Digital Parenting of Children and Adolescents in Digital Era

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A B S T R A K

Keluarga merupakan lingkungan pertama bagi anak dan remaja sehingga memberikan pengaruh besar terhadap pembentukan perilaku, watak, moral, karakter dan pendidikan anak. Pengasuhan anak dalam keluarga adalah upaya orang tua dalam membina dan membimbing anak baik lahir maupun batin sejak lahir hingga dewasa. Penelitian ini bertujuan untuk menganalisis sistem pengasuhan digital untuk anak dan orang dewasa. Metode yang digunakan dalam penelitian ini adalah metode deskriptif kualitatif dan partisipatif, meningkatkan partisipasi dan mendorong minat dan komitmen terhadap partisipasi yang lebih luas, mendorong kemampuan, kesadaran, dan sikap masyarakat terhadap pengasuhan dan bullying di era digital. Penerapan pola asuh harus disertai beberapa fungsi keluarga antara lain: fungsi biologis, fungsi pendidikan, fungsi agama, fungsi perlindungan, fungsi sosialisasi, fungsi kasih sayang, fungsi ekonomi, fungsi kreatif dan fungsi status keluarga. Selain itu, cara pengasuhan dalam keluarga harus disesuaikan dengan tahap perkembangan anak. Terkait dengan masalah pola asuh dalam keluarga ini merupakan tugas besar bagi semua orang tua karena saat ini banyak terjadi konflik dan kurangnya rasa simpati dan empati anak dalam pergaulan disebabkan oleh pola asuh dalam keluarga. Oleh karena itu orang tua sebaiknya beradaptasi dengan cara menyesuaikan pola asuh dengan perkembangan teknologi yang terjadi.

A B S T R A C T

The family is the first environment for children and adolescents so that it has a major influence on the formation of behavior, character, morals, character and education of children. Parenting in the family is the effort of parents to foster and guide children both physically and spiritually from birth to adulthood. This study aims to analyze digital parenting systems for children and adults. The method used in this study is a qualitative and participatory descriptive method, increasing participation and encouraging interest in and commitment to wider participation, encouraging community skills, awareness and attitudes towards parenting and bullying in the digital era. The application of parenting style must be accompanied by several family functions, including biological functions, educational functions, religious functions, protection functions, socialization functions, affection functions, economic functions, creative functions and family status functions. In addition, the way of parenting in the family must be adjusted to the child's developmental stage. Related to the problem of parenting in the family, this is a big task for all parents because at this time there are many conflicts and a lack of sympathy and empathy for children in the association is caused by the parenting style in the family. Therefore, parents should adapt by adjusting their parenting style to the technological developments.

1. INTRODUCTION

In today's digital era, the family is the first and foremost environment for children and adolescents so that it has a major influence on children which has a great influence on the formation of behavior, disposition, morals, character and education of the child (Annisa et al., 2020; Arnold & Reed, 2019; Baharun & Finori, 2019). Parenting requires the proper role of the parents, thus the need for a good relationship between the child and the parents (Hamidah & Putra, E., 2021; Patrikakou, 2016; Rindawan et al., 2020). In particular, lack of warmth, positive relationships of children with parents, uncomfortable closeness, violence, inflexibility, rigidity or inconsistent disciplinary practices, insufficient supervision and involvement in children, marital problems, mental health conditions are influential in parenting (Havighurst

et al., 2013; Purnama et al., 2022; Wardhani et al., 2022). These conditions in the relationship of parent and child have many factors that affect parenting. This requires the full role of parents in good childcare, so parents need to increase knowledge about the role of parenting. These conditions in the relationship of parent and child have many factors that affect parenting. This requires the full role of parents in good childcare, so parents need to increase knowledge about the roleof parenting (Hamidah & Putra, E., 2021; Mardiani, 2021). Improper parental care can cause problems in children such as smoking, drinking, consuming illegal drugs, promiscuous sex, not thinking about the future, and can even cause hatred for parents. The results of improper parenting and causing problems in children, make parents unable to restrain emotions to make children behave according to the wishes of parents. As a result, parents get angry, curse the child, and beat the child (Hukkelberg et al., 2019; Uzun et al., 2021).

Children is the future of the family and even the nation,therefore it needs to be prepared so that one day it will become a qualified, healthy, moral and useful human being for himself, his family and the nation. It should be necessary to be prepared early so that they get the right parenting style while experiencing the process of growth and development (Aslan, 2019; Kuppens & Ceulemans, 2019; Rindawan et al., 2020). Good parenting makes children have strong personalities, do not get discouraged easily, and are tough to face the pressures of life. The increase in knowledge and information obtained, the goal is the realization of an independent society that can overcome the problems that exist in the community itself (Alhadabi et al., 2019; Masud et al., 2016; Zong et al., 2018).

Previous study revealed that improper parenting conditions give rise to problem solving that is not achieved pthere is a root cause (Alnafea, T., & Curtis, 2017; Amani et al., 2020). This condition causes a lack of confidence in the mother towards the responsibility of parenting. Conditions that give rise to insecurity affect the mother's ability to solve problems in the problem. Mothers who are not confident are more passive to seek information regarding conditions that are able to support the ability to be more confident in parenting and solving parenting problems (Pramudyani, 2020; Yusuf et al., 2020). In addition, what is meant by parenting is a complex activitythat includes many specific behaviors that work alone or together that have an impact on the child. The main goal of normal parenting is to create control. Although each parent is different in how to take care of their child, the main purpose of parents in parenting is the same, namely to influence, teach and control their child (Asbari et al., 2019; Wahyuningrum et al., 2020). The attitude of parents who are excessively angry with the child reduces the support that the child needs to get better. Family relationships have been shown to be significant predictors in the adjustment of children and adolescents in the environment (Chen et al., 2018; Stein et al., 2019). It is evident that family support is a deterrent factor for behavioral problems and the adjustment of adolescent problems.

In connection with that, through the ASOKA love house, Sukajaya Village, Sukarami District, it is necessary to conduct research and provide understanding to the community about good and correct parenting. The research purposes is to discovery and analyze the digital parenting system in Asoka Love House Sukarami District, Sukajaya Village, Palembang. The research may had some beneficial to develop the sciences especially on children education and parenting sciences.

2. METHOD

The methods used in this research and community service are qualitative and participatory descriptive methods, increasing participation and encouraging interest and commitment towards wider participation, encouraging people's abilities, awareness, and attitudes towards parenting and bullying in the digital era. The data used on this study is primary and secondary data. The data collected by observation and interview. The research located on the ASOKA love house, Sukajaya Village, Sukarami District, Palembang Regency. This type of research is qualitative research with historical research methods. This historical research has five most important stages, namely: a. Selection of topics, b. Source Collection, c. Verification (source validity, historical criticism), d. Interpretation: analysis, synthesis, and e. Writing. Sources of data for this research come from primary sources such as sources from people who are historical witnesses, as well as those from artifacts and literature studies that are directly in contact with research, then secondary sources that become additional sources. Instruments of data collection through interviews, observations, documentation studies, and reference searches. Then the interpretation of the data which then proceeds to historiography.

3. RESULT AND DISCUSSION

Result

From the results of research and activities that have been carried out, information was obtained that at the Cinta Asoka house, Sukajaya Village, Sukarami District, Palembang has carried out several activities in the context of activities Parenting of children and adolescents in the digital age.

Toddler Integrated Healthcare Center (*Posyandu Balita*)

Posyandu Balita is a basic health activity organized from, by and for the community assisted/ together with health workers (local Puskesmas). Posyandu is a basic health activity organized from, by and for the community assisted by health workers in a Puskesmas work area, where this program can be carried out at village halls, village halls, or other places that are easily accessible by the community. The types of services provided by Posyandu for toddlers including, weight balancing, determination of growth status, extension and counseling. If there are Puskesmas health workers, health checks, immunizations and early detection of growth and development are carried out. If abnormalities are found, they are immediately referred to the Health Center.

In certain circumstances the community can add Posyandu activities with new activities. These new activities include: improving environmental health, controlling infectious diseases, and various other village community development programs. Posyandu like this is called Integrated Posyandu. The addition of new activities should be done if the main activities have been carried out properly in the sense that the coverage is above 50%, and there are available supporting resources. Determination of new activities must have the support of the entire community which is reflected in the results of the Self-Introduction Survey (SMD) and agreed upon through the Village Community Deliberation Forum (MMD). At this moment, the additional activities which correlate with infant and toddler growth is Early detection and monitoring of potential disease outbreaks (KLB), for example: Upper Respiratory Tract Infection (ARI), Dengue Hemorrhagic Fever (DHF), malnutrition, Polio, Measles, Diphtheria, Pertussis, Tetanus Neonatorum.

Juvenile Integrated Healthcare Center (*Posyandu Remaja*)

Posyandu Remaja is a forum for Youth Health Post that facilitates understanding the ins and outs of adolescents during puberty aimed at students and adolescents in general. Youth Posyandu is a form of Community-Based Health Efforts (UKBM) that is managed and organized from, by, for and with the community, including youth, in the implementation of health development, in order to empower the community and provide convenience in obtaining health services for adolescents to improve their health status and adolescent healthy life skills. Youth health services at Posyandu are health services that care about youth, including promotive and preventive efforts, including: Healthy Life Skills (PKHS), adolescent reproductive health, mental health and prevention of drug abuse, nutrition, physical activity, prevention of Non-Communicable Diseases (PTM) and prevention of violence in adolescents.

Health risk factors for students aged 12-18 years (junior high and high school) nationally. There were 41.8% of men and 4.1% of women who said they had smoked; 32.82% of them smoked for the first time at the age of ≤ 13 years; consuming alcohol 5.6% women and 14.4% men; 2.6% of men have ever consumed drugs. Another health risk factor is sexual behavior where 8.26% of male students and 4.17% of female students aged 12-18 years have had sexual intercourse. The complexity of health problems in adolescents requires a comprehensive and integrated treatment that involves all elements from cross-programs and related cross-sectors. The pure participation rate, junior high school education level of 77.89% and high school education level of 59.85%, means that they are at school and receive guidance through UKS, but these activities are not sufficient for youth's needs to fulfill their health. Meanwhile, around 23% of junior high school age and 41% of senior high school age do not attend school, which means they do not receive health guidance like children who attend school. Factors that cause high health problems in adolescents include the lack of access to health information that reaches adolescents. In addition to lack of information, forms of youth development development that are empowering are considered not optimal. For this reason, adolescents need a place that can be easily accessed to solve and discuss their health problems apart from the existing health facilities

Early Childhood Education (*PAUD/TK Basoka*)

Early childhood education is a level of education provided by the basics. Early childhood education, which is in the form of a playgroup, is not a formal educational institution aged 2 – 4 years. The purpose of the playgroup is the main capital for children to be able to socialize with each other and recognize learning methods by playing. Early Childhood Education is a service provided to children as early as possible since the child is born into this world until the child is approximately six to eight years old. Education at this time is something that is important to get the attention of all parties who are responsible for the development of children, especially parents and/or other adults who are close to children. It's like planting a tree, so it's not only the good seeds that will determine whether or not the tree is fertile, but also the land where the tree grows and of course the people who care for the plant. Likewise with the development of early childhood, in addition to good seeds from both parents in the form of innate potential, the environment in which the child grows and develops is also determined. If the environment provides good stimulation and influence,

the child will grow and develop well. On the other hand, even though a child has good innate potential, the environment does not support his development, so that innate potential will never materialize and become nothing.

The main goal of learning in early childhood, which is characterized by the principle of learning through play is to optimally develop all the potential that children have been born with. The learning process in early childhood should have meaning through real experiences that are useful in everyday life. This learning can be started by teaching everything related to the life skills needed by children, from waking up until they go back to sleep. That means parents at home and teachers at school must teach various things related to the ability to help themselves so that children can be independent and immediately able to take care of themselves, starting from bathing themselves, eating and drinking, learning to put on their own clothes, pants and shoes. In the end, children must also learn to be able to socialize with their environment, both at home, school and or in the community where they live.

Child Police

Children's Police Activities (Polsanak) is an Extracurricular that uses police attributes and is played by students of Paud Basoka. Police Anak/cilik was formed with a Vision and Mission as a partner of the community, educating the values and morals of children so that they can become self-disciplined. The implementation of character education through the child police program as a peer teaching program has been carried out in the tasks and authorities carried out by the child police every day. Beginning in the morning when the child police officers are on duty to regulate roads, open car doors, cross friends and employees, the characters of courage, independence, responsibility and discipline are contained. Likewise when praying in congregation the character values that can be applied here are the responsibilities where the child police have the duty and responsibility to record the names of students who are deemed disorderly when at the mosque. Not much different from Monday when the flag ceremony is taking place, the character values that are applied besides responsibility are the spirit of nationalism, discipline and national spirit. At the end of school activities, when other students start to leave the school, the child police also help in crossing and managing road conditions in front of the school. The character values contained here are also their responsibility.

Based on field observations and interviews, the child police do not only take notes procedurally. It appears that the Child Police remind and advise other students or students when the main activities take place. For lower grade students, the figure of the Child Police turned out to be a role model, both in terms of dress and discipline. The duties of the Child Police are carried out wholeheartedly by the students who are in the 'position', and not infrequently this 'position' internalizes the positive characters in them. It was found that several Child Police were willing to help the rest, even though it was not their main task. Some of these findings show that Asoka Love House has implemented a police program that functions as a peer teaching in character education. The definition of peer teaching which means peer tutoring indirectly refers to students who teach other students about existing character values.

Manasik Hajj

Manasik Hajj is a learning activity in getting to know the Pillars of Islam to get closer to ALLAH Swt. Hajj program from an early age is very useful for children, because if he takes the Hajj at least he is familiar with the procedures for implementing Hajj such as, Ihram, Wukuf, Mabit at Muzdalifah Mecca, Throwing the Jumrah Aqobah, Tahabul, Mabit at Mina and Tawaf. Hajj rituals are expected to be able to instill good religious and devotional values to students, love and desire to carry out the pilgrimage in a real way, familiarize them with good and pious deeds will shape their personality until adulthood, so that they grow up to become good and pious children, devoted to both parents and teachers, and beneficial to the homeland and the nation. The obstacles encountered during the training were technical and physical obstacles, such as students who wanted to urinate, thirsty participants, loudspeakers that were not functioning properly, some participants fell because of running and so on, which required some time to pause. However, all of that did not become a fatal obstacle in the implementation of this Hajj ritual training activity. Introduction to children about the method of carrying out the Hajj rituals is very important for children. Because when children are trained and instilled with religious values in pilgrimage rituals from an early age, it will be easy to shape the child's character into a good and virtuous character. Conveying the theory of Hajj is not only given alone, but there needs to be direct practice given to young children through training in Hajj rituals. Hajj ritual exercises are carried out for children with the aim of forming a child's personality so that later they will directly understand the fifth pillar of Islam.

Toddler Family Development

Bina Keluarga Balita prioritizes and emphasizes human development at an early age both physical and mental, Intellectl, Social and Moral. The purpose of it is to form insights and improve parents' skills in caring for their toddlers. Developing a parent's understanding of the importance of the early years of a child's life is very important. Parents need to have effective and practical parenting and stimulation skills, as well as a commitment to encourage child growth and protection. The Holistic Integrative Toddler Family Development Program (BKB) is an effort to increase parents' knowledge and skills regarding holistic childcare, namely comprehensive care in meeting children's basic needs. Basic needs for education, health, nutrition and protection from various forms of violence.

The BKB program is an effort to provide knowledge and skills to mothers and other family members on how to care for and educate their toddlers. Through the activities of the BKB program, it is hoped that mothers under five and other family members can know the stages of child development and how to stimulate them, so that children grow and develop as healthy, intelligent, pious to God Almighty, strong personality and noble character. Toddler Family Development is part of the quality development of human resources, in order to achieve a small prosperous family. The activities of the Toddler Family Development Program have objective to increase the number of mothers under five who take part in BKB group counseling, increase the number of new Toddler Family Development groups, and increase family knowledge and skills, awareness and ability of every mother and family member in carrying out BKB program activities for their toddlers. And increase community participation in the development of BKB.

Children's Gymnastics

Physical education is part of the general education program, especially through movement experiences to ensure the growth and development of children. Physical education through movement experiences encourages physical abilities, motor skills, cognitive development, social-emotional and spiritual development. An effective physical education process will accelerate physical education goals that have been designed such as physical development, movement development, movement skills, cognitive and affective development, social development and emotional development. The development of motion is one of the most important parts of the goal in implementing physical education. Movement is very important for the growth and development of early childhood. This is because at this age children experience rapid growth and development.

In sports at an early age, the target that must be achieved by children is to apply as well as possible the skills and abilities that have been trained into competition. The biggest effort is to improve the personality that feels valued and not to achieve victory in the game. The purpose of sports activities for children is to introduce sports experiences, improve physical skills, and build self-confidence. In this period, what children need is joy in doing sports exercises. Therefore the coach does not need to emphasize mastery of techniques or competition rules. Praise or prizes are given to the efforts made by children, not to the end result. It is necessary to instill a feeling of "achieving success" not only as a champion, but also as a participant. The higher a person's ability to achieve the expected goals, the more skilled the person is. Therefore, sports coaching for children and children's involvement in championship activities is a form of children's participation in sports not only to become champions. Mental training in the face of competition is also another target in sports coaching for children. Children are fostered to get used to thinking positively that in the game later, they will be able to display the skills that have been trained before. Sports physical education for children through play is implemented as a means of forming children's physical, mental and social. Fulfilling the needs of children in physical activity is expected to increase children's attention to academic learning. This children's gymnastics activity is carried out from an early age in children so that children understand the health and fitness of the body to stay healthy. Children's gymnastics at Paud Basoka is performed every Wednesday,

Recreation

Recreation is basically a program that is very varied and countless, both in form and in nature according to the demands and pleasures as well as human views on natural and environmental conditions. This is always undergoing changes in accordance with the developments and advancements in the world of technology that are so rapid; his career, the recreational movement must also be able to adapt to these changes. In this case, what is important is not the form of the change, but the process or the way in which it adapts. Therefore, it is only natural that sometimes there are differences in tastes or interests. or the desire for a recreational activity among the participants, whether directly involved in the activity or not (audience, supporters or listeners). The cause is differences in age, abilities both physical and non-physical, interests, and so does.

Recreation can be formed as physic activities and non-physic activities. Actually, it is not the form that is important, but more than that is the way or method for carrying out or carrying out these activities so that recreation can really provide useful and educationally valuable experiences, as well as provide benefits to participants, in the form of restorative, rehabilitative, preventive, curative, either through recreational or adaptive sports or therapeutic recreational programs, as well as benefiting the environment or nature. In addition, there are targets for developing aspects of each individual in terms of attitude or social, appreciation and habits (affective) and physical skills (psychomotor and physical and intellectual skills) (cognitive) in a harmonious and proportional manner which in turn shapes a person's (personal) behavior.

Recreational education is a non-formal education program that provides opportunities for each individual to develop physical (psychomotor-physical) skills, social attitudes, mental or habits (affective) and intellectual (cognitive) skills in harmony, which in turn , in turn shape one's personality or behavior by providing direct experience in the field through outdoor activities (outdoor education/schools, such as field trips; field trips, outdoor adventures), physical and non-physical recreational activities (recreative sports, games, including traditional games, art), and others. Furthermore, this program basically adheres to the principle of learning while doing activities (learning by doing), learning while repeating activities. that have not been mastered and improve it (trial and refinement) as well as the principle of lifelong learning (long life learning).

Discussion

Based on the activities that have been carried out from Asoka Love House, there are stages of human development ranging from childhood to the elderly. It is in childhood and adolescence that the formation of children's character and personality is very rapid. It is known that children aged 1-5 years are widely referred toas *the golden age.* Previos study reveal that at this time intellectual, emotional, and spiritual intelligence experienced rapid development (Ahmad, 2010; Iacono et al., 2019). With this rapid development, children in the golden age become quick to absorb information and are smart to imitate. This is what will influence and determine the next development.

After childhood continues with adolescence. The World Health Organization (WHO) reveals adolescents are between the ages of 10 and 19 (Hermann & Menzel, 2013; Prasetiawan, 2017). Adolescence is a period of transition from childhood to adulthood. The development at this time is not only characterized by rapid changes in the physical but also psychosocial and emotional changes so that the improvement of cognitive and intellectual capacities. Previous study states adolescence (*adolescence*) is a period of significant development in which changes occur related to biological, cognitive, psychosocial, and emotional development (Suggate et al., 2018). Therefore, adolescence is known as a vulnerable and sensitive period because of the effort to adjust to significant changes that will later have an impact on attitudes and behaviors.

Seeing the rapid development in adolescence, the role of parents and people around him is veryimportant. Because it is one of the stages that will shape the personality and character of children in the future. Therefore, the stage of development of adolescents har us is supported by parents' understanding of the condition of adolescents who are looking for their identity. The large role of parents as friends and friends is more necessary at this time (Hermino & Arifin, 2020; Stein et al., 2019). Because adolescents are undergoing processes of biological, cognitive, and psychosocial development and the influence of this process depends on the characteristics of the individual and the environment in which they live, learn, and play.

Adults now many teenagers are addicted to gadgets. It is known if gadgets have a positive and negative impact on the child. Previous study state positive impacts include helping children in practicing cognitive skills, namely absorbing information, remembering and connecting objects (Rahmawati, 2020). In addition, it can also train children's motor skills such as finger and wrist movements (Alamiyah, S. et al., 2021). This is because there are so many interactive applications and features that supportmotoric movements from fingers and hand movements for children. This makes many parents choose to give gadgets to their children to reduce the risk of children playing outside without supervision. In addition, other study add that bussyness of parents can affect the decision to give gadgets to children on the grounds that children are not fussy and interfere with parental activities (Syifa et al., 2019). However, the negative impact of using gadgets for children needs to be considered.

The implications of this study provide an overview of how digital parenting of children and adolescents in the digital era is carried out at the Asoka Love House. This research will be useful as a reference in implementing good and correct parenting strategies for children and adolescents. This research is not perfect and has some limitations. One of the limitations is the research subject which is still very limited.

4. CONCLUSION

From the results and discussion, it can be concluded that children and adolescents in the digital era cannot escape the role of the community in loving homes such as the Asoka Love Home in Sukajaya District, Sukarami District, Palembang and parents in educating their children cannot be separated from the parenting style applied by parents. In today's digital era, various kinds of technological sophistication make parenting patterns for their children also change. This type of parenting consists of authoritarian, democratic, and permissive parenting styles. Differences in parenting systems given by parents to their children produce different characters in children.

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