



The Role of Parenting Patterns in Shaping Healthy Internet Behaviors for Alpha Generation Teenagers

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Abstract

The rapid development of digital technology has made the internet an integral part of Generation Alpha adolescents' daily lives. While the internet provides educational resources, access to information, and entertainment, uncontrolled use may lead to negative consequences such as digital addiction, exposure to inappropriate content, and reduced social interaction. This study aims to analyze the role of parenting styles in shaping healthy internet behavior among Generation Alpha adolescents in Laden Village, Pamekasan District. The research employed a qualitative descriptive approach involving 10 informants consisting of parents and adolescents selected through purposive sampling. Data were collected through observation, in-depth interviews, and documentation, and analyzed using the Miles and Huberman interactive model, including data reduction, data display, and conclusion drawing. The findings indicate that 70% of parents applied an authoritative parenting style, 20% authoritarian, and 10% permissive. Adolescents raised with authoritative parenting demonstrated healthier internet behaviors, such as time management, selective content access, and ethical online interaction. The study concludes that authoritative parenting, characterized by supervision, open communication, and positive role modeling, is the most effective approach in fostering responsible and healthy internet use among Generation Alpha adolescents in rural digital contexts.

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1. Introduction

The rapid development of information and communication technology has influenced the behavioral patterns of children and adolescents when accessing the internet.[1] Internet use by adolescents is increasingly widespread, making it crucial to develop more adaptive parenting patterns that address both positive and negative impacts. Studies on the role of parenting styles in shaping healthy internet behavior among adolescents are increasingly relevant, as technology becomes an integral part of their lives. On the other hand, although the internet offers various conveniences, its use also carries negative impacts, such as addiction, exposure to inappropriate content, and risks to personal data security. This phenomenon demonstrates that healthy and wise internet use by adolescents requires parental supervision and guidance. The role of parents in controlling and guiding internet use is crucial in determining whether adolescents access beneficial content or content that has a negative impact. [2]

Adolescents can derive numerous benefits from internet use, particularly in helping them learn. They can access the internet for additional information, such as digital books, journals, videos, and discussion forums, to broaden their knowledge. When used correctly and monitored, the internet has the potential to improve digital literacy and motivation to learn. Furthermore, the internet enables adolescents to create creative works. They can create educational content, take online courses, or learn graphic design and coding.[3] Teenagers who participate in positive online communities also have the opportunity to learn to communicate and collaborate with people from different cultures.[4] The internet can serve as a tool to help children learn and develop their potential. Therefore, adolescents should continue to be encouraged to use the internet healthily and responsibly so they grow into flexible, productive, and technologically literate individuals.[5] However, uncontrolled internet use by adolescents can have many negative impacts, such as digital addiction, cyberbullying, reduced social empathy, and exposure to pornography and violent content. Adolescence is a developmental phase where the environment and media, including the internet, are highly influential. Another study by Sari and Wulan found that weak family communication has the potential to negatively impact adolescents' tendency toward internet addiction, which impacts their social and emotional well-being. [6]

Generation Alpha is a group of individuals born between 2010 and 2025 who grew up in a fully digitalized environment from an early age.[7] They are the children of the Millennial Generation and the first generation to be fully raised in the era of advanced technologies such as artificial intelligence, social media, and smart devices. According to McCrindle, Generation Alpha is referred to as "born digital natives" because they have been accustomed to the use of touchscreen technology, the internet, and virtual interactions since childhood. Teenagers in this generation exhibit a tendency to learn independently, think visually, and quickly absorb and respond to digital-based information.[8] Excessive internet use by Generation Alpha teenagers is now having increasingly significant impacts. According to an official report from the Jakarta Religious Training Center (BDK), many Generation Alpha children are experiencing an ethical crisis due to their excessive use of social media. They become passive in real life and tend to imitate negative content online, such as hate speech, cyberbullying, and exposure to pornography and violence. The article states that Generation Alpha children are almost inseparable from gadgets and social media, resulting in passive interactions with the real world. This reflects the fact that without adequate parental supervision and guidance, internet access can negatively impact adolescents' character and psychosocial development. Therefore, it is important to further explore how parenting styles can be a key bulwark in guiding children to use the internet in a healthy, safe, and responsible manner.

Digital addiction caused by excessive internet use among adolescents can lead to decreased concentration and academic achievement. Internet addiction is also closely linked to increased rates of depression among adolescents. Furthermore, uncontrolled internet use by adolescents can reduce their level of social interaction with peers and family members.[9] High internet access is negatively correlated with the quality of interactions. Access to negative content on the internet can also influence adolescent behavior, including increasing the likelihood of engaging in sexual deviance.[10] Access to sexual content on the internet can also increase the likelihood of adolescents engaging in sexual deviance. Therefore, it is important for parents and educators to monitor and guide adolescents to reduce the negative impacts of internet use.[11]

The increasingly widespread phenomenon of internet use, especially among adolescents, requires special attention from parents, educators, and the community. As a generation living in the digital age, adolescents are highly vulnerable to negative content spread online, which can impact their psychological and social development.[12] Therefore, studying the role of parents in fostering healthy internet behavior is crucial to maintain a balance between the benefits and potential negative

impacts of technology. Adolescents use the internet wisely. As internet penetration continues to increase, it is crucial to explore the role of parents in guiding their children towards healthier and safer access to information. During adolescence, individuals are in the process of discovering their identity and are easily influenced by their environment, including internet use. Parenting styles play a guiding and mentoring role in adolescents' interactions with technology.[5]

Many adolescents are exposed to negative content online without adequate parental supervision. This creates an urgent need to understand how parenting styles influence how adolescents use the internet. Good parenting styles empower adolescents to choose beneficial content and avoid risky ones. Conversely, unsupportive or inattentive parenting styles can expose adolescents to negative internet impacts, such as addiction or exposure to misinformation. [13] In addressing these risks, the role of parents is crucial as the primary agent of social control within the family. According to parental mediation theory, Livingstone & Helsper argue that if parents help their children regulate and guide their digital media use, they can help them avoid the negative effects of cyberspace.[14] Furthermore, authoritative parenting styles, which combine supervision with open communication, have been shown to be more effective in developing healthy digital character. This parenting style not only limits content or time, but also teaches adolescents ethical behavior, privacy, and the selection of useful information.[15] The United Nations Educational, Scientific, and Cultural Organization (UNESCO) states that digital literacy is a crucial component of 21st-century education, and that everyone, including adolescents, should possess it. In this regard, parents function as technical supervisors and moral educators on how to use the internet.[16]

The concept of "digital literacy," promoted by UNESCO, is increasingly important for parents to understand as part of modern education. Digital literacy encompasses not only the ability to use technological devices but also the ability to understand, evaluate, and behave wisely in the digital world. Generation Alpha, born in the digital era, relies heavily on the internet in almost every aspect of their lives, from learning and playing to social interactions. Therefore, parenting styles implemented by parents are expected to prepare adolescents to face the challenges and take advantage of the opportunities offered by this digital world in a healthy and responsible manner.[17] To foster healthy internet behavior among adolescents, one effort that can be made is to increase parental awareness of the importance of supervision and guidance in technology use. Parents need to be educated about the risks and impacts of unhealthy internet use, such as exposure to violent content, pornography, or hoaxes. Furthermore, parents can be involved in training and education on how to use digital devices safely and effectively. The formation of healthy internet behavior can also be supported by the implementation of digital education policies in schools, which involve parents in educating their children about digital ethics. Implementing policies based on family values and local culture can strengthen the role of parents in fostering positive behavior in the online world.[18]

Although numerous studies have examined the influence of parenting styles on children's behavior and use of digital technology, most have focused on negative aspects such as internet addiction, cyberbullying, or excessive social media use. Previous studies have been conducted primarily in urban areas, and few have specifically examined the link between parenting styles and the development of healthy internet behaviors in Generation Alpha adolescents in rural areas. This creates a research gap, particularly in local contexts such as Laden Village, which boasts socio-cultural characteristics and good access to technology. Furthermore, previous studies have generally examined parenting styles on adolescents' academic achievement or social behavior. This study will provide a novel contribution by linking parenting styles with healthy internet aspects and providing a new perspective on family-based digital literacy studies. Therefore, this research is expected to contribute to the development of social sciences, particularly in the fields of education, digital parenting, and media literacy in the technological era.

2. Method

This study employed a qualitative approach with a descriptive approach. The qualitative approach was chosen because the study aimed to deeply understand the role of parental parenting styles in shaping healthy internet behaviors among Generation Alpha adolescents, based on the experiences, perspectives, and parenting practices occurring within the family environment. The descriptive research method was used to systematically and factually describe the phenomenon of parental parenting styles and adolescent internet usage behavior in Laden Village, Pamekasan District.

The study was conducted in Laden Village, Pamekasan District, chosen due to the high internet access in this rural area and the variety of parental parenting styles in supporting internet use among Generation Alpha adolescents. The informants were selected using a purposive sampling

technique, considering that they were considered to have information relevant to the research focus. The informants consisted of 10 individuals, namely parents and Generation Alpha adolescents from five hamlets in Laden Village.

Data collection was conducted through observation, in-depth interviews, and documentation. Observations were conducted to directly observe patterns of interaction between parents and adolescents regarding internet use. In-depth interviews were used to elicit information related to parenting styles and adolescent internet behavior. Documentation was used as supporting data in the form of notes, photographs, and documents relevant to the research. Data analysis in this study employed the Miles and Huberman interactive analysis model, which includes three stages: data reduction, data presentation, and conclusion drawing. The obtained data was selected, classified, and presented narratively to facilitate the drawing of meaning and conclusions from the research. Data validity was maintained through source triangulation and member checking. Source triangulation was conducted by comparing data obtained from parents and adolescents, while member checking was conducted by reconfirming interview results with informants to ensure the data matched the information they provided.

3. Results and Discussion

3.1 Parenting Styles of Generation Alpha Teenagers in Laden Village, Pamekasan District

Research results indicate that parenting styles for Generation Alpha teenagers in Laden Village are dominated by authoritative parenting. Of the ten parents interviewed, 70% employ an authoritative parenting style, 20% employ an authoritarian parenting style, and 10% employ a permissive parenting style. These findings indicate that most parents in Laden Village have demonstrated an awareness of the importance of mentoring and supervising their children's internet use, albeit with varying levels of intensity and approaches. Authoritative parenting is characterized by a balance between control and warmth. Parents establish clear rules regarding internet use, such as limiting device usage time, prohibiting access to certain content, and requiring internet use for beneficial purposes. However, these rules are accompanied by open communication, discussion, and explanations. Parents act not only as prohibitions but also as mentors who help children understand the risks and benefits of the internet.

According to Diana Baumrind's theory, there are three main types of parenting styles: authoritative, authoritarian, and permissive. Each of these parenting styles has different characteristics and impacts on child development.[19] This finding aligns with Baumrind's parenting theory, which states that authoritative parenting is the most effective in shaping positive behavior in children because it combines consistent control with emotional support. In the digital context, authoritative parenting allows for the internalization of digital literacy values, so that adolescents not only obey rules but also have awareness and responsibility in using the internet. In contrast, the authoritarian parenting style found in 20% of informants is characterized by the application of rigid rules without room for dialogue. Adolescents in this parenting style tend to comply with rules out of fear of punishment, rather than out of understanding. This condition has the potential to lead to hidden internet use behavior, such as using devices without parental knowledge or accessing the internet outside of family supervision. Meanwhile, the permissive parenting style found in a small number of informants indicates minimal supervision and rules regarding internet use. Parents give their children complete freedom without adequate guidance. This parenting style risks developing undirected digital behavior, especially in Generation Alpha teens, who psychologically still need adult guidance and control.



Picture 1. Two-Way Communication Interaction between Parents and Children

The image depicts an interaction between a parent and child taking place in a friendly and relaxed atmosphere. The child appears to be freely sharing his story and opinions, while the parent listens attentively. This situation illustrates balanced two-way communication, where the parent not only provides direction but also allows the child to express himself. This situation demonstrates a warm and open relationship between parent and child, allowing for effective and comfortable communication.

3.2 Internet Behavior of Generation Alpha Teenagers in Laden Village, Pamekasan District

Research results show that the internet behavior of Generation Alpha teenagers in Laden Village is divided into two categories: healthy internet behavior and unhealthy internet behavior. Seventy percent of teenagers exhibit healthy internet behavior, while the remaining 30% exhibit unhealthy internet behavior. Teenagers with healthy internet behavior are able to regulate the duration of internet use, are selective in accessing content, and maintain ethical interactions on social media. The internet is used as a learning tool, such as searching for study materials, completing school assignments, and accessing educational information during their free time. Teenagers also use the internet for entertainment, such as on social media. Furthermore, teenagers in this category demonstrate an awareness of maintaining privacy and avoiding risky online interactions. Conversely, teenagers who exhibit unhealthy internet behavior tend to overuse the internet, lack self-control, and are unable to distinguish between beneficial and risky content. Internet use is primarily directed towards entertainment, such as playing online games and accessing social media without time limits. This behavior has the potential to impact decreased concentration in learning and reduced social interaction in the real world.

According to UNESCO, digital literacy is not only the ability to use technological devices, but also includes the ability to access, understand, evaluate, and use information ethically and responsibly.[20] An individual with good digital literacy is not only able to use technology but also can assess the validity of information and understand the social impact of their activities in cyberspace. In the context of Laden Village, the behavior of adolescents who frequently reshare content from social media without checking the source indicates that critical digital thinking skills are not yet firmly formed. Adolescents generally tend to easily believe information that attracts attention without further verification. When associated with Lev Vygotsky's Zone of Proximal Development (ZPD) theory, the internet behavior of adolescents in Laden Village can be understood through the mentoring process (scaffolding) provided by parents. This theory explains that every child has abilities that can develop optimally if they receive guidance from more experienced people.[21] In the context of internet use, parents play a role as a "buffer zone" that helps children recognize the dangers of cyberspace and instills digital moral values. When teenagers are guided to understand ethical boundaries on the internet, such as not sharing personal information, not watching negative content, and not interacting with strangers, they will be able to form healthier and more independent internet behavior patterns in the future. Internet usage patterns are shown in the following documentation:



Picture 2. Utilization of the Internet by teenagers as a source of learning and entertainment

The image shows children using the internet as a learning tool by watching educational videos on YouTube. Furthermore, in their free time, children also use the internet for entertainment, including watching soccer matches. This demonstrates that children's internet use encompasses two primary functions: as a learning resource and as a means of entertainment, which have become part of their daily lives in the digital age.

3.3 The Role of Parenting in Shaping Healthy Internet Behaviors in Laden Village, Pamekasan District

Research in Laden Village shows that parents play a significant role in shaping healthy internet behaviors in Generation Alpha adolescents. Parents serve not only as supervisors but also as role models, educators, and moral guides in their children's digital lives. Parenting styles implemented within the family influence how adolescents understand boundaries, responsibilities, and ethics when using the internet. Field findings show that adolescents who receive guidance and open communication from their parents tend to use the internet for positive purposes, such as searching for educational information, watching educational videos, or participating in online social activities. Meanwhile, adolescents who receive less attention or guidance are more likely to spend time on social media without a clear direction.

Based on Diana Baumrind's parenting theory, the majority of parents in Laden Village practice an authoritative parenting style, which combines affection with supervision. Parents allow their children freedom to use the internet but still emphasize responsibility and digital ethics. For example, some parents set rules about cell phone usage times and provide guidance on what content should and should not be accessed. Through this approach, children feel valued but still understand boundaries. Baumrind explains that authoritative parenting is most effective in shaping positive behavior because it encourages children to think independently while respecting the values taught by their parents. In the digital context, this is evident in adolescents who are able to refrain from accessing prohibited sites and who strive to use the internet for learning purposes.

Furthermore, the role of parents can also be explained through Travis Hirschi's Social Control Theory. Hirschi argues that deviant behavior can be prevented if an individual has strong social ties with family, school, and community. Four main elements play a role: attachment, commitment, involvement, and belief.[22] In Laden Village, the bond between parents and children is well-maintained because family relationships are generally close and caring. Adolescents who feel close to their parents are easier to guide in their internet use. They are reluctant to engage in activities that might upset their parents, such as visiting inappropriate websites or uploading content that harms others. This emotional attachment serves as an effective form of social control because values and rules originate from within the child, not simply through coercion. Furthermore, a commitment to the future is also evident in adolescents who use the internet to learn and seek positive inspiration, as they seek to achieve success and uphold the family's reputation.

The role of supervision in internet use can also be explained through the Parental Mediation Theory developed by Livingstone and Helsper. According to this theory, there are three forms of parental mediation: restrictive mediation, active mediation, and co-viewing.[23] In Laden Village, the most common form is active mediation, where parents engage in dialogue with their children about the benefits and risks of the internet. For example, some parents frequently advise their children not to easily believe news on social media or to avoid sharing personal photos carelessly. This approach makes children feel trusted and more open in sharing their digital experiences. Although some parents still use restrictive mediation, such as limiting cell phone usage time, they do so with rationally explained reasons, rather than simply prohibiting it. This demonstrates an awareness that supporting children in the digital world requires more than simply prohibiting them; it also requires providing in-depth understanding.

In addition to supervision and rules, parental role models also have a significant influence on adolescents' internet behavior, as explained in Albert Bandura's Social Learning Theory. Bandura emphasized that human behavior is largely learned through observation and imitation of models deemed important.[24] In the family context, parents serve as primary role models for their children. When parents use the internet wisely, such as by seeking useful information, watching educational content, or not using their phones too often when with the family, children will imitate these behaviors. Conversely, if parents frequently display a dependence on gadgets or use social media for less productive purposes, children tend to imitate the same behavior. Some teenagers in Laden Village even admitted that they learned how to use social media from their parents. This shows that parental habits and role models play a significant role in shaping children's digital character.

To strengthen this analysis, it can also be linked to UNESCO's concept of Digital Literacy, which emphasizes that individuals need to possess the ability not only to use technology but also to understand, evaluate, and behave ethically in the digital world.[25] In the context of families in Laden Village, digital literacy is a value that some parents are beginning to instill through habituation, supervision, and communication. For example, some parents teach their children not to watch inappropriate videos, not to make rude comments on social media, and to use the internet for beneficial purposes. Although not all families have the same strong understanding, awareness of the

importance of digital literacy is growing as internet access increases in the village. Thus, the family serves as the first learning space for adolescents in understanding digital ethics.

From these five theories, it can be concluded that the role of parenting in Laden Village is not limited to controlling behavior but also in the process of developing children's digital awareness and responsibility. Through authoritative parenting, parents provide a balance between freedom and supervision. Through social control, they instill moral values and a sense of responsibility. Through parental mediation, they accompany and engage in dialogue with their children about the digital world. Through social learning, they provide real-life examples of internet use. And through digital literacy, they instill the understanding that technology is not just entertainment, but also a tool for learning and creativity. Therefore, it can be said that healthy internet behavior among Generation Alpha adolescents in Laden Village does not emerge spontaneously, but rather is the result of a consistent, communicative, and adaptive family education process. Parenting patterns based on compassion, emotional closeness, and an understanding of the digital world have proven to be an important foundation in developing a young generation that is intelligent, ethical, and responsible in using technology.



Picture 3. Parental Guidance and Supervision of Teenagers' Internet Use

The image demonstrates parental involvement in assisting their children while using the internet. Parents are seen supervising their children by observing their activities and providing guidance when necessary. This guidance demonstrates parental efforts to guide internet use within reasonable limits and in accordance with their children's needs. Through direct supervision, parents play a role in fostering more controlled and responsible internet usage habits in adolescents.

4. Conclusion

The research results show that 70% of parents in Laden Village use authoritative parenting, a style that combines discipline with affection and open communication. Parents give their children freedom to use the internet, but still with supervision and clear boundaries. In addition to authoritative parenting, authoritarian and permissive parenting styles are also found, although these are fewer in number. The authoritative style has proven to be the most effective because children feel respected but still understand the limits of internet use. Religious values, local culture, and close family relationships are factors supporting parenting practices in Laden Village.

The internet behavior of Generation Alpha adolescents in Laden Village varies, but generally, it is used for two main activities: learning and entertainment. Adolescents use the internet to search for study materials, watch educational videos, and help with schoolwork. In their free time, they tend to use the internet to watch TikTok, Instagram, or play online games. Healthier internet behaviors are often found in adolescents raised with authoritative parenting styles because they are better able to control screen time, understand boundaries, and are more selective in choosing content. Conversely, adolescents with minimal support often struggle with time management and are more susceptible to negative content.

Parents in Laden Village play a significant role in shaping adolescents' healthy internet behavior through supervision, guidance, and positive role modeling in digital activities. Parents set time limits, provide guidance on what content should and should not be accessed, and instill moral values and digital ethics. Open communication and warm emotional relationships make adolescents more receptive to advice and guidance. Parental role models are also crucial, as adolescents tend to imitate the digital habits their parents exhibit at home. Therefore, appropriate parenting and consistent parental involvement can prevent risks such as addiction, cyberbullying, and exposure to inappropriate content, and effectively shape healthy internet behaviors in Generation Alpha adolescents.

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