



**SMART PARENTING: MODERN PARENTING STYLE OF THE
MILLENNIAL GENERATION**

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Abstrak

Anak-anak milenial identik dengan digital native, yang membutuhkan model pengasuhan pintar atau smart parenting. Penelitian ini merupakan gabungan penelitian lapangan (field reseach) yang menggunakan informasi yang diperoleh dari partisipan penelitian yang diambil secara purposive sampling serta kajian pustaka (library research). Partisipan dalam penelitian adalah 2 (dua) Orang tua generasi milenial,. Penelitian ini menggunakan berbagai instrumen pengumpulan data, seperti wawancara, observasi, dokumentasi, dan sejenisnya. Tujuan penelitian ini adalah untuk memperoleh pemahaman tentang smart parenting dalam praktik pengasuhan anak oleh orang tua generasi milenial. Analisi data penelitian ini menggunakan prinsip Matthew B Miles dan Michael A Hubermen. Sementara penyajian laporan penelitian ini menggunakan pendekatan deskriptif kualitatif. Hasil penelitian ini menunjukkan bahwa karakteristik utama generasi milenial adalah connected (terhubung), creative (kreatif), dan confidence (percaya diri). Sementara prinsip smart parenting, adalah: Pertama, Kesadaran Diri (Self-Awareness), Kedua, Kehadiran (Presence), Ketiga, Pengawasan Terhadap Teknologi (Technology Monitoring). Kempat, Pengaturan Rutinitas (Routine Management). Kelima, Batas yang Lembut (Firm but Gentle Boundaries). Selanjutnya tantangan smart parenting generasi Milenial, yaitu: (1). Digital Distractions. (2). Overstimulation. (3). Balancing Screen Time

Kata Kunci: Generasi Milenial ,Pola Asuh ,Smart Parenting,.

Abstract

Millennial children are synonymous with digital natives, who need a smart parenting model. This research is a combination of field research which uses information obtained from research participants taken using purposive sampling as well as library research. Participants in the research were 2 (two) millennial generation parents. This research uses various data collection instruments, such as interviews, observation, documentation, and the like. The aim of this research is to gain an understanding of smart parenting in childcare practices by millennial generation parents. Analysis of this research data uses the principles of Matthew B



Miles and Michael A Huberman. Meanwhile, the presentation of this research report uses a qualitative descriptive approach. The results of this research show that the main characteristics of the millennial generation are connected, creative and confident. Meanwhile, the principles of smart parenting are First, Self-Awareness, Second, Presence, Third, Technology Monitoring. Fourth, Routine Management. Fifth, Firm but Gentle Boundaries. Next are the challenges of smart parenting in the Millennial generation, namely: (1). Digital Distractions. (2). Overstimulation. (3). Balancing Screen Time.

Keywords: *Millennial Generation, Parenting Style, Smart Parenting.*

A. INTRODUCTION

Parenting has evolved from generation to generation, adapting to the dynamics of changing times. Changes in parenting are influenced by various environmental systems. Urie Bronfenbrenner, with his theory of human ecology, formulated five framework systems that play a role in shaping the way parents raise their children. The five environmental systems are: First, a microsystem consisting of the school environment, work environment, family environment, friends and neighbours. For example, parents who have the support of a large family may be better able to provide attention and warmth to their children. Second, the mesosystem, where microsystems are interconnected, such as interactions between family and school. Parents who are involved in school activities will be able to better understand their children's educational needs and apply them in parenting. Third, ecosystems affect microsystems, such as government policies, mass media, the busyness of parents' work and.¹

Each generation grows up with different characteristics, as well as influencing the parenting approach applied. The Baby Boomers generation (1946-1964), born after World War II, was known to be adaptive receptive and adaptable. Generation X (1965-1980), which grew up with the advent of PCs,

¹ Urie Bronfenbrenner, *The Ecology of Human Development* (Cambridge: Harvard University Press, 1917), hal. 22-30.



video games, cable TV and the internet, was often associated with rebellious attitudes and the exploration of new cultures. Generation Millennials (1981-1994), or Y, are more integrated with instant communication technologies such as email, SMS and social media such as facebook-twitter etc. Generation Z (1995-2010), or iGeneration, was born in the digital era, has multitasking skills and is familiar with virtual interactions. Finally, the alpha generation (2011-2025), which is still in the identity formation phase, is growing amid rapid technological advances.² Facing millennial children who are synonymous with digital natives, parents must adopt a democratic, positive, and communicative parenting style.³ By emphasizing warmth and maintaining balanced supervision (control) to support children's development.⁴

The development of information technology and the internet has brought a significant impact on human life, including in terms of accessibility to pornographic content. Data from the Indonesian Child Protection Commission (KPAI) in 2020, that children use a lot of gadgets outside of their learning interests. 1-2 hours per day 36.5%, 2-5 hours per day 38.8%, more than 5 hours per day 25.4%. While in general parents do not provide assistance when children play gadgets, it is only seen that mothers often provide assistance when children play gadgets than fathers, as many as 75% of the survey results show that the majority of children do not have rules for using gadgets with their parents. More than half of children play online games (55%), and the types of online games that are often played by children are

² Lubis et al., hal. 7.

³ Stephanus Turibus Rahmat, "Pola Asuh Yang Efektif Untuk Mendidik Anak Di Era Digital," *Jurnal Pendidikan dan Kebudayaan Missio*, 10.2 (2019), 143-61 (hal. 166) <<https://doi.org/10.36928/jpkm.v10i2.166>>.

⁴ Nur Aisyah¹ dan Faizalnur Abidin², "Pola Asuh Anak Perspektif Surah Luqman," *UInScof*, 1.1 (2023), 464-71 <<http://proceedings.radenfatah.ac.id/index.php/UInScof2022/article/view/591>> [diakses 16 Agustus 2023].



perceived by parents, including war 54%, adventure 50.9%, education and creativity 42%, sports 18.1%, violence 3.6%, and romance 0.6%.⁵

Addressing the problem of raising millennial children, a smart parenting model is needed that requires parents to understand digital developments and positive parenting concepts as well as the challenges of raising millennial children.

B. METHOD

This research is a combination of field research (field research) that uses information obtained from research participants taken by purposive sampling and also library research. The participants in the study were 2 (two) parents of the millennial generation,. This research uses various data collection instruments, such as interviews, observations, documentation, and the like. The purpose of this study is to gain an understanding of smart parenting in childcare practices by millennial parents. The presentation of this research report uses a qualitative descriptive approach. This means that this approach focuses on depicting phenomena, situations, or conditions that are natural without manipulation or experimentation.⁶

The data analysis of this study uses the principles of Matthew B Miles and Michael A Huberman, namely activities in data analysis, namely: First, data reduction, meaning that this stage involves simplification, selection, and

⁵ Komisi Perlindungan Anak Indonesia, "Hasil Survei KPAI 2020 Pemenuhan dan Perlindungan di Masa Covid-19" <<https://bankdata.kpai.go.id/files/2021/02/Hasil-Survei-KPAI-2020-Pemenuhan-dan-Perlindungan-di-Masa-Covid-19>> [diakses 26 Januari 2024].

⁶ Noeng Muhadjir, *Metodologi Keilmuan: Paradigma Kualitatif, Kuantitatif dan Mixed* (Yogyakarta: Rake Sarasin, 2007), hal. 136–95.



focus on relevant data. Second, data display, which is organizing and displaying data so that relationships can be seen clearly. Third, conclusion drawing and verification, which is data interpretation, in which the researcher draws conclusions, verifies the truth of the data, and connects the data with theory.⁷

C. RESULTS AND DISCUSSION

A. The Dynamics of Millennial Generation Children

The advancement of today's free digital world, especially gadgets with internet access, has changed everything, especially children. The influence of technology and information has undeniably shaped a new culture of life in this millennial era, so they are categorized as the digital generation or the digital native generation, namely the generation that has been familiar with technology since birth.⁸ One of the characteristics of the millennial generation is that the behavior of dependence on digital (internet) is very high. The main characteristics of this generation are connected, creative, and confident.⁹ The advancement of digital technology has positive and negative implications and tends to be destructive if it is not accompanied by noble values and a critical and selective attitude.

Children according to their growth phase will respond to every stimulus from their environment, and will sometimes imitate the movements and attitudes of what their five senses capture. It has become sunnatullah children tend to imitate what they see, hear, see, feel and feel and experience,

⁷ Sugiono, *Metode Penelitian Pendidikan Pendekatan Kuantitatif, Kualitatif, dan R&D* (Bandung: Alfabeta, 2008), hal. 91.

⁸ Stephanus Turibius Rahmat, hal. 144.

⁹ Nuraini, "Mengenal Generasi Milenial, Ciri-ciri, hingga Karakternya," 2022 <<https://lifestyle.bisnis.com/read/20221026/220/1591802/mengenal-generasi-milenial-ciri-ciri-hingga-karakternya>> [diakses 23 Juni 2024].



the child's character will usually be patterned according to what he sees both from his environment and from his family.¹⁰

The challenge of parenting is morals that are less controllable, in accessing news children are not able to distinguish between facts and fake news, when on social media the millennial generation is often trapped in hate speech, ridicule, swearing, and swearing, this is even done by minors. Therefore, according to Sukarwo (2017), the globalization of global capitalism causes a crisis of children's culture and moral values.¹¹ A. Malik Fadjar explained that in the current era of globalization there are three severe challenges; first; how to defend ourselves from the onslaught of crises and what we have achieved should not be lost; second; We are in a global atmosphere in the field of education. Competition is inevitable and we must face, both on a regional, national, and international scale; third; making changes and adjustments to the national education system that support a more democratic educational process, paying attention to the diversity of regional needs or circumstances and students and encouraging increased community participation.¹²

The era of globalization on the one hand makes it easier to access transportation and information, children are required to face conditions and situations that even adults have difficulty dealing with, the world of technology has become an exciting medium for children, and there are even many children who are addicted to playing games on smartphones. This is a

¹⁰ Nyoman Sri Sunariyadi et al., "Implikasi Pola Asuh Orang Tua Dalam Penumbuhkembangan Karakter Anak Usia Dini," *Kumarottama: Jurnal Pendidikan Anak Usia Dini*, 1.1 (2021), 49-60 (hal. 51) <<https://doi.org/10.53977/KUMAROTTAMA.V1I1.266>>.

¹¹ Tohap Pandapotan, "Urgensi Pendidikan Karakter: Tantangan Moralitas dalam Dinamika Kehidupan di Era Revolusi Industri 4.0," *Jurnal Basicedu*, 04.06 (2022), 77-89 (hal. 2).

¹² Pandapotan, hal. 9.



real challenge and threat in the present and future, coupled with the busyness of parents, as well as the lack of supervision and accompanying of children, as a result of which many children fall and are morally and characterically damaged.¹³

Suwasih (as quoted by Hairani et al., 2019) stated that children who spend too much time playing with gadgets tend to be less active and reluctant to do physical activities. From the perspective of social and emotional development, these habits have a negative impact because they reduce children's social interaction with their surroundings and inhibit their ability to socialize, since they are more focused on gadgets than others. In addition, in terms of language development, children who are too engrossed in their gadgets often become quiet and have difficulty developing language skills due to a lack of communication with the outside world.¹⁴

Moreover, in the free internet world, a lot of pornographic content, violence in the form of images, photos, videos and writings, children are worried that they will be carried away and continue to do it because they are already complacent with cyberspace. Parents are worried and must be vigilant so that children do not lead to westernization. As a result of free internet access, people can make cross-border friendships through social media, cross-cultural friendships, cross-country friendships can occur cultural assimilation, so they need guidance and supervision from parents. Parents must be vigilant and continue to supervise their children because children live in the era of globalization.¹⁵

¹³ Firman Mansir et al., "Tantangan Anak di Indonesia Dalam Menghadapi Era Global," *Kamaya: Jurnal Ilmu Agama*, 5.2 (2022), 66-78 (hal. 2) <<https://doi.org/10.37329/kamaya.v5i2.1695>>.

¹⁴ Hairani Lubis, Afif Husniyatur Rosyida, dan Nikmatul Hidayati Solikhatin, "Pola Asuh Efektif Di Era Digital," *PLAKAT (Pelayanan Kepada Masyarakat)*, 1.2 (2019), 102 (hal. 104) <<https://doi.org/10.30872/PLAKAT.V1I2.2967>>.

¹⁵ Mansir et al., hal. 6.



Parents in the current era face the challenge of interacting with the fast-moving, critical, multitasking, expressive, innovative and technologically literate generation. In raising creative and innovative children, parents need to be 'smart' in implementing parenting patterns.¹⁶

B. Smart Parenting Practices for the Millennial Generation

Based on the results of interviews with MZ participants (born in 1974), several forms of childcare in this millennial era include: Demanding children's discipline in worship, reciting and learning. Meanwhile, his social control remains also considered with whom he is friends. It must be ensured that the use of Mobile Phones remains under parental supervision, and must not hold a cellphone in the room or in a quiet place. We also provide the terms and principles for the content that is watched.

Meanwhile, according to the participant AH (born in 1986) mentioned that children are attached to their environment, when they come home from school, at home the children already have a program, when they rest, then study and play, the time from sleep to sleep again we set the time, not giving them full freedom. In today's development, we give them the opportunity to hold cellphones, but we control what they can watch, usually we download movies, cartoons of prophets, apostles, and educational applications.

The concept of smart parenting combines an approach based on parental self-awareness and positive parenting. Some relevant smart parenting principles based on the results of interviews with MZ and AH participants are: First, Self-Awareness, namely (1). Smart parenting emphasizes the importance of self-awareness for parents. It involves a deep

¹⁶ Andris Noya et al., "Smart Parenting Education for Parents in Character Forming of Children in the Millennial Era," *Jurnal Abdi Insani Universitas Mataram*, 9.1 (2022), 123-33 (hal. 130) <<https://doi.org/10.29303/ABDIINSANI.V9I1.478>>.



understanding of thoughts, feelings, and self-evaluation to be able to read situations, understand others. (2). Parents are invited to recognize the child's reaction, thoughts, and behavior patterns, and avoid repeating the wrong patterns of their previous parents.¹⁷ Second, Presence: namely (1) Smart parenting parents try to be fully present in the moment with their children. They are attentive to the needs and emotions of both themselves and children. (2). This presence allows for better communication and strengthens the parent-child relationship. Third, Technology Monitoring, namely: (1). Control over the use of technology, such as mobile phones. (2). Despite giving children the opportunity to use mobile phones, parents still control the content they watch. Download educational movies, cartoons, or apps to ensure a positive experience. Fourth, Routine Management, namely: (1). Smart parenting involves setting a balanced daily routine. This includes breaks, studying, playing, and sleeping. (2). Parents ensure that children have a good time structure, but also provide flexibility that suits the development of the times. Fifth, Firm but Gentle Boundaries, namely: (1). Smart parenting combines firm boundaries with gentleness. (2). Parents understand and meet the needs of the child, while maintaining the necessary limits. Parenting that carries a gentle and affectionate approach is carried out with good cooperation between children and parents, so that in addition to being called gentle parenting, this concept is also known as collaborative parenting. Where the principles put forward are empathy, respect, understanding and boundaries. This parenting

¹⁷ Muchlisin Riadi, "Kesadaran Diri (Self Awareness) - Pengertian, Aspek, Indikator dan Pembentukan - KajianPustaka," 2020 <<https://www.kajianpustaka.com/2020/12/kesadaran-diri-self-awareness.html>> [diakses 23 Juni 2024].



style requires discipline and proactivity as well as a high level of patience, to be able to educate children gently and collaboratively.¹⁸

Parenting with the concept of smart parenting includes six aspects that are the perfection of children's growth and development, namely: the physical aspect involves body care, health, and nutrition of the child. The motor aspect encourages the development of motor skills such as walking, crawling, and playing. The cognitive aspect teaches the ability to think rationally and systematically, solve problems and understand the environment. Language proficiency, encouraging the development of speaking, communicating and understanding language skills. The social aspect, teaching the ability to interact with peers and understand the emotions of others. And the emotional aspect, helping children manage emotions, cope with stress and build confidence.¹⁹

Parents in the digital era are required to pay attention: first, parents need to know the effects of digital technology on children's eye health, sleep problems, concentration difficulties, children's achievement, physical, social, brain and language development. Second, accompanying children when children use digital media with several activities, including; Increase knowledge about the digital world, check the sites that have been visited by children, make agreements about the time to use digital devices, balance cyber activities with the real world, use digital devices for learning purposes, choose positive and educational programs and applications, and use digital devices

¹⁸ Airindya Bella, "Gentle Parenting, Pola Asuh Anak dengan Pendekatan yang Lembut - Alodokter," 2023 <<https://www.alodokter.com/gentle-parenting-pola-asuh-anak-dengan-pendekatan-yang-lembut>> [diakses 23 Juni 2024].

¹⁹ Mutiara Putri, "Mengenal Smart Parenting, Punya Banyak Manfaatnya untuk Bunda dan Anak," 2024 <<https://www.haibunda.com/parenting/20240207171759-62-328394/mengenal-smart-parenting-punya-banyak-manfaatnya-untuk-bunda-dan-anak>> [diakses 23 Juni 2024].



wisely. Third, accompanying children according to their age and stage of development.²⁰

In the supervision process, children need to be involved by making a joint commitment related to the time allowed to use the cellphone, the content viewed, and the function of the cellphone for learning. There are parents who apply the rule, after 21.00 WIB, the cellphone must be handed over to parents so that the child can rest without interruption from the impact of the cellphone. Parents must select content that is in accordance with the child's growth and development phase. Even in the Regulation of the Indonesian Broadcasting Commission Number 01/P/KPI/03/2012 concerning Broadcasting Code of Conduct, article 21 paragraph 2 states that TV broadcasts in Indonesia have 5 (five) codes, namely SU or SU2+ stands for All Ages, meaning shows or events that can be watched by all ages ranging from children aged 2 years and above. BO stands for Parental Guidance, this antler must be accompanied by parental guidance and assistance, because it needs an explanation of certain contents. A or A7+ stands for Children aged 7-12 years like cartoon movies. R or R13+ means Teenagers aged 13-17 years, like soap operas. D or D18+ stands for Adult, only for viewers over 18 years old.²¹

Parents' knowledge of digital (digital literacy) is very important to match technology with the phase of children's growth and development. Parents give directions to their children when they have a smartphone and the age limit for having their own account. Spending time together using technology such as watching a child's favorite stream or playing with Snapchat filters together, provides an opportunity for parents to set an example of healthy behavior and self-control when something inappropriate

²⁰ Lubis, Rosyida, dan Solikhatin, hal. 12.

²¹ Tambahan Lembaran dan Negara Republik, Pedoman Perilaku Penyiaran (Jakarta, 2012).



happens, as well as being a media learner. For example, parents can filter media and app content according to the age of the child. Establish clear home rules about screen time that are realistic for each family's situation and according to the child's age are installed in a place where parents and children can see them, and when the child follows those rules, parents can give small rewards or recognition for good behavior.²² Here it can be seen that authoritative parenting combines warmth and strict boundary setting.

C. The Challenge of Smart Parenting for the Millennial Generation

There are three challenges of Smart Parenting in the digital era, namely:

1. Digital Distractions

Bad habits related to mental disorders caused by digital devices are every day starting activities with smartphones, checking incoming message services and replying to them before waking up, to read the news also through online newspapers, when driving take the time to look at mobile phones, even at work is still busy with incoming emails and texts, going home, When I am with my family, I am engrossed in cellphones and laptops instead of chatting with my wife and children. In order to overcome this anxiety and digital distraction, Larry Losen recommends three strategies, namely: first, commit to the principle of self-behavior, gradually check the cellphone mode in an off-state state, and start by turning off the cellphone, and continue to repeat until it is comfortable with the condition that it is not tied to the cellphone. Second, Nathaniel Kleitman's research found that the human brain works in a 90-minute cycle of resting activity, not only when sleeping but also when awake. For this reason, you should take a short break to recharge every hour and a

²² Drishti Sharma et al., "Cyberbullying and Digital Safety: Applying Global Research to Youth in India," 2022, hal. 110.



half, especially when many tasks are tied to technology. Take a 10-minute walk while refreshing from boredom. Third, keep technology away from the bedroom, don't look at digital materials an hour before bedtime. The goal is to block the release of neurotransmitters that energize the brain instead of increasing melatonin production, which allows for rest.²³

When children are too often distracted by various digital devices so that they are distracted from other important activities such as learning, playing, or social interaction, to overcome this, parents can set gadget-free zones at home, such as at the dinner table, or bedroom, limit the use of gadgets at certain times, and invite children to engage in activities that do not involve screens. such as sports, swimming and others.

2. Overstimulation

Overstimulation refers to a situation in which a person or something receives or is exposed to more stimuli or information than they can handle. Overstimulation occurs due to blue light radiation exacerbated by screen size, image precision, and speed of visual stimulation effects that strain the visual system.²⁴In children, overstimulation can occur when they are exposed to too many activities or stimuli at once, such as noisy toys, overly colorful spectacles, or too busy activity schedules. This can affect children's well-being and sleepIn children, overstimulation can occur when they are exposed to too

²³ Larry Rosen dan Alexandra Samuel, "Conquering digital distraction: two experts on managing the overload," *Harvard Business Review*, 6, 2015, 110 (hal. 4) <<http://ezproxy.massey.ac.nz/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=edsgao&AN=edsgcl.416420203&site=eds-live&scope=site>>.

²⁴ Ni Putu dan Adelia Kesumaningsari, "Original Research Article Artikel Penelitian Orisinal ' Media Use and the Analytical Brain ': Screen-Based Media Use and Behavioral Preference in Indonesian Children [' Penggunaan Media dan Otak Analitik ': Penggunaan Media Berbasis Layar dan Preferensi ," 38.2 (2023), 460-96 (hal. 465).



many activities or stimuli at once, such as noisy toys, overly colorful spectacles, or too busy activity schedules. This can affect children's well-being and sleep.

Overcoming overstimulation in children can be done by providing regular breaks from screens, ensuring that children get enough time for physical play and social interaction, and keeping an eye on the content that children consume to ensure that it is appropriate for their age and developmental stage.

3. Balancing Screen Time

"Balancing Screen Time" refers to the principle of creating a healthy balance between time spent in front of electronic screens, such as computers, smartphones, tablets, or televisions, and other activities in daily life. This concept is often applied, especially in the context of parenting children and adolescents, to ensure that the use of technology does not replace other important activities. Managing screen time is an important step to ensure that technology is used wisely and in a balanced way in the context of daily life. It helps support the holistic development of children and adolescents, both physically, mentally, and socially. Low levels of physical activity and screen time are a global concern today. Children's addiction to gadgets, televisions, cellphones and tablets is very dangerous for children's health, both physically and mentally.²⁵

Things that need to be applied by parents in overcoming the balancing of screen time, among others: following the recommendations of health

²⁵ Febby Alfu Khoirun dkk Nissa, "Aktivitas Fisik Dan Screen Time Remaja Di Masa Pandemi Covid - 19," *Jurnal Sporta Saintika*, 01.September (2016), 1-23 (hal. 203).



organizations regarding screen time limits that are appropriate for the child's age. The World Health Organization (WHO) recommends that babies less than 1 year old are not recommended to do screen time, except for video calls with family, children aged 2 years to 4 years, the screen time limit is only 1 hour or less in one day.²⁶ Next, create a daily schedule that includes time to study, play, and relax without a screen, as well as use a parental control app to help monitor and manage the child's screen.

D. CONCLUSION

The main characteristics of the millennial generation are connected, creative, and confident. Meanwhile, the principles of smart parenting are: First, Self-Awareness, Second, Presence, Third, Supervision of Technology (Technology Monitoring). Fourth, Routine Management. Fifth, firm but gentle boundaries. Furthermore, the challenges of Smart Parenting for the Millennial generation, namely: (1). Digital Distractions. (2). Overstimulation. (3). Balancing Screen Time.

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²⁶ "Batasan Screen Time Anak Menurut WHO yang Harus Kamu Tahu : Okadoc Blog" <<https://www.okadoc.com/id-id/blog/kesehatan/batasan-screen-time-anak-menurut-who>> [diakses 5 Juni 2024].



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