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Children's Well-Being: Parental Awareness on Child Internet Addiction

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Abstract

Internet addiction among children has become a global health problem, including Malaysia. It raised public awareness of its increasing number. Most of the internet addiction risk factors relate to parents and their awareness regarding this issue. Therefore, this study was done to explore family awareness of child's internet addiction and to identify the role of the family in overcoming internet addiction among children. This is a qualitative study using a scoping review design. The articles were obtained from the Academic Search Premier@EBSCOhost university database published from 2015 to 2023. A total of 38 articles were selected from the EBSCO-Host together with other relevant and significant articles from earlier years. Findings revealed that family awareness in term of understanding role of family members (parent's role, sibling's role, child's role) is very important in facing internet addiction among children. Besides that, there are five elements in managing child internet addiction which include controlling and monitoring children's internet use, limiting time and space in children's internet use, the concept of psychological reward and punishment in internet use, application of moral and spiritual values, and joint involvement of parents and children in social activities. In conclusion, this study can be a guidance to the involved party such as educators or community in dealing and helping the family or parents who are facing with the issue of child's internet addiction.

Keywords: Well-being, Mental Health, Children, Parental Awareness, Internet Addiction

Introduction

Today's generation has grown up with technology and is now facing the era of the 5.0 revolution. Digitization in every area including learning continues to grow rapidly. However, there are no clear and well-defined boundaries for using technology in a way that is suitable

for children or teenagers. There are various issues such as gadget addiction, internet addiction and virtual life ensuing from the technology boom, resulting in a new epidemic called "technostress". According to Suryanto and Twista (2017) technostress "is a modern disease of adaptation caused by an inability to cope with the new computer technology in a healthy manner".

Apart from that, "nomophobia" (or no mobile phone phobia) is an addiction to smartphones that also occurs among children nowadays. It refers to the state of disturbance experienced by the digital society and is characterized by discomfort, anxiety, irritation, and distress that occur when a person cannot reach a mobile phone or computer to use the internet (Antonino, 2021). Basically, a good level of well-being will help ensure that the degree of development and progress that society wants to achieve can be realized (Haris, 2010). Nevertheless, the issues underlying such an array of internet addictions will certainly jeopardize aspects of children's well-being and eventually lead to bad polemics in society.

During the COVID-19 pandemic and its ensuing Movement Control Order (MCO), the number of internet network browsers was seen to have increased significantly. According to the Malaysian Communications and Multimedia Commission (MCMC), there was a sudden spike in demand for broadband services following the implementation of the MCO because learning activities, conferences, meetings, businesses and so on were conducted from home. The MCMC also noted a 23.5 percent increase in the flow of internet traffic across the country in the first week of the MCO and a further increase of 8.6 percent in the second week (MCMC, 2020). The use of the internet has continued to increase even after the MCO ended due to people's habit of using technology in every aspect of their lives. Besides adults, children are no exception to using technology for entertainment, gaming, social networking and even learning.

The terms internet, screen, social media, and technology addiction are often heard. Basically, an addiction can be defined as a state of wanting something. In fact, internet addiction is an issue that affects mental health. A study by Internet World Stats revealed that almost 78.8 percent of internet users in this country, especially children, suffer from serious addiction. The Cyber Security Awareness Benchmark Study conducted in 2021-2022 by Cyber Security Malaysia in collaboration with the Malaysian Ministry of Education revealed that cyber-attacks faced by children included data intrusion (10.5%), cyber bullying (3.9%), sexual baiting (3.6%) and extortion (2.8%). The study also stated that such cyber-attacks are also related to internet addiction. This addiction to the internet peaked during the MCO when children spent much time at home. In fact, SKMM also recorded an increase of 23.5 percent in the flow of internet traffic across the country in the first week of the MCO, and further increased by 8.6 percent in the second week (SKMM, 2019).

Children need close monitoring, assistance and support from parents and family members (Alias et al., 2018). Parents, being the closest individuals to their children, need to be aware of the dangers of internet addiction and should play an active role in ensuring that they do not get caught up in its negative effects such as cyber bullying, pornography, online video games, and the impact on psychology and health. Parents should practice appropriate parenting styles and effective communication with their children. This can help develop strong personalities and a sense of self-identity and further increase the well-being of children who could otherwise succumb to the negative influences of internet addiction. This paper has two objectives. First is to explore family awareness of child internet addiction and second to identify the role of the family in overcoming internet addiction among children.

Literature Review

Children's Wellbeing

Child well-being refers to sound physical, mental, and social security conditions in children's lives. It involves children's right to protection, quality education, access to health services and an environment that provides support for their growth and development (Department of Social Welfare, 2016). Child well-being is a widely recognized human right. Children have the right to be protected from exploitation and discrimination, have access to quality education and the right to join various organizations in their process of self-development (Alias et al., 2018). Children's well-being can be measured by various indices and indicators such as child injury rates, educational attainment levels, mental health assessments and measurement of their level of social well-being in society (Saidatul et al., 2018). Children's well-being will encourage them to contribute actively in their socialization (Siti Hajar et al., 2017). In the context of social participation, it takes into account 'with whom' children do activities (Levasseur et al., 2010). This is because children need to participate in formal and informal activities and in different physical and social spaces in their self-development process (Lindstrom et al., 2001).

Well-being and happiness or stress during childhood can have positive or negative effects when the children grow up later (Daines et al., 2021). Thompson (2016) found that 'brain stress' has a negative effect on children's brain development. According to Aminah et al (2022), the Malaysian government needs to pay serious attention to issues related to the development and well-being of children in the policies enacted. In order to ensure a successful, prosperous and developed future for Malaysia, today's children need to be prepared with an education and personality and a way of thinking that suits the atmosphere and environment of the future. The first eight years are the most important stage in a child's life. Substantial investments need to be made to ensure they receive a balanced diet, support for their emotional and physical well-being, and the best care. This is because their development during that time is critical and will last until adulthood. The CDC's Public Health Grand Rounds (2017) report states that "In the first 5 to 8 years, children's brains are the most flexible, and is the most critical period for learning and growth. Children will also experience severe difficulties in the first eight years, risking toxic stress for the rest of their lives" (Robinson et al., 2017).

In addition, the widespread use of digital technology in children's lives has a significant impact on their well-being (Salmah & Malisah, 2015). The use of smart devices and online games can be beneficial in learning, social interaction, and entertainment but it also brings risks to the mental health, emotional development, and safety of children if there is no monitoring from the family (Aina & Hapsah, 2020). The controlled use of technology can benefit children's learning. Interactive educational applications and online learning resources can improve their knowledge in various subjects (Intan & Zamri, 2021). It is a positive aspect that can improve children's well-being by giving them access to wider knowledge. However, there are also negative effects that need to be noted. Children who spend too much time using smart devices or are too obsessed with online games will experience mental health problems such as depression and anxiety (Sherina, 2020).

Internet Addiction and its Implications for Children's Wellbeing

There are various implications arising from internet addiction among children if it is not curbed and recognized early by parents. Among them are

i) Mental and Physical Health Issues

Among the negative effects of internet addiction on children's physical and mental health are obesity, vision-related issues, and others. Studies have shown that internet addiction affects children's physical and mental health by impacting their sleep time and daily routines such as exercise (Zhou et al., 2022).

In terms of mental health aspects, cyber bullying on social media can also result in a sense of unease among children. Cyberbullying is defined as the use of technology-based communication including the telephone, emails, messages, and social networks aimed at harassing or threating individuals through messages or expressions online (Che Hasniza et al., 2018). The study also showed that primary school students who experience cyberbullying are generally between the ages of 10 and 12 years and the form of harassment includes receiving sexual messages and pornographic images and having their accounts hacked (Malaysia Cyber Security Study Report, 2022). Meanwhile, the Bukit Aman's Criminal Investigation Department recorded 7,358 criminal cases involving children including 11 related to pornography for the January to August 2019 period (Noraina, 2021).

ii) Socialization of Children

Socialization is a process that occurs throughout life in which individuals acquire and interact with the social values and standards of their society and culture (Genner & Suss, 2019). However, the explosion of technology through this virtual medium has caused face-to-face socialization to be replaced by virtual methods. Basically, children who spend excessive time on the internet tend to have limited interactions with their family and friends. Thus, they spend much time chatting online and paying more attention to their smartphones than engaging with their parents, siblings and other family members.

Internet addiction has a negative effect on children if they spend too much time on the screen so that they neglect eating, sleeping, daily activities and even spend time alone without being with friends and family. According to some past studies, excessive internet use can cause mental, social, educational or professional problems (Sneha, 2021). In addition, this effect also occurs as the children in question are not exposed to social activities due to focusing full time on the internet. Family time is also limited. With that, they experience problems in handling relationships such as friendship, cooperation with others and any type of activity involving other people (Azimah et al., 2021). Therefore, this addiction also has a great impact on children in carrying out social activities with their own family members.

Internet addiction among children impacts their socialization process such as neglecting sports activities, socializing, face-to-face interactions, going out to play with friends and enjoying nature. This life activity has been replaced by a digital life that is in the virtual world (Jevtic & Jevtic, 2019). In fact, the joy that children should feel when solving problems in life or socializing face-to-face or during sports competitions has been replaced by the happiness experienced while playing video games online.

iii) Developing Aggressive Behaviour

Violent or aggressive behaviour is among the results of gadget addiction among children. The highest number of respondents (49.9%) in a survey expressed strong agreement with the aggressive effects of gadget addiction on children (Azimah et al., 2021). The study conducted by Ng et al (2023) reported a strong and significant positive linear relationship between the level of internet addiction and behavioural changes among primary school students. This is also evidenced in other studies that showed similar findings. Joan and Suzyani's study (2021)

found that children's behaviour changes are caused by the use of gadgets. Their study showed that children experience behavioural changes such as being easily angered or crying (50%), sensitive to minor issues (40.1%), difficult to calm down (38%), busy with gadgets (27.6%), sleeping late (25%) and showing the characteristics of smartphone addiction (45%). Meanwhile, Devamani et al (2019) conducted a study on parents' perceptions of behavioural changes due to the use of smartphones among 110 children aged 6 to 12 years in India. They found that as much as 41.8% of the children had difficulty calming down when angry and 36.4% often felt easily distracted and sensitive to trivial issues.

Such behaviour changes due to internet addiction often fails to be managed and dealt with by parents which in turn leads to the formation of aggressive behaviour when children reach adolescence and adulthood (Costello et al., 2011). According to a study by Bayley and Topper (1991), harsh and violent scenes displayed in the media can trigger new ideas for teenagers and children to learn and practice. Their study also showed that the media is the main cause of students learning how to behave aggressively as it is a major tool in the lives of teenagers and children. The effect of watching various programs in the media has increased the tendency to commit acts of violence and other negative behaviours (Baron & Bryne, 1991).

Methodology

This is a qualitative study using a scoping review design. Scoping research analysis involves a planned process of combining raw data into categories or themes based on valid conclusions and interpretations. It employs inductive reasoning, where themes and categories emerge from the data through careful examination and constant comparison by the researcher. However, scoping study designs need not necessarily exclude deductive reasoning (Patton, 2002). Generating concepts or variables from previous theories or studies is also very useful for qualitative research, especially at the beginning of the data analysis stage (Berg, 2001).

This scope study approach is based on the five analytical frameworks of Arksey and O'Malley (2005) that consist of six steps, namely (1) identifying the research questions; (2) identifying relevant studies; (3) selecting studies; (4) mapping data; (5) compiling, summarizing, and reporting results based on research themes and categories, and finally (6) carrying out consultations. The main purpose is to identify important themes or categories in the scoping study to provide a comprehensive picture of the social reality created by the themes/categories.

In this study, articles from journals, magazines, newspapers, and bulletins that focused on the issue of internet addiction among children and awareness of the family's role in overcoming it were selected for analysis. The articles were obtained from the Academic Search Premier@EBSCOhost university database published from 2015 to 2023. A total of 38 articles were selected from the EBSCO-Host together with other relevant and significant articles from earlier years. The researcher used keywords to identify other words or phrases that appeared such as child welfare, nomophobia, gadget addiction and online video games and analyzed the meaning behind each concept to better understand the issues discussed. Only articles that were academic in nature and had references as well as those that had been scientifically evaluated by other researchers were selected for this study. In order to ensure the reliability and credibility of the study results, the researcher evaluated the data obtained by identifying whether there were similarities in and differences between the resulting categories. Articles in the form of proceedings, were incomplete, and could not be downloaded and not related to the scope of the study were not selected. This was done by reading, analyzing and structuring relevant content according to the literature review topic. Next, the relationship

between the proposal or literature review topic with earlier research was established. Following that, the selected articles were analyzed and categorized according to the scope of the study to gain a better understanding of issues related to internet addiction and awareness of the role of parents in overcoming such addiction among children.

Findings and Discussion

The fourth edition of the Kamus Dewan defines the internet as a network or global computer network, while cyber can be defined as something related to computers and the internet. Therefore, internet or cyber addiction refers to addiction to internet use. In fact, this situation is described by Basile (2006) as a loss of control over the rational use of the internet. Among the signs of internet addiction among children are sleeping late because of using the device/internet, preferring to play with the device/internet than with friends and feeling angry when not allowed to use the device/internet (Laporan Kajian Keselamatan Siber Malaysia, 2022).

Internet addiction is often referred to as internet addiction disorder (IAD). It can be understood as problematic internet use or addiction that triggers a pathology (disease) due to a significant deterioration in a person's self-functioning in various aspects of life for a prolonged period of time. Addiction refers to the state of a brain resulting from a compulsive engagement with a rewarding stimulus that ultimately has an adverse effect. Various neurobiological factors and psychological elements lead to addiction. A person may be addicted to smoking, drinking, taking drugs, and other habits such as using electronic devices, and more (Sneha, 2021).

In general, every child is at risk of developing an addiction to the internet. Today's situation of working parents and the lack of attention to their children makes the situation worse. This is because children who do not receive attention will tend to seek entertainment in the virtual world due to the lack of fun with the family. Addiction also easily occurs in children who tend to use the internet non-stop for more than 4-6 hours daily (Tao et al., 2010).

Family Awareness in Child Internet Addiction

Family awareness has an important role in overcoming the problem of internet addiction in this digital age. In this context, the family plays an important role as the main support system of defense and assistance to children in facing the increasingly complex digital world (Noor Mohamad, 2021). Family awareness refers to the level of understanding and knowledge of parents and guardians about the risks and problems that arise as a result of excessive internet use among children. This includes understanding the early signs of addiction, management, and proper usage and how to protect children from the threat of cyber-attacks (Che Hasniza & Che Su, 2017).

Parents having high awareness of the problem of internet addiction may identify signs such as the child's withdrawal from social activities, poor school performance or drastic changes in their behaviour such as having trouble sleeping. Such awareness will enable parents to act more effectively in providing guidance and emotional support, and in reducing excessive internet use (Johari & Shahrina, 2012). In addition, family awareness also involves educating children about online risks and safety (Bernama, 2021). Parents who are aware of online risks may spend time discussing with children how to protect themselves from cyber threats such as online fraud or socializing with strangers on social media (Che Hasniza & Che Su, 2017).

Family awareness of the importance of open communication in overcoming children's internet addiction is the basis for building strong relationships and ensuring healthy

development in the use of technology (Fikri, 2021). It involves the belief that communication is an important tool to understand and provide support to children in the digital world. Family awareness is the process whereby parents and other family members understand that honest and open communication is key to overcoming internet addiction and protecting children from online risks. A study by Pumper et al (2013) found that there is a communication gap in the family system, especially communication between parents and children. This is because the widespread use of social media has resulted in children spending more time with gadgets than with their families. Therefore, the style of upbringing, communication and structure in the family is important because it can affect or influence the pattern or style of parenting (Rashid et al., 2021; Selkie et al., 2011).

Role of the Family in Overcoming Internet Addiction

The importance of the family in overcoming the problem of internet addiction cannot be ignored. This is because the family has a major role in shaping the understanding, supervision and support needed to ensure the safety and well-being of children in the digital world (Nor Hamizah, 2021). Specifically, the role in the family is as follows

i. The role of parents

The role of parents in the family is key in overcoming the problem of internet addiction among children. Parents have a major role in providing guidance, raising awareness, and shaping the practice of using the internet wisely (Nurhamizah & Asbah, 2019). They can discuss time limits for internet use, set house rules related to the use of technology and improve their basic knowledge about the use of the internet and social media, especially for vulnerable groups (Suhaniya & Mohamad, 2019). Parents also need to be aware of the various risks of internet use and forms of cyber-attacks that may occur to adults, children and teenagers, and to balance the digital life of children and families with other family and physical activities (Raja Noraina, 2021).

Additionally, parents need to build an ongoing relationship with children where they feel comfortable discussing their online experiences, and whether they feel stressed or tempted by excessive technology use. In addition, when children face the problem of internet addiction, parents need to provide the necessary emotional support, such as listening carefully, empathizing, and working together to find appropriate solutions (Melati, 2023). With the right role, parents can form a positive pattern of internet use and at the same time take care of children's well-being in the digital world.

ii. The role of siblings

The role of siblings in the family cannot be ignored in efforts to overcome the issue of internet addiction among children. Siblings can help children manage their internet use wisely. This role includes providing moral support, encouraging the responsible use of the internet and being a reliable friend in the use of technology (Wan Anita & Azizah, 2013). Older siblings can be positive role models in the wise usage of the internet and in encouraging their younger siblings to follow the same example. They can also guide children in proper and sound time management (Khairunneezam, 2022). They can remind children to respect the time limits set for internet use or encourage them to engage in offline activities together (Wan Munira, 2023). Offline activities or healthy physical activities can be done with siblings. This can help balance internet use with healthier physical and social activities.

iii. Child's role

The role of children in the family is also a major factor in overcoming the problem of internet addiction. They should not only be smart in using the internet but also have cyber resilience. Although children need guidance and supervision from parents and family in using the internet, they also have an important role in overcoming the problem of internet addiction (Siti Jamiaah et al., 2020). Children need to develop self-awareness about their internet use. They also need to recognize signs of addiction or excessive internet use and try to manage internet use wisely (Afiq, 2017). If they experience a cyber-attack, they need to survive, report, and immediately recover psychologically as well as learn from the cyber-attack event to be more careful in surfing the internet (Anwar, 2015). In fact, children can take the opportunity to learn more about online risks and safety. They can learn how to identify online threats and what actions to take if they encounter an unsafe situation (Muhammad Adnan et al., 2019).

Among the various guides and tips to control the use of gadgets by children are

1. **Controlling and monitoring children's internet use**

The control and monitoring of children's internet use is an action taken by parents or guardians to safeguard the safety, development, and well-being of children online. This does not mean that internet use should be banned or completely suppressed, but rather a guide to help children in interacting safely and responsibly online (Norsiah, 2022). According to Hasanah (2020), parents can download a 'parental control' application on a computer or mobile phone to limit certain websites which are not suitable for children to browse. Parents can also install software called ‘google family link for parents and children’ on their phones to monitor their child's activity. Parents can monitor children even when they are not with them. In addition, parents can also use internet filtering software and set privacy settings and passwords to control children's internet use. By setting this password, children cannot use the internet freely (Naquiah et al., 2017). Parents are also encouraged to spend time with children when they use any type of gadget. This approach can create positive interactions between children and parents. It involves active and educationally focused use in play sessions or exploring educational apps and websites. For example, a family can use gadgets together to explore online learning resources. They can visit educational websites that allow children to learn science, math, or languages in an interactive and fun way. Parents can play an active role in guiding their children in the use of useful applications and resources. In addition, gadgets can also be used to explore activities together. Families can try digital art maker applications, produce multimedia projects or explore the world of science through online experiments (Laili & Maizatul, 2014). This is an effective way to encourage children to think critically and creatively while having fun with technology. Parents will not allow children to play with gadgets alone. This is because children will browse websites or games as they please, causing them to become addicted to using the internet (Salmah & Malisah, 2015).

2. **Limiting time and space in children's internet use**

Limiting time and space in children's internet use is an important strategy used by parents or guardians to ensure that children use the internet wisely and responsibly. This is important to ensure that children are not too passionate when using gadgets. The use of gadgets should not exceed 2 hours and parents should sit down with children, especially those under the age of five, to avoid dependence on gadgets (Khairunnisa, 2016). In fact, children aged two to five

years should only be exposed to gadgets for 30 minutes every two to three days, while those aged six to eighteen years should limit their exposure to 2 hours daily (Alzahrin & Mohd Nasaruddin, 2015).

In addition, according to Naquiah et al (2017), parents can arrange an appropriate schedule and guide children to follow it. The use of gadgets and other electronic devices such as television should be limited to a certain period of time. Limiting the use of technology can ensure children focus more on learning and help improve their academic achievement. In addition, parents also need to be aware and know where their children use gadgets whether in the living room, dining room, bedroom and so on. Parents should forbid the use of gadgets at the dining table as well as in the bedroom or areas hidden from their view. Therefore, parents must be responsible for ensuring that gadgets such as tablets, mobile phones and others are placed in public places so that monitoring can be carried out more effectively (Faizatul, 2015).

Parents should also limit the space in the use of the internet which involves the use of control software to block access to websites or applications that are not suitable for the child's age (Norizuan, 2018). This includes websites that contain pornographic content, violence or online gambling that is not developmentally appropriate for children. In this way, children are protected from being exposed to harmful and damaging content. Limiting the space for internet access allows children to explore the digital world more safely and according to their developmental stage. This can teach children about the selection of good content and the importance of maintaining online safety (Saufi, 2022).

3. The concept of psychological reward and punishment in internet use

The concept of psychological reward and punishment is a basic principle in behavioural psychology that focuses on how incentives and consequences shape human behaviour (Muhammad Khairudin et al., 2012). In the context of children's internet use, this means using positive incentives as rewards for desirable behaviours and using reasonable punishments as learning for undesirable ones. Parents need to offer positive rewards to children if they use the internet wisely, for example allowing those who complete their homework without coercion to play online games. On the other hand, punishment can be meted when children violate the rules of internet use set by the family. For example, if a child spends too much time in the use of gadgets at unauthorized times, parents can impose a reasonable punishment such as limiting the child's internet use for a few days. This concept can help children understand that their actions in the digital world have the same consequences and effects in real life. It also forms positive attitudes and behaviours in browsing the internet (Melati, 2023).

Yakob's study (2020) found that teenagers use gifts and punishments as motivation to change from excessive internet use. Thus, they always strive to be able to achieve the desired change target so as to obtain the prize set and avoid punishment by trying not to fail in making the change. In addition, a perception has been formed in the community that offering rewards and imposing punishments will always motivate children even though there are some who may not yield to such inducements. This is influenced by an immunity to reward and punishment. Therefore, parents must have a clear purpose in rewarding. This will encourage children to be more enthusiastic, in contrast to parents not having a solid basis for rewarding which will not affect such children (Murdoko, 2017).

4. Application of Moral and Spiritual Values

The application of moral and spiritual values in the use of the internet by children refers to how to apply good moral principles and spiritual values in the aspect of their use online (Zawiyah et al., 2017). It also involves the appreciation of deeper and spiritual values which lead to self-growth and understanding of life. Parents need to apply time discipline to children when using the internet so that the time used for learning, physical activity or social interaction is not wasted in online activities that are not beneficial. Furthermore, the use of the internet among children often leads to wasting time which can have a negative impact on their development. In fact, Islam prohibits actions that cause waste. The Quran has the words "ikhwan shayathin" which means brothers of the devil in a condemnation of anyone who lives wastefully. Waste means misusing a resource whether visible or invisible. Resources can be money and property or health, knowledge, natural resources, expertise, time, talent, space, opportunity, peace and well-being (Azmi, 2019). Therefore, parents need to instill time discipline in children to help them overcome the issue of excessive internet use and maintain a balance of time management that is useful in their future development.

In addition, parents also need to inculcate values of ethics and manners among children in surfing the internet. Therefore, there is a need to ensure that the use of the internet is used prudently in the family. Kimball and Kim (2013) argue that ethical considerations for internet use have virtual boundaries. Furthermore, there are children who are curious, shocked or confused when exposed to online pornography. It can encourage them to believe that pornographic websites are safe to browse (Moaz, 2019). The issue of internet addiction in Malaysia leads to various social problems such as pornography, sex and mental complications. Children are found to be often exposed to pornographic material on the internet which causes an increase in underage sex addiction. As such, parents need to monitor their children's internet usage to prevent them from browsing pornographic websites. Islam has also prohibited pornographic activities through the words of Allah SWT in Surah An-Nur verses 30 and 31 which state, "Say (O Muhammad) to the believing men that they restrain their gaze (from looking at what is forbidden), and preserve their honour. Such is more sacred for them; verily, Allah is Deep in His Knowledge of what they do".

5. Joint Involvement of Parents and Children in Social Activities

The involvement of parents and children in social activities is a proactive step that can help reduce the problem of children's internet addiction (Suhaniya & Mohamad Fauzi, 2019). Such activities can divert children's interests and time from gadget use to beneficial social interactions. It can also foster a stronger relationship between parents and children, allowing them to interact positively in an offline environment. Parents can do social activities at home with children by creating an environment that focuses on family interaction as well as improving family relationships (Fatinah et al., 2020). These activities encourage families to interact with each other without relying on gadgets. It also provides space and opportunities for learning, communication, and sharing experiences. For example, cooking activities with children can be done in families to establish close relationships with each other (Salina, 2012). In addition, parents and children can also prepare dinner together or bake a cake. They can work together in food preparation and enjoy food together at the dining table. Cooking together encourages collaboration and creates opportunities to chat and share stories during the cooking process.

Parents and children can engage in community activities that bring many benefits. It helps children understand the value of teamwork, builds empathy towards those who need help

and can also divert children's interest from using gadgets to positive actions in society (Razis, 2022). It can also strengthen the relationship between parents and children through joint involvement during activities. For example, parents and children can participate in voluntary activities such as distributing food to the less fortunate in the community. They work together in the kitchen to prepare meals and then deliver them to those in need. This activity teaches children the value of empathy and helping others. It also strengthens family relationships through cooperation in voluntary activities (Intan et al., 2022).

In addition, families can also get involved in community events such as open house ceremonies, wedding parties and so on. Such involvement can help in overcoming the problem of children's internet addiction (Salina, 2012). Community events such as wedding receptions and open houses create opportunities for parents and children to interact with other community members. It encourages children to understand the importance of face-to-face communication and human relationships over excessive internet use. These activities also help children understand their role in the local community and foster a positive sense of togetherness.

Conclusion

In conclusion, every individual is faced with the impact of the speed of technology, especially children who are still raw in managing discipline and self-control. While technological progress has had a positive impact on life a person's ability to adapt to it is important to protect oneself from getting stuck in various issues and problems. Good knowledge related to the use of technology is important in order not to have negative effects. In addition, support bodies such as educators need to continuously apply moral knowledge in forming the character and morals of students as early as primary school. In fact, other support facilities such as counseling services need to be strengthened in dealing with issues related to internet addiction. Also, apart from parents, it is the role of each individual in society to jointly cultivate a healthy lifestyle, with integrity, morals and trust in oneself and religion. The noble values practiced by such a community will permeate into and become the practices of the next generation.

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