

GIVING THE RIGHT DOSE OF DIGITAL PARENTING CAN INCREASE INTELLIGENCE IN CHILDREN

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Abstract. In an increasingly modern era, communication tools and other supporting tools are becoming easier to obtain. Such as television, smartphones, internet networks, electronic mail or cell phones, computers and so on. Not a few parents pass on their children by providing parenting patterns for children who are so familiar with digital devices. This is certainly true, however, giving excessive doses and letting children enjoy modern electronic sophistication can actually plunge children into things that we did not want before. So giving the right dose of the use of modern electronic devices is also very important. This study aims to see and analyze about giving the right dose can increase intelligence in children. Experiences like this can be proven through experiments conducted by a housewife in the city of Detroit in a book entitled *The Read-Aloud Handbook* by Jim Trelease. Sonya Carson is a single parent who has managed to educate her two sons to become successful and successful human beings. By reducing the hours of watching television or those related to digital media and emphasizing more on the world of reading as the development of knowledge. This research uses a literature study or literature study by looking for some literacy that has occurred in accordance with the subject matter that has been adapted to the theme that has been made. The author uses a qualitative approach method. Because the data obtained is in the form of words or descriptions. The author searches data through reference sources such as book, articles, journals, scientific papers and the like, then understands, analyzes, and interprets it into a scientific work that is easily understood by writers and readers.

Keywords: The Role of Parents, Digital Parenting, Child Development.

INTRODUCTION

Parenting styles in children provided by parents and teachers are the main capital in improving children's growth and development. Parenting that is introduced and taught to children determines the level of success to print children's character so that children are able to adjust in the future they will pass. Coupled with the existence of increasingly modern informatics sources, not a few parents have introduced children to better understand the existence of the digital world. In the present time, digital media is also a complementary source or learning support facility which is sometimes the main media for children to accompany children's learning. Digital parenting or restrictions on digital products used by children must also be in accordance with their portions and needs. So that children do not get carried away by opium and depend on digital media. According to research conducted by Amelia, et al in the journal (Asri, 2018: 8) stated that parenting is very influential on early childhood development.

In the book *The Read-Aloud Handbook* by Jim Trelease provides an understanding to be able to learn aloud with reading media as a fulfillment of children's learning needs. And in chapter 8 contains the introduction of digital media has a useful function able to educate children or even

vice versa. In Jim's book chapter 8 there is a learning method in parenting carried out by Mrs. Sonya Carson who succeeded in educating her two children to get out of the zone of technology addiction by reducing the dose of digital use and further improving the media of reading and understanding a book or science writing as a source of knowledge and reference for her insights (Jim, 2017: 249).

Moving on from the problems described above, the author feels interested to know more and explore more about how to properly dose digital parenting to increase children's intelligence through the dose reduction method in Jim Trelease's book.

This research was conducted with the aim of improving children's intelligence and habits to prefer reading compared to playing digital. Of course, this is done through giving the right dose in educating and parenting given by parents to children.

The benefits of this research are a) theoretically, it can add insight and understanding of parenting patterns to the right dose of digital use and learning in children, b) practically expected to help improve the child's education process and motivate parents and teachers in applying various methods when learning through reading.

RESEARCH METHOD

The writing method in this study is to find the point of results of the research conducted. Research using library research or literature studies by looking for several literacy such as books, journals, articles, and scientific papers. Which has been adjusted to the subject matter that has been relevant to the theme or title made. The research data used a qualitative approach. Because the data obtained is in the form of words or descriptions. The results of references or data that have been obtained are read, understood, analyzed, and then interpreted with the aim of making it easier for writers and readers to understand the purpose of this research.

RESULT AND ANALYSIS

The results and analysis of the relevance of research with one of the titles raised in the book *The Read-Aloud Handbook* by Jim Trelease has the meaning of the importance of reading to open windows to the world in children. And in chapter 8 provides information related to the introduction of digital media for children does it have positive value or even vice versa? Therefore, this study is used to answer the discussion that is still a big question between the book Jim and its relationship with the real world in parenting education for children. In addition, the problem that still needs to be improved is about insight and understanding of the importance of digital parenting or digital media restrictions. With the aim that a caregiver, both mother and teacher, is able to provide good parenting for children. With the right time and dose of digital use, children are able to explore themselves well through the habits they do in everyday life. Research data search media is used with qualitative methods by using literature studies such as books, journals, articles, or scientific works that have the same meaning according to the title raised. The data obtained is in the form of word or descriptive data through reading, understanding, analyzing, and interpreting with the aim of making it easier for writers and readers to understand the purpose of the explanation of digital parenting dosing in children. The discussion and analysis of this study include the following:

1.1 About The Read-Aloud Handbook

The book *The Read-Aloud Handbook* by Jim Trelease in his book discusses some of the things and experiences that are done to improve children's intelligence through reading. The book was created on October 6, 2017 by Jim Trelease. Published by Noura Books, located in Indonesia, with approximately 380 pages. Trelease provides new understanding and experience about an education or how to accompany children in their development through reading books aloud. The point is to provide new insights and experiences to caregivers, especially parents and teachers that by getting children used to having a hobby of reading can train children from an early age to prefer the development of reading science and other experimental things (Jim, 2017: 1-380). Of course it is in accordance with the direction and monitoring of parents and teachers. So that children do not get out of reach and grow as smart and smart children should. One of the themes raised in chapter

8 contains several elements of how to improve children's ability to understand technological situations as well as the role of parents who are very influential on dosing and managing children's learning. In chapter 8 on "Tv, audio, and technology: harming or helping reading ability?" means that a mother from the city of Dektroit, Mrs. Sonya Carson, was able to change children's habits and was able to improve children's learning through reading until she managed to become a very successful person in the city of Dektroit. By providing management of learning and playing according to the right dose without eliminating traces of children's hobbies in knowing the digital world. Sonya's mother's role in educating children succeeded in making children achieve graduation from a well-known professor and doctor. The success of the two children cannot be separated from the guidance and parenting of parents (Jim, 2017: 249).

Increase self-confidence in children through mastery of knowledge they achieve. Fostering an interest in reading, especially in early childhood, can also be used as a reference, children will prefer to collect their knowledge through literacy culture. However, not a few children in modern times who like to read, on the contrary they are more comfortable and like to use various kinds of digital media as a fulfillment of their daily activities. Both television, mobile phones and other media. In this case, parents are also not a few who support their children to get to know various kinds of digital media as a helper for children's growth and development as well as modern knowledge obtained by children. Because it is undeniable that the more time increases, the more modern the times, as humans also follow the times. Therefore, in Jim Trelease's book, the interesting thing is to change children's habits to prefer to read but not eliminate the child's footprint to still be able to get to know the digital world. It's just that the dose reduction applied by one of the housewives who dominates children's habits to use more time to read, get to know the real world and increase literacy as a source of knowledge for their two children. And it is still allowed to use and utilize digital media , it's just that the time used is limited.

The book Read Aloud is also one of the learning media that can be used in improving children's reading. Because by improving reading habits can help educate children to be smart. By reading human thinking skills will be honed and develop optimally. Getting used to reading interest in children is very important, with the interest in reading from a child can be marked when children express their hobbies. This can be started from the way parents tell children's stories through reading, so that over time children will feel comfortable and addicted to continue to be told. After becoming a habit, children will feel curious and try to like to read it themselves (Agus, 2019: 116).

1.2 Understanding Digital Parenting

Digital parenting or known as digital parenting is the provision of limits to children on the introduction and use of digital devices. Parental control over the provision of digital parenting is very influential on children's growth and development and intelligence. Technological progress is always accompanied and followed in accordance with the times. And according to David L. Goetch, quoted by Jogiyanto (2005) said that "people tools, resources, to solve problems or to extend their capabilities". The meaning of a technology can be understood as an effort to obtain a product carried out by humans by utilizing tools, processes, and resources (Yulia, 2015: 47-48).

Digital technology is one of the factors that affect child development. Technology such as television, internet, iPod, video games, and others are developing so rapidly that a family hardly realizes that it is very impactful and can change the lifestyle of the family itself Rowan (2013). Operational technology provides convenience and sophistication causing even young children to be able and even addicted to always operate products resulting from technological sophistication. The possibility of technology that presents sound and visual stimuli at the same time makes children able to learn many things at one time. Both as a reason for parents to provide digital technology as education, but in reality the use of technology is for entertainment purposes such as games or visual videos yuotube and the like. Therefore, the role of parents in providing parenting to children (digital parenting) reduces the dose of digital use to be a way as well as a solution to all problems that occur in children. The family becomes the child's first primary school before they interact with the wider social environment. Because it is very unlikely that in today's digital era, children can be one hundred percent free from the adverse effects of technological development. So, to prepare children not to enter into their addiction to playing technology and children are able to resist or stay away from the negative influence of the use of technology, children must be given conditions and education that are in accordance with the needs and portion of children in learning

and knowing the digital world. So that children do not easily fall into unexpected things (Tesa, 2018: 66-74).

1.3 Giving the Right Dose to Learning and Introduction to Digital Parenting

The development and intelligence of children can be done in various ways. Many say that reading is a window to the world for success. In the book *The Read-Aloud HandBook* by Jim Trelease, played by a housewife, is able to mold her son into a famous professor and doctor in his city. His success in educating children is done by changing bad habits by reducing digital activities and increasing activities with a hobby of reading books and mastering some knowledge that he does outside the digital world (Jim, 2017). The development of technology and information, especially digital devices, can affect the lives of children Herimanto (2012). According to the Ministry of Education and Culture (2016), children today are included in the digital generation. Atu is often known as digital native, namely those who have known electronic media since birth. The characteristics, attitudes and behaviors of children in the current era are marked by the increasingly strong use of digital media. So the role of parents must be smart in facing digital sophistication and increasingly modern times. So that children are not negatively affected by the use of this technology. By developing good parenting such as consistent projection and commitment by building children's habits to learn to know the outside world by increasing the introduction of print media or literacy as a development of talent and science. Provide disciplined and communicative education so that children do not feel alone and run away to prefer to play technological media (Stephanus, 2018: 144-158).

Parents are also unlikely to forbid children to watch television or play gadgets. But parenting is very important in balancing children's interactions with the real world, environment, and stimulating children's thinking. That way parents must also be familiar with digital parenting so that the use of gadgets in children does not cause a negative influence on the development of children's thinking (Sri, 2019: 43). It is important for parents to know how to nurture and educate children who are always approached every day by the digital world (digital parenting). The research conducted by Sri and Sigit at RA Bunayya Giwangan is one of the RAs that has a digital parenting program. Digital parenting programs are carried out regularly once a month with the aim of helping and balancing the development of logical thinking patterns. With some of the results of his research, there is an agreement between parents and children in using digital media. By providing clear boundaries and rules to children so that children are not complacent with the comfort provided by digital media. With consequences as applied by AAP (American Academy of Pediatrics) in Mascheroni, et al (2018) is 2 hours per day of digital media use for children. Except for children under 2 years of age, it is recommended not to stare digitally or 0 minutes. Children aged 2-5 years their screen time limit is a maximum of 1 hour per day. And at the age of 2-5 years, the screen time limit is a maximum of 2 hours per day (Sri, 2019: 43-45).

1.4 The Effect of Reading for Children's Success

Reading is also a very important thing for anyone to do in increasing new sources of knowledge and knowledge. Especially in improving children's growth and intelligence. Done by introducing children so that they can be interested in the existence of reference sources both books, magazines, and other print media that are done sonorously and painstakingly. According to Suyono in (Frita, 2021: 2-4) literacy or reading has a basis as an effective learning development. By improving the spirit who is skilled in finding and processing information needed in science-based life. The management of children's learning management which is dominated by learning and reading also has a very maximal effect and influence to achieve success. However, other education through sufficient digital parenting for children is also another driver of increasing children's success.

With the child's interest in reading is a strong motivator to do activities. The tendency that children have when children have a hobby of reading can cause someone to try to find or try new things in the field he wants. The existence of a positive interest in children in reading gives a good aspect for themselves and their environment. So that when children have mastered and are happy to develop themselves through reading, children can express and do various kinds of experiments that feel quite good and challenging. Of course this is reading material that educates and for the sake of developing children's thinking patterns (Soejanto, 2001: 3-10).

The process of introducing children to love reading is also a close start that has something to do with learning resources such as writing. By reading or being read through parents or teachers to children can train children's concentration to be able to interpret what the meaning of the sound they hear. Through the recognition of the sound of a writing or letter contained in words in sentences. Initial training will greatly affect the performance of children's mindsets in interpreting the essence of the problems they get. That way if at the time of the child's reading process is not strong, then at such a stage advanced reading children will have difficulty mastering adequate abilities (Putu, 2019: 2). Child development will increase ability is influenced by the performance of the child's way of thinking. The more children get used to thinking, the smarter the child is to solve a problem in front of him.

The culture of reading literacy can be started from knowing the activities of the surrounding environment can also be used as self-development in liking reading activities. The benefits of reading in addition to the development and improvement of knowledge can also be a self-relation to the importance of understanding the atmosphere and cultural conditions around. By reading, you can access all local information to the world. Building a reading literacy culture can be done in many ways. So that creativity and good performance to hone the potential of reading thinking are also able to hone skills and abilities to be more creative and competitive (Silvia, 2020: 128-133). Fostering an interest in reading in children can increase new insights and knowledge for children. In addition, reading is also an inner pleasure that does not involve complicated thinking. As according to adli reading, namely Steve Stahl in Jhon W. Santrock, the instructional purpose of reading can help children or students to be able to recognize words automatically, understand texts, be motivated to read, and appreciate reading (Hidayati, 2020: 38-40). Therefore, the benefits and positive functions channeled in reading can promote better child development and direction for a better future.

CONCLUSION

The intelligence and success of children is carried out with good parenting and parental management in providing learning facilities to children. Children can freely explore themselves to get to know more about the world and new information for self-development. The right dose distribution of the importance of instilling a hobby of reading and knowing the world of technology is also a good thing if done in accordance with its role and function. The book *The Read-Aloud HandBook* by Jim Trelease in chapter 8 plays the role of a housewife, Mrs. Sonya Ceaser is able to dominate the hobbies of her two children by making reading habits to improve her scientific skills. And the use of technology is used adequately with the target of children being able to master some of the knowledge that has been obtained from reading books or references that have been mastered.

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