the use of gadgets in children must still be controlled so as not to interfere with their growth and development. Furthermore, by doing time management in giving time limits for gadget use so that children are accustomed to using gadgets at certain times only.

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