PARENTING AND DIGITAL LITERACY ASSISTANCE FOR YOUNG MOTHERS IN EARLY CHILDHOOD EDUCATION IN PREVENTING THE RISK OF INTERNET MEDIA THROUGH THE CONTROLLING GEDGET APPLICATION

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Abstract

This community service activity was motivated by the increasing gadget addiction among early childhood children in Indonesia, with 88.99% using the internet—mainly for social media (66.13%) and entertainment (63.08%). This critical period, known as the golden age of development, requires strong parental guidance, yet many parents lack awareness of how to manage their children's cellphone use effectively. The program, titled Parenting Assistance and Digital Literacy for Young Mothers in Preventing the Risk of Internet Media through Controlling Violence in Children, aimed to enhance young mothers' competence in supervising and controlling their children's internet use to mitigate its negative effects. Conducted at the Nurul Albarokah Foundation, PAUD Albarokah, Parung, Bogor Regency, this activity had several objectives: (1) to provide parenting guidance through seminars and training, (2) to improve digital literacy among young mothers, (3) to train them in using the Google Family Link feature for gadget control, (4) to prevent internet addiction and its adverse effects on children's growth, intelligence, and morals, and (5) to develop intelligent and resilient mothers. The increasing exposure of children to the internet highlights the urgent need for parental supervision to prevent potential harms such as cyberbullying, violent behavior, and access to inappropriate content.

Keywords: Parenting, Digital Literacy, Internet Media, Controlling Gadgets

INTRODUCTION

The acceleration of the development of the times has resulted in all aspects of life being affected by globalization. Concern about the negative impact of globalization is also a concern for parents, especially the risk of internet media and information technology that is increasingly sophisticated. The internet is very useful for surfing for current information, but internet media can be a very risky place, especially for children. Various websites, applications, social media, and information contained in them can have an unforeseen adverse impact on children. Of

course, this is a concern for parents. Not only related to addiction to the use of gadgets, but also anything that enters the child's brain while they play with the device.

Reporting from the databoks.kata.data.co.id media (2019) Indonesia is ranked fifth in the world in terms of length of internet use. Based on the *2019 Global Digital Report* from HootSuite and We Are Social, the average Indonesian spends 516 minutes surfing online for 516 minutes or 8 hours and 36 minutes per day. Media databoks.kata.data.co.id (2021) also explained data from the Central Statistics Agency (BPS) noting that the majority of children aged 5 years and older in Indonesia have accessed the internet for social media. The percentage reached 88.99%, the largest compared to other internet access destinations. In addition to social media, as many as 66.13% of children aged 5 years and older in Indonesia also access the internet to get information or news. There are also those who access the internet for entertainment as much as 63.08%. And this age is the age of early childhood or kindergarten which is the golden age in the process of child growth and development.

Therefore, serious and concrete efforts are needed to deal with this problem. And you are the most vulnerable group, namely children. At the time of the initial observation at the PKM Mitra location, information was obtained that all families have gadgets or mobile phones (HP), from the confession of the student's parents, cellphones are not only useful for communication but also often used for entertainment. It is not uncommon for parents to deliberately give cellphones to their children, as well as at an early age or Kindergarten with the reason that their children are happy and focus on playing cellphones so that parents can freely work or do their activities without being disturbed by children. However, without realizing it, the cellphone can be a risk to children's growth and development if they are not monitored and limited access to internet media. And parents do not understand how to control the use of cellphones used by children.

Through PKM service activities entitled "Parenting Coaching for Young Mothers and Training on Gadget Use Control in Children through *the Google Family Link Feature* to Reduce the Risk of Internet Media" can increase the competence of young mothers in parenting and control the cellphones used by their children to prevent the negative impact of internet media. Because the role of a mother is very important in shaping the character of a child. The partners who are ready to participate in this PKM program are PAUD Albarokah which is located in Parung, Bogor Regency.

Figure 1. Profile of PAUD Albarokah Parung
(https://dapo.kemdikbud.go.id/sekolah/655B0FEBDBEB1C1B093D)

PAUD Albarokah was established on June 18, 2016 with Operational Permit Decree Number 421.1/50/-Disdik/2009 and consists of 4 permanent employees and 43 students as of March 21, 2024, and their mothers are young on average.

Figure 2. Photo of Guardians of PAUD Al Barokah Students "Young Mothers"

The purpose of this activity is to 1) provide parenting guidance to young mothers through training and counseling programs, 2) reduce the risk of the negative impact of information technology in the era of globalization on mothers and children, 3) equip young mothers with training in the control of the use of gadgets in children through *the Google Family Link* Feature to Reduce the Risk of Internet Media, 4) prevent internet media addiction and negative impacts on the growth and development process, intelligence and morals of children, 5). The rise of internet use among children still needs parental supervision. This is because the use of the internet can have negative impacts on children such as *cyber bullying,* exposure to pornographic content, and so on. Family Link was created with the aim that we can control the use of children's gadgets even though we can't accompany them all the time. By using it, their every activity while using the device can be monitored and restricted according to the policies applied.

The Community Partnership Program (PKM) is one of the reflections of the implementation of the Independent Learning Independent Campus Program (MBKM) can make community service activities by lecturers and students an effort to play an active role and care in the community. And for students, this activity can also be converted into credits. In this PKM, students can convert with KKN courses totaling 6 credits.

This PKM is also closely related to the implementation of the Main Performance Indicators for Higher Education, namely the second *KPI*, where students gain experience outside the KPI campus through PKM activities. The *third IKU* is that lecturers carry out activities outside the campus, so that lecturers' activities are not only on campus itself, but also outside the campus, one of which is through Community Service activities. The *fifth IKU* is the result of lecturers' work used by the community, this PKM can provide great benefits to the surrounding community.

The focus of this PKM activity is to provide parenting guidance to young mothers and provide training on the control of gadget use for mothers so that they can supervise their

children in using gadgets through *the Google Family Link Feature* to reduce the risk of internet media. This PKM is expected to be a targeted prevention and handling effort and in the future can reach a wider general audience

IMPLEMENTATION METHOD

Figure 3. Photos of school conditions

Table 1 Problem overview and analysis

Problems	Analysis Results
1) lack of knowledge and experience of parents, especially young mothers in parenting for children	Young PAUD mothers are guardians of students ranging in age from 30-40 years, with a background as a housewife with a background in high school education at the same time. Young mothers are in dire need of knowledge about Parenting
2) Lack of parental knowledge of the benefits and impacts of information technology and equipping parents to prevent the negative impact of internet media on children such as *cyber bullying,* exposure to pornographic content, and so on	From the results of interviews and discussions, data was obtained that there is still a lack of parental knowledge about the negative impact of the internet and gadgets and concrete solutions are needed, namely training/seminars
3) parents' ignorance about the use of *the Google Family Link Feature* application to control the use of gadgets in children.	Young mothers don't know about the controlling gadget application "family link feature"

The priority problems are 1) the lack of knowledge and experience of parents, especially young mothers in parenting for children, 2) the lack of parental knowledge of the benefits and impacts of information technology and equipping parents in preventing the negative impact of internet media on children such as *cyber bullying,* exposure to pornographic content, and so on, 3) parents' ignorance about the use of applications *Google Family Link feature* to control the use of gadgets in children.

The solutions to these priority problems through the PKM program are as follows:

Table 2. Priority Solution to the Problem

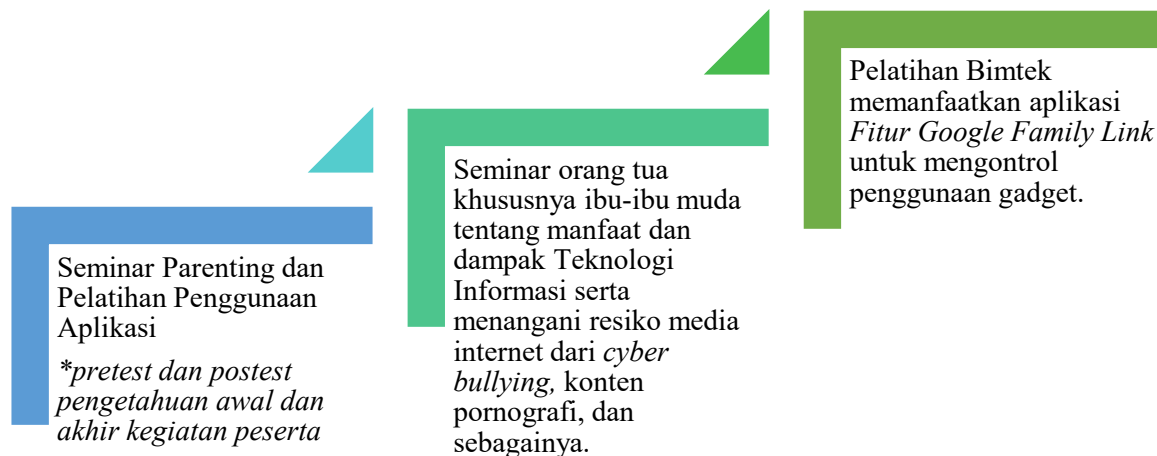| NO	Problem Priorities	PKM Solutions	Target Luaran
1.	Lack of parental knowledge of the benefits and impacts of information technology, and equipping parents to prevent the negative impact of internet media on children such as *cyber bullying,* exposure to pornographic content, and so on	Providing training for parents, especially young mothers, bringing in IT and education expert speakers on the benefits and impacts of Information Technology and dealing with the risks of internet media from *cyber bullying,* pornographic content, and so on	Increasing knowledge of parents, especially young mothers, about the benefits and impacts of information technology sophistication and understanding the negative impact of internet media from *cyber bullying,* pornographic content, and so on
2.	parental ignorance about the use of *Google Family Link feature* apps to control the use of gadgets in children	Providing training for parents, especially young mothers, bringing in speakers from IT Experts To train how to use *the Google Family Link Feature* application to control the use of gadgets	Increasing knowledge and skills of parents, especially young mothers, in utilizing *the Google Family Link Feature* application to control the use of gadgets in children

The focus of this PKM activity is to provide parenting guidance to young mothers and provide training on controlling the use of gadgets/cellphones through *the Google Family Link Feature* to mothers so that they can supervise their children to reduce the impact of internet media. The stages are as follows:

1. Socialization

The team provided socialization to partners that Community Partnership Service (PKM) activities would be held, conveying permits and activity schedules that had been mutually agreed.

2. Training

The training includes training activities, namely Technical guidance on the use of applications *Google Family Link features* The agenda of activities that will be carried out include:

Figure 4. PKM Seminar and Training Agenda Plan

3. Application of technology

The technology applied using the features or applications is *Family Link* which is a companion service from Google that is presented with the aim of helping parents supervise and enforce rules for the use of digital devices in the family. This service allows parents to organize all kinds of things to their child's device. This includes setting usage time, managing applications that can be installed, limiting the content that can be watched, and seeing the location. There are two types of applications available to use this service which include the parent version and the child version. Both can be downloaded from the Google Play Store service or also from the Apple Apps Store specifically for parent apps. Children's apps are available and can be used well on phones based on Android 7 and above, while parental apps only require a minimum of Android 5 or iPhone with iOS 11 and above.

4. Mentoring and evaluation

Assistance will be provided periodically according to the schedule that has been agreed upon with partners, starting with a pretest and post test to technical guidance participants and seminars so that the level of understanding and success of the PKM program can be evaluated.

5. Program sustainability

The PKM program has been implemented from July to October 2025. The team continued dissemination to various communities and other institutions in the hope of reaching a wider range of seminars and training targets so that more people would gain knowledge about controlling the use of gadgets in children. Also, it can cultivate parenting knowledge that gives birth to resilient young mothers, and reduce the risk of internet media becoming more widespread. The participation of partners in the program is as an institution that facilitates the place of activity and prepares participants, namely young mothers of PAUD Albarokah guardians. The activity was held on Friday, August 22, 2025 at the Alabrokah Kemang Foundation.
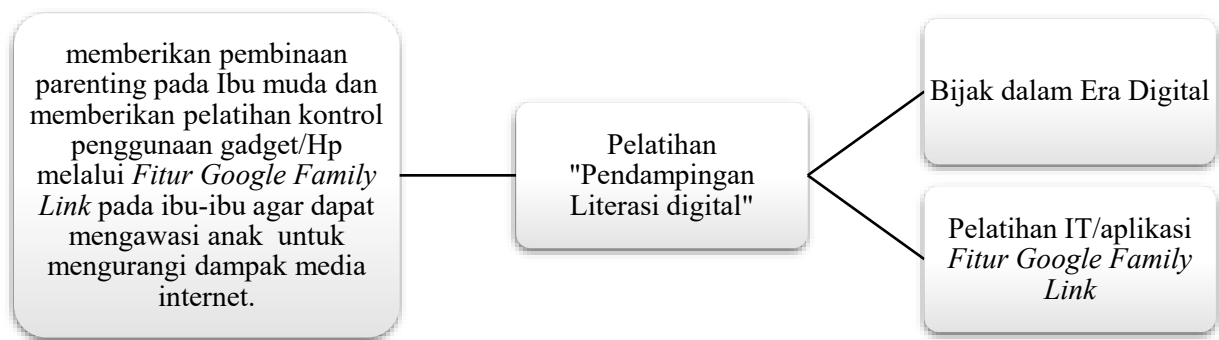
Figure 5. Banner of Mentoring Batch 1 activity

RESULTS AND DISCUSSION

PKM activities in collaboration with the Nurul Barokah Foundation, namely PAUD Albarokah in Kemang, Bogor Regency and the school committee consisting of young mothers who are guardians of PAUD students. The activity consisted of a "Parenting Seminar" with the theme: Tips for Successful Education of Children in the Digital Era and "School is Named Mother", with parent participants, especially young PAUD mothers, resource persons in collaboration with the UIKA Bogor Counseling Guidance Unit and child psychologists. IT Training" for parents, especially young mothers, brought in speakers from the UIKA Bogor IT Team on digital literacy and dealing with internet media risks from *cyber bullying,* pornographic content, and so on and Training using *the Google Family Link Feature* application to control cellphone use.

Khairally (2023) explained that the parenting program is an education given to parents in order to educate and care for children so that they grow optimally and become good quality children. With this program, parents can provide assistance and support to their children directly. Maghfiroh (2022) explained that children's growth and development can develop optimally, knowledge and stimulation provided by the environment, especially the family environment, especially a mother, then nurturing and loving activities carried out by a mother can have a positive impact on children's abilities. Mahardika (2020) explained that supervision of gadgets used by children through one of *Google's parenting control applications "Family Link"* which consists of two versions for parents and children and can be downloaded for free on the *play store*. With this devotion, parents do not let their children use gadgets without supervision because it can have a bad impact on children's growth and development, both physically and psychologically.

Figure 5. Implementation of activities

To strengthen the application of technology and innovation, the team compiled the Pocket book and distributed it to participants as a guideline for young mothers about digital literacy and parenting.

Figure 6. PKM Pocket Book

Controlling the use of gadgets is very important because it can prevent negative impacts such as sleep disturbances, decreased concentration, addiction, and mental health problems, as well as helping to maintain a balance of life and social-emotional development

Figure 7. Family Link Usage Procedures

Participants were taught how to *control gadgets* using *the family link* application. In addition to theory, the presenter also gave examples with direct practice. So that these young mothers can practice independently.

Figure 8. Digital Literacy Technical Guidance

CONCLUSION

The gadget controlling *system* through *family links* is a form of parental supervision of children from an early age, so as not to be addicted and avoid the negative impact of internet media. Parents can also set the duration of time they use gadgets and set what things children can download and watch. This digital literacy technical guidance is very useful for young mothers who are new to technology so that they become more understanding and more motivated to supervise their children from an early age and are wiser in using the technology.

Thank You

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