

INTRODUCTION TO PARENTAL COMMUNICATION AND GADGET DEPENDENCY IN CHILDREN

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In today's digital era, effective communication between parents and children age group 6-12 years plays a crucial role in guiding responsible technology use. Strong family bonds help shape positive behaviour, encourage healthy social interaction, and reduce excessive gadget dependency. This study examines how parents' communication skills influence children's reliance on gadgets. Using a descriptive qualitative method, the research was conducted in Taman Wisma Asri Housing, Bekasi City, involving four housewives as informants. The findings show that communication patterns aligned with children's characteristics significantly affect outcomes. Protective and plural styles promote shared control and involvement, while consensual communication emphasizes persuasive guidance. Silent communication allows freedom but still requires parental supervision to prevent overuse.



Fig 1. The chart displays the proportion of people having or using mobile phones by region (2011–2022). The Source is the National Socio-Economic Survey, BPS (2022).

Literature Review

Considerable research in the past has shown that the process to digitalization can have programs impacts on the preferred habits and behaviour of children of the age group 6-12 years. It is said, at large, that exposure to excessive screen (monitor- and fellow gadget other that multi-usage- as reported in the Surveys) use of a computer induces worries on health related issues like (Insomnia, such or even better, a mental fog or more and hyperactivity). Theories about family communication pattern focus on certain styles believed to be practiced by parents; namely, protective, pluralistic, consensual, and laissez-faire. These styles can shape the values parents in still in children and the behaviour they inculcate in them. Parental control that tries to encourage conformity among children along guilt lines and reasoned persuasion that through attachment makes it last tries to curtail irrational games among children have become. Findings on the influence of invasive technology on relations between children and parents indicate that such relationships can also be productive in e-c parenting. Nonetheless, massive research reveals that only productive means of electronic

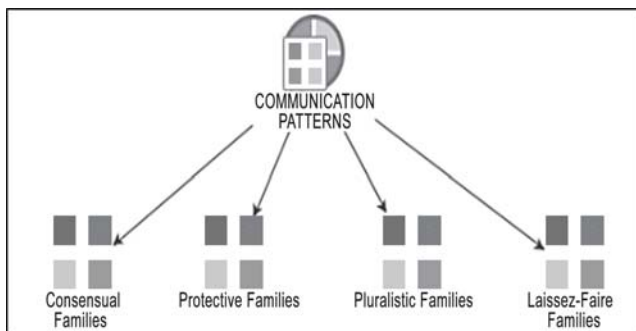


Fig 2. Communication Pattern Components. Source: Case Classification using Nvivo

communication do not currently offer conclusive evidence to single out any more effective methods for reducing most children’s concerns with gadgets themselves chrome moulded legs which this study seeks.

Method

This study employed a qualitative descriptive approach, focusing on direct observation and in-depth understanding of real-life communication phenomena. The research was conducted in Taman Wisma Asri Housing Complex, RT 002, Bekasi City. The analysis centered on parental communication patterns related to children’s gadget use. Four homemakers (Mama-Al, Mama-An, Mama-Cio, and Mama-Tasya) were selected as participants due to their direct involvement with gadget-dependent children. Data analysis was carried out using NVivo 12 Plus it is a Qualitative Data Analysis (QDA) software as shown in Fig 2. It used to organize, code, and identify thematic patterns, enabling a comprehensive interpretation of parental communication strategies, and it also reducing children’s gadget dependence, the sample of gadget-dependency shown in Table 1.

Table 1. Sample dataset of Children age 6-12 years.

Parent ID	Comm Style	Daily Screen Hrs	Depen- dency Level	Parent Quote
P01	Restrictive	1.5	3	“I lock the iPad after 6 PM. He cries at first, but then plays with toys.”
P02	Active	2	2	“We watch YouTube together and I explain what the videos mean.”

Results and Discussion

Parental communication is very critical in the modern digital era when it comes to the topic of gadget

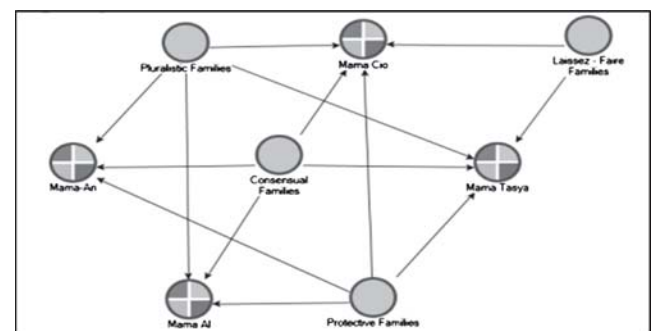


Fig 3. Communication patterns that lessen children’s inclination to resort to gadgets for playing are shown.

overdependence in children. The results from four informants demonstrate the, in a way that communication patterns are in alignment with Family Communication Pattern Theory: Protective, Pluralistic, Consensual, and Laissez-faire. Very protective parents used different strategies such as setting rules, allowing access to a certain extent, having gadget free zones in the house, and leading their children to be conscious about being on electronic devices. Pluralistic and consensual parents allowed children to have a lot of freedom in taking decisions accepting and fearlessly expressing everyone's emotions as well as giving the children a strong and consistent boundary of discipline. Laissez-faire usage of gadget appeared only for intellectual need. To tell the truth, children, with the help of parents who communicate, manage, develop and educate them, grow in the digital world with the right steps, and technology becomes a tool of the mind instead of distraction and set an important impact in their lives shown in Fig 3.

Conclusion

Effective reduction of children's gadget dependence relies on communication patterns aligned with child characteristics and family context. Protective, pluralistic, consensual, and limited laissez-faire strategies, when applied consistently, balanced supervision with autonomy, education, and emotional sensitivity. Parental adaptability, sustained engagement, and continuous refinement enable gradual, sustainable behavioural regulation and responsible technology use. □

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