



Interpersonal Communication Between Parents and Children in Preventing Dependence on Playing Gadgets

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ABSTRACT

This study examines interpersonal communication between parents and children as an effort to prevent gadget addiction in Maguwo Village, Banguntapan, Bantul, which previously recorded cases of excessive gadget use in 2018 and 2021. The research employs a qualitative approach using Miles and Huberman's analytical framework, grounded in Joseph De Vito's theory emphasizing openness, empathy, responsiveness, positive attitudes, and supportive behavior in interpersonal communication. The study subjects include parents and children experiencing gadget addiction, with the research conducted in Maguwo Village, Banguntapan. The findings highlight the significance of openness through shared time, responsiveness reflected in authoritarian communication, and positive support. The primary challenge identified is children's mood, which influences the communication process.

INTRODUCTION

In the era of Society 5.0, there has been a significant increase in the use of gadgets, enabling access to various types of information, both positive and negative. According to data from the Ministry of Communication and Information Technology, approximately 167 million people, or 89% of Indonesia's total population, have used smartphones. In 2022, the number of connected mobile devices in Indonesia reached 370.1 million, as reported by Data Reportal. This figure represents an increase of 13 million devices or 3.6% compared to the same period in the previous year. A survey by *Indonesiabaik.id* also noted that the majority of Indonesians, about two-thirds of the total population, have access to smartphones.

The high level of internet penetration in Indonesia has also contributed to an increase in gadget addiction, particularly among children. A 2017 survey by the Indonesian Internet Service Providers Association (APJII) found that 143.26 million people, or 54.68% of the population aged 13–18, used smartphones to access the internet. Gadgets serve as the primary devices for internet access, accounting for 44.16%. At the "Safe Internet for Children" event held in Jakarta on February 6, 2018, the Minister of Communication and Information, Rudiantara, stated that 93.52% of social media users in Indonesia were aged 9–19, while 65.34% of individual internet users fell within the same age range (Lahiwu et al., 2021; Utami, 2021).

Since 2013, the Indonesian Child Protection Agency has handled 17 cases of gadget addiction, while the National Child Protection Commission recorded 42 cases in 2016. Gadget addiction in children is driven by features like games, videos, music, and websites, leading to dependency (Septia & Retnasary, 2024). Excessive gadget use fosters instant gratification, reducing motivation to explore or pursue goals. Technological conveniences also threaten cognitive development by hindering deep thinking skills (Irma, 2024; Sumantri, 2022).

The Canadian Pediatric Society recommends no gadget use for children aged 0–2 years, a maximum of one hour daily for ages 3–5, and two hours for ages 6–18. Overuse can harm children's health, emotional bonds, and development. Parents play a key role in supervising and guiding their children's gadget use (Prasetyawati et al., 2024). Parents' roles in providing early guidance and direction are essential for shaping children's character. One key aspect is delivering clear communication to ensure messages are well understood by children. Moreover, family communication should be based on ethical principles between parents and children. Such ethical communication is vital for maintaining family harmony and creating an environment conducive to children's growth. By practicing good communication ethics, parents can establish positive parenting patterns (Aris, 2021; Sri, 2020).

Effective communication also strengthens the relationship between parents and children, encourages openness, and enhances children's confidence in school and community settings. In the process of child development, parents bear ongoing responsibilities, even as children enter adolescence and adulthood, marked by various physical, cognitive, and social changes.

Maguwoharjo Village in Banguntapan District is a strategic location favored by children, mainly due to its accessibility to technology-supporting facilities. Its proximity to minimarkets, mobile phone stores offering internet packages, and cafes with free Wi-Fi access are key factors. These facilities are available in various tiers, from simple eateries like warmindo to premium-priced cafes. Such conditions facilitate internet access for the community, especially children, for activities like online gaming or completing school assignments requiring internet connectivity.

Maguwoharjo Village was chosen as the research site because it represents the unique dynamics of digitalization in a semi-urban area. The high accessibility to technology in this village allows for a deeper analysis of how physical and social environments influence children's and adolescents' digital behavior patterns. Furthermore, the widespread availability of internet facilities in public spaces in Maguwoharjo creates opportunities for the community to optimally utilize technology. In this context, Maguwoharjo Village can serve as a model for evaluating the impact of technology penetration on children's education and socialization patterns in the digital age.

Research on interpersonal communication between parents and children in preventing gadget addiction is highly urgent, considering the poor quality of such communication can trigger various problems. This study also highlights the importance of persuasive communication approaches, where parents interact with their children in a gentle, respectful, and loving manner. This approach is expected to prevent children from developing gadget addiction, as they are more likely to accept guidance delivered positively and supportively.

Based on this background, the study titled "Interpersonal Communication Between Parents and Children in Preventing Gadget Addiction in Maguwoharjo Village, Banguntapan, Bantul" becomes highly relevant. Maguwoharjo Village was selected as the research site due to the community's broad access to technology while maintaining traditional family communication values. This study aims to examine how interpersonal communication patterns can serve as preventive measures to address gadget addiction issues among children.

LITERATURE REVIEW

Interpersonal communication between parents and children plays a crucial role in the social, emotional, and cognitive development of children. As a foundational element of family relationships, effective communication between parents and children helps shape the child's character and personality while influencing their interactions with the broader social environment. In this context, openness, empathy, and responsiveness in communication are key factors in fostering healthy and constructive interpersonal communication.

Joseph DeVito, in his works on interpersonal communication, describes communication as a dynamic process where two or more parties exchange information, ideas, feelings, and expectations through verbal and non-verbal messages. DeVito emphasizes the importance of effective communication in building and maintaining healthy relationships. He identifies several key

characteristics of interpersonal communication, including openness, empathy, positiveness, and supportiveness.

Openness serves as a foundation for effective communication between parents and children. Research by Behnke and Rauscher (2004) highlights that openness in parent-child relationships increases children's self-confidence and positively impacts their social and emotional development. Children raised in an open environment are more likely to communicate effectively and handle challenges and social interactions with greater ease.

Empathy enables parents to understand and respond to their children's feelings with care and comprehension. Diener (2006) found that parents who exhibit empathy toward their children tend to have more positive and productive relationships. Children feel understood and are better equipped to manage their emotions. Empathy also helps parents identify and address their children's emotional needs effectively, providing essential support.

Positiveness and supportiveness significantly contribute to building a child's confidence. When children feel fully supported by their parents, they tend to become more independent, self-assured, and responsible. DeVito (2019) asserts that a positive attitude in communication fosters a healthy and constructive atmosphere within relationships, further strengthening the bond between parents and children.

METHODOLOGY

This study employs a qualitative approach aimed at obtaining in-depth information about parental communication in efforts to prevent gadget addiction in children. A qualitative method was chosen for its ability to explore detailed data through interviews with parents whose children exhibit a high level of gadget dependency. This approach emphasizes understanding the processes and meanings embedded within these interactions. Qualitative studies focus on human elements, objects, and institutions, as well as the interactions among these elements, to comprehend events or behaviors within a specific context (Safarudin et al., 2023).

Humans are the primary subjects of this research. Accordingly, data collection activities include interviews, observations, feedback, and other relevant information. The study subjects were selected using a purposive sampling technique, a method based on specific considerations. Based on predetermined criteria, the study subjects include Aninnda Putri Qurotta A'yun, Innayah Jausana S, and their parents, Mrs. Sri Kusmiyati and Mrs. Sri Maryanti. It is worth noting that Aninnda has not experienced any vehicular accidents related to excessive gadget use. The research object, which is the central focus of this study, is Maguwo village, Banguntapan, Bantul, where the research was conducted.

This study utilizes both primary and secondary data. Primary data were directly obtained from respondents through interviews, while secondary data were gathered through literature reviews. Secondary data serve to enrich the study with theoretical references and findings from previous research.

Data collection techniques are crucial in this research to gather relevant information. Methods employed include interviews, observations, questionnaires, and documentation. Data analysis was conducted through data reduction, data presentation, conclusion drawing or verification, and testing the validity of the data.

RESEARCH RESULTS

Openness Between Parents and Children in Preventing Gadget Addiction
In this study, we analyzed interpersonal communication between parents and children who are addicted to playing gadgets using the theory of Joseph De Vito. This theory states that in interpersonal communication there is a contradiction for the communicators that can cause conflict. This is related to the relationship between parents and children in gadget addiction which is the object of this study. The main factor that arises from the conflict of children's addiction to playing gadgets is involving parents in providing advice, as well as time limits for using gadgets. In the relationship between parents and children, a sense of dependence will arise between one another. This feeling creates closeness between the two.

This closeness is what has different motivations and personalities so that it can influence their perceptions of various things. Differences in perception often cause disputes between parents and children. Parents try to provide knowledge and protect children so that they are not negatively influenced by using gadgets, but for children, of course, they ignore this even though they do know. Because children's curiosity continues to make them violate their agreements with their parents.

In Joseph De Vito's theory, openness when interacting is important. Where, being able to open yourself up to convey a message to the other person. Openness in communication can certainly build trust and openness with the person you are interacting with. In this study, there were several opennesses from interpersonal communication between parents and children in preventing dependence on playing gadgets.

The availability of time from parents refers to their availability and commitment to spend time that is useful for their children. This includes giving full attention, listening with empathy, and actively interacting with children. When parents have a high availability of time, children tend to feel more comfortable and open to talking and sharing with their parents. This is the same as the results of an interview with Mrs. Sri Maryanti on May 27, 2023 at 11.00 WIB, she said that:

"I apply what is called the same as my own child when in my spare time to give my child to talk, so from there I know what my child wants. Conversely, I also convey an understanding to my child that when chatting in my spare time I am happy that my child is also free to tell me about his daily life. In between that I also provide an understanding that playing gadgets should not be too often while I show a TikTok video about cases of children addicted to gadgets to the point of being hospitalized".

The willingness of parents to be present and involved in their children's lives is very important to create healthy and open relationships. This helps children feel heard, appreciated, and accepted, so that they feel comfortable talking and sharing with their parents. The same thing was stated by Mrs. Sri Maryanti on May 27, 2023 at 11.00 WIB, she stated that:

"Maybe sometimes I chat with my child, I like to get angry, yes, I'm annoyed when I'm told to obey. But apart from implementing communication during my free time, I also take the time to go on vacation on weekends, at that time, apart from refreshing, it's also easier for me to approach my child to chat about important things. When I travel, my child rarely plays gadgets, so the alternative is to limit gadget use".

This is supported by the results of the pre-survey observation conducted on May 14, 2023. It is known that Mrs. Sri Maryanti was going to travel with her child and her husband in a car that was going to travel.

Communication is one form of understanding of children towards advice given by parents. Through effective communication, parents can convey advice and guidance to their children, and children can understand and implement the message. Effective communication requires openness and mutual listening between parents and children. Parents must create a safe space for children to express their thoughts, feelings, and perspectives without fear of being judged.

Parents can achieve this by validating their child's feelings and acknowledging the importance of those feelings. Parents may worry that when children are not open in communication, they will not be able to know the problems, difficulties, or challenges that their children are facing. This can make parents feel unable to provide the support needed to maintain their child's well-being. Concerns about parent-child relationships: When children are not open in communication, parents may find it difficult to build strong relationships with their children. Parents want to be able to communicate with their children, understand their thoughts and feelings, and feel emotionally connected. As parents, they have concerns about their children using gadgets, both in terms of inappropriate or inappropriate content in using gadgets. And these concerns are in terms of content containing violence, pornography. Addiction and dependence parents worry that children can become too dependent on gadgets and develop an addiction to their use.

The similarities of both parent informants stated that it is important to understand and communicate with children regarding the communication provided in the form of intensity, this will make each other understand what things are of concern to parents and their children in using gadgets. Where this sense of trusting each other can also make children open up to their parents, when the opportunity is there to communicate what things are the main points for children to get closer to their parents. Children will of course be far more open if the parents themselves always get used to chatting, and take the time to pay attention to their children. The key to a closer relationship is to maintain interpersonal communication. From the frequency of parents providing an approach related to diversion in the use of gadgets is also one alternative to building a bond between parents and children.

Parents' conversations with their children are related to giving them advice and providing an understanding of the child regarding the dangers of excessive gadget use, and excessive gadget use can cause dangerous dependency. Children may find it difficult to limit gadget use and become too dependent on it, which can disrupt the balance of life and healthy social interactions. In providing knowledge about these dangers, parents must also teach children the right way to use gadgets, set time limits, and ensure they participate in activities that are balanced physically, socially, and mentally.

Empathy Between Parents and Children in Preventing Gadget Addiction

Empathy in Joseph De Vito's theory states that be empathetic, these skills include the context of understanding in interpersonal communication (Mustofa et al., 2024; F. S. Sari & Ns, 2020) This empathy is one of the attitudes where one positions oneself towards others, the attitude possessed by this empathy will make it easier to understand, interpret, and position oneself towards the person being interacted with.

Of course, in the communication that occurs between parents and children, there must be an attitude of empathy, where in the communication process that occurs both secondarily and primarily. Seeing from the results of observations made that the attitude given by parents to their children in interpersonal communication there is an attitude of understanding both the child's condition and in terms of the patterns given by parents to their children in the limitations of gadget use, as children must have desires and goals why more activities are carried out, namely playing gadgets, so as parents must also understand the condition of the child and vice versa, this is to be communicated to understand each other and be able to position themselves. The purpose of forming an attitude of empathy towards children is to be able to feel and understand the existence of others as individuals who also have different characters and feelings. The important point of efforts to develop an empathetic character in children for parents is to set an example and be tolerant. Parents need to have an empathetic attitude that can be used as an example for children. Empathy is something that can be observed using the five senses and can be felt emotionally (L. P. Sari, 2022). Empathy is an attitude that arises when interacting, as parents, you must have experienced it.

Understanding children's feelings, Empathetic parents try to understand their children's feelings and see the world from their perspective. They acknowledge and appreciate their children's emotions, even if they do not always agree or fully understand.

The similarities between the two parent informants above show that the method used as parents is to understand their children's feelings, and understand all activities and what their children need. The empathy shown can encourage children to do positive activities and be able to interact with others. These positive activities include telling stories and being close to their friends, activities at school such as OSIS. Communication between parents and children is very important in understanding each other. Through open and honest communication, parents can understand their children's needs and feelings

better. Children can express what they feel, think, and need. Parents who actively listen and communicate with their children will be able to feel their children's emotional state and needs better.

How to grow empathy with children is to start understanding the child's condition, especially, fulfill the child's emotional needs, and also position yourself as a child. Communication is the main basis in terms of approach, to understand each other's conditions, namely communication. Finding free time, the right conditions to communicate. Building good communication with children. Always be a loyal listener to children, can hear complaints, happiness and children's daily lives. Especially about the limits of using gadgets, this issue for parents must be worried because they don't want their children to use gadgets wrongly. So that the communication given by parents to children is to be disciplined in playing gadgets. The same fear was expressed by Mrs. Sri Kusmiyati in an interview on May 26, 2023 at 09.00 WIB until finished, stating that:

"As parents, we definitely want the best for our children, especially me as a mother who sees the development of my own child. Where my child has been given gadgets since junior high school, the effects include a decrease in grades, and also the addition of wearing glasses".

This is supported by the results of observations conducted on May 20, 2023 at 17.55 WIB at the location of Mrs. Jamil's House, where mothers and children were gathering where in that condition there were Mrs. Sri Kusmiyati, Mrs. Sri Maryanti, Mrs. Jamil, Mrs. Nisa, Mrs. Bandi chatting and there were Anninda, Innaya, and Ghina operating gadgets. There Mrs. Sri Kusmiyati was looking at her child Anninda playing with gadgets. The code that indicates a glance to stop operating the gadget, then there was Mrs. Nisa saying that "Dek ayun, your glasses are really thick". From there Mrs. Sri Kusmiyati felt focused on her child, and there Anninda felt she understood her mother's code and stopped playing with her gadget.

Active listening, Empathetic parents tend to listen attentively when their children talk. They try to understand their children's feelings, thoughts, and experiences without interrupting or judging. Listen attentively when they tell their experiences, and do not hesitate to ask further questions to gain a deeper understanding. So that children feel very happy when they are noticed.

The similarity of the two interview results obtained from parent informants can be concluded that actively listening to children is a strong act of empathy. This shows attention, appreciation, and concern as parents for children's feelings and experiences. This is able to see the child's perspective and empathize with their experiences.

Showing sympathy and support both emotionally and physically is needed to help children feel heard, appreciated, and safe. By helping children feel comfortable in sharing stories, children feel heard and appreciated when they talk. This helps create an open communication space between parents and children, where they feel safe to express their feelings, thoughts, and experiences without fear of being judged or ignored. And the support given is in the form of positive things where as parents want their children not to be dependent on

playing gadgets. This is the same as what was stated by Mrs. Sri Kusmiyati in an interview on May 26, 2023 at 09.00 WIB until finished, who stated that:

"A mother, of course, if a child starts to tell or complain about something, a mother will definitely be happy if my child dares to open up. And the way I do it is to show empathy to my child to give reasonable limits when using gadgets by understanding and listening to every complaint from my child, and inserting words for understanding for the child so that they also understand what I want as a parent".

Empathetic parents try to meet their children's needs reasonably. They pay attention and pay attention to the physical, emotional, and social needs of the child by taking steps to ensure that the child feels cared for and respected, including giving freedom to choose.

By implementing an attitude of empathy towards children, it will create a strong bond with the child through healthy relationships, open communication, and giving the child a sense of self-confidence. The method used is by involving parents in joint activities by taking the time to interact and engage in activities with the child. So that it helps strengthen the bond between family members and draws the child's attention to real social interactions. There are various ways for parents to make children understand that positive activities outside other than non-digital are also many. As the results of the interview above, both parents get used to or have alternative plans so that children do not play gadgets, and can understand the activities outside that can be done. Parents provide advice and guide children in positive activities. The role of parents in educating is very important because parents are the first school for their children.

Responsiveness Between Parents and Children in Preventing Gadget Addiction Responsiveness is the ability to capture messages quickly when interacting, which shows that communication is going well. A responsive attitude makes it easier for communicators to convey messages to communicants. This responsiveness is greatly influenced by mood, attitude, and reaction in two-way communication. When a responsive attitude is applied, it can have a positive impact on the relationship between the two parties.

Authoritarian communication

Seeing that from communication between parents and children there is a response, the intended response is in the form of an action or action given to the other person after understanding and capturing a message that has been conveyed. Of course, this response is one of the things that parents want after giving advice or conveying a message to their children. The same thing was stated by Mrs. Sri Kusmiyati in an interview on May 26, 2023 at 09.00 WIB until finished as an informant in this study stated that:

"The response is sometimes good, sometimes not good. Because look at the condition first, if my child sometimes doesn't want to chat and then suddenly I advise this and that, it is ignored. But usually angry because you know it is very difficult to control children if they are restricted in using gadgets".

Furthermore, Mrs. Sri Maryanti, also as an informant in this study, in an interview on May 27, 2023 at 11.00 WIB until finished, also stated the same thing: *"He likes to get angry, sometimes he just keeps nodding. Again, it depends on his condition when he is advised, sometimes it is unpredictable. I really get annoyed when I tell my child, his response is to grumble back"*.

It can be seen that from the interview above, understanding the response given by children after parents give advice on limiting time when using gadgets. The response reactions given vary. Sometimes looking at the situation and conditions first towards the child to give advice. Because that way you can understand the mood of the child to want to interact. The response given by this child has various factors, it can be in terms of his mood not wanting to interact and the mind that is already full from within the child. As stated by Anninda in an interview on May 25, 2023 at 17.00 WIB until finished, stating that:

"I was angry because I was tired all day at school, and at school we weren't allowed to bring a cellphone. Activities were until the afternoon, when I was tired I wanted to watch entertainment on TikTok. Suddenly I got angry because I didn't change clothes first, I kept on using my cellphone".

Furthermore, the same thing was stated by Innaya in an interview on May 25, 2023 at 18.15 WIB until finished, who as a child informant in this study, stated that:

"Yes, I was angry, tired of activities at school. I wanted to watch entertainment without being disturbed. I also followed what she wanted, I also wanted to be free".

This is supported by observations conducted on May 31, 2023, seeing Anninda being advised by Mrs. Sri Kusmiyati in the front yard of the house, while they were sitting. It is clear that Anninda was angry with her mother, when Ninda was still wearing a school uniform at that time.

It can be concluded that there is a relationship between parents and children that has parts that are one-way in nature, where the desires of parents towards their children are different, causing conflict regarding the desires between parents and their children. This can cause emotional impacts from both parties who both want to convey a desire. Everyone does have different desires, these differences cause contradictions from parents to their children who are dependent on playing gadgets. Parents who want their children to follow what they say, but these desires are different from their children.

It is known that the communication pattern used by parents and children is using authoritarian communication (authoritarian) which is seen from parents who forbid their children by not understanding their children's desires. This will be one of the one-way communications, children are not given the opportunity to express their opinions. In authoritarian communication, the party who has power or authority tries to control messages, information, or communication processes in a way that limits freedom of opinion, participation, or openness in communication.

To understand this one-way communication, it should be to communicate with each other, both from the parents themselves to their children, to align or understand the desires and goals of the parents with their children, and vice versa from the children with their parents. There are ways that can be done as parents to communicate with their children by approaching and understanding

the child's condition when they want to communicate. As stated by Mrs. Sri Kusmiyati in an interview on May 26, 2023 at 09.00 WIB until finished, stating that:

"To get a good response from the child, it is enough to understand the child's condition. Actually, from the child's daily life, the child's mood. Ask first whether you want to chat or not, even though I do a really annoyed seeing playing gadgets then I get angry saying it".

Furthermore, the same thing was stated by Mrs. Sri Maryanti in an interview on May 27, 2023 at 11.00 WIB until finished, who as an informant in this study stated that:

"Look at the child's condition first, if the child doesn't want to be talked to, then we as parents don't, ask first. But you often get angry when you see someone who uses gadgets and doesn't help with anything, sometimes you get angry".

It is known that from the interview, as parents, they must understand their child's condition when parents want to communicate with their child regarding the use of gadgets, but the child always gets angry. Plus, the child's daily activities are full of playing gadgets, so parents will be angry seeing this condition and then vocal cue intonation appears, namely the oral spec of speech except for the words themselves such as high or low tones of voice (pitch). So parents will give advice in a high tone. There are ways to show their response as parents to understand the emotions of children, and understand the needs of children. Where as parents can have their own way to show their response to children in communicating with children so that they are not dependent on playing gadgets. The importance of being responsive as parents in communication is to get the best for their children and not impose their own goals, hopes, or desires on them. Parents can quickly make judgments when they have to guess what their children want to convey.

Especially in the context of the problem of restrictions when using gadgets, as parents, of course, they are very worried about children when children are already using gadgets. It can be concluded that from the interview above, it is important to be responsive and respond and understand what children want. Every parent wants their child to grow up healthy and happy. To do that, parents need to ensure that they are responsive in interacting with children. That way they will be helped to understand what children feel, want, and need.

Positive Attitude Between Parents and Children in Preventing Gadget Addiction

In the context of Joseph DeVito's interpersonal communication theory, a positive attitude refers to an attitude that negotiates a healthy and effective relationship between individuals in their interactions. DeVito argues that a positive attitude is essential in building and maintaining good relationships. A positive attitude in Joseph DeVito's theory is not only important in interpersonal communication, but also in building healthy relationships and strengthening bonds. By implementing a positive attitude, individuals can create more meaningful interactions, strengthen bonds with others, and achieve more effective communication.

Building Open Communication, A positive attitude in communication between parents and children is essential for building strong bonds and mutual trust. Through this attitude, parents can create an environment that supports and promotes their children's emotional, social, and cognitive development.

The results of the interview data show that the rights given by children to their parents after being advised when using gadgets vary. By listening to advice means showing this attitude by focusing on what parents say, nodding your head as a sign of understanding, and showing interest in listening to their advice. In addition, appreciating and considering advice from parents is an active way to consider the advice and not ignore it. They may think about ways to apply the advice in their own lives so as not to become dependent on playing gadgets.

An important positive attitude is to thank parents for the advice given. Asking and clarifying advice is a better understanding of the advice given. They may ask for further explanation or ask for concrete examples to understand how the advice can be applied in their situation. The most powerful attitude is to apply the advice given in real action. Children can show a positive attitude by taking concrete steps to change behavior or deal with situations based on advice given by parents.

Each child will show a different attitude depending on their personality and relationship with their parents. The most important thing is to show an open attitude, respect, and appreciation for the advice given by parents, and to communicate openly about how the advice can be applied in everyday life.

Limiting gadget use time, To create an environment that supports positive communication and reduces dependence on gadgets is an ongoing process. With consistency, patience, and parental support, children can learn to develop a healthy balance between gadget use and direct interaction with family. As parents want their children not to be dependent on gadgets. Expressing gratitude, Children can show a positive attitude by expressing gratitude to parents for the advice given. Acknowledging parents' efforts to help and care will strengthen the relationship between children and parents and improve healthy communication. Showing gratitude to parents in communication is important to strengthen relationships and appreciate their role in our lives. Especially the form of gratitude certainly varies after being given advice. As stated by Anninda in an interview on May 25, 2023 at 17.00 WIB until finished, stating that:

"I usually say it directly, say thank you to my mother, especially those who always advise me and remind me. Sometimes I also like to give gifts on birthdays and special days like Mother's Day yesterday, giving cooking utensils, because my mother likes to cook. So as a child, I also pay attention to the little things so that my mother is also happy to remind me to love me".

The same thing was stated by Innaya as a child informant in this study in an interview on May 25, 2023 at 18.15 WIB until finished, stating that:

"Say thank you directly to your mother, it's the same if every weekend we definitely go out together so we always appreciate the time we have".

It can be concluded from the interview above that by providing a special time where the family gathers without gadgets. This can be in the form of having dinner together, chatting time, or other family activities where all family

members interact and communicate directly And the form of encouragement from parents is a good example in the use of gadgets. By avoiding activities that spend too much time with gadgets in front of children. A good thing is to show interest in more meaningful activities and do interaction directly with family members.

The effect received by the child towards his parents is showing gratitude. The gratitude in question is an ongoing process and should not be just once in a while. Showing gratitude regularly to parents will strengthen the bond and create a closer relationship between parents and children.

Supportive Attitude Between Parents and Children in Preventing Gadget Addiction

In Joseph DeVito's communication theory, supportive attitude refers to an attitude or behavior that shows support, attention, and empathy towards the communication partner. Supportive attitude is one of the important elements in building effective communication and strengthening interpersonal relationships. In the context of interpersonal communication, supportive attitude involves a positive attitude, empathy, and responsiveness towards others. This attitude shows the communication partner that we really listen and care about them.

Supporting positive things, seeing that there is support given by parents in supporting their children to play gadgets within reasonable limits and used for positive things. Of course, as parents, we have actions for our children not to depend on gadgets. And every child is different, and the right approach can vary depending on the situation and personality of the child. Consistent support and understanding given by parents will help children overcome gadget addiction gradually. Helping to manage time and create routines, Helping children manage their time wisely is a supportive attitude of parents. Together, create a schedule that includes time for playing, studying, sleeping, interacting socially, and doing other useful activities. With a structured routine, children will have clear direction and avoid excessive use of gadgets. Communication is one of the main keys with children, so as not to misperceive.

Where communication is open with children and discussing the negative impacts that can be caused by excessive dependence on gadgets. Support and train children to express their feelings and provide emotional support and understanding. Monitoring their activities when using this gadget is one of the vigilance of a mother towards her child so that children are able to use gadgets within reasonable limits. Open communication and listening to each other between children and parents are very important. Open, supportive, and positive communication patterns tend to create an environment that facilitates good communication between children and parents. Involvement and participation are one way for children to feel heard and appreciated in the opportunity to talk to their parents. Providing knowledge of the dangers of using gadgets, There are also ways as parents to support in influencing children's motivation to reduce gadget use. The methods used vary, depending on the child's personality. The methods used. As stated by Mrs. Sri Kusmiyati in an interview on May 26, 2023 at 09.00 WIB until finished, stating that:

"Usually I provide an understanding of the negative impacts of excessive gadget use, especially since there has been an effect on my child who has glasses. I keep telling my child that if they use gadgets excessively they will get sick, because they don't get enough rest".

The same thing was stated by Mrs. Sri Maryanti on May 27, 2023 at 11.00 until finished, stating that:

"It's the same, still set limits on the time limit for using gadgets. If you don't remind them consistently, it will be in vain".

The response from children when parents give them a good understanding, parents can help children understand the importance of reducing gadget use. Children will feel open by showing openness and an honest attitude, children can get good support from parents in overcoming dependence on gadgets. It can be concluded that the supportive attitude of parents with children is behavior, attitudes, and actions that show appreciation, support, and attention given by parents to their children. This includes providing emotional support, providing guidance, providing encouragement, and facilitating the development and growth of children positively. By appreciating and providing emotional support, children certainly show appreciation for the role of parents as leaders, caregivers, and mentors in the child's life. The supportive attitude of parents with children involves open communication and mutual understanding between parents and children. The same includes listening attentively, respecting the child's views, and seeking mutual understanding.

Through good communication, parents can provide appropriate support and help children overcome problems and challenges. Parental support in helping to strengthen the emotional bond between parents and children is very important. It will affect children in all aspects. When children feel supported, they feel closer to their parents and have a close relationship. This creates a positive environment where children feel comfortable talking about their feelings, problems, and needs to their parents. Through the support provided, parents encourage children to explore their interests, talents, and life goals. Children who feel supported will feel more courageous to take risks, try new things, and develop themselves in various aspects of life.

Obstacles faced by parents in preventing children from becoming addicted to playing gadgets

The obstacles faced by parents in trying to set limits on the use of gadgets, especially in terms of mood. This mood or feeling when the child is in an uncertain or uncertain mood, it might be better to wait for the right moment to communicate. Communicating with children requires patience and flexibility. If the child does not feel comfortable or is not ready to talk, do not force the child to talk and communicate. As stated by Mrs. Sri Kusmiyati in an interview on May 26, 2023 at 09.00 WIB until finished, stating that:

"The difficulty is that sometimes children actually know that using gadgets excessively makes them chaotic in their activities, sometimes they also experience headaches after playing all day. But what makes it difficult is the child's attitude, sometimes they have communicated but the child himself makes it difficult".

This is the same as what was stated by Mrs. Sri Maryanti on May 27, 2023 at 11.00 WIB until finished, she stated that:

"Well, what makes it difficult for me is time because I'm also rarely at home, I spend more time working, so I rely more on the child's attitude".

Sometimes a child's response can make parents feel upset or frustrated. However, it is important to manage emotions and respond wisely. This is the same as what was stated by Mrs. Sri Kusmiyati in an interview on May 26, 2023 at 09.00 WIB until finished, stating that:

"Parents must sometimes forget, when advising children, they like to shout because they get carried away when their child is being advised, tease them and turn their face away. Sometimes it's annoying, of course, it's better to just emphasize it with your voice so that the child is also intimidated. But I always apply communication to my children, communication is number one, if I like to overdo it I hug my child, even though my child sometimes cries because my second child has a soft heart".

This statement is supported by the results of observations conducted on May 21, 2023 at 19.00 WIB at Anninda's house, where in the condition of the house there was Mrs. Sri Maryanti as a neighbor who usually hangs out at Mrs. Sri Kusmiyati's house. Usually they hang out at night and in the morning, the conversation while hanging out at that time discussed attitudes and things about each child, coincidentally at that location there were also children, namely Innaya, Anninda, and Ghina who were playing. At that time, while chatting together hanging out, Innaya denied and opposed what her mother said when talking about using gadgets non-stop to the point that when told to hang out clothes she got angry.

DISCUSSION

In this section, a comprehensive analysis will be presented based on data obtained from the research conducted in accordance with the formulation of the problem that has been determined. This process aims to answer the research issue regarding interpersonal communication between parents and children in an effort to prevent dependence on gadget use in Maguwo Village, Banguntapan, Bantul. The main focus is to understand how parents communicate with their children in order to overcome the problem of dependence on digital devices.

Interpersonal communication carried out by parents with children in preventing dependence on playing gadgets in Maguwo Village, Banguntapan, Bantul Interpersonal communication between parents and children in an effort to prevent dependence on gadget use does not always run smoothly, because it is influenced by various factors, both from the home environment and externally. In line with the concept of interpersonal communication proposed by Joseph DeVito, he stated that communication always occurs in the context of relationships between individuals. The context of this relationship includes elements such as status, power, and level of intimacy that influence the way communication takes place. In this case, the advice given by parents to children to overcome gadget dependence aims to ensure that the message conveyed can be received well and is beneficial for the child. Information obtained from informants will be analyzed

and explained based on existing findings regarding how interpersonal communication takes place between parents and children. This interpersonal communication will then be grouped into several specific criteria. Based on the explanation above, a number of informants who meet the criteria set in this study will be selected to provide relevant data.

Openness, In this case, where there is openness from parents to their children where the key to openness from parents is providing the availability of time as a form of interpersonal communication or interpersonal communication carried out with children as an approach which becomes a form of understanding for children to be given advice when interacting. How to grow an emotional bond between mother and child in everyday life by using *The Power of Communication*, *The Power of Touch & Hugs* and *The Power of Playing Together*. This method is effective for growing an emotional bond between parents and children, in between these methods parents insert words or messages, advice to provide understanding with children. Children can also understand if they feel that the time given is enough, and how to advise them gently. The aspect of the message received by the child can be received well. Where according to Masud Hoghughi which is adapted from the encyclopedia of psychology, namely parenting is a multidimensional relationship between parents and children that can continue to develop.

Covers various activities with the aim that children are able to develop optimally and can survive well. Thus, parenting includes physical care, emotional care and social care. And it can be understood that interaction in the family has an important meaning, a harmonious family life begins with building a conducive interaction system. Good basic education, especially for family members from an early age, to strive to implement the function of openness, namely to develop children's potential, as a vehicle for transferring values. Communication used by parents towards their children using non-verbal communication. Non-verbal communication is one form of communication used by parents to convey a message to their children, especially in limiting the use of gadgets. Empathy, In this case, what is meant is to understand the child's feelings with the approach of parents, namely actively listening to what is conveyed to the child, with the communication that occurs showing sympathy and support for the child as acknowledging the child's needs in using gadgets. There are 4 levels of empathy, namely level 1 is irrelevant hurtful, level 2 is subtractive, level 3 surface feelings reflected, and 4 underflying feelings; additive.

These levels are at levels 2 and 4, where level 2 describes that the response is only slightly related to what the speaker feels. If the content of the conversation is communicated accurately, it can increase the level of response, conversely if it is not accurate, it can decrease the response. And level 4 response describes that it can increase the speaker's awareness and can identify his underlying feelings. The content of the conversation is used to deepen the meaning of the content. If it is not accurate, the level of response can be decreased.

namely where parents in communicating with children regarding the use of gadgets, in the communication is accurate, which means being able to see the condition of mood and notifications or in the form of advice that is conveyed well, then the response from what is given will produce results and vice versa.

Will foster an attitude of empathy from the communication itself to understand each other. Types of empathy according to David Howe that there is emotional empathy and cognitive empathy. Where in the study there is empathy, namely emotional empathy where individuals feel the feelings of others (fear, joy, interest) and which supports cooperation, altruism, togetherness and security. So, emotional empathy is a moral feeling. And cognitive empathy here, is seen as cognitive awareness of the internal states of others, namely the thoughts, feelings, perceptions and intentions of the other person.

Responsive, What is meant is the response given to children and parents experiencing authoritarian communication where one direction is different in the desires of the parents and the desires of the child himself. Authoritarian communication is communication in which in the relationship of communication parents behave authoritarily tends to be unhealthy, because as has been explained that the flow of communication that occurs in the authoritarian communication pattern is one-way, where the child is disadvantaged by not being given the opportunity to express his opinion. Data that supports these characteristics is from the response given by the child after the parent gives advice on limiting the time when using gadgets. The response reactions given vary. To understand and show responsiveness in communicating with this child by understanding what the child wants, especially interpersonal communication is important to convey a message with the aim of strengthening the bond of the relationship. And controlling these emotions also trains children to control deviant behavior, improve learning achievement and make good decisions.

Positive attitude, In this study, the positive attitude given by parents to children in preventing dependence on playing gadgets is to limit the time in playing gadgets, in the approach that occurs parents apply their children to communicate openly so that parents are able to respect and appreciate what their children's positive activities are doing in using gadgets. This is in accordance with the statement In Joseph DeVito's communication theory, a positive attitude refers to an attitude that supports effective communication, mutual respect, and building good relationships between individuals. A positive attitude covers various aspects of interpersonal communication involving warmth, appreciation, patience, and openness. Where openness in communication from parents to their children is a positive attitude that includes openness to the ideas, views, and perspectives of others. This involves accepting new thoughts, asking constructive questions, and trying to understand their point of view without prejudice or judgment. So what results from open communication from both parents and children and vice versa is a positive attitude, namely appreciating what their children do in using gadgets in a positive direction. This involves respecting and acknowledging their values, beliefs, and views. By appreciating, we create an inclusive atmosphere where each individual feels valued and heard. A positive attitude in Joseph DeVito's theory is very important in building effective communication and strengthening interpersonal relationships. By adopting a positive attitude, individuals can create an environment that supports, respects, and helps strengthen the bonds between them.

Supportive attitude, to support children in preventing dependence on playing gadgets, parents provide positive support for children as one of the positive activities carried out, and parents provide support in managing time and creating routines for children's activities so that children are organized in their lives. This is in accordance with the concept of Joseph DeVito's theory, there is a concept of "supportive attitude" which refers to behavior or attitudes that show support, attention, and concern for others. A supportive attitude is very important in building healthy interpersonal relationships and mutual understanding. The statement where the attitude of parents provides positive support for their children, one of the goals of a supportive attitude is to show concern and support for others. This can be done by providing encouragement, motivation, or emotional support to others. Providing assistance and helping others in achieving their goals is also part of the supportive attitude. Supportive attitude in Joseph DeVito's theory is an important aspect of healthy and effective interpersonal communication. By practicing supportive attitude, we can strengthen relationships with others, increase understanding, and create a supportive environment.

Obstacles in preventing children from becoming addicted to playing gadgets Children's mood, The obstacle faced by parents in preventing children from becoming addicted to playing gadgets is the most difficult in terms of the child's mood. How does the child's mood affect communication. The theory that explains how a child's mood can affect communication with parents is the Mood Management theory. This theory states that a person's mood affects communication choices and how messages are delivered. Children's moods can also affect their availability to communicate with parents. It is important for parents to understand the influence of children's moods on communication in order to respond appropriately and build good relationships. Parents can try to recognize and understand changes in their child's mood, as well as create a supportive environment to overcome and manage unfavorable moods. Inviting children to talk about their feelings and providing emotional support can also help improve effective communication between parents and children. Based on the existing theory of Joseph De Vito, according to the characteristics of interpersonal communication which states that interpersonal communication has openness, empathy, responsiveness, positive attitude, and supportive attitude. Parents of children who are addicted to playing gadgets apply the characteristics of the characteristics of interpersonal communication as an effort to overcome their children's addiction to playing gadgets.

This is closely related to the results of this study, because interpersonal communication carried out by parents towards their children in an effort to prevent addiction to playing gadgets certainly produces an effect or influence, where children experience changes in attitude and there are expressions of gratitude and appreciation, respect for the attitude given by parents to their children in the advice given in the form of limitations in using gadgets and existing guidance. As well as changes in children from the child's habit of reducing playing gadgets, this change in attitude occurs because of the effectiveness of the delivery of messages that parents do to their children, which is in the form of giving

messages in the form of advice and direct actions. This is supported by examples and assertiveness from each parent in limiting their child's activities in playing gadgets.

The purpose of interpersonal communication between parents and their children in an effort to overcome gadget addiction in their children. This research is a form of building human relationships to be more meaningful, as it is known that the purpose of parents to prohibit or try to get their children to stop playing gadgets is so that the relationship between parents and their children who are addicted to playing gadgets is more harmonious and meaningful. Another goal is to get to know other people with their respective characteristics, train yourself to empathize with others where it is known that the purpose of interpersonal communication between parents and their children who are addicted to playing gadgets is so that children are empathetic to the surrounding environment.

CONCLUSIONS AND RECOMENDATIONS

Based on the results of research on interpersonal communication between parents and children in preventing gadget addiction, it can be concluded that interpersonal communication between parents and children has characteristics of interpersonal communication with the concept of Joseph De Vito's theory which is derived, namely openness, empathy, responsiveness, positive attitude, and supportive attitude. Openness, can be interpreted as openness between parents and children in preventing gadget addiction, namely the availability of time for parents and children, and communication as a form of understanding. Empathy, there is empathy given to parents and their children in preventing gadget addiction, namely understanding children's feelings, listening actively, showing sympathy and support, recognizing and respecting children's needs, and providing a supportive family environment. Responsiveness, the response given when parents give advice or communicate with children in preventing gadget addiction, namely authoritarian communication. Positive attitude (positiveness), Forms of positive attitudes given by parents to children in preventing gadget addiction are building open communication, limiting gadget use, and the attitude given by children to parents after being given advice is respectful & appreciative, and expressing gratitude. Supportive attitude (supportiveness), Support from parents to their children in preventing gadget addiction includes supporting positive things, helping to manage time & create routines, and providing knowledge of the dangers of gadget use. The obstacles faced by parents in preventing children from becoming addicted to gadgets lie in the child's mood. So communication from parents to provide advice looks at the child's mood first.

ADVANCED RESEARCH

Still Conducting Further Research To Determine The Limitations Of The Article Interpersonal Communication Between Parents And Children in Preventing Gadget Dependence

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