

**MOTHER'S STRATEGY IN FORMING CHILDREN'S  
DEFENSE IN THE USE OF GADGETS IN DIGITAL ERA TO  
FORM RELIABLE CHILDREN**

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**Abstract**

The rate of development of digital technology is increasing from time to time to bring a positive impact in all aspects of life. However, it cannot be denied also brings negative impacts. Technology crime is a threat to parents, especially mothers. How not, with all kinds of advanced technological developments, a family, especially mothers, plays the biggest role in escorting their children to become reliable children by forming children's self-defense. As a first and foremost educator, a mother is required to be a smart mother. Therefore, through this paper, the author seeks to initiate a surefire strategy for a mother to form a reliable child. The strategy is in the form of direction, training, assignment, habituation, escort, and role models. This is important for the child's learning process in an effort to instill values and character. Mother is not only required to teach her children to understand the media critically so as not to be consumed by hoaxes, but also to be wise in their use. Related to this, the authors conducted a library study (library research) to realize the strategy. So that it can be a solution for optimizing intelligence and character in the digital age and being able to maintain family institutions as miniature of superior society.

Keywords: Strategy; Self defense; Gadget; Digital era

**A. INTRODUCTION**

The rapid progress of digital technology has become an important part that is difficult to be separated from human daily life. Its presence has opened a new page for human life to be a provider of information, knowledge and entertainment. Today, connection and downloading of information can be done without knowing the boundaries of space and time. Business connections have become easier and wider. Conducting various transactions such as shopping, buying tickets, paying utility bills, sending money to other accounts, can be done just by rubbing the smartphone screen only. And last but not least is the presence of digital technology that facilitates the learning process in improving life skills as working capital and work.

But behind the convenience offered by this digital technology, it turns out to have a negative impact that often leads to a number of concerns. The impact is in the form of pornography, online transaction fraud, hoaxes or hoaxes, gambling under the guise of games, violence and harassment through social media as well as cases of abduction by introducing social media. Not only that, this negative impact has apparently infiltrated the joints of family life especially children. Violence which is the theme of games or television programs is easily absorbed and then applied by children to become things that

trigger it to behave aggressively. Children spend more time with activities in cyberspace through social networks or online games rather than activities in the real world such as sports or playing with friends, so that children become anti-social, rarely go to school and academic achievement continues to decline. This is certainly very dangerous for child development.

But on the other hand, the flow of technology is almost impossible to avoid. Therefore, the family, especially the mother, has a very strategic role as the family foundation in making the swift flow of technology into a powerhouse of intellectual and intelligence rather than a threat. A mother feels very necessary to have a surefire strategy to face global challenges so that children avoid the negative impacts of the digital age.

Departing from the problems above, this paper attempts to initiate a mother's strategy to form a reliable child in the use of digital technology. The strategy is outlined in the Direction, Training, Assignment, Habituation, Escort, and the role model. So that it can be a solution for optimizing children's intelligence and character in the digital age.

## B. RESEARCH METHODS

This type of research is library research, namely research whose main object is books or other sources of literature. That is, data are sought and found through literature review from books that are relevant to the discussion.

This research is a qualitative research with a type of library research. This qualitative research uses the activity procedure and the final presentation technique descriptively.<sup>1</sup>

Qualitative data analysis used in this study is in the form of words rather than numbers arranged in broad themes. In analyzing the data after the writer has collected using the following methods:

1. Inductive method, which is used when found data that have elements in common then from there drawn general conclusions.
2. Deductive method, which is used instead the general understanding that there is already found data that can strengthen it.
3. Descriptive Method, which is used to describe everything related to the subject matter in a systematic, factual and accurate manner about the factors of the nature and relationship of the two phenomena investigated.

From here finally taken a general conclusion that originally came from existing data about the object of the problem.

## C. RESEARCH RESULTS AND DISCUSSION

### 1. Digital era

The digital age is a term used for the emergence of digital, especially information technology using the internet network.<sup>2</sup> The internet is a global network that connects thousands and even millions of computer networks (local / wide area network) and personal computers (stand alone), allowing every computer connected to it can contact many computers anytime and from anywhere in this hemisphere to send news, obtain information, or transfer data.<sup>3</sup> The development of technology is directly proportional to

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<sup>1</sup> LexyJ Moleong, (2014), *Metodologi Penelitian Kualitatif*, Bandung : Remaja Rosda Karya, p. 6.

<sup>2</sup> Setiawan, Wawan. 2017. Pendidikan Era Digital dan Tantangannya. Makalah Seminar Nasional ISBN.978-602-50088-0-1

<sup>3</sup> Murni, Sylviana. 2008. Pemanfaatan ICT dalam pendidikan makalah seminar nasional the power of ICT in Education Pkontribusi yang dapat disumbangkan perangkat UNJ 15

the rapid advancement of internet application facilities, so as to be able to meet the needs of all levels of society from government to education.

There are three main things that are the main attraction of digital technology or internet networks,<sup>4</sup> namely:

- a. Access information located elsewhere (such as access to today's news, e-government info, e-commerce, or e-business) is all up to date,
- b. Person-to-person communication (person to person such as email, video chat conforene),
- c. Interactive entertainment (like watching TV shows online, radio, streaming, downloading movies or songs, etc.)

The use of digital technology in education also provides a number of advantages,<sup>5</sup> namely:

- a. Providing pleasure in learning,
- b. Making the learning process more efficient,
- c. Open up opportunities to learn information and knowledge from a variety of sources available globally
- d. Creating learning interactions that are dynamic,
- e. Encouraging user creativity in utilizing information and knowledge.

But behind its popularity, digital technology also has many unexpected negative impacts. With all the ease of using various applications and technologies, it makes someone lazy. Nomophobia also appears which is a fear when digital equipment such as a cell phone is left behind, always checking the cellphone every few minutes, reliance on the charger, even feeling scared and stressed when the battery is weak or maybe the signal is not optimal. The danger of cell phone rays, and excessive use of cellphones at night will disrupt sleep hours and reduce rest time, which in turn becomes a health disorder.<sup>6</sup>

This negative impact also appeared to have penetrated the world of children. Moral decadence in children is indeed an important object of attention that must be resolved by the government and society. But in the digital era now with the flow of information technology that is difficult to stop making the problem is not simple. Preaching of elementary school children who carry out bullying with elements of physical violence often appears in television and media as one of the consequences of children who are frequently playing online games. Uncontrolled media can easily brainwash a child so that it is not uncommon to make children aggressive and selfish. Children are more interested in gadgets than traditional games, fairy tales, and children's songs that are loaded with education. Access to pornography and porno-action makes children experience alarming mental changes, especially in relationships that lead to free sex. Even the advertising of illicit goods such as alcohol and drugs is attractively packaged for children through the internet adding to the complexity of children's morality issues.

## 2. Self defense

A Valliant psychiatrist, said there are about 19 self-defense mechanisms that can indicate a person's emotional maturity. Thus, knowledge can be obtained about things

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<sup>4</sup> Melwin Syafrizal, (2005). Pengantar jaringan komputer. Jakarta: Penerbit Andi, p. 23

<sup>5</sup> Benny A. Pribadi, 2017 Media dan Teknologi dalam Pembelajaran. Jakarta: Kencana, p. 59

<sup>6</sup> Setiawan, 2019. Pendidikan Era Digital dan Tantangannya. Makalah Seminar Nasional ISBN.978-602-50088-0-1

that need to be developed and strengthened in the child's self potential, such as the following mechanism, namely: First, Courage, readiness and mental readiness to deal with conflict, fear, pain, danger, obscurity, uncertainty, disconnect feelings, obstacles, changes and pressures. Second, Sublimation. Transform or transform negative emotions, desires or impulses into healthy and acceptable actions. For example, changing the energy of aggression into sports. Third, Suppression. A conscious decision to delay paying attention to thoughts, emotions or needs and choosing to focus on what is happening now.

### 3. Strategy

In general, strategy can be interpreted as an attempt by a person or organization to achieve the desired goals. In the Big Indonesian Dictionary, strategy is a careful plan of activities to achieve specific (desired) goals. Judging from the origin of the word, strategy or stratogo (Greek) means generals of war who always have a target to win a war.<sup>7</sup>

When connected with family institutions, strategies are needed to form a conducive atmosphere between parents and children, especially for a mother who is able to win the war in the form of challenges in the digital age to shape their children.

### 4. Gadget

Gadgets are sophisticated items created with various applications that can present a variety of news media, social networks, hobbies, and even entertainment. To get this sophisticated object is not enough with a small nominal. But this does not become a barrier for many people to have a gadget. Moreover, its function as mere entertainment media, gadgets are now a mandatory requirement for almost all levels of society with a variety of applications that are constantly being renewed. Such as business interests, or work on college and office assignments, but in fact the gadget is not only used by adults or the elderly (22 years and above), teenagers (12-21 years), but in children (7-11 years old) ), and more ironically, gadgets are used for children aged (3-6 years), who should not be eligible to use gadgets.<sup>8</sup>

### 5. Reliable child

In general, a child is defined as someone who is born from a marriage between a woman and a man. Even so a person born by a woman who has never married is still said to be a child.<sup>9</sup> Children are the forerunners of the birth of a new generation who are the successors to the ideals of the nation's struggle and human resources for national development. Article 34 of the 1945 Constitution states that the poor and neglected children are cared for by the state. Children are a national asset. The progress of this country is in the hands of children now. So these children need to be prepared for their skills, mentality and their characteristics.

As for the reliable child, the writer means that the child who achieves and innovates a lot. This achievement can be achieved if it meets the requirements:

a. Has a high intelligence capacity,

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<sup>7</sup> Bermawy Munthe, 2016. *Strategi Mengajar Aktif Kreatif Inovatif*. Edisi Revisi. Yogyakarta: Suka Press, p. 41

<sup>8</sup> Hidayat, Arif Rifan, Junianto, Erfian. 2017. *Pengaruh Gadget Terhadap Prestasi Siswa SMK Yayasan Islam Tasikmalaya Dengan Metode TAM*. Jurnal Informatika, Vol.4 No.2

<sup>9</sup> Rosleny Marliani, 2016. *Psikologi Perkembangan Anak dan Remaja*. Bandung: Pustaka Setia, p. 58

- b. Having the ability to think creatively in solving problems and building new ones,
- c. Having a strong will and motivation to solve various problems being faced as well as commitment and endurance of work that continues until the task is completed.

The above requirements are in line with the vision that the Ministry of Education and Culture hopes to achieve in 2025 is to create a comprehensive and competitive intelligent Indonesian people (human beings / plenary individuals). This vision was launched so that Indonesian children could be able to think critically, creatively, be able to communicate, and collaborate, who were able to compete in the 21st century.

## 6. Digital Technology and its Impact on Children

An annual report on the use of digital technology issued by We are social a social marketing agency shows that in 2019, in Indonesia there were 72 million active users of social media. While in the group of children and adolescents specifically by the Ministry of Communication and Information (Razak, 2019) about 80% of children and adolescents according to the data are active internet users, and almost every day most of them carry out online activities. About nine out of ten children (89%) communicate online with peers, with families (56%) or teachers (35%) using computers, laptops or smartphones.

A study conducted by Liao<sup>10</sup> and Higgins et al through a meta-analysis of a number of previous studies noted that the proper use of digital technology can improve children's academic achievement. While the meta-analysis conducted by Jewitt, et al (2019)<sup>11</sup> on the results of research with a qualitative approach gained the conclusion that the use of digital technology in learning can stimulate students to be more active and enthusiastic because they feel the learning process is more varied.

But the main problem that also needs to be anticipated is how to avoid or minimize the negative impact of digital technology for children. According to KPAI data from 2015 to 2019 the number of children victims of pornography and online crime in Indonesia reached 1,022 children. In addition, the frequency with gadgets can make children become anti-social and lack of confidence because many confine themselves in the room because they are engrossed in cellphones and online games. As a result it can erode the value of social sensitivity, caring and empathy for others. The character of selfishness and stubbornness can possess children if they interact too often with digital technology.<sup>12</sup>

## 7. Mother's strategy in forming children's defense in the use of gadgets in digital era to form reliable children

Various facts of the risk of the digital world need to be addressed immediately. So it becomes important for parents, especially mothers to be the first educators to have a surefire strategy in the proper use of digital technology. Smart mothers will see that the golden generation will not be separated by technology that is getting more complex than today. Smart mothers will not cover the needs and abilities of their children from the development of the digital age, because behind these developments there are many positive things that can be achieved. Herein lies the great role of a mother in bringing her

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<sup>10</sup> Grötter, T., Liao, S., Martin, G., & Swan, S. (2019). *System Design with SystemCTM*. Springer Science & Business Media.

<sup>11</sup> Jewitt, S. (2019). Geographies of shit: Spatial and temporal variations in attitudes towards human waste. *Progress in Human Geography*, 35(5), 608-626.

<sup>12</sup> Setiawan, 2019. *Pendidikan Era Digital dan Tantangannya*. Makalah Seminar Nasional ISBN.978-602-50088-0-1

children into reliable children without having to forbid her from exploring independently in the world. So on this occasion the author tries to put forward a creative idea of the strategy as an alternative solution for mothers in the effort to form a child's self defense to help minimize the negative impacts and optimize children's achievement.

## **a. Briefing**

In its role, mothers need the first strategy in guiding the use of gadgets for their children, namely direction. In the management of Islamic education, direction is a guidance process based on religious principles to colleagues, so that the person will carry out his duties as best he can with a sincere soul. several principles that need to be considered so that the directions given are appropriate to their implementation, namely: exemplary, consistency, openness, tenderness, and policy. From this understanding, it can be concluded that the contents of good direction in the form of commands, prohibitions, and guidance should not be burdensome and beyond the ability of the recipient of the directives, in this case the child.

In the use of gadgets as learning media, smart mothers do not merely provide whatever the child wants, but rather what the child needs. Children need openness towards their mothers regarding the various benefits and dangers of exploring on the internet. This is intended so that children can understand and live the values and philosophies, techniques and work patterns of the path that he will take.

Briefing about the specific time of use of the gadget also largely determines the learning outcomes themselves. Spending a lot of time staring at the gadget screen becomes a side effect for the physical health of the child. Similarly, in terms of using entertainment applications as refreshing, such as games, video tutorials, educational films for example. Any site that is recommended by the mother to be enjoyed by children so that it can melt the moods and thoughts of children who feel fed up can be a positive value of using gadgets. Thus, this briefing gradually began to become a permanent policy in the use of gadgets. With a small note, in every direction expressed by the mother must be followed by tenderness. So that the actual sentence is a prohibition can be packaged in a language that can be understood by children as an interesting invitation.

## **b. Training**

To print a reliable child, direction alone is not enough, mothers need the second strategy, namely training. Directing is the same as commanding or prohibiting children from activities. Then there is need for training or practice to be realized as a form of directing action. The trainings are given to add insight and experience. As the understanding of the training itself, according to Never Ending Transfusing-Application Training (NET-at), training in human resource management is a learning activity and practice for a good purpose, carried out repeatedly and continuously to improve capabilities (continuously and never end) man, and his nature. Meanwhile, according to Good, 1973 training is a process of helping others in gaining skills and knowledge.

In this training, surely there is a learning aimed at increasing knowledge, attitudes and skills. In this case, a mother's strategy in providing training can be in the form of assistance in searching websites that guide children's creativity to be more developed. For example, by practicing children's ability to count, mothers can teach children to find ways to count quickly using applications that are now widely available on the internet. Then the mother can give advice messages that are easily absorbed by the child about how useful the application is for their numeracy skills, as well as for the various learning needs of the child through the internet.

### **c. Assignment**

The next surefire strategy is assignment. Assignment is a very effective strategy, because assignment is a process of strengthening and developing children. The assignment is actually an honor and trust. So, a smart mother will give honor and trust when the child is able to operate the internet with good intentions. Giving the task of carrying out an obligation to use gadgets is the same as trusting children to manage internet usage wisely. No need to always put yourself in the position of a trainer (coach), the mother can also be a playmate that is not less fun for children to explore the virtual world by giving him the leeway to operate the gadget. But still with a note, the mother must always establish good communication with children, so that he was open to his mother. That way, this assignment can be an effort to create children who are trained, educated, educated, controlled and motivated.

### **d. Habituation**

After the mother gives confidence to the child who has previously been given guidance and training in the use of gadgets wisely, then the next strategy is habituation. Habituation itself is a strategy in education in the form of the process of planting habits. While what is meant by the habit itself is a way of acting that is persistent uniform, and almost automatic (almost not realized by the culprit). Habituation can be interpreted as an act or skill continuously, consistently for a long time, so that actions and skills can really be embedded and eventually become something that is difficult to leave.

In the use of gaged children are accustomed to opening sites that can improve the quality of their skills and insights. So when there are sites that are deemed not educating, children will automatically close the site. Similar to the duration of gaged use, when the agreed time comes the child will automatically leave gaged and switch to other activities. This process does not necessarily occur by itself. But it needs a process to get it. The memory of a child who is not strong, attention is easily turned to new things and likes will make the habituation process takes quite a long time. In this condition they need to be familiarized with certain behaviors, skills, skills and thought patterns from an early age. Thus this habit will be embedded in the child.

### **e. Escort**

Even though it has become a good habit, mother's responsibility does not stop there. Mothers must oversee the activities of children in the use of gadgets. Escort comes from the word guard which means to guard (safety); supervision. Escort is a preventive activity carried out to maintain security, safety of lives and property from one place to another. The intention is, this escort aims to prevent or ward off all forms of criminal acts aimed at children so as to provide a sense of security and protection during the process of activities so that the stated goals can be achieved.

It is very important for smart mothers to escort every activity to use children's gadgets. This is nothing else so that the mother knows the deficiencies and deviations of what has happened to be immediately corrected and prevent the same mistakes in the future. This escort can be done by mother to check what sites have been opened. It could also be a light discussion about what children do using their gaged. With notes, this communication is packaged by the mother in such a way as not to appear stiff and as if she was interrogating a perpetrator of a crime. So it is very important for mothers to

frequently carry out intense communication to children, so as to create a comfortable and harmonious family.

#### **f. Be a good example**

Of the five strategies that have been applied to children, it must also be supported by the exemplary attitude of parents, especially mothers. Because all the success of the previous strategy will not last long if faced with maternal behavior that is contrary to what was planned. Because the best example is the implementation, not just an order.

In terminology the word exemplary comes from the word *exemplary*, which means deeds or goods and so on that should be emulated or emulated. Exemplary or *uswatun hasanah* is a strategy to set a good example or example to children in their daily lives. This strategy is a guideline for acting in realizing the desired goals. Children will tend to emulate their parents, especially a mother. Because basically psychologically children really like to imitate, not only the good, but the bad also imitated.

Children are a reflection of their parents in everything, both in personality, habits, daily life and others. The relationship between parent and child is like glass. The child will receive all the reflections from his parents. So that all parents' behavior in educating children will affect the child's future. Therefore, be a mother with good reflection, so that children do not reflect or take the wrong example.

#### **D. CONCLUSIONS**

Based on the explanation presented in the previous chapter, it can be concluded that digital technology has provided many benefits and conveniences for human life, especially in the learning process of children. But not a few negative impacts generated by digital fame that is increasingly growing. The strategy that the writer offers in the form (direction, training, assignment, habituation, escort and role models) is a unit that must not be abandoned. Mother can give direction, then give training and assignments, but if not accompanied by role models will make the effort be in vain. So it is important that mothers can optimize this strategy as a whole. So that self-defense can be formed in children in the use of gadgets. So that the use of digital technology can help optimize children's achievements and abilities.

The negative impact of the digital age needs special attention so that it can be addressed immediately. This strategy is a surefire strategy for smart mothers in the digital age. Then there needs to be continued research activities and real work to realize this strategy in order to be able to minimize the negative impacts generated by digital technology.

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