

## The Value of People's Role in Monitoring Children's Device Use

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### Abstract

*In order to reduce barriers to children's growth and development, this study attempts to explain how parents can help prevent gadget addiction in their kids. The study was carried out in the Pringsewu Regency's Pnadansari Selatan Village Hall. Using a purposive sample technique and a descriptive qualitative approach, this study included parents who actively utilize technology and participate in their children's education at home. Observation, interviews, data reduction, and documentation were used to gather the data, which were then analyzed using the Miles and Huberman technique with triangulation for data validity. This study has significant ramifications for initiatives aimed at enhancing the standard of children's growth and development by fostering cooperation between parents and informal learning environments.*

**Keywords:** *Gadget Addiction, Parents' Role, Children Education*

### 1. INTRODUCTION

Children's use of devices can increase their sleep patterns, decrease their sleep quality, and increase their attention span and decrease their irritability throughout the day. Students who are highly engaged but under-prepared may struggle to collaborate and enjoy class, which can negatively impact their motivation to learn. In addition, children who use increasingly complex devices are more likely to experience stress, anxiety, and sadness. This is due to a number of factors, including the need to maintain a connection to the digital world, increase online communication, and regularly assess the data obtained from devices.

To maintain health and improve children's mental well-being and motivation to learn in the classroom, parents, teachers, and students must control and supervise the use of technology. However, it does not mean that all technology use has a negative impact on children's learning motivation and mental health. Students can improve their learning ability by using smart and healthy technology to interact and collaborate with teachers and other students, and gain knowledge more quickly and easily. Motivation to learn is one of the most important elements that affect academic achievement. Children who are highly motivated to learn will be more involved in demonstrating and developing their knowledge in the classroom.

On the other hand, poorly understood learning outcomes are often the result of learning motivation. In this situation, parents play an important role in helping children use technology responsibly by acting as mentors and guides. In addition to ensuring a balance between learning, playing, and socializing, parents want to help their children use technology as an educational tool (Agustin & Pradikto, 2025).

Excessive use of gadgets has a negative impact on children's growth and development. Dependence on electronic devices can cause physical and mental health problems, such as sleep disorders, decreased concentration, and even anxiety. Children who use gadgets too often tend to ignore real-world social interactions, which contributes to social problems in the future. Thus, this is a challenge for the church, parents and teachers in educating children in using gadgets. (Nehe, et al 2025)

To control the use of gadgets in early childhood, parental involvement is very important. In addition to being a guardian of children, parents also play a role as a guide who can teach their children how to use technology responsibly. Children can be taught to manage their gadget time responsibly and choose acceptable and educational content when parents are involved. Therefore, parents should have sufficient information about the advantages and disadvantages

of gadget use and effective control measures. The increasing prevalence of gadget use among children has a great impact on their physical, social, and emotional development, which makes this study important.

Although technology can be beneficial for education, its excessive use can lead to a number of problems, such as sleep disturbances, decreased social skills, and decreased physical activity. This is why it is very important for parents to control the amount of time and materials their children spend playing. This study also aims to produce guidelines that can help achieve a balance between the benefits of technology and child development, as well as advise parents on the importance of their participation in their children's gadget use. This essay aims to make a significant contribution to the development of digital habits that support children's holistic maturation by taking a more applied and practical approach (Harianti, 2025)

## **2. METHOD**

In order to reduce barriers to children's growth and development, this study employs a qualitative technique in descriptive form, specifically outlining the role that parents play in preventing gadget addiction in their kids. The Pandansari Selatan Village Hall in the Pringsewu Regency is where this study is being conducted. Purposive sampling is the sample method used in this investigation. The study's subjects were parents who actively used technology and participated in their kids' education at home. The method of gathering data then involved a number of steps, including identification or observation, interviews, data reduction, and documentation. Triangulation procedures, which are methods of gathering data derived from pre-existing data, are employed in this study in order to ensure data validity. Next, the Miles and Huberman analysis is used in the data analysis technique. Data reduction, data display, and conclusion are the data analysis activities that are conducted in this interactive study at regular intervals until the data is saturated.

## **3. RESULT AND DISCUSSION**

Parents play a crucial role in guiding and molding children, providing them with colors and determining their life's course. If parents clearly demonstrate to their children that reading is enjoyable, then children will value the reading experience. In order for kids to witness personally how enjoyable and beneficial these activities are, parents should not only limit their kids' screen time but also fill it with productive activities like reading to them. Parents can help their children develop a positive mindset by modeling good reading habits and time management skills with technology. Children's cognitive growth and the emotional connection between parents and children are both enhanced when digital and educational activities, like reading, are balanced. By doing this, parents can foster an environment that best promotes their children's growth and development, resulting in bright, creative, and morally upright kids (Pramudita, 2025).

These results are consistent with parent interviews and are based on actual observations of the early childhood children that were the study's subjects. The youngsters under observation tended to limit their use of devices to specific periods that their parents had established, such as after school or after they had finished studying the Koran at night. These kids were only allowed to use their devices for an average of one hour every day. Despite the fact that parents and kids had agreed on these limitations, there were times when they were difficult to enforce. Youngsters who were used to utilizing technology frequently felt let down by the current limitations, particularly if they wished to keep using the device after the allotted time had passed. This demonstrates how difficult it may be to limit children's and parents' usage of gadgets because kids are often tempted to keep playing or viewing stuff on them. Despite being widely accepted, these limitations were difficult to constantly enforce, particularly given the significant difficulties in controlling the behavior of kids who were very tech-savvy (Harianti, 2025).

Establishing methodical and flexible usage time limitations is the first step in gadget supervision. According to neuroscience study, children's cognitive development and ability to focus can be significantly impacted by excessive digital screen time. To prevent technology use from impeding a child's healthy growth and development, parents must create a planned timetable that takes into account the child's age, academic requirements, and social activities. The use of privacy settings and content filters is the second tactic, which is equally crucial. Parents can restrict access to age-inappropriate content by using parental control technologies found on many digital sites. In keeping with the values of open communication and trust, this entails censoring offensive content, establishing boundaries for online communication, and routinely and openly keeping an eye on kids' digital activity.

The psychological aspects of gadget monitoring require a sensitive emotional approach; parents should create a safe and non-judgmental communication environment so that children feel comfortable sharing their digital experiences; reflective techniques and scaffolding will help children develop self-regulation skills and manage technology use independently and responsibly; and parents should actively educate their children about digital media ethics, the risks of cyberbullying, personal privacy, and online identity construction in addition to limiting their use.

Collaboration with educational institutions and the community is a comprehensive technique in supervising gadget use. Parents can play an active role in digital literacy initiatives at school, exchange knowledge with other parents, and observe the development of technology trends that are relevant to their children's lives. The development of a synergistic support system to guide the digital generation is made possible by this ecosystemic approach. Finally, parents must continuously assess and modify their methods for supervising their children's gadgets. A flexible approach that takes into account the child's age, technological advancements, and the ever-changing social context is needed given the dynamic nature of technological progress. The secret to helping children use the digital world in a safe, healthy, and productive way is an adaptable, research-based strategy that takes into account each child's individual characteristics (Nehe, et al 2025).



Figure 1. Documentation of Activity

#### 4. CONCLUSION

The large number of Sunday school children using gadgets shows how complex digital issues are and how everyone, especially parents, must pay full attention to them. Significant dynamics in efforts to empower parents in facing the digital technology revolution are demonstrated by this community service project. This community service project has succeeded

in changing parents' perceptions and abilities to support their children's digital activities through an interactive approach that combines presentations, simulations, and guided conversations. The comprehensive strategy created offers an educational framework that fosters critical awareness rather than traditional prohibitions.

The intervention results showed that parents were better prepared to use positive digital guidance techniques. In addition to being aware of the dangers of technology, they were able to create a safe online space that fosters children's social and spiritual development. This study shows the great potential of participatory-based education in creating a responsible digital ecology. As a result, our service offers theoretical and practical assistance in creating a parental guidance model in the era of the modern digital revolution. The conclusions of this study highlight the need for a comprehensive strategy that is proactive rather than reactive to equip the next generation to face the complexities of the ever-changing digital landscape.

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