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THE CORRELATION BETWEEN PARENTING STYLES AND SMARTPHONE ADDICTION AMONG PRIMARY SCHOOL STUDENTS IN INDONESIA

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THE CORRELATION BETWEEN PARENTING STYLES AND SMARTPHONE ADDICTION AMONG PRIMARY SCHOOL STUDENTS IN INDONESIA

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ABSTRACT	Keywords
<p>Long term usage of smart phones will influence the physical and psychological conditions of children. Parents need to supervise the use of smart phones to overcome the impact of playing smart phones. The purpose of this study was to determine correlation of parenting styles with children's smart phone addiction rates in Indonesia. The design of the study used correlative analytics with a cross-sectional approach. The population was elementary school students at grades four, five, and six on Islamic elementary school in Indonesia. The Proportionate stratified random sampling technique was applied to get the sample and got 70 students as the respondents. The data were collected by using the Parenteral Authority Questionnaire (PAQ) and Smartphone Addiction Questionnaire. Data analysis using the Chi-Square test. Most students had parents with a democratic parenting style (48.6%), and most students experienced moderate addiction (54.3%). The chi-Square test shows a relationship between parenting with smart phone addiction and the results of $p = 0.042$. This study indicated that proper parenting style could reduce the incidence of smart phone addiction, so parents need to applied effective parenting. For the school to always provide direction and guidance in the form of socialization to students about the effects of excessive smart phone use. The nursing profession, especially the local community health centers, is expected to be able to collaborate with schools to minimize the incidence of smartphone addiction by providing socialization about the impact of smartphone use.</p>	<p>Parenting Styles, Parents, Smartphone Addiction, Children</p>

INTRODUCTION

Smart phone is a computer-like communication device that has various features such as Personal Digital Assistants (PDAs) which are not normally found in ordinary cell phones (e.g., touch screens, high-quality displays, complete internet browsers performance, and sophisticated entertainment software such as video camera

and MP3 players (Andre, 2017). All of these features may arouse the interest of not only the adult people but also children, especially elementary school students, to operate or play them.

Survey conducted by Super Awesome in Southeast Asia, including Indonesia, showed that 20% of smart phone users aged 6-14 years liked to play smart

phone games rather than traditional games. The survey also revealed that 87% of the children had smart phones (Zakaria in Laela & Handayani, 2016). The result of a preliminary study conducted on October 15, 2018, at Islamic elementary school in Pasuruan Regency Indonesian revealed that 10 (ten) students had smart phones. The children deliberately asked their parents to give smart phones to them. With their smart phones, they could play online games (e.g., mobile legend) and see some other features available on smart phones like YouTube and WhatsApp. Some of the negative impacts of using smart phones on children's development are having difficulty concentrating in the real world, easily feeling bored, feeling anxious and angry when separated from their favorite features, and enjoying playing smart phone alone (Chusna, 2017). Besides, the functions of PFC (Pre Frontal Cortex) may be negatively affected, which may disrupt the development of the child's brain.

The use of smart phones in the long term will result in physical and psychological conditions in children. To overcome the impact of playing smart phones, it is hoped that parents can supervise the use of smart phones such as providing opportunities for children to learn to use smart phones because smart phone use cannot be denied at this time and the use of gadgets is positive and explains that smart phones have certain effects. play a smart phone when it's alone so that parents can unite their children in using smart phones, the last one is good interaction with children. American and Canadian pediatricians explain in their research that children aged 0-2 years should not be exposed to smart phone associations, children aged 3-5 years are limited to 1 hour per day, and 2 hours per day for children aged 6-18 years (Prasetyaningsih, 2017). In addition, socialization needs to be done so that parents

can provide effective and efficient methods of providing care and addiction rates for children. Based on the background, The purpose of this study was to determine the relationship of parenting styles with children's smart phone addiction rates in elementary school

METHODS

The research design applied the observational analytic with a cross-sectional approach. This research was carried out on 3 December 2018 at Islamic Elementary School in Gempol District of Pasuruan Regency Indonesia. The population was the students aged 9-12 in the school, amounting to 84 people. The Proportionate stratified random sampling technique was applied to get the sample and got 70 students as the respondents. The independent variable is parentint style and the dependent variable is samart phone addiction. The research instruments were a questionnaire of the Parental Authority Questionnaire (PAQ) to determine the parenting styles (Alkharusi et al., 2011) and a questionnaire of smart phone addiction (Kwon et al., 2013). The data analysis techniques used the Chi-Square test. This study was granted by ethical clearance from institutional review board (IRB) Stikes Hang Tuah Surabaya, number PE/05/1/2019/KEPK/SHT.

RESULTS

Table 1 Characteristics of parenting styles applied to the respondents

No	Parenting style	F	%
1	Authoritarian	13	18,6
2	Democratic	34	48,6
3	Permissive	23	32,9
		70	100

Based on table 1, out of the 70 respondents, it was found out that 34 parents (48.6%) applied the democratic parenting

style, 23 parents (32.9%) applied the permissive parenting style, and 13 parents (18.6%) applied the authoritarian parenting style.

Table 2 Characteristics of Smartphone Addiction among the respondents

No	Smartphone Addiction	F	%
1	Moderate	38	54,3
2	Severe	17	24,3
3	Mild	15	21,4
		70	100

Based on table 2, showed that out of 70 respondents, 38 (54.3%) experienced moderate addiction, 17 (24.3%) experienced severe addiction, and 15 (21.4%) experienced mild addiction.

Table 3 Results of Cross Tabulation of Parenting Styles and Smartphone Addiction among the respondents

N o	Paren ting style	Smartphone Addiction						Total	
		Mild		Seve re		Mode rate		E	%
		N	%	N	%	N	%		
1	Auth oritarian	17	9,7	9	6,9	3	2,1	3	1,0
2	Dem ocratic	5	1,4	1	5,7	1	3,3	3	4,0
3	Permi ssive	9	3,9	1	5,2	2	8,7	2	3,0
				1	2				0

$\rho = 0.042$ ($\rho = 0,05$)

Applying the Chi-Square correlation test of the SPSS 16 program, a significant value of $\rho = 0.042$ was gained, which means that there was a correlation between the parenting styles and smart

phone addiction among the respondents (Table 3).

DISCUSSION

Students' Parenting Styles applied by the parents of the respondents

The results showed that out of 70 respondents, 34 (48.6%) parents applied the democratic parenting style, 23 (32.9%) parents applied the permissive parenting style, and 13 (18.6%) parents applied the authoritarian parenting style. Parenting styles may be influenced by several factors: the role of parents to children, the marital life of parents, the parents' occupation, the level of parents' education, the socioeconomic status of the family, and the number of siblings owned. In the process of parenting, good interaction between parents and children is needed in educating, guiding, disciplining, and protecting the children in reaching their maturity in line with the norms that exist in society (Lestari, 2013). It can be seen through the crosstab analysis of the frequency of living at home with parents. Out of 34 respondents (48.6%) whose parents applied the democratic parenting style, 28 respondents (82.4%) lived with their nuclear family (father, mother, sister, and brother). It is believed that by living together, parents would be able to give useful guidance to the children. Giving guidance is one of the parental tasks in educating the children, to make them behave in line with the norms and achieve happiness in daily life.

Another factor influencing the parenting style is the level of parents' education. Out of 34 respondents (48.6%) whose parents applied the democratic parenting style, 30 respondents (88.2%) had fathers whose last formal education was high school (SMA), and 19 respondents (55.9%) had mothers whose last formal education

was high school (SMA). Parents with a higher level of education would have different parenting styles compared to those with a lower level of education (Shochib, 2000). This is in line with the result of the research by (Harahap et al., 2010) indicating that a low level of education may result in a lack of knowledge of how to care for children. Therefore it is argued that parents with a higher level of education would be able to know how to provide appropriate care to their children and tend to develop appropriate parenting styles. In education, not only knowledge is taught but also good ethics. Therefore, the higher the educational level of the parents, the better the insight about ethics and attitude, which will later be applied in educating the children.

The levels of respondents' Addiction to Smartphone

The results showed that 38 respondents (54.3%) experienced moderate smart phone addiction, 17 respondents (24.3%) experienced severe smart phone addiction, and 15 respondents (21.4%) experienced mild addiction. Based on the data distribution of the respondents, it was found out that out of 38 respondents experiencing mild addiction, 28 respondents (73.7%) were females, and 10 (ten) respondents (26.3%) were males. Bianchi and Philips (2008) explained that related to smart phone addiction, males and females have different purposes of smart phone usage. Males like to play games, while females like to open various social media applications. It is argued that that smart phone addiction tends to occur in females because they use it to open social media (e.g., Whats App, Line, Instagram, and Facebook). Besides, females take pictures more often than men. These situations make them frequently use smart phones.

This current study also revealed that out of 70 respondents, 17 respondents

(24.3%) experienced severe addiction. Out of them, 6 (six) respondents (4.3%) experienced health problems like an eyesore when using a smart phone. It is suggested that the users of smart phones go back to the initial function of smart phones, namely for communication as well as learning tools. Therefore, smart phones will function accordingly, and the time of usage will not be too much.

Another result of this current study is that out of 70 respondents, 15 respondents (21.4%) experienced mild addiction. Out of them, it was found out that 4 (four) respondents (28.6%) used smart phones for about 1 hour, and 1 (one) respondent (20.0%) used smart phones for about 6 hours a day.

It is assumed that the use of smart phones, especially in children, has different levels of usage in line with the users' needs and desires. There is a significant correlation between medium addiction and severe addiction. A child is an individual who always wants to know and keep up with the changing times. Besides seen from the duration of usage, the number of smart phones a child possesses will also affect the child's level of addiction.

The correlation between parenting styles with smart phone addiction among the respondents

The results showed that parenting patterns of parents with smart phone addiction at elementary school age from a total of 70 respondents found 34 respondents whose parents applied democratic parenting consisting of 17 respondents (50.0%) with moderate smart phone addiction category, 12 respondents (35, 3 %) category of heavy mobile phone addiction, and 5 respondents (14.7%) category of mild mobile phone addiction. A total of 70 respondents received data from 23 respondents whose parents applied

permissive parenting consisting of 12 respondents (52.2%) with moderate smart phone addiction category, 9 respondents (39.1%) mild smart phone addiction category, and 2 respondents (8.7%) category of smart phone addiction. A total of 70 respondents obtained data from 13 respondents whose parents applied authoritarian parenting consisting of 9 respondents (69.2%) with moderate smart phone addiction category, and 3 respondents (23.1%) severe smart phone addiction category, and 1 respondent (7.7%) with mild addiction category.

After a Chi-square correlation test using the SPSS 16.0 on the correlation between the parenting styles and smart phone addiction, it was obtained $p = 0.042$ with a significance degree of p Value < 0.05 . It means that there is a significant correlation between parenting styles and smart phone addiction.

The correlation between parenting styles and smart phone addiction can be presented through distribution data obtained from the survey results on several respondents. Out of 70 respondents, 34 respondents had parents with a democratic parenting style. Out of them, 17 respondents (50.0%) experienced moderate addiction, 12 respondents (35.3%) experienced severe addiction, and 5 (five) respondents (14.7%) experienced mild addiction to smart phones. Baumrind, in Mayasari (2013), parents who apply the democratic parenting style tend to be open and discuss with their children, give freedom to their children to choose and take action. It is argued that in the democratic parenting style, children are given the freedom to choose between good and bad actions, and the children are to make the decision.

In addition to the application of the democratic parenting style, the permissive parenting style was also applied by some parents of the respondents. Out of 70

respondents, 23 respondents had parents with a permissive parenting style. Out of them, 12 respondents (52.2%) experienced moderate addiction, 9 (nine) respondents (39.1%) experienced a mild addiction, and 2 (two) respondents (8.7%) experienced severe addiction to smart phones. The permissive parenting style is parenting that provides loose supervision on children's activities and tends not to reprimand or warn the children. Parents do not give any restrictions to their children. They only rely on the social norms that exist. It is believed that in the permissive parenting style, the parents tend to neglect their children, making them addicted to smart phones because they feel free to do anything they want without any parental restrictions.

Besides the democratic and permissive parenting styles, some parents' of the respondents applied the authoritarian parenting style. Out of 70 respondents, 13 respondents had parents with an authoritarian parenting style. Out of them, 9 (nine) respondents (69.2%) experienced moderate addiction, 3 (three) respondents (23.1%) experienced severe addiction, and 1 (one) respondent (7.7 %) experienced mild addiction to smart phones. Authoritarian parenting takes place when the parents determine everything. The parents would always think that what they say is correct and good for their children. It is believed that parents who are too excessive in controlling their children will only make them become more afraid, disobedient, and dare not speak honestly. The high use of smart phones in children may change their activities and daily behaviors. This is evident from the general phenomena that occur nowadays. They tend to be more preoccupied with their virtual life and have less attention to their real life. Communication tends to occur more frequently through social media rather than through direct or face to face communication. This kind of behavior

makes them indifferent to what is happening in their surrounding environment. This study indicated that proper parenting style could reduce the incidence of smart phone addiction, so parents need to applied effective parenting. For the school to always provide direction and guidance in the form of socialization to students about the effects of excessive smart phone use. The nursing profession, especially the local community health centers, is expected to be able to collaborate with schools to minimize the incidence of smartphone addiction by providing socialization about the impact of smartphone use.

CONCLUSION

Based on the results of research, it can be concluded that there was a significant correlation between the parenting styles and smart phone addiction among the elementary school students in Indonesia. To overcome the bad effects of playing smart phone, parents need to control the use of smart phones by their children. Parents are recommended to tell their children of how to use the gadgets positively and explain the bad impacts a smart phone may have. Parents need to disallow their children to play their smart phones alone so that their children's activities can be monitored. Lastly, it is recommended that parents build good interactions with their children.

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