

DIGITAL PARENTING EFFECTIVENESS AS A LITERATION MEANS IN EFFORTS TO PROTECT CHILDREN FROM THE DANGERS OF SEXUAL VIOLENCE

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Abstract. This research is an experimental study that aims to determine how effective digital parenting is in increasing parental literacy as an effort to protect against the dangers of sexual violence in children through online media. The research design used was a one group pre test-post test design, which consisted of 18 test items measured using a pre-test that was carried out before being treated and a post-test that was carried out after given the treatment. The treatment was given in the form of a digital parenting workshop as an effort to prevent sexual violence against children. The research sample was carried out by purposive random sampling, on parents who have children between 4 years and 13 years of age in the six sub-districts of Bangkalan Madura Regency, East Java. The test results of treatment or digital application of parenting that has been followed by parents through seminars and workshops were somewhat effective in improving their understanding of the healthy use of digital devices and protecting children from sexual violence. These results are explained based on the results of the pre and post test with the Wilcoxon Signed Rank Test obtaining a significance level of 0.000. This shows that there are differences before and after conducting digital parenting seminars and workshops as an effort to protect sexual violence against children. The test results show that the post test value is greater than the pre test.

Keywords: *Digital Parenting, Sexual Violence, Children*

1. INTRODUCTION

The phenomenon of sexual violence against children is increasingly common and has become a global issue in various countries. Even when the world is experiencing the conditions of the Covid 19 pandemic, it was informed that sexual violence against children keep increasing. The Minister for Women's Empowerment and Child Protection revealed the latest data that there were 368 cases experienced by children with the highest number of victims being 407 children, 300 girls and 107 boys during the Covid 19 pandemic from 2 March to 25 April 2020 (data compiled by SIMFONI PPA). The data states that the greatest form of violence experienced by children is sexual violence, which is 58.21 percent (Source: www.kompas.com). Sexual harassment and violence through social media has become more prevalent in the past two years. The results of the study noted that Instagram was the most frequently

used social media with the percentage of 32%, Facebook 23%, then snapchat 14%. The same thing was also informed by the National Society for the Prevention of Cruelty to Children (Berty, 2019). The hope is that parents with literacy skills on Digital Parenting will provide a solution to this matter. Parents can observe the children's environment and direct them to positive things and minimize negative impacts such as sexual violence. Therefore parents can provide protection for children both in real and digital environments in the future.

Cases of sexual violence against children continue to increase from time to time. This increase occurred not only in terms of quantity or number of cases, but also in terms of quality. Sexual violence acts are committed through various ways, one of which is through social media or what is known as grooming. This is triggered by easy internet access that children nowadays have, which experienced an increase in this pandemic because children are free to access the internet with or without adult control, namely parents.

According to an international organization engaged in efforts to prevent violence against children or the National Society for the Prevention of Cruelty to Children (NSPCC), anyone can commit grooming regardless of gender, age, or race. Ironically, this sexual violence could also be committed by the people closest to the victim (Erwaningwidhi, 2019). As additional information, the Indonesian Ministry of Women's Empowerment and Child Protection (KemenPPPA) explained that cases of grooming have occurred since 2016. However, it is only recently that the public has known the term because of the many cases of grooming in 2019 that occurred more than 236 times in several parts of Indonesia.

KemenPPPA revealed that the high number of grooming cases in Indonesia are not only caused by technological developments, parents who do not pay attention to children are also the cause of grooming cases. As a precautionary measure, KemenPPPA urges parents to increase supervision of children by providing sexual education and building communication with them. This method makes children less exposed to the negative effects of pornography (Erwaningwidhi, 2019).

Parental supervision of children should be increased. Be aware of the ease of accessing the internet, like two sides of a coin, on the one hand the internet is useful and on the other hand it is very dangerous to children's development if it is not wisely used. In fact, many cases that occur in children are the result of using the internet without parental control.

Parents play an important role in raising children. Therefore it is important to be able to adjust the kind of parenting that is applicable to children. Of course today, as the era develops in the digital era, the parenting style of educating children needs to also be adjusted. In this digital era, as much information can be obtained easily via the internet, parents should be aware of their children in terms of parenting, because today's parenting is different from the past. Older parents did not know the internet, parenting was done independently without the help of information from the internet.

Digital parenting is an approach that parents can apply amid the many information and unstoppable exposure to gadget use. Especially during the Covid 19 pandemic, there was a change in the learning system and learning information that was focused on the use of gadgets, so it was no longer possible to prohibit our children from using digital devices. Digital parenting is a model of parenting that is adapted to the habits of children who are very familiar with digital devices. The principle is to instill wise behavior on the internet and apply rules so that children do not cross certain boundaries.

The hope is that the literacy skills of parents about Digital Parenting will provide a solution. Where, from the parents' observation, the children's environment can be directed to positive things and minimize negative impacts such as grooming sexual violence. So that in the future parents can provide protection for children in the real and digital environment.

The phenomenon above illustrates that digital parenting is a way of parenting adapted to the development of children who are familiar with digital devices. This method is considered effective in protecting children against the possibility of cyber crime which is increasingly occurring, especially sexual violence through online media. Based on what has been mentioned, the researchers are interested in conducting research with the following problem formulations: How is the effectiveness of digital parenting in increasing parental literacy as an effort to protect sexual violence against children through online media?

2. LITERATURE REVIEW

2.1 Sexual Violence

According to Law Number 35 of 2014, violence is any act against a child that results in physical, psychological, sexual, and / or neglect, including threats to commit acts, coercion or deprivation of freedom against the law. Sexual violence is defined as any sexual act, attempts at sexual acts, comments or suggestions for unintentional sexual behavior or vice versa, acts of violation to have forced sexual relations with someone (WHO, 2017).

The definition of sexual violence against children continues to evolve, including when someone uses a child for sexual pleasure or satisfaction. This is not limited to sexual intercourse, but also acts that lead to sexual activity against children, such as: touching the child's body sexually, whether the child is wearing clothes or not; all forms of sexual penetration, including penetration into the mouth of a child using objects or body parts, making or forcing a child to engage in sexual activity, deliberately engaging in sexual activity in front of a child, or not protecting or preventing a child from witnessing sexual activity by other people; create, distribute and present images or films containing scenes of children in indecent poses or actions; as well as showing children, pictures, photos or films that display sexual activity (Akbar, 2016).

According to WHO (2017) the impacts of sexual violence are:

- A. Physical impact
 - a. Pregnancy and reproductive problems: sexual violence can have an impact on the victim's unwanted pregnancy, this will force the victim to accept her pregnancy which can cause stress during the pregnancy. Pregnancy that occurs at a young age can cause several pregnancy problems for victims due to the reproductive organs not being prepared to accept a pregnancy. Another impact is disorders of the reproductive organs that usually occur in victims of rape such as bleeding, reproductive tract infections, irritation of the genitals, pain during intercourse, and other reproductive problems.
 - b. Increased transmission of sexually transmitted diseases
- B. Psychological impact
 - a. Post-traumatic depression / stress
 - b. Trouble sleeping
 - c. Decreased self-esteem
 - d. The emergence of somatic complaints
 - e. Drug and alcohol abuse due to depression
- C. Social impact
 - a. Barriers to social interaction: exclusion, feeling unworthy
 - b. Domestic problems: forced marriage, divorce

Based on the studies above, it can be seen that sexual violence committed against children not only causes physical injury, but also has long-term impacts, especially on psychological and social development disorders.

2.2 Digital Parenting

Digital parenting includes the activities of parents providing clear boundaries, guiding and supervising children in using digital media (Sukiman, 2016). Parents and children need to have an agreement regarding the use of digital media, take advantage of educational programs / applications related to aspects of child development, instead of prohibiting children from using gadgets. This does not mean that parents should completely prohibit their children from using digital, but they must provide clear rules and restrictions for use.

Digital parenting is giving clear boundaries to children about what they can and cannot do when using digital devices. What parents should do with their children in digital parenting is as follows:

- a. Increase and update insight about the internet and gadgets.
- b. If there is internet at home, place the computer in the family room so other family members can see what the child is accessing and looking for on the internet.
- c. Limit children's time to use gadgets and the internet. Provide mutual understanding and awareness of the negative impacts of the internet and / or gadgets.
- d. Strictly prohibit as soon as possible if something is inappropriate to watch. Maintain open two-way communication with children.

3. RESEARCH METHODS

The research design used in this study was One Group Pre test Post Test Design Without Control Group, which is a pre-experimental research design. This type of research is carried out by measuring and observing the variables (pre test) before being given the treatment. After the treatment is given, the post test is conducted via google form.

This research uses quantitative research with a quasi-experimental method. Quasi experiment is used to overcome a difficulty in determining the control group in the study (Sugiyono, 2013). The research method of quasi experiment or quasi-experimental research that the authors use can be interpreted as research that approaches experimental research (Syamsudin and Vismaia, 2011).

The research method used by the authors in this study is the One-Group Pretest-Posttest Design research method. This One-group Pretest-Posttest Design is included in the Pre-Experimental Designs (nondesign) research. Pre-experimental design (non-design) is a design that is not a real experiment, because there are external variables that influence the formation of the dependent variable (Sugiyono, 2013).

To find out the effect of the effectiveness of certain treatments, in this case the digital parenting activities, prerequisite tests and hypothesis tests were carried out. The prerequisite test is a homogeneity and normality test which aims to determine whether the sample used in the study comes from the same variance or not, and to find out whether the data used from each variable has been normally distributed or not. Hypothesis testing is carried out after the prerequisite test is met, in the form of t-test (different test) and test for the influence of independent variables on the dependent variable.

The t-test was conducted to determine the differences in the increase in literacy (knowledge and understanding) of parents before and after participating in digital parenting activities. If the results of the hypothesis testing are different, it can be concluded that digital parenting has an effect on the ability to protect against the negative effects of gadgets, one of which is sexual violence.

There were 64 respondents for the activity; namely parents who have children aged 4 to 13 years who are mostly categorized as educated high school graduates (SMA / SMK / SLTA 56.3%). With the highest percentage of work being honorary employees at 39.1%, with children aged 7-12 years as much as 42.2%. The duration of using gadget is mostly < 3 hours as much as 65.6%.

Table 1. Characteristics of Pre-Post Test Respondents

Characteristic	Category	Frequency	Percentage
Education	Undergraduate (S1)	27	42.2
	Post-graduate (S2)	1	1.6
	Senior high school graduate (SMA/SMK/SLT)	36	56.3
	Total	64	100
Occupation	State civil apparatus (ASN)	8	12.5
	Honorary staff	25	39.1
	Housewife	1	1.6
	General employee	10	15.6
	Government employee	19	29.7
	Entrepreneur	1	1.6
	Total	64	100
Age	Aged 1-6 years	19	29.7
	Aged 13-17 years	18	28.1
	Aged -12 years	27	42.2
	Total	64	100
Duration of gadget usage	< than 3 hours	42	65.6
	> than 3 hours	22	34.4
	Total	64	100

4. RESULTS AND DISCUSSION

Digital parenting is a model of parenting that is adapted to the habits of children who are used to digital devices. The principle is to instill a wise attitude when behaving on the internet and apply certain rules so that children do not cross certain boundaries. The literacy skills that parents have about digital parenting hopefully will provide solutions, can increase parental monitoring so that the children's environment can be directed towards positive things and minimize negative impacts such as sexual violence.

The researchers provide treatment in the form of semi-workshop seminars to parents to understand how the condition of digital devices and the dangers of sexual violence can occur. Sex is the number one topic searched on the internet. There are more than 4.2 million porn sites on the internet, with 2500 new sites appearing online each week. The 12-17 year old group is the largest consumer of pornography on the internet. 62% of parents of teenagers do not realize that their children have accessed inappropriate websites. Nine out of ten children aged 8-16 years with internet access have viewed pornography on the internet. In most cases, these sex sites are accidentally accessed by children when doing homework, using generic keywords to find information or images.

The researchers provide several principles for the application of digital parenting to parents such as: knowing the right time to give gadgets to children by looking at the child's age and maturity, making rules that children agree on about using digital devices before buying them, making schedules for internet use and using timers as a reminder when time is up, children must commit themselves to when and at what time they have to turn off their gadgets, make sanctions against mutually agreed upon rules between parents and children, be consistent in implementing sanctions on children, explain to children about the meaning of digital, social media, and the impact of digital devices, sharing experiences about digital devices with children, watching children regularly in a fun atmosphere, being friends with children on social media.

And what is also important is explaining the features that can be accessed and which cannot be accessed by children. The researchers also informed how to effectively protect digital devices in children from adult sites or pornography in the form of images or films, such as: setting parental control on YouTube, Google Chrome, and Play Store, also reporting sites or adult accounts.

The researchers conducted a data normality test, this is used as a parametric test requirement. If the results of the normality test are normal, the paired t test is carried out. As follows :

Table 2. Data Normality Test

	Kolmogorov-Smirnov ^a		
	Statistic	df	Sig.
Total pre score	0.142	64	0.003
Total post score	0.101	64	0.100

The results of the normality test have a significance value of less than 0.05 in the pre-test score, while the post-test score is more than 0.05. This means that the post data is normal while the pre data is not normal, therefore the further tests to be carried out are non-parametric tests, namely the Wilcoxon Signed Rank Test and the Mann Whitney U Test.

The difference between before and after conducting digital parenting seminars and workshops as an effort to protect sexual violence against children can be seen in the following table:

Table 3. Different Test of Pre Post Test

Variable		N	Mean Rank	Significance
Total Post score –	Negative Ranks	10 ^a	20.30	0,000
Total Pre score	Positive Ranks	47 ^b	30.85	
	Ties	7 ^c		
	Total	64		

The test results of treatment or digital application of parenting that has been followed by parents through seminars and workshops were somewhat effective in improving their understanding of the healthy use of digital devices and protecting children from sexual violence. These results are explained based on the results of the pre and post test with the Wilcoxon Signed Rank Test obtaining a significance level of 0.000. This shows that there are differences before and after conducting digital parenting seminars and workshops as an effort to protect sexual violence against children.

CONCLUSION

The test results of treatment or digital application of parenting that has been followed by parents through seminars and workshops were somewhat effective in improving their understanding of the healthy use of digital devices and protecting children from sexual violence. These results are explained based on the results of the pre and post test with the Wilcoxon Signed Rank Test obtaining a significance level of 0.000. This shows that there are differences before and after conducting digital parenting seminars and workshops as an effort to protect sexual violence against children. The test results show that the post test value is greater than the pre test. This can be seen from the positive rank values which are more of 47 data, while the negative rank has 10 data, and 7 for the same data.

There are several suggestions that parents can take in implementing digital parenting as an effort to protect against the dangers of sexual violence against children, such as: 1) Explain to children about the meaning of digital, social media and the impact of digital devices, 2) Parents can make rules and schedules for internet use and set timer to remind when the given time is up, children must also commit themselves to what time they should turn off their digital devices, 3). Make sanctions against rules that both parents and children have agreed on and be consistent in implementing sanctions on children.

There are several limitations in this study, namely: 1) The difficulty of conducting direct or face-to-face interactions between the researchers and the community as a source of research data during the pandemic, collecting large numbers of respondents at the same time will be at risk of Covid transmission, so initially the researchers plan to collect digital-based data through the distribution of google form links, when informed, it turned out that it would be difficult for most parents because they were obstructed by the availability of an internet network and limited knowledge of potential respondents on how to fill it in, 2) Respondents' incomplete answers to questions, not all respondents were thorough enough to understand the instructions that were written on the first page, therefore there are still incomplete answers from some of the questionnaires that have been collected.

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