

The Role Of Parents In Supporting The Use Of "Healthy Internet" In Early Childhood

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Abstract

Children find a wide range of information and entertainment on the internet to be highly engaging, but sadly not all of it is appropriate or good for them. Hence, it is crucial that parents play a proactive part in encouraging children to use the internet responsibly. In order to ensure that their children use the internet safely and sensibly, parents play an important role. Parents should take an active role by keeping an eye on online activities, educating children about safe and responsible internet use, establishing clear rules and boundaries, talking to their kids, and teaching them about morality and ethics online. Based on the literature review, this research aims to be able to provide a scientific point of view related to the role of parents in implementing a healthy internet for kids. By understanding the role, specific objectives related to the role of parents related to knowledge transfer to kids and things that can be done in supervising internet usage can be determined in order to maximize kids' potential in using technology from a young age.

Keywords: Parental Role, Healthy Internet Implementation, Early Childhood

Abstrak

Internet menyediakan berbagai informasi dan hiburan yang sangat menarik bagi anak-anak, namun sayangnya tidak semua konten yang ada di internet aman dan sehat bagi anak-anak. Oleh karena itu, sangat penting bagi orang tua untuk mengambil peran aktif dalam mendukung penggunaan internet sehat pada anak-anak. Peran orang tua sangat penting dalam memastikan bahwa anak-anak mereka menggunakan internet secara sehat dan bijak. Orang tua harus memainkan peran aktif dengan cara memantau aktivitas internet, memberikan pendidikan tentang penggunaan internet yang bijak dan aman, menetapkan aturan dan batasan yang sesuai, berkomunikasi dengan anak dan memberikan pendidikan karakter tentang etika dan moral saat menggunakan internet. Berdasarkan literatur studi maka penelitian ini bertujuan untuk dapat memberikan sudut pandang keilmuan terkait peranan orangtua dalam menerapkan internet sehat bagi anak, dengan mengetahui peranan sehingga dapat ditentukan tujuan secara spesifik terkait peranan orangtua yang terkait transfer knowledge kepada anak serta hal yang dapat dilakukan dalam melakukan pengawasan terhadap pemakaian internet dan dapat memaksimalkan potensi anak dalam menggunakan teknologi sedari dini.

Kata Kunci : Peranan Orangtua, Penerapan Internet Sehat, Anak Usia Dini

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Received 12 February 2023, Accepted 21 February 2023, Published 21 February 2023

INTRODUCTION

Internet is one of the technologies that has had a significant impact on contemporary human life. Children have begun to be affected by modern technology at a young age. Unfortunately, not all content on the internet is safe and healthy for children. The internet provides a variety of information and entertainment that children find highly appealing. Hence, it is crucial that parents play an active role in promoting healthy Internet use among children. The evolution of information technology and the internet are closely related and mutually influential. The internet promotes the distribution of

information and communication through numerous channels such as email, social media, and others in an efficient and timely manner (Dewantara et al., 2022; Fauzi et al., 2023). In the meantime, information technology facilitates the processing, storage, and accessibility of internet-based data (Muhammad Wali et al., 2023).

However, even though it has many benefits, the internet also has some risks for the mental and physical health of its users, such as: depression, addiction, and posture problems due to sitting too long in front of the screen. Therefore, the development of information technology must also be accompanied by efforts to build a healthy internet, namely by paying attention to the health and safety aspects of users when using the internet.(Kaya & Dalgıç, 2021; Sudipa et al., 2022).

Children who are still at an early age still do not have the ability to fully understand the dangers that may exist on the internet. They also don't have the ability to distinguish between healthy and unhealthy content(Tuhuteru et al., 2023; Wibowo et al., 2023). Therefore, it is very important for parents to supervise and limit internet service time for children.

Internet supervision by parents is very important so that children do not access content that is unhealthy or harmful to them. Parents should ensure that children access only appropriate and healthy content(Dingus Keuhlen et al., 2020; Taryana et al., 2023). In addition, parents must ensure that children do not interact with strangers via the internet.

In addition to supervision, limiting internet service time is also very important to do. Children who spend too much time on the internet can experience negative effects on their physical and mental health. Limiting internet service time by parents can help avoid this negative impact(Ikhwan et al., 2020).

Some research on the role of parents in implementing healthy internet for children by(Anwar et al., 2018)which explains the importance of parental supervision in the use of the internet for children so that they can be supervised regularly, other research(Prievara et al., 2019)explains many problems in irregular internet use for users, so that the role of parents becomes one of the important things in educating children in the introduction of technology and internet facilities(Nainggolan & Sari, 2022), the need for parental understanding and involvement in digital literacy education(Munawar et al., 2019)especially the use of the internet can be a foundation for children's self-development so that they can maximize their own potential and character education with innovation and new technology and existing information(Jaenuri et al., 2019; Kusumawardhani et al., 2019; Maspaitella et al., 2023; Sudipa et al., 2023).

Based on the study literature, this research aims to be able to provide a scientific perspective regarding the role of parents in implementing healthy internet for children, by knowing the role so that specific goals can be determined regarding the role of parents related to transferring knowledge to children and things that can be done in supervising use of the internet and can maximize the potential of children in using technology from an early age.

METHODS

This study uses the method of literature study or literature review by examining journals and other references related to the role of parents in supporting and implementing healthy internet for early childhood. The literature study method is a technique for collecting theoretical studies and references based on scientific literature (Sugiyono, 2017) obtained from several studies so that it is obtained the process of analyzing data from previous studies that discussed the role of parents in supporting healthy internet for early childhood. From the study literature, this research can provide analytical conclusions to find out the stages or steps that can be applied by parents who are not only able to understand the role of implementing healthy internet but also determine preventive steps in supporting early childhood understanding of the internet.

Literature Review

Several studies in Indonesia have also shown the role of parents in implementing healthy internet for early childhood. The following are some related studies: Research conducted by Prof. Mental Hospital. HB. Saanin Padang in 2020 shows that around 57.5% of young children are addicted to gadgets, such as tablets and smart phones. However, only about 41.7% of parents supervise their children's use of gadgets. These results indicate that there are still many parents who need to improve their supervision of the use of gadgets by young children. Research conducted by UNICEF Indonesia in 2020 shows that around 60% of parents in Indonesia do not know how to protect their children from negative content on the internet (P. Livana et al., 2020). These results indicate that there are still many parents who need to increase their knowledge about healthy internet use for young children. Research conducted by the Ministry of Women's Empowerment and Child Protection in 2020 shows that around 65% of early childhood in Indonesia have access to the internet. However, only about 50% of parents supervise their children's internet use. These results indicate that there are still many parents who need to improve their supervision and monitoring of internet use by young children (Tuhuteru, 2022). From some of these studies, it can be concluded that the role of parents in implementing healthy internet for early childhood is very important in Indonesia. Parents need to increase supervision and monitoring of the use of gadgets and the internet by young children, as well as increase their knowledge about how to protect children from negative content on the internet. Thus, young children in Indonesia can use gadgets and the internet in a healthy and wise way. Research conducted by the Association of Indonesian Internet Service Providers (APJII) in 2019 shows that around 89.6% of children in Indonesia use the internet. However, only about 30% of parents supervise their children's internet use (Pahlevi, 2022). These results indicate that there are still many parents who need to improve their supervision of their children's internet use. Research conducted by the Indonesian Digital Association (IDA) in 2020 shows that around 70% of parents in Indonesia do not know how to protect their children from negative content on the internet. These results indicate that there are still many parents who need to increase their knowledge regarding healthy internet use for children. Research conducted by the MARS Institute in 2020 shows that around 80% of children in

Indonesia are addicted to the internet. However, only about 40% of parents supervise their children's internet use. These results indicate that there are still many parents who need to improve their supervision and monitoring of their children's internet use. From some of these studies, it can be concluded that the role of parents in implementing healthy internet for children is very important, especially in Indonesia (Abdullah, Sastraatmadja, et al., 2023; P. H. Livana et al., 2021). Parents need to increase supervision and monitoring of their children's use of the internet, as well as increase their knowledge about how to protect children from negative content on the internet. Thus, children in Indonesia can use the internet in a healthy and wise way.

RESULTS AND DISCUSSION

Benefits of Healthy Internet for Early Childhood

The right influence of healthy internet can provide positive benefits for the development of early childhood. Here are some of the positive influences of healthy internet for early childhood development:

1. Improve Cognitive Ability

Early childhood who are exposed to healthy internet can develop their cognitive abilities through various educational applications and content. This educational content can help children understand various concepts and skills needed in everyday life.

2. Improve Social Skills

Healthy internet use can help young children to interact with others, both with peers and with adults. Children can also learn social skills, such as communicating, collaborating, and solving problems through interactive apps and games (Rizana et al., 2023).

3. Improve Language Skills

A healthy internet can also help young children to improve their language skills, both in their mother tongue and foreign languages. Children can learn new vocabulary, pronunciation and grammar through various educational apps and content.

4. Increase Creativity

Early childhood can develop their creativity through healthy internet, such as making pictures, writing stories, or making videos. With a healthy internet, children can express themselves creatively and explore various types of art.

5. Increases Understanding of the World

A healthy internet can help young children broaden their understanding of the world. Children can learn about various aspects of life, such as culture, nature and history through various educational applications and content.

The Importance of Monitoring and Limiting Internet Service Time

Children who are still at an early age still do not have the ability to fully understand the dangers that may exist on the internet. They also don't have the ability to distinguish between healthy

and unhealthy content. Therefore, it is very important for parents to supervise and limit internet service time for children. Internet supervision by parents is very important so that children do not access content that is unhealthy or harmful to them (Tuhuteru, 2023). Parents should ensure that children access only appropriate and healthy content. In addition, parents must ensure that children do not interact with strangers via the internet (Safrida et al., 2023; Udayana et al., 2022). In addition to supervision, limiting internet service time is also very important to do. Children who spend too much time on the internet can experience negative effects on their physical and mental health. Limiting internet service time by parents can help avoid this negative impact.

Party Support in Implementing Healthy Internet

To implement healthy internet among early childhood, support from various parties is needed, including:

1. Family

Families, especially parents, are the most important parties in implementing healthy internet in early childhood. Parents need to provide supervision and monitoring of their children's use of the internet, provide education about healthy internet use, and set good examples of internet use. (Abdullah, Poetri, et al., 2023).

2. Schools and Educators

Schools and educators also play an important role in implementing healthy internet in early childhood. Schools can provide education about healthy internet use and develop curricula that are integrated with technology to support children's learning.

3. Internet Service Provider

Internet service providers can provide support by providing security technologies and software that can help parents limit their children's access to inappropriate or unhealthy content.

4. Community

Communities such as non-profit organizations or kids' clubs can provide support by holding activities or events that promote healthy internet use for young children. The community can also provide support in the form of education about healthy internet use.

5. Government

The government can provide support by making policies and regulations that promote healthy internet use for young children. The government can also provide support in the form of funds and programs to support education about healthy internet use.

Tips for Parents in Supporting Children's Healthy Internet Use

In addition to supervising and limiting internet service time, here are some tips and suggestions to support healthy internet use in children:

1. Provide Proper Understanding of the Internet

Parents need to provide proper understanding of internet use to children. Parents can explain the benefits and risks of using the internet, and provide examples of cases that can affect their children's use of the internet.

2. Use Internet Security Software

Parents can use internet safety software to limit their children's access to content that is unhealthy and inappropriate for their age. Some of this software also provides better control for parents to limit the time internet services are used by children.

3. Discuss Things to Avoid

Parents need to have discussions with their children about things to avoid when using the internet. These things include sharing personal information, visiting unhealthy websites and interacting with strangers you don't know.

4. Provide Internet Service Time Limits

Parents need to provide time limits for internet services used by children. This helps ensure that children's internet use is not excessive and interferes with their daily activities.

5. Provide Proper Oversight

Parents need to provide proper supervision of the use of the internet by children. Parents can supervise and monitor their children's internet activity in a proper way.

6. Invite Children to Talk about Their Experiences

Parents need to invite children to talk about their experiences when using the internet. Parents can provide appropriate advice and support for children in dealing with any problems they may encounter.

7. Set a Good Example

Parents need to set a good example by using the internet in the right and healthy way. It helps children learn by good example from parents.

Utilization of Kid Editions Features on Gadgets

Smart gadgets like tablets or smartphones have become an indispensable part of modern life. Children from an early age are also not spared from the influence of these smart gadgets. The kid editions feature on smart gadgets is a solution to help parents control their children's use of smart gadgets and provide age-appropriate content. Here are some features of kid editions on smart gadgets that can help parents and kids alike.

1. Restricted Content for Children

Kid editions features on smart gadgets are equipped with applications and content that are adapted to the age of the children. These applications and content are also carefully selected so that they are safe and do not contain content that is unhealthy or inappropriate for children. This helps parents to limit children's access to content that may not be appropriate for their age.

2. Parental Supervision and Control

The kid editions feature on smart gadgets is also equipped with parental controls and supervision. Parents can choose the apps and content they want their children to access, as well as limit the time internet services are used by children. Parents can also control the use of smart gadgets by their children remotely through applications provided by smart gadget manufacturers.

3. Anti-Spyware and Security Protection

The kid editions feature on smart gadgets is also equipped with security protection and anti-spyware. This helps maintain children's privacy and prevents unwanted use of smart gadgets.

4. Attractive Visual Appearance

The kid editions feature on smart gadgets is also equipped with an attractive visual appearance for children. Fun and kid-friendly designs make the experience of using smart gadgets even more enjoyable for kids.

5. Education and Learning

The kid editions feature on smart gadgets also offers educational and learning content that can help children learn in an interesting way. Many educational applications can help children understand lessons easily and interestingly.

CONCLUSION

Implementing a healthy internet for early childhood is important so that children can use the internet safely and wisely. Implementing healthy internet in early childhood requires support from various parties, such as families, schools, internet service providers, communities, and the government. With support from various parties, the use of the internet by young children can be healthier and safer. Parents can apply some of these tips to help their children use the internet in a healthy and safe way. Thus, children can take advantage of internet technology to learn and develop themselves in a positive way. The role of parents is very important in supporting the use of "healthy internet" in early childhood. Parents must play an active role by monitoring children's internet activity, providing education, setting rules and boundaries, communicating with children, and providing character education. Thus, parents can ensure that their children can use the internet in a healthy and wise manner.

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