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The Role of Parents in the Emotional and Social Development of Children in the Digital Era

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Abstract: Technological sophistication that continues to grow can have positive and negative impacts on children's development. Parents in facilitating children's development have a very big influence and are responsible for providing guidance, care and educating. The purpose of this study is to describe the role of parents in the emotional and social development of children in the digital era. The research method used is qualitative with the type of literature review research. The results of the study show that the role of parents in the emotional and social development of children is very much needed. But there are still some parental tasks that are very often neglected in the emotional and social development of children. First, understand that parenting is an obligation and a necessity. Second, there is good communication between parents and children. Third, parents play a role in socializing and providing social skills to children. Fourth, parents can provide non-formal education to children which is carried out in the family before children enter formal institutions. This research is very important to do so that parents can apply democratic parenting to educate their children in the digital era. This is in line with his parenting style which does not force, punish, or restrain children.

Keywords: Parents, Children's Emotions and Social, Digital Age

1. Introduction

Educating, nurturing, and raising children is a very noble task and cannot be separated from various obstacles and obstacles. Children are unique and interesting individuals, have existence and the right to continue to grow and develop optimally (Andriyani, 2018). The period of a child's life is filled with surprises and delights. Parents have the responsibility to provide love, care, and good education to children for better development (Baiti et al., 2022) development in children is the most important component that parents really need to understand. Parenting style greatly influences the development of children. Development has a correlation with behavioral or psychological results so that it can create different changes. Developmental changes experienced by children are influenced by several factors, which consist of internal and external. Internal factors are influences that come from within the individual itself, while external factors are influences

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from outside, such as parents, the environment, and educators. Hurlock explained that development is a series that has increased changes and occurs as a result of a process of maturity coupled with experience (Masganti, 2012).

True development can take place optimally if there is no coercion during development and according to the phase of everyone (Mera Putri Dewi & Irdamurni, 2020). One aspect of development in children who really needs help is social and emotional development. However, this aspect is still lacking attention and is often ignored. This is due to the role of the family which has an authoritarian nature to children and does not provide enough affection for their emotional and social development. Even though children naturally deserve special attention from parents, namely by always monitoring and guiding children when at home or at school (Nurlina, 2019). Parents have the responsibility to accompany their children and pay attention to their developmental stages, assist in bringing out their children's potential to the fullest, provide time for discussion and mutual communication. Parents in life have a responsibility as a motivator for their children, namely by providing encouragement in various activities such as giving adequate appreciation and affection.

The emotional and social abilities of children in order to be achieved successfully require efforts that must be made from a young age. Parents are required to be sensitive that at the stage of child development there are different patterns and adapted to aspects of development. The inseparable aspects are emotional and social development. Through good social, children will have good emotional abilities. Emotions are a factor that greatly influences children when carrying out activities, both in behaving and thinking. Children who have been trained to control their emotions will have positive emotions with other people, thus it will be easier for children to communicate socially. Social development is created through social relations and teaching with the process of achieving maturity. The goal is that children can adapt properly in terms of norms and morals to certain traditions. Social development in children can be known to develop or not through the expansion of relationships with the environment. In addition to establishing good communication with family, they can interact with peers (Rayi, 2019). Basically, children are expected to be able to express and manage their emotions well without harming others (Nurmalitasari, 2015). Through different abilities in regulating emotions and social life, it is influenced by several factors, one of which is the development of the times. Through digital progress that is getting faster and has consequences both in terms of advantages and disadvantages from various aspects.

The digital era or also known as the technological era is an era that tends to use digital media in everyday life. The workings of the digital system can eliminate disturbing factors by adjusting based on certain signals so that the results received are clear and do not experience delayed signals (Murtopo, 2017). Technological changes that continue to develop will have an impact on child development. When viewed from the positive impact, children can look for ideas, make friends, make it easier to create good creativity and provide new knowledge (Yulia Anjarwati Purbasari, 2020). While the negative impacts that will be obtained such as reduced concentration, difficulty thinking, addiction, increased emotions, and will be lazy to do activities (Bening & Diana, 2022). Emotions that are unstable and indifferent to the social environment need to be watched out for in child development. Emotional and social development should be developed as early as possible. This research is very important to be able to analyze the emotional and social which greatly affect the success of a child in living life, because these two intelligences will have an impact later in life.

2. Methods

The research method used is qualitative with a type of literature review (Darmalaksana, 2020). This research focuses on the role of parents in the emotional and social development of children in the digital era. Data in this study were obtained from several sources including scientific papers, reports and other sources of information (Zed, 2014). Library materials that have been obtained from various reference sources then critically analyzed and depth to be able to support the proposition and idea (Miza Nina Adlini, Anisya Hanifa Dinda, Sarah Yulinda & Merliyana, 2022). Researchers use conceptual literature review to facilitate research in obtaining results and research. As you need to know that the literature study has two important parts consisting of conceptual and literature research (Hermawan, 2019). First, conceptual literature review which contains concepts about theory from books or articles as references. Second, literature study which contains reports with research results in the form of reports or those that have been published in the form of books or

magazines. According to Prof. Sugiyono's literature research is not only important in research, but also cannot be separated from previous research (Sugiyono, 2016).

3. Result and Discussion

3.1. Emotional and Social Development Concept

The development experienced by individuals is a pattern that is regular, certain, and fixed throughout their lives (Hanafi, 2018). Mutiah revealed that child development is a measurable concept and consists of psychological and mental aspects (Nurhabibah, 2016). In this case, the child can respond to parental speech, laugh, be able to crawl, hold an object and so on. Development can occur through continuous and progressive changes (Yusuf, 2014). Based on this it can be concluded that development is a process that occurs in individuals followed by changes that occur in humans and then towards a better or vice versa. The increase in children's abilities can be identified by the development of more perfect body postures, the development of body cells, organ systems and body tissues which have led to fulfillment according to their functions. The word emotion comes from *emotus* or *emovere* which means to push something. Exemplified the happy emotional state that leads the individual to laugh or it can be said that emotion is defined as a state that still requires adjustment and involves all aspects of the individual.

Sarlito Wirawan Sartono expressed his opinion regarding emotion, which is a state of a person accompanied by the ability to color effectively (Filtri, 2017). Understanding the ability of effective color is a certain feeling experienced by individuals when experiencing an event. These events include happiness, joy, fear and so on. Discussion of emotions is often associated with a feeling and thought. Feelings are closely related to fear, joy, happiness, sadness, and disappointment. It can be said that emotional development is a psychological state followed by various tendencies in action and in children it occurs more briefly and changes easily. While social development is the ability to behave in accordance with the circumstances and social demands that surround it. While social development is an ability to behave in accordance with the circumstances and social demands that surround it. Social development occurs through a formation process called social self through individual behavior and in accordance with the rules, norms, and values of the prevailing social environment (Nurul Istiqomah, 2016). It can be concluded that social development is a process of forming one's personality through the ability to behave in accordance with the norms when behaving in a social environment. Therefore, through social development, it will be easy for children to undergo the learning process, be able to adapt wherever they are and be able to respect the traditions of a group (Nurmalitasari, 2015).

3.2. Factors Influencing Emotional Development

Every child's development is certainly influenced by several factors, both from within him or from outside influences. Here are some factors that influence emotional development in children (Abdul Basit, 2022). First, the condition of the individual that can influence emotional development. For example, if a child has a disability in the body, it can affect the actions and processes when carrying out activities. Poor emotional development can have an impact on children such as irritability, insecurity, being alone, and distancing themselves from the surrounding environment. Second, learning experiences that can direct the child's ability to use which one to use when angry. Learning experiences can help development, among other things, by trying through learning where children will show their emotions through behavior by giving little or no satisfaction. Children can also learn through imitation with the observations they have made before, the observed vision will be able to react according to the emotions and methods of the same people as those around them. Without realizing it, it is very easy for children to imitate the emotional reactions around them, such as being moved by the same stimulation as the emotions of the person being imitated. In this phase the child will only imitate others with whom he has a strong bond. Children can also learn from conditioning, namely by the object method which starts with a situation in provoking an emotional reaction and then succeeds or not by using the association method. This method can be done easily when children are toddlers because children do not yet understand and know about reactions that are outside limit of reason. Since

childhood, children already need supervision and guidance, so that they can be taught to react according to what is received and the conditions around them (Sukatin, Qomariyyah, Yolanda Horin, Alda Afrilianti & Bella, 2020). Proper training accompanied by supervision can stimulate children to react according to the right emotions such as fun and not easily angry.

3.3. Factors Influencing Social Development

Things that need to be considered from social development are the factors that influence it. So that children can grow socially well and have a sense of affection for the environment around them, parents pay attention to what factors can influence them (Sari & Mulyadi, 2020). *First*, family factors which include the relationship between parents or children and their siblings. If the family relationship is going well, the child will show good expression with his parents, fully trust when telling stories and sharing his complaints. Harmonious relationships can be realized with effective communication within the family. Parents have a role to direct children in interacting and understanding the surrounding environment.

Second, the position of the child or the order of the year of birth. The birth order of children can affect the level of independence and sense of responsibility of a child in the family. The youngest child will tend to rely more on their parents and older siblings. This is because he is the last child and has a place to depend on.

Third, the large number of family members and the order of their birth years are close together. Basically, having many or few children has different challenges and obstacles. If you have a few children, affection and supervision will be better spent, but if you have many children, parents will give less attention, time, and affection to their children. If in a small scope it is easy for parents to supervise their children, this will be different if it is experienced by families who have many children.

Fourth, there is parental treatment that is carried out on children. Children who are still underage will easily record what they see. Families who have instilled affection since childhood, pay enough attention to children, are not rude and respond to every child's activity will affect the child's development. *Fifth*, the desire of parents to have children who are smart, good, and focused in the future. Parents always have hope that their children will have good development during pre-school and school. It can be concluded that the factor that gives the first influence is the role of the family, at this stage the child can receive various stimuli that start with the surrounding environment and then give him a response to carry out activities. Before children are affected by the outside world, the learning they receive first is from the family. Parents who play a role in guiding, nurturing, and directing their children to always process well. Apart from the role of the family, there are further factors that influence children, namely outside the family. *First*, communication with peers, if the child has a good family, he is naturally able to play and communicate without having to be asked and accompanied because he has clearly shown the direction of his development. *Second*, the relationship with the surrounding environment when meeting adults or friends of their parents.

Children who have good social development will not be shy when asked to be able to interact or greet other people even older than them. *Third*, the child's social experience factor, which is limited by his parents, will provide a bad social experience. Children who are restrained because they are not allowed to socialize will cause children to know less about their surroundings. Children will tend to feel afraid and reluctant to start interactions when they meet other people (Mayar, 2013). Parents must show learning to children through good social interaction, because children will be very easy to observe, imitate and do. As parents need to show good behavior. Adults who are close to children will also be easily imitated starting from the way they behave and speak. As a person who is used as a role model for children, it is appropriate to be aware and sensitive to say good things, behave appropriately, respond to children and other people. Others with appropriate communication imitated by children.

3.4. Forms of Parenting Patterns

If you look at the form of parenting from parents to children, there are three variations of parenting, namely permissive parenting, authoritarian parenting, and democratic parenting (Rahmat, 2018). First, parenting style which refers to the style of parents by having full authority over their children, this parenting style is called authoritarian. Authoritarian parenting patterns will emphasize instructions to children by limiting movement and not hesitate to give punishment to children. Second, permissive parenting is a pattern that

gives freedom to children to carry out activities, but there are certain limitations and parents exercise control over children. This parenting style prioritizes independence in children by providing full autonomy and realizing that children can manage and live their lives (Nuryatmawati, Azizah Muthi & Fauziah, 2020). Commonly used by parents in the digital age. In the digital era, children do not want to be forced, punished, or restrained. Children tend to want two-way interaction from mother and child. Democratic parenting patterns are built based on affection for children. This parenting style is considered very appropriate because parents can understand the attitudes of children.

The application of democratic parenting can be done using various methods, there are several things that need to be considered such as good role models, being flexible, forming clear consequences, building easy and light conversations so that they are easily accepted by children, setting clear standards of behavior, developing high potential. owned by children to continue to increase their potential and respect children's abilities (Tridhonanto, 2014).

3.5. The Role of Parents in the Digital Age

In the digital era, parents play a major role in providing care for their children. The digital era has had such a big impact on both the world of technology and parenting. In the digital era, you cannot be given strict and monotonous parenting patterns like in the past. Parents must know the character of a child, to be able to support the child's potential and be able to direct it optimally (Aslan, 2019). The role of parents in preparing children to become a generation that brings change is urgently needed. Especially now that a lot of information is coming in, so it needs to be filtered to protect yourself when you enter the gates of life.

Children who have entered adulthood are expected to have good independence, so they do not depend on others. For this hope to be realized, parents must prepare their children for a better future (Gunadi, 2019). Parents have heavy responsibilities apart from caring for them, parents are also required to teach socialization to children (Hayati, Fitriah & Mamat, 2014). Children who are not filled with feelings of affection by their parents will easily feel hatred and anger. Unstoppable feelings of anger and hatred can be vented with a sense of revenge, so that children will feel less sensitive and easily emotional. The role of parents is needed to provide more affection and meet children's needs (Hafidz, Nur & Rachmy, 2021).

Parents can do several ways to maintain parenting for children in the digital era. First, understand that parenting is an obligation and a basic need that includes providing food, care, clothing, shelter, giving affection, security, and providing shelter to children. The role of parents can also provide protection for children so that they remain safe both in the real world and in cyberspace. Parents play a role in appreciating children by giving awards as a form of love and affection so that children do not need to find outlets for digital media. This is because currently parents need to be aware of the various dangers that threaten children in the form of digital content on social media. Second, good communication between parents and children. Interaction can occur anywhere, not only in the mass media but now online can be done. Try to give time for the child to be able to express his turmoil, be able to tell well and without emotion. In this parenting style, parents must play a role in interacting well and positively. Give the best impression to the child, listen carefully to the outpouring of the child's heart, do not judge, and do it in two directions. The right pattern of interaction will be needed by children to give a positive impression and children are not afraid when they want to share stories with their parents.

Third, parents play a role in socializing and providing social skills to children so that children can communicate well, not only interacting with their families but with other people in the surrounding environment. The digital era tends to be difficult for children because they have a high individual level so they are reluctant to socialize. Children tend to be active in their world along with digital media so they do not have time to interact with other people. Fourth, parents can provide non-formal education to children which is carried out in the family before children enter formal institutions. Children's education that is good, quality and has strength will provide a foundation in their lives, so that when children are in the environment they are not trapped in negative things, they are not easily shaken, they are easily threatened. Caring for children is not only tied to economic forms, providing adequate nutrition, abundant finances and wanting to go anywhere easily. Parents are obliged to educate children to be able to create a positive environment, provide good parenting, provide affection of the highest quality and not just a matter of quantity.

3.6. How to Educate Children's Emotional and Social in the Digital Age

Parents must understand that the way to educate children in the digital era has differences, there are several ways that can be used to educate children in the digital era, including, *first*, full responsibility for children. Parents can apply to believe that between children and parents must have the same views. Giving full trust to the child that the welfare of the child is fully responsible for himself. *Second*, it is necessary to establish emotional closeness between father, mother, and children. An approach that is done correctly and consistently will lead to emotional closeness. The closeness that is attached is not only skin color, but more towards personal.

Third, explaining and providing education through the formulation of educational goals since the child is born. Parents can form an agreement either with their partner or with their children through heart to heart. *Fourth*, use language and communication properly. Parents must be able to teach children by learning to speak well with children. Using body language, behavior, discussing children's uniqueness, listening to children's feelings, may not lie and always read body language in children. *Fifth*, educating children by teaching religion through habituation and making it the basis of everyday life. Religious education can be instilled as early as possible by teaching reading the Koran, praying, practicing fasting, and practicing worship. In this case parents need to instill worship by correlating it with daily activities.

Sixth, parents can prepare their children for puberty. Sex education must be introduced to children from a young age, but many parents still feel ashamed and taboo so they avoid this conversation. Even though knowledge about sex education needs special discussion between parents and children using language that is appropriate to follow age developments. *Seventh*, prepare children to enter the digital era by supporting the potential that children have, providing rules that are agreed between parents and children to limit the use of devices that exceed the limit (Prameswari & Susanti, 2021). Parents also need to supervise children with internet access restrictions, to prevent children from viewing unwanted sites. Instead, parents must always communicate with their children in order to give their children time to study, discuss and tell stories with their parents.

4. Conclusion

The development of each child is different according to the aspects that influence it. Emotional and social development in children requires the role of parents to support the process of progress in a child. There is the role of parents in raising their children in emotional and social development in the digital era, including *first*, understanding that parenting is an obligation and a basic need that includes food, care, clothing, shelter, giving affection, security, and providing a place stay with children. *Second*, Second, good communication between parents and children. Interaction can occur anywhere, not only in the mass media but now online can be done. *Third*, parents play a role in socializing and providing social skills to children so that children can communicate well, not only interacting with their families but with other people in the surrounding environment. *Fourth*, parents can provide non-formal education to children which is carried out in the family before children enter formal institutions. This study has limitations such as the lack of theoretical sources that researchers use to explain the continuity between emotional and social. There are many shortcomings in this study that hopefully can be corrected for future researchers.

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