

IMPACT OF PARENTING PATTERNS AND INTENSITY OF GADGET USE ON ELEMENTARY SCHOOL AGE CHILDREN

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Abstract

Gadgets provide positive and negative impacts for their users. The excessive intensity of the use of *gadgets* makes children vulnerable to the negative effects of *gadgets*. The intensity of the use of *gadget* can be influenced by the type of parenting applied by the parents. The treatment given by the parents will affect the child. This study aims to identify how children's behavior and the intensity of *gadget* in authoritarian, democratic and permissive parenting. This intensity is seen from aspects of parenting such as parental demands, forms of parental supervision and communication that occurs between children and parents regarding the use of *gadgets*. This study uses a qualitative approach to the type of phenomenology. Phenomenology is a type of research where researchers find out by seeing and hearing the explanations and behavior of informants. Based on the analysis of the data found, it is known that authoritarian parenting has high demands on children and has many rules. So the intensity of using *gadgets* is low. For democratic parenting, parents supervise but sometimes give freedom. So that the intensity of children's use of *gadgets* is higher than authoritarian parenting. While permissive parenting, parents give freedom to children. Children and parents also rarely have time to communicate. So that the intensity of the use of *gadgets* in this permissive parenting pattern is high.

Keywords: *Intensity; Parenting; Gadgets; Elementary School Children.*

Abstrak

Gadget menyediakan dampak positif dan negatif bagi penggunaannya. Intensitas yang berlebihan akan penggunaan *gadget* menjadikan rawannya anak terkena dampak negatif *gadget*. Intensitas penggunaan *gadget* ini dapat dipengaruhi oleh jenis pola asuh yang diterapkan orang tua. Perlakuan yang diberikan orang tua akan berpengaruh kepada anak. Penelitian ini bertujuan untuk mengidentifikasi bagaimana perilaku anak dan intensitas penggunaan *gadget* pada pola asuh otoriter, demokratis dan permisif. Intensitas ini dilihat dari aspek-aspek pola asuh orang tua seperti tuntutan orang tua, bentuk pengawasan orang tua serta komunikasi yang terjadi antara anak dan orang tua terkait penggunaan *gadget*. Penelitian ini menggunakan pendekatan kualitatif dengan jenis fenomenologi. Fenomenologi adalah suatu jenis penelitian dimana peneliti mencari tahu dengan melihat dan mendengar penjelasan dan perilaku dari informan. Berdasarkan analisis dari data yang ditemukan, diketahui bahwa pola asuh otoriter memiliki tuntutan yang tinggi pada anak dan memiliki banyak aturan. Sehingga intensitas penggunaan *gadget* rendah. Untuk pola asuh

demokratis, orang tua melakukan pengawasan namun terkadang memberi kebebasan. Sehingga intensitas penggunaan *gadget* anak lebih tinggi dari pola asuh otoriter. Sedangkan pola asuh permisif, orang tua memberikan kebebasan kepada anak. Anak dan orang tua juga jarang memiliki waktu untuk berkomunikasi. Sehingga intensitas penggunaan *gadget* anak pada pola asuh permisif ini tinggi.

Kata kunci: *Intensitas; Pola Asuh; Gadget; Anak Usia SD.*

Introductions

Each parent has their own way of caring for and caring for a child. Likewise, it is related to the use of gadgets. There are parents who rarely give gadgets to children. There are parents who give time in its use. But there are also those who do not care about how often the child operates gadgets. this is influenced by parents' views on gadgets.

Nowadays, many parents think that gadgets can make children calm down. So that parents can do work without any interference from the child. Not only that, even today there are many rewards for children's achievements such as completing tasks by playing gadgets until they are satisfied. Many parents do not think about the negative impact caused. That way the child will be more familiar with gadgets and the most severe thing is to experience addiction. If it is like that, parents will blame gadgets, even though gadgets do not always have a bad impact on children.

Children of Primary School age are children between the ages of 7-12 years. This is further emphasized by the rule that children who enter the 1st grade of elementary school are 7 years old. At this age the child is at the stage of development, both cognitive, physical, moral and socio-emotional. Each of these stages of development forms the characteristics of the child. So from this it can be known that at this age the child will be easily affected by whatever he hears and sees. Related to the use of gadgets, if they use them for too long, it is possible that children will have a negative impact on gadgets. vice versa if the use is not too long then the negative impact will be minimized. This goes back to how parents provide education and direction to children regarding the negative and positive impacts that can be caused by gadgets.

Gadgets can provide many benefits if there is supervision and understanding from parents regarding the positive and negative impacts caused. Based on an interview with a key informant, one of the residents of Dukuh Gelang stated that his house is often used as a place for children of elementary school age to play games because of free wifi. These children flocked to come and play gadgets. When you have operated the gadget, time will be forgotten. So that there are parents who are willing to pick up their children to go home, there are also those who have the awareness to go home at the time set by their parents and some who until the afternoon are not sought after by their parents. The difference in time and behavior of using these gadgets makes researchers interested in conducting research. How can the child have the awareness to go home, how is the parenting style of his parents so that the child forgets the time and does not care about his parents, and so on.

Based on the explanation above, this study will explain the types of parenting patterns and their relation to the intensity of children's gadget use. So that later it can be used as a view that each parenting style has its own advantages and disadvantages. It cannot be

confused between the application of parenting to one another, even if it uses the same type of parenting. The most important thing is that parents know the character of the child and there is always supervision of the child's use of gadgets. This is because the treatment of parents will have an impact on the child's behavior.

Method

This research uses a qualitative approach. Qualitative research is research that uses a natural setting by interpreting a phenomenon that occurs. This research was conducted by means of involving various existing methods. The results of qualitative research prioritize the emphasis on meaning.¹ The type of research used is phenomenology. This type of research makes researchers to look for data by observing and hearing explanations and behaviors carried out by informants.

Researchers chose a research location in Dukuh Gelang, Sukosari Village, Babadan District, Ponorogo Regency. The population of Dukuh Gelang itself consists of 1070 residents with 520 men and 550 women. Based on the population data obtained, researchers narrowed it down again to focus only on elementary school-aged children. This location was chosen with consideration from the observation that many of the children of primary school age already have their own gadgets. Such gadgets are carried while playing. When you have operated the gadget, time will be forgotten. So that there are parents who are willing to pick up their children to go home, there are also those who have the awareness to go home at the time set by their parents and some who until the afternoon are not sought after by their parents. Then researchers observed 4 out of 5 residents' homes had wifi installed. This makes children prefer to be at home instead of playing with their peers.

The main data sources of this study are words, actions and written data as support. The data was obtained from observations and interviews with elementary school age children and parents. Children and parents have the continuity to produce valid and accurate data. After interviewing the parents, the researchers re-examined the results of the child's interviews and observations. Whether what the parents say is in harmony or not with the results of the child's interview and vice versa. The data in this study is in the form of behavior and explanations from parents and children regarding the use of gadgets.

The data collection technique in this study was in the form of frank observation using field record instruments and semi-structured interviews using interview guidelines that had been made previously. Meanwhile, the data analysis technique uses Miles and Huberman's qualitative analysis techniques which include data collection, data reduction, data presentation and drawing conclusions.

The technique of checking the validity of data in a study must be carried out first. The validity of data on qualitative research can be obtained through persistence in research and triangulation. The persistence in question is to sort out which data corresponds to the aspects or indicators that have been set. Researchers make careful observations and record all the data obtained during data collection. That way the interview or observation data can be sequenced systematically. On the other hand, researchers are also looking for related book references to increase perseverance in research.

Triangulation is defined as a technique of checking data from various sources.² In this study, triangulation techniques were used because the data in this study were obtained through observation, interviews and documentation. The way to triangulation techniques is to check the findings data again. Such as the data obtained through interviews are re-examined using observation methods. Vice versa, the data obtained by observation were re-

¹ Sugiyono, *Metode Penelitian Kuantitatif, Kualitatif dan R&D* (Bandung: Alfabeta, 2020), 18.

² Sugiyono, *Metode Penelitian Kuantitatif, Kualitatif dan R&D*, 315.

examined using interviews. If the results are the same, then the data obtained is valid.³ In addition, checking the data in this study was also carried out through a table form. First, the researcher analyzes the interview script that has been made and then sorts out related to interview data in accordance with predetermined aspects. Such aspects are the demands of the parents, parental supervision and communication between the child and the parents. After that, the data is entered into a table to find out how much data corresponds to the aspects used.

Result and Discussion

A. Research of Results

1. Authoritarian Parenting

a. Parent's Demands

Authoritarian parenting is a type of parenting style that emphasizes shaping the child's personality in order to always obey the rules made by parents. Parents have the view that children still have to be guided by parents. The rules are made solely to make the child better. Regarding the use of gadgets, parents give great demands to children. gadgets should only be used for learning tools or other useful things. So if the use of gadgets for less useful things such as online games, parents prefer not to give gadgets.

Gadgets owned by children are still handled by parents. Although gadgets already belong to the child, they are still under the supervision of parents. Children are facilitated with activities that make them forget about gadgets. just like after school the child is escorted to take tutoring. After that, go to diniyah school and continue to study. There are always activities that parents give as a form of their attention and demands on the use of these gadgets. Parents do so with the aim of minimizing the negative impacts that children receive. If this is avoided by elementary schools, it is possible that children will not experience gadget addiction.



Picture 1. Children take tutoring after school

Based on picture 1, it can be seen that the child is taking tutoring after school. The tutoring parents give so that children do not remember

³Sugiyono, *Metode Penelitian Kuantitatif, Kualitatif dan R&D*, 369.

to use gadgets. They repeat the learning that has been done in school and learn other new things

b. Parental Control

Parental supervision of this parenting style is very strict. Such supervision is carried out solely to compensate for the great demands given to the child. If parents can only sue without any concrete action, then even children will easily disobey. A form of parental supervision is in the form of accompanying children when operating gadgets. If accompanied automatically, the child will not see things that are not naturally seen by children. In addition, another form of supervision is to provide passwords to children's and parents' gadgets. That way, the child will always ask for permission and express what he will do when using gadgets.

c. Communication between Children and Parents

Communication in this authoritarian parenting style is more dominant to parents. This aspect is still related to the demands of parents. Because the demands given are large, parents do not hesitate to ask for gadgets if the limit exceeds the time limit. In addition, parents also advise and inform children regarding the negative impact of gadgets when they are overused. This is done so that children think that the rules made by parents are solely for the good of the child.

This authoritarian parenting style shapes the child's personality to be submissive. But the resulting character is different. There are children who obey the rules because they are always reminded, if they rebel, they will get punishment. There are children who initially rebel but over time children think that the rules are good so they start to follow the rules. Then there are also children who from the beginning always follow the rules because they are afraid and obedient to their parents.

2. Democratic Parenting

a. Parent's Demands

Parents provide rules but also give freedom to children regarding the use of gadgets. Parents have the view that in today's digital era, children must keep up with the times, one of which is to have gadgets and be able to operate them. In the use of gadgets, there is a limit given by parents, which is 2 hours per day but this can change if there are important things. As revealed through the data generated from the interview, because the child will take part in a poetry competition, the use of his gadgets is allowed to exceed the limit solely for the maximum possible practice to get a champion. Then if the child has completed all school and home tasks then the child is allowed to use gadgets.

b. Parental Control

The form of supervision that parents of this type of democratic parenting do not always accompany them directly. The form of supervision is stealthy but meaningful, with the meaning that although parents do not accompany directly, they still supervise every movement made by children when using gadgets. Likewise, if the child uses a gadget while lying down, the parents will reprimand him. If the reason for using gadgets is longer for lessons but it turns out to be playing online games then parents also reprimand.

c. Communication between Children and Parents

Communication on democratic parenting is arguably two-way. Parents still remind the restrictions on the use of children's gadgets but the child can express his opinion to refute these restrictions for logical and positive reasons as well as for lessons and so on. Parents with this parenting style also always remind about the negative and positive impacts caused by the use of gadgets. Parents not only remind but also discuss with children. Just like if you are reminded of the negative impacts, of course, the child does not immediately believe it. Then parents provide real evidence such as news about the number of children addicted to gadgets. Then the closer real evidence is that there are neighbors who are still in kindergarten have been wearing glasses.

3. Permissive Parenting

a. Parent's Demands

Parent's demands on this authoritarian parenting style are very low. Children are given freedom regarding the intensity of gadget use. The freedom given by parents makes children behave as they please. So that children can use gadgets whenever and wherever they like. The use of children's gadgets can be more than 3 hours per day.

b. Parental Control

Parental supervision with this permissive parenting style is arguably rare. Parents are so busy with their work that they do not have time to supervise the use of children's gadgets. In addition, parents have the view that the gadgets owned by the child belong entirely to the child. So that they have the right to use these gadgets at will.

c. Communication between Children and Parents

Communication between children and parents regarding the use of gadgets is rare. Parents sometimes just remind children to stop operating gadgets when it's time to eat or take a bath. Parents still provide information regarding the negative impacts caused by gadgets. The provision of information is just talking without any concrete action. So that children only listen and can still operate gadgets at will.



Picture 2. Children are free to use gadgets to play games

Take a look at picture 2 above. In the picture, it can be seen that the child gathers with friends without any chatter. They are busy with their respective gadgets. Freedom related to the use of gadgets is influenced by the lack of parental attention and supervision of children.

B. Discussion

1. Authoritarian Parenting

a. Parent's Demands

Parents with authoritarian parenting have high demands on the use of children's gadgets. Demands are the giving of rules or expectations that the child becomes what the parents want. These parental demands vary, depending on how the parents supervise and keep the child in order to always try to meet the demands given. In the use of gadgets, parents with this parenting style demand that if the use of gadgets is not for useful things, then it is better not to use gadgets. As gadgets should be used for the benefit of schools or to increase knowledge. Apart from that, children are not allowed to operate gadgets, especially for a long time.

The demands placed on children in this parenting style have a high need to be obeyed. If the rules are violated then parents do not hesitate to give threats and even punishment to the child. Parents with authoritarian parenting have parenting indicators such as regulating children's activities both inside the home and outside the home, giving restrictions and necessities in choosing good friends because if they make the wrong friends, the child may be affected by their friend. In addition, another indicator is to give children space for dialogue and express their opinions and complaints. Nevertheless, the child must still obey the rules that have been made even if it is not to his liking.⁴

b. Parental Control

Gadgets today cannot be kept away from all circles. Even elementary school children are now good at operating gadgets. At the age of elementary school between 6-12 years old, his social skills will develop. So parental supervision is very necessary. The forms of supervision provided by parents are very diverse. Based on the results of research that has been carried out, the form of parental supervision of the use of gadgets is like accompanying children when operating gadgets, limiting applications that children want to open, hiding chargers and giving passwords to children's gadgets. This parenting child seems to have little time to play with his friends because of the rules and busyness that have been arranged by the parents.

⁴ Muslima, Pola Asuh Orang Tua terhadap Kecerdasan Finansial Anak," *Gender Equality: Internasional Journal of Child and Gender Studies* Vol. 1, No. 1 (2015.): 91.

The supervision given to authoritarian parenting can indeed make children rebel. But parents think that this method is the best way so that children do not experience gadget addiction. This statement is in line with Joseph's opinion which states that the authoritarian attitude of parents will have an influence on the child. These influences, among others, can make the child's emotional level high. So that the child will easily rebel when what is ordered is not to his liking.⁵

c. Communication Between Children and Parents

Interactions carried out in everyday life will be established if there is communication. Communication must be carried out both ways so that there is no misunderstanding between the parties. If this happens, it is very likely that there will be parties who will be hurt. Communication between children and parents is very necessary so that parents' desires for children will be achieved and then the child will say yes without compulsion if it is indeed a positive thing. Communication carried out in authoritarian parenting is more dominant to parents. Parents provide rules that require children to obey them. Regarding the use of gadgets, children are required to ask permission first before operating the gadget. In addition, parents often give advice regarding excessive use of gadgets. Children with this parenting style are allowed to use gadgets for lessons. If it is for entertainment, the use of gadgets is strictly restricted.

2. Democratic Parenting

a. Parent's Demands

Parents' demands on democratic parenting can be said to be lower than authoritarian parenting. This democratic parenting style has a flexible nature, with the meaning that parents still give demands to the child but also provide space for the child to explore themselves. Parents in this democratic parenting style provide direction and also freedom to the use of children's gadgets. Parents think that children in this modern era cannot be separated from the use of gadgets. So that it does not give too many demands on the use of gadgets. Children will still be given boundaries and given directions to have awareness in managing time.

Children in this parenting style are allowed to operate gadgets for a long time such as more than an hour if they have done schoolwork or the gadgets are used for school purposes. This parenting child still has time to play with his friends. So that time to play with friends in the real world remains, playing "virtual world" gadgets also exists, because nowadays cellphones, smartphones, laptops, tablets, and others have become a part of children's lives. If it is too restrained, it will burden the child himself, because currently most of the children have or are allowed to operate gadgets.

b. Parental Control

The initial function of gadgets was as a means of communication and adding knowledge and creativity of their users. Nonetheless, the functionality may change if the user is not wise. Especially for children, the use of gadgets must still receive supervision from parents. Oversight of democratic parenting is not supervision by always sitting next to the child. This parenting style

⁵ Nur Istiqomah Hidayati, "Pola Auh Otoritr Orang Tua, Kecerdasan Emosi dan Kemandirian Anak SD," *Persona, Jurnal Psikologi Indonesia* Vol. 03, no. 01 (2014): 3.

provides supervision by giving children confidence to manage anything related to the use of gadgets. However, occasionally parents accompany and ask about what the child sees to avoid something that should not be consumed. This is because it is undeniable that children have a high imagination and curiosity for something that is not yet known.

This democratic parenting oversight is also secretive but meaningful. Parents always pay attention to every movement of the child. So that when the use of gadgets is high or there is something suspicious, the parents will immediately reprimand and advise. The statement is in line with Noorsahiha's opinion which reveals that democratic parenting is a parenting style that introduces gadgets early on. Parents think that gadgets are one of the technologies that develop with the times. When not keeping up with developments, it is feared that they will be displaced by people who understand and will be outdated.

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3. Permissive Parenting

a. Parent's Demands

Permissive parenting is a type of parenting that lacks or even no control from the parent over the child. The use of gadgets without clear rules has become very commonplace. Children are given the freedom to explore and make their own decisions. Parents do not monitor the child less and do not give punishment if the child errs. The consequence of applying this parenting style is that the child will become a person who does not like to be refuted. The child will not understand whether his behavior is in accordance with the rules or not. This is because the parents allow the child too much and never tell whether the behavior carried out is correct or not.⁶

Parents' demands on permissive parenting are almost non-existent. Parents give freedom to children regarding the use of gadgets. Whether it is used for study or entertainment, parents don't seem to care. Children will be able to use gadgets even if they have not completed the tasks given from school. The time to use gadgets is very unlimited. So that children can operate gadgets as they wish, be it morning, afternoon or night.

b. Parental Control

Parental supervision of the use of gadgets in this permissive parenting style is very loose. Regarding gadgets, children will easily use gadgets whenever the time they want. Children with this parenting style are timeless,

⁶ Tanaya Puspa Angreini dan Rohmatun, "Hubungan Antara Pola Asuh Permisif dengan Kenakalan Remaja (Juvenile Delinquency) Kelas XI di SMA 1 Mejubo Kudus," *Psisula: Prosiding Berkala Psikologiv* Vol. 1 (2019): 208.

starting in the morning before school, after school even when they want to go to bed, gadgets always accompany every activity carried out. The freedom given by parents quibble with work so that they cannot afford to accompany children when operating gadgets. Another reason is because parents think that children already have the right to operate gadgets. This statement is in line with the opinion of Bester who revealed that parents give complete freedom to children. So that the child never learns to control behavior and always expects his desires to be fulfilled.⁷

c. Communication between Children and Parents

Good communication will create a harmonious atmosphere, because it is undeniable that every opinion stored in the head of each family member will be conveyed if there is communication. So it is not uncommon for many conflicts such as misunderstandings to be caused by a lack of communication. Communication between children and parents in this permissive parenting style is very lacking. There was no chat even though it was just a small conversation. Often parents or children are lazy to communicate even though they meet every day.

The presence of gadgets indirectly affects the communication of children and parents. When no communication is created because of the focus with gadgets, family harmony will be reduced. Communication becomes an important thing in the family as a means to convey messages and desires. From communication can also convince the child to follow the direction of the parents. However, in this parenting style, communication between children and parents is very lacking. So that children are given complete freedom and are considered to have been able to regulate the use of their own gadgets.

According to research conducted by Sari and Mitsalia, there are several children who can operate on all types of gadgets. Nonetheless his parents placed limits on the intensity of its use. The use of gadgets is categorized as high intensity if you use the gadget for more than 120 minutes per day and in use more than 3 times. The intensity of gadget use is categorized as moderate, namely with a duration of more than 40-60 minutes per day and in use 2-3 times. Then for the intensity of gadget use which is categorized as low, which is less than 30 minutes per day and in 2 uses.⁸

| intensity | Duration | Wear |
|------------------|-----------------------|-----------------------|
| High | More than 120 minutes | More than 3 times/day |
| Medium | 40-60 minutes | 2-3 times/day |
| Low | Less than 30 minutes | 2 times |

Conclusion

1. Authotarian Parenting

⁷ (Azizah Muthi Nuryatmawati dan Pujianti Fauziah, 2020, p. 83)

⁸ Tra Puspita Sari dan Amy Asma Mitsalia, "Pengaruh Penggunaan Gadget terhadap Personal Sosial Anak Usia Pra Sekolah di TKIT Al-Mukmin," *Jurnal Profesi* Vol. 13, no. 2 (2016): 77.

Authoritarian parenting provides quite extra restrictions and supervision for the child. Parents always schedule and even provide activities to fill the child's free time so as not to look for the existence of gadgets. The intensity of the use of gadgets of children with authoritarian parenting is low. The average time used is less than 30 minutes per day with 2 uses, there are even children with authoritarian parenting can all day not use gadgets because of the full activities given by parents.

2. Democratic Parenting

The intensity of the use of children's gadgets is moderate. The average time to use the gadget is 40-60 minutes per day with 2-3 uses. Children with this parenting style use gadgets as a support for learning and entertainment. Children are allowed to use gadgets when homework from school has been done. If its use exceeds the time limit, then parents do not hesitate to give advice, scold and forcibly deprive the child of the gadget. There are also parents who seem to be not paying attention but are basically very watching the child's movements.

3. Permissive Parenting

The intensity of children's use of gadgets in permissive parenting is highest than authoritarian and democratic parenting. This is because children can use gadgets whenever they want. The use of the gadget can be more than 120 minutes per day. Parents give freedom to the child in expressing his wishes. So that the use of children's gadgets is not controlled. The underlying reason for this freedom is the busyness of parents about work and the assumption that the gadgets used are their own so it doesn't matter.

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