

## Conference Paper

### Model of Education for Children in Using Health Internet

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#### Abstract

The results of research by Yahoo and Taylor Nelson Sofres Indonesia show that the biggest access in Indonesia is those between the ages of 13-19 years. On average children use the internet for 3-4 hours a day, meaning there is a tendency for children to be highly dependent on the internet. This research is needed to contribute to Mother about how to educate so that children can use the internet in a healthy and productive manner. That the mother acts as an educator, directing, encouraging and considering children's behavior and shaping children's behavior. As said in Computer-Mediated-Communication Theory that computers have changed the form of human social relations. This has social and cultural consequences in human life. Technological Cultural Theory states that technology will bring about changes in values and culture in human life. This research was conducted using qualitative methods using the analysis unit of mother and child as research subjects. Data collection techniques were carried out using the Focus Group Discussion method while data analysis techniques used descriptive analysis. The results of this study indicate that the form of education that can be done by the mother is to protect and empower children in using the internet. The success of this educational model can be done well if it becomes part of the parenting style in the digital era.

**Keywords:** Children, computer-mediated-communication, education models,

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#### INTRODUCTION

Internet usage is currently very high. The results of the 2017 APJII survey show that internet users have now reached 54.68% of the total population of Indonesia. APJII data also shows that more than half of the internet users are young. This means that the age of internet users is getting younger and even the age of children has started using the internet. Therefore the results of the research team's research in the first year illustrate that on average children use the internet for 3-4 hours a day. This means that children have become internet addicts. In previous studies showed that 41% of parents did not know what was done accessed by children on the internet (Candrasari, 2011). Furthermore, research conducted in America states that 72% of children access the internet for online games. While as many as 33% for accessing social media sites and 23% for "dating".

Today's teen life is dominated by using the internet every day. This is supported by the results of research in the Ofcom Journal ([www.ofcom.org.uk](http://www.ofcom.org.uk)) about the Internet which states that 50% of teens open the internet every day that is used to access social networking sites, 17% several times a week open social networking sites, and 21% open social networking sites. once a week. This means that teenagers are so dependent on social networking sites.

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This is very worrying considering that there is a lot of information that is inappropriate for children, such as violence, sexuality, and even pornography, not to mention social networking sites that are also interesting but also have a negative influence when the child is unable to access them in a healthy and safe manner.

The development of the internet with its increasingly diverse sites needs to be addressed carefully. Because children are feared to be affected negatively by the flow of information that is so free in social networking sites. The results of a recent study in the UK recorded three-quarter of children visiting the internet without the knowledge of parents (Abraham 2010). Furthermore, the results of the study stated that 62% of children lie to their parents about their behavior related to cyberspace. The study explained that these children actually did not understand what he was doing and the impact on them. Children have successfully tricked their parents into hiding what was actually done while in cyberspace. Mothers are not fully aware that when their children access the internet they have roamed everywhere freely without supervision. There is no communication that occurs between mother and child when they are "surfing" in cyberspace.

Until now this phenomenon is still ongoing. The results of the study state that one reason to explain why parents generally do not know how children's activities when surfing in cyberspace is because more media in a child's bedroom is like a computer. This makes their media consumption more individual. Children aged 8-16 years, 20% have computers in their bedrooms and 54% of them have internet access.

The high level of internet usage that is not controlled by parents tends to make children become "addicts" and as a result children experience many changes in their social life (Claretta and Nuryanti, 2016). Given the internet will provide a cultural and social impact on human life, especially children or adolescents, where at that age are still very vulnerable to the influence of the environment including the internet.

The internet does have an appeal because of its characteristics. As explained in Computer-Mediated-Communication (CMC) Theory. CMC is communication carried out by humans mediated by computers. CMC has made people not need to meet face to face directly to connect but face to face virtually through computer screens (Griffin, 2002: 201). With CMC various forms can be communicated such as text, audio, video, graphics, animation, and others. CMC can also enhance multimedia communication, namely communication that involves various elements of feeling and the attraction of our five senses. Furthermore, CMC interactivity makes computers become responsive and reflective tools. In addition, CMC has good synchronicity, meaning that communication is fast and feedback can also be obtained quickly. Finally, CMC is hypertextuality, meaning that the communication that takes place is not linear (one direction).

Because the character of CMC as a new media is very interesting and easy to do, it is not surprising that teenagers who basically like things that are new (experimental), teenagers are very easy to adopt the new media. The irony is that the teenagers did not realize the good and bad of the internet. Mother's role is very necessary when her children are "busy" accessing the internet. However the mother has emotional closeness with the child is better so that the mother will be heard by the children when the parenting process takes place. In everyday life, family education has strategic value in forming a child's personality. And the role of the mother is very great in determining the growth and development of children. The mental development of the child is more or less colored by the behavior of his mother. Remembering emotionally the mother that contains so naturally if there is an emotional closeness between mother and child (Al-Bukhori, 2005). Therefore, this research was conducted to obtain a model of education for mothers in assisting children to be able to use the internet in a healthy manner.

## **METHODS**

This research was conducted using qualitative methods. In order to obtain research results that are in accordance with the purpose of this study, namely to build a model of education for mothers in assisting children to use the internet in a healthy manner, this study was conducted by taking research subjects to mothers and children aged 7-12 years as well as psychologists. Data was taken using in-depth interviews and literature studies. Data analysis is done

by interpretation of research data that has been obtained.

## RESULT AND DISCUSSION

As has been explained on the issue of this research that in the digital age today parents cannot forbid children to use the internet because they are born together with the development of digital technology. The progress and development of information and communication technology go hand in hand with the growth and development of the current millennial generation. Such conditions cannot be avoided for parents to separate children from technological advances. Information and communication technology has become a part of the lives of children today.

Therefore an appropriate educational model is needed for children to access the internet in a healthy manner. The results of this study indicate that the education model begins with the existence of two strategies that parents must do in order to be able to assist children in using the internet in a healthy manner. These strategies are protective strategies and empowerment strategies. Next, the researchers describe each of these strategies.

### a. Protecting Strategy

This protective strategy is a strategy to protect children from content that is not good for children as well as keeping children from becoming victims of irresponsible internet users. In this study there are three protective strategies, namely: Supervising, communicating, and diverting children's attention from the internet.

**Supervising** here means parents must select internet content, especially content that contains elements of violence, pornography, and advertising. As said by the informant (Mother) 2 below:

*"Yes, I'm always worried that if children see pornographic images or scenes of violence. There are many children's games right now that have minimal figures dressed ... wow ... my horror. So I always see what my children are opening on the internet. "*

This research data reveals that the supervision carried out by Mother not only limits or prohibits children from accessing inappropriate content but also dialogues and talks with their children and tells them why they do not approve of the content.

The next supervision strategy is to look at the **communication** that children make when they surf in cyberspace. Informant (mother) will see any comments that appear on the social media of his children including also seeing the comments that his child made when he was in cyberspace including the comments that his child shared on social media.

This can be seen from the following informant 3 expressions:

*"Yes, I read and noticed the comments on my child's social media account. Fear there are comments that are inappropriate for children to read. "*

This is important for mothers to protect children from internet users who have deviant behaviors that children do not know about their characteristics. Therefore, the Informant (Mother) always strives to become friends in his children's social media accounts. This is easier for the mother to see and monitor the status uploaded by her children as well as the comments that enter the account.

The last strategy in protecting children from the internet is **to divert children's attention from the internet**. That is, as much as possible, you can create useful and enjoyable activities for children so that children do not always play the internet. Given the previous research data shows that children today in using their free time are more "playing" in cyberspace.

Based on these facts, the informants (Mothers) said that as much as possible they told the children to still have time playing outside the house with friends around his house. It is important for children to continue activities outside the home so that children have a concern for the surrounding environment. As stated by the following informant 6:

*"I am happy if children can play with their friends outside. In the afternoon I let my children play with their friends so that they don't just go gadget at home. "*

Giving children the opportunity to play outside the home makes children no longer busy with the internet, so children are not used to individualism. Thus, children are expected to remain aware of the surrounding social environment.

#### **b. Empowerment Strategy**

The empowerment strategy, in this case, is how Mother makes the internet a means to make children use it smartly and productively. This means that using the internet should be able for children to think critically so that they can sort out good content and which content is not good for themselves. And children are able to use the internet for their productivity. Not the other way around, the internet will make children become lazy to think and less productive.

In this study, it was found that there were several empowerment strategies carried out by mothers in encouraging children to use the internet in a healthy manner. The empowerment strategy includes:

##### 1) Togetherness

Togetherness here is the existence of togetherness between parents and children in surfing in cyberspace and communicating in cyberspace. In carrying out activities in cyberspace, Mom occasionally plays with children, or Mother and child use the internet to complete school assignments, can also just "explore" the virtual world together. This is also done by informants (Mothers) 1 as follows:

*"If there is homework, I make it a habit to look for answers to the homework on the internet with children. So he knows that the internet is not just for games but there are many sources of information there".*

Providing a surfing experience in cyberspace to children is a form of togetherness that should also be tailored to the interests of children so that in the end the child will choose content that is not far from what he has gotten when browsing the internet with his mother.

Another form of togetherness is by communicating via the internet with children. This form of communication can be done through social media or using instant messaging such as WhatsApp or Line which is currently widely used by netizens in Indonesia.

##### 2) Recommend

Parents provide recommendations to children about what sites are well accessed for their children. In addition, it also recommends what things children can do when using the internet. Remember at The internet is all available and easily accessed. Therefore it is necessary to actively involve parents when children use the internet.

This research data illustrates that mothers have provided recommendations on what children can do when in cyberspace and what sites are good for children to access. As the second informant said below:]

*"I show sites about education, especially those related to my child's preferences. My child really likes trains, so I always open train-related sites. "*

##### 3) Creative.

Creative in relation to child empowerment in using the internet is how Mother encourages children to be able to create something in cyberspace or use the internet and empower the features or applications that are on the Internet for productive things. Thus children not only become passive internet users. But children will be productive. This was revealed through Focus Group Discussion involving research informants, namely the mothers and one informant from psychology. As stated by informant 2 below:

*"When I started giving children to use my cellphone I often talked with children to be smart in choosing a web or a site that could be opened. I often talk to children to start making social media content that they have with something good. Because for me it will make children think so they are not passive. "*

The data provided by the women as informants in this study was then corroborated by the expressions of informants who had a background in psychology. The informant stated:

*"The important thing to be done by parents, especially mothers who are daily close to children is training creativity in children using the internet. So they are not passive users. Children are getting used to making interesting or unique content on Facebook or Instagram or Youtube".*

From the research data, it can be seen that building creativity in children using the internet is important in the present. This is to prevent or avoid children from just being passive "consumers" from the internet. Given that being a passive user will make children not "think" or not use their brains to the fullest. This will lead to the emergence of dependency behavior on the internet.

Therefore, it is necessary to empower children to use the internet. Through the empowerment of children in using the internet, it is hoped that children can make the best decisions for themselves when accessing the internet. As written by Nikken (2013) that by empowering children in using the internet it is assumed that children are able to choose web or site that is suitable for their age. Furthermore, Kelly stated that one way to empower children when using the internet is to improve or train children's creativity when accessing the internet.

### Education Model for Children in Using Healthy Internet

As revealed in this study, children spend a lot of time accessing the internet because children get two things at the same time, namely entertainment and to build social relationships. Through the internet, children have got what they want. Therefore children can spend hours in a day surfing the internet.

Another thing found in this study is the gap in knowledge and ability in internet access between parents and where children are more "clever" in using the internet than their parents. Therefore, in this research, the parent's education model was obtained children to be able to use the internet in a healthy manner/parenting education model as follows:

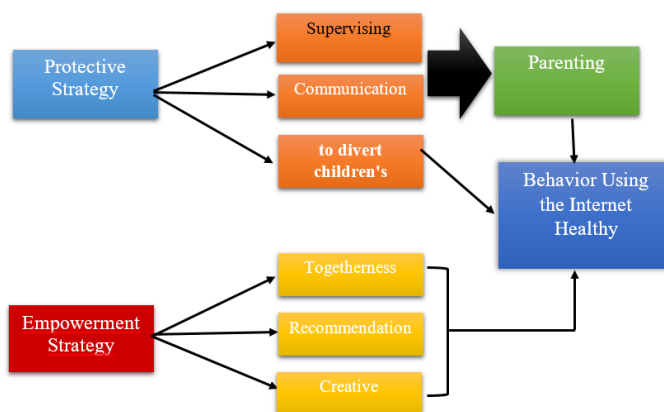


Figure 1. Model of education for children in using the internet (Source: research data)

As described above, this protective strategy is very appropriate for children under five to 8 years. The model of education carried out by parents by monitoring, communicating and diverting children's attention to the internet which is done early will familiarize children in using the internet in a healthy manner. As research conducted by Nikken and Jansz (2013) which states that parents with children aged between 0 to 8 years, more implement supervision while the use of the internet together is applied to children aged over 8 years, while with children larger parents prefer to use active mediation or limited monitoring. The next education that parents can make in order to shape healthy behavior to use the internet is by empowering. Empowerment here is done through creating

togetherness, providing recommendations on web choices or content that is appropriate for the age of children, and building creatively on children when using the internet.

Building togetherness, especially in terms of accessing the internet. Togetherness built through internet media will provide a pleasant experience for children. Thus children will have a more positive picture of the internet and prevent negative effects from the internet, especially when they use the internet to be more pleasant. Through the togetherness of parents and children in accessing the internet, it can also be a means of mediating parents in developing children's skills to use and interpret media (internet). Theory of child development, that physical, emotional, and social experience, which is gained in the use of media (internet), and social interactions that occur between parents and siblings in using the internet can be a strong basis for child development, positively especially when it occurs to children in a period of important developments in their lives (Nikken and Schols, 2015: 3424).

The use of these two strategies, namely protection strategies and empowerment strategies, is a form of education that can be done by mothers to children when children are familiar with or introduced to the internet. In addition, what must be considered is that the behavior patterns of internet use of good parents will support the success of education about the behavior of using the internet in a healthy manner in children. This is because parents are a "model" behavior for children because the age of children is an easy age to imitate everything they see. The use and skills of parents in using media is a factor that determines the success of parents in guiding children to use media (the Internet) in a healthy manner.

## CONCLUSION

Based on the results of a study that examines the educational model that parents can do to children in using the internet in a healthy way, it can be concluded that in facing high use of the internet at an early age for children, mothers can educate their children through two strategies namely protection strategies or protective and empowerment strategies. Both of these strategies should be an important part of parenting in this digital era.

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