The Influence of Technology on the Interaction of Parents and Children in the Family

Suud Sarim Karimullah  
Gümüşhane University, Türkiye  
E-mail: suudsarimkarimullah@gmail.com

Abstract:  
This study explores the influence of technology on the dynamics of interaction between parents and children in the family context. This study uses a literature study approach with integrative and comprehensive analysis in investigating and analyzing various related literature sources to obtain a deep understanding of the influence of technology on the interaction of parents and children in the family. The findings of this study indicate that the use of technology significantly impacts the interaction of parents and children in the family. The use of technology, especially when it is poorly regulated, tends to reduce the time parents and children should spend together. However, technology can also be a valuable tool if used wisely and as a positive educational resource. Therefore, technology management strategies in the family play a crucial role in maintaining this balance. Parents need to take the initiative to set healthy rules and boundaries, educate children about digital ethics, and actively engage in the use of technology together with their children. With a wise and sustainable approach, families can achieve a balance that supports children's development and happiness in an age of ever-evolving technology.

Abstrak:  
Kajian ini mengeksplorasi pengaruh penggunaan teknologi terhadap dinamika interaksi antara orang tua dan anak dalam konteks keluarga. Kajian ini menggunakan pendekatan studi pustaka dengan analisis integratif dan komprehensif dalam melakukan penyelidikan dan menganalisis berbagai sumber literatur terkait untuk memperoleh pemahaman yang mendalam tentang topik pengaruh penggunaan teknologi terhadap interaksi orang tua dan anak dalam keluarga. Temuan dari kajian ini mengindikasikan bahwa penggunaan teknologi memiliki dampak signifikan terhadap interaksi orang tua dan anak...
INTRODUCTION

The interaction between parents and children in a family has a vital role in shaping the development of children. A good relationship between parents and children can affect a child's social, emotional, and cognitive development (Karimullah, 2022). However, with the development of technology, especially electronic devices such as smartphones, tablets, and computers, significant changes in the dynamics of interaction within the family have occurred. The influence of the use of technology on the interaction of parents and children is a topic that is increasingly gaining attention from researchers and practitioners in the fields of education, psychology, and family.

Technology has become an integral part of everyday life, and it is tough to avoid its influence. Children are growing up in an era where digital technology surrounds them, and many have access to electronic devices from an early age. This creates a change in the way parents and children interact with each other. Parents often use such devices to calm or comfort the child, which can affect both direct interaction and verbal communication between them.

There are two sides to the influence of the use of technology in family interactions. On the one hand, technology can be a valuable tool in supporting children's education and development. Access to various educational apps and online resources can help children learn and develop new skills. However, on the other hand, technology can also interfere with healthy family interactions. Parents who get too involved with their devices can overlook the time they should spend with their children. In some cases, children can become overly dependent on their electronic devices, reducing the time that would otherwise be spent interacting with parents. In addition, the use of technology in family interactions can also affect the ability of parents to monitor and control the content accessed by their children. This makes it crucial for parents to take an active role in managing their children's technology use.
children. The generational gap in understanding technology and social media is often a problem, with younger children probably having a better understanding of technology use than their parents. This can create inequities in the supervision of content and children's use of inappropriate technology.

In the face of technology's influence on parent-child interactions, it's essential to strike the right balance. Parents need to understand their children's use of technology, limit screen time if necessary, and be actively involved in their digital lives. On the other hand, technology can also be used positively to enrich family interactions through various applications and resources that support learning and joint activities (Grossi, Lanzarotti, Napoletano, Noceti, & Odone, 2020; Zahra, 2003). In this digital age, it is essential for parents to understand the complexity of using technology in the family context and take the necessary steps to maintain the quality of interaction between parents and children to remain healthy and positive.

The family is essential in producing competent generations and contributing to society. If parent-child interaction is disrupted by excessive use of technology, this can potentially reduce children's potential as productive individuals. In addition, changes in parent-child interactions influenced by technology reflect larger societal developments. Therefore, this study embraces broader aspects in understanding the social and cultural changes due to technological developments. In addition, this study can also serve as a basis for developing educational strategies and advice for parents and children in the face of these changes. Parents play a central role in shaping children's values and behaviors, and they need to be supported with adequate knowledge and resources to deal with the challenges posed by technology. With a deeper understanding of the impact of technology on parent-child interactions, we can design better strategies to maintain a healthy balance between technology and deep family interactions, helping children grow and thrive in an increasingly connected world.

A study by Kildare and Middlemiss (2017) highlights the role of technology in parent-child interaction. The study found that parents' use of technology during interactions with children can interfere with parents' attention and responsiveness to their children. This particularly impacts younger children who need parental attention in their cognitive and emotional development. Another relevant study conducted by LeBourgeois et al. (2017), who found that the use of digital media by younger children is associated with an increased risk of sleep disorders and reduced sleep quality. This suggests that too much exposure to technology can hurt aspects of a child's health.

In addition, studies conducted by several researchers have previously found that the use of technology, especially social media, can affect communication patterns in families and time spent together (Nesi & Prinstein, 2015; Vannucci & McCauley Ohannessian, 2019; Zhang, Omran, & Cobanoglu, 2017). This can lead to a feeling of disconnection in family relationships. However, some studies highlight the benefits of using
technology in family interactions (Nedelcu & Wyss, 2016; Oduor et al., 2016; Vaportzis, Giatsi Clausen, & Gow, 2017). This literature review shows that the impact of the use of technology in family interactions is very complex and can vary depending on the context and how it is used. Therefore, further studies are needed to understand the changes that occur in the interaction of parents and children in the family and how it can be managed wisely in the evolving digital age.

METHOD
This study uses a literature study approach with integrative and comprehensive analysis. In this approach, the researcher will investigate and analyze various related literature sources to gain a deep understanding of the influence of the use of technology on the interaction of parents and children in the family. By summarizing and bringing together findings from various relevant past studies, this review aims to provide a comprehensive understanding of the impact of technology on family dynamics and parent-child relationships. Through integrative analysis, researchers seek to identify patterns, trends, and implications of previous studies that can help form the foundation of further research. Thus, the study aims to provide a broader and more profound look at the topic under discussion, allowing us to understand better and manage the changes in family interactions in the digital age.

RESULTS AND DISCUSSION
The Use of Technology in the Family
Temuan penelitian harus jelas dan singkat. The use of technology in the family has become a subject of increasingly relevant and significant debate in modern society. In the ever-evolving digital age, technology has fused with everyday life, affecting various aspects of interaction and dynamics within the family sphere. It is essential to understand that technology has brought about significant changes in the way families communicate and interact. Electronic devices such as smartphones, tablets, and computers have become an indispensable part of everyday life, allowing families to connect digitally.

Long-distance communication via video calls, text messages, or social media has facilitated a new way of relating, regardless of physical location. This can improve connectivity between family members separated by geographical distance. However, on the other hand, using technology also presents challenges. One of the problems that often arises is technoscience, that is, technological interference that hinders direct interaction between family members. When family members are too focused on their devices, this can interfere with communication and quality time together. Parents may be too involved in their work or social media, while children can be too dependent on video games or other digital content (Geisel, Lipinski, & Kaess, 2021; Mazurek & Wenstrup, 2013).

The use of technology in families also opens up discussions about children’s exposure to digital content that may not be appropriate for their age. In an effort to maintain healthy interactions within families, parents often have to struggle to monitor and control the types of content their children access. The generational gap
in understanding technology can be a constraint, with children who may be more skilled at using devices and apps than their parents. This can create additional challenges in supervising children's use of technology. In addition, it is also important to recognize the important role of parents in guiding their children in using technology wisely. Education and open conversation about the healthy use of technology are important components in achieving an appropriate balance (Hays, Ramani, & Hassell, 2020; Heirdsfield, Walker, Walsh, & Wilss, 2008). Parents should provide direction on screen time limits, teach children to recognize safe content and encourage them to develop positive digital skills.

In addition to the impact and solutions related to the use of technology in the family, it is also necessary to consider other aspects that have an impact on family dynamics. One of them is the role of parental models in the use of technology. Parents serve as role models for children, and their behavior in using technology can shape children's views on how they should engage with digital devices. Therefore, parents need to adopt wise habits in the use of technology to create healthy family interaction patterns. In addition, there are privacy issues that need to be considered in the use of technology in the family. By sharing information and content online, families need to be aware of the privacy risks that may arise. Conducting education about digital privacy and the importance of keeping personal information private can help protect family members from potential security threats. Furthermore, it should be recognized that technology can also be a means to improve the quality of family interactions. There are many apps and platforms designed specifically for families, allowing them to play together, study together or simply share moments together online. When technology is used wisely and for the right purpose, it can enrich the family experience and create valuable memories.

In addition, it is also essential to understand that the use of technology in the family can have an impact on physical and mental health. Excessive use of electronic devices, especially before bed, can impair sleep quality, especially in children and adolescents. This can lead to sleep problems, increased fatigue, and even an impact on children's academic performance. Parents need to pay attention to setting screen time before bed and creating an environment that supports quality sleep. It is also essential to explain the "digital divide" concept in this discussion. Digital inequality is the difference in access to and use of technology between financially capable and financially disadvantaged families.

Underprivileged parents may face challenges in providing access to technology to their children, which can impact their education and future opportunities. Initiatives and support to reduce the digital divide in families are important in a society increasingly dependent on technology. In this context, it is also important to remember that children can better understand technology than their parents. This gives rise to the need for an open relationship and a mutually understanding dialogue between parents and children. Children can play the role of technology "teachers" for their parents, but parents should also play the role of mentors who help
children understand digital ethics, privacy, and online safety. In addition, families also need to consider the impact of using technology on physical activity and outdoor time (Eyler et al., 2021; Nathan et al., 2021). Too much time spent in front of a screen can reduce opportunities to exercise, explore nature, and engage in outdoor activities. In an effort to maintain a healthy balance, families can plan time together outdoors, stimulate children's interest in sports and physical activity, and avoid excessive screen addiction.

Furthermore, it should be emphasized that technology is not only a potential source of conflict in the family, but it can also be a tool that strengthens relationships between family members. In busy lives, technology can help families stay connected, especially if family members are separated by geographic distance. Video calls, group chats, or sharing photos and videos through social media can be helpful ways to maintain relationships and share moments together. In addition, technology can also be used to improve education and learning in the family. Some various educational apps and platforms can help children in learning certain subjects. Parents can take advantage of technology as an additional educational tool that supports children's intellectual development.

Teaching children about digital ethics and responsibility is also essential in this digital age. This includes behaving appropriately in cyberspace, maintaining privacy, avoiding dangerous online behavior, and understanding the consequences of online actions. Educating children about digital ethics, we help them become responsible and intelligent technology users. Furthermore, families need to design specific times to interact without technological distractions. Holding quality "no-screen time" can help strengthen bonds between family members. This can mean time to talk, play games together, or undergo activities that involve direct interaction. Families should work together to create an environment that supports this quality time together. It is also important to develop mutual agreements within the family regarding the use of technology. These agreements may include rules about screen time, bedtime, and how technology is used during shared mealtimes. This agreement will help create a shared understanding of how technology should be used in families.

It is also essential to understand that technology when used wisely, can be a tool that helps families in various aspects of life. Technology is often necessary to support education, work, and communication in an increasingly digitally connected world. Parents can utilize technology as a source of information and educational resources to help their children develop academically. In addition, technology also allows families to access various sources of entertainment and activities together. Watching movies together, playing family games, or planning a vacation with the help of a travel app can be a fun way to spend time together as a family.

In this era of technology, it is also essential to involve children in the decision-making process about the use of technology. Open and inclusive discussions about screen time policies and rules for using technology in families can give children a sense of
ownership and responsibility in managing technology. Furthermore, it is essential to remember that parents are strong role models in children's lives. The way parents use technology and their online behavior can serve as a powerful example for children. Therefore, parents should consider how they use technology and how their online behavior can affect children. Technology can also support the relationship between parents and children in this context. Parents can take the initiative to communicate with children through text messages, video calls, or even play online games together. It helps strengthen family ties and allows parents to stay connected with their children, especially if separated by geographical distance.

To achieve a healthy balance in the use of technology in the family, it is essential to learn and adapt to the continuous development of technology constantly. Parents and children should keep abreast of the latest technology trends, understand the risks and benefits, and collaborate in managing technology wisely. With open communication, education on digital ethics, and collaboration in maintaining online safety, families can live a balanced and supportive journey together in an age of evolving technology.

The Impact of Technology on Parent-Child Interaction

The use of technology in the family has become an indispensable part of everyday life. However, while technology provides various benefits, such as access to information, social connections, and education, it is also worth recognizing that there is a significant impact on the interaction between parents and children. Changes in how parents and children interact are one of the main results of the penetration of technology into the household. The first impact to consider is interference with interpersonal communication. Parents and children are often caught up in their digital worlds, with handheld devices and computers being the main culprits.

When family members are more involved in their devices, in-depth live communication is often overlooked. Even when families get together, individual members may be more focused on the screen than talking to each other. In addition, time spent with technology often reduces the time that would otherwise be spent together as a family. For example, children engrossed in video games or social media can spend hours a day in front of a screen, which could otherwise be spent interacting with their parents or siblings. This is often called "screen addiction," where technology interferes with family relationships and supposed shared activities.

Furthermore, the impact of technology on parent-child interaction can also be seen in the lack of time to talk about daily events and child development. Parents may no longer ask questions about how their child's school day went, the friends they met, or the obstacles they experienced. Instead, the conversation is often limited to household chores, work, or other practical topics. This can impact parents' understanding of their children's lives and lack of opportunities to provide the support and direction they need. However, it is also important to note that the impact of the use of technology on the interaction of parents and children is
not always negative. Technology can provide new opportunities to learn together. For example, many educational apps and platforms are specifically designed to facilitate family learning and discussion. Parents can use technology to assist children in understanding their subject matter or exploring their interests.

In addition, technology can also be used to maintain long-distance relationships. In families separated by geographic distance, video calls, and text messages become essential to staying connected. It allows parents and children to talk, share moments, and maintain a close relationship even if they are not in one physical location. Furthermore, parents can also use technology to create richer shared experiences. For example, watching a movie together, playing a family video game, or planning a trip using an online travel app can be a fun way to spend time together. It provides an opportunity to create precious memories as a family.

To achieve a healthy balance between technology use and family interaction, it is essential to have a deep awareness of how technology affects communication and relationships between parents and children. This requires understanding that technology is a tool that can be used wisely and that excessive or inappropriate use can interfere with healthy family relationships. The key to overcoming negative impacts is open communication. Parents need to talk to their children about using technology, set screen time limits, and explain the importance of time together. In this context, it is also necessary to have mutual agreement within the family regarding the time spent in front of the screens and the time spent together.

Furthermore, it is necessary to understand that the use of technology in the family can also impact the dynamics of power in the relationship between parents and children. Children with faster and more advanced access to technology often have better technology knowledge and skills than their parents. This can create a situation where children become more "expert" users of technology and parents are more "backward" regarding technology. In some cases, this can change power dynamics, with children perhaps feeling more independent in their use of technology than their parents allow. However, on the other hand, parents have an essential responsibility to supervise and guide children's use of technology. This includes monitoring the content accessed by children, protecting them from online threats, and ensuring that screen time does not disrupt the balance of a child's daily life. This is vital in maintaining children's safety and well-being in a digital world entire of risks.

Furthermore, parents should also be good role models in the use of technology. The way parents use technology and their online behavior can serve as a powerful example for children. Therefore, parents should use technology wisely and ethically, avoid risky online behavior, and live healthy and positive communication in cyberspace. In addition, technology also allows parents and children to engage in more interactive education. There are many apps and educational resources that will enable children to learn in a more exciting and fun way. Parents can take advantage of
technology to support their children’s learning and can even participate in shared understanding.

In this context, it is crucial to create mutual agreement within the family about the use of technology. Parents and children can jointly establish rules and restrictions corresponding to family values. This includes allowed screen time, use of technology during shared meals, and online privacy settings. In addition, it is worth emphasizing that technology is not the enemy but a tool that can enrich interactions and relationships within the family. In this digital age, technology can be used to communicate, learn together, and share experiences. It is essential to live a balanced approach to technology, where technology is used to support healthy relationships and interactions, not replace them.

In this age of technology, sharing common interests can also be an effective way to strengthen the relationship between parents and children. For example, playing video games together or pursuing certain hobbies involving technology can create a strong bond. Parents who support children's interest in technology can also be a valuable source of inspiration and support. In addition, technology can allow parents and children to establish relationships with friends and wider family, especially if they are separated by geographic distance. Video calls, group chats, and sharing photos and videos through social media can maintain social connections and celebrate shared moments with loved ones. However, to achieve a healthy balance, it is essential to manage screen time and live consistent rules in the family. Too much time in front of a screen can interfere with live interactions and reduce the quality of time together. Parents need to actively manage children's screen time and provide alternatives for outdoor activities and social interaction.

Furthermore, it is essential to realize that technology also affects how families interact in everyday life. For example, using electronic devices, especially mobile phones, during mealtimes or in other situations of family interaction can interfere with effective communication. Parents and children may engage in their technology activities, such as checking text messages or social media, rather than talking to each other.

The subsequent impact is the "digital divide" in the family. This happens when some family members have more access and skills in using technology than others. These difficulties can create inequalities in daily activities. Parents who are less skilled in the use of technology may have difficulty understanding or controlling their children's online activities, which can lead to conflict and feelings of frustration.

Another challenge is "screen addiction," especially among children and adolescents. Too much time spent in front of the screen of an electronic device, such as a computer, cell phone, or tablet, can interfere with time that would otherwise be spent on physical activity, exercise, or social interaction. This can negatively affect children's physical and mental health and their ability to interact with others in real situations. However, amid these challenges, technology can also provide solutions. Parents can use technology to set screen time limits and
supervise their children's online activities. Many apps and software are designed specifically to help parents manage their children's use of technology. This allows them to monitor the content children access, manage screen time, and identify potential risks.

In the face of the impact of technology on the interaction of parents and children, it is also essential to understand that each family has a unique dynamic. Successful approaches may differ from family to family, depending on their specific needs, values, and situation. Parents should strive to maintain a balance between the use of technology and quality time with children. This includes setting reasonable screen time limits and ensuring time spent on in-person interactions and outdoor activities. Joint activities such as playing family games, picnics, or vacations are an excellent way to strengthen family ties. In addition, it is essential to build awareness about the positive role of technology in family life. Technology can be a tool that supports education, entertainment, and connections with distant friends and family. Parents and children can use technology to learn together, maintain relationships with relatives, and create precious moments.

In the face of the impact of technology on the interaction of parents and children, it is essential to understand that technology itself is a neutral tool. Wise and practical use of technology can significantly benefit families, while improper use can have negative impacts. Therefore, parents need to take an active role in managing the use of technology in the family. Parents should understand that they have a responsibility to guide and supervise the use of technology by their children. This includes monitoring the content children access, setting screen time limits, and ensuring children understand digital risks and ethics. Parents should ensure that technology is a support tool, not a substitute for social interaction and time with family.

It is also essential to constantly learn and develop in terms of technology. Children often have more advanced technological knowledge than their parents, which can be an opportunity to learn together. Parents can feel comfortable asking their children questions and living a joint exploration in technology. In addition, open and inclusive communication is critical in addressing the negative impact of technology on family interactions. Parents should listen to their children's feelings and concerns regarding the use of technology. This includes talking about their online experiences, questions or concerns, and their feelings about how technology affects family relationships.

When conflicts or tensions arise due to the use of technology, it is essential to live an empathic and solutive approach. Parents should try to understand their children's perspectives and jointly seek solutions that align with family values and needs (Einarsdottir, Dockett, & Perry, 2009; Holt, Kingsley, Tink, & Scherer, 2011). In addition, parents should be an excellent example in the use of technology. Good online behavior and digital ethics should be shown to children. By being strong role models, parents can help their children understand the right and wise way to interact in the digital world.
Technology can be a tool that enriches family interactions if used wisely, and it is a challenge that can be overcome with family understanding and cooperation. With awareness, effective communication, and wise planning, parents and children can forge healthy and supportive relationships in an age of evolving technology.

Technology Management Strategies in the Family

Managing technology in the family is essential to maintaining a balance between the benefits and negative impacts of modern technology. Technology has become an integral part of everyday life in an increasingly connected digital age. As parents, the strategy of managing technology in the family is a task that is not only important but also complicated. It concerns the policies and practices that must be implemented so that technology does not take over the precious time spent on social, educational, and quality family interactions. In this context, some effective strategies must be applied to achieve a healthy balance in the use of technology in the family.

One of the main strategies is to set clear rules and boundaries early on. This includes determining appropriate and healthy screen time for each family member, including time for homework, study, and time to relax. In addition, setting screen time limits before bed is vital to supporting quality sleep, especially for children and teens. Furthermore, parents also need to monitor the content their children access regularly. This oversight involves ensuring that the content accessed is age-appropriate and helpful. Many parental control tools and software can help with this monitoring. It is essential to be actively engaged in identifying and avoiding content that is not appropriate for children.

In addition, effective communication in the family is an essential foundation of successful technology management. Parents should talk openly with their children about using technology wisely. This includes discussing the potential risks and consequences of unwise use of technology. In this context, parents should understand that two-way communication that listens to the views and feelings of the child is essential. Furthermore, education on digital ethics should also be part of the technology management strategy. Children should be taught how to be kind, respect the privacy of others, and avoid harmful online behavior (Erickson et al., 2016; Karimullah, Amin, & Munawwarah, 2022). This includes talking about cyberbullying, the use of abusive words, and ethical online actions.

In addition to the management strategies previously mentioned, it is also worth noting the role of parents in actively engaging in the use of technology with children. This includes spending time together in activities involving technology, such as playing games or exploring educational apps. This allows parents to draw closer to their children and build a strong bond. In technology management, paying attention to the quality rather than the quantity of time spent with technology is also essential. This means that, in addition to setting limits on screen time, parents should focus on how that time is spent. For example, it engages children in talking about their online
experiences, discussing questions or concerns that may arise, and listening to their feelings about how technology affects family relationships.

Furthermore, taking advantage of the educational resources available to parents is also essential. Many organizations and websites provide guides and resources that help parents manage technology in the family. This can include information on surveillance tools, advice on educating children about digital ethics, and tips on dealing with technology-related conflicts. In addition, parents can plan family activities that do not involve technology at all (Bacigalupe & Lambe, 2011; Olmstead, 2013). This creates a critical moment where families can connect directly without interference from electronic devices. Activities such as a walk in the park, a picnic, cycling, or playing board games can be an excellent way to eliminate dependence on technology and build strong relationships in the family.

To effectively manage technology in the family, it is essential to understand that each family has unique needs and dynamics. Therefore, management strategies must be adapted to the specific characteristics of each family, such as the age of the children, family interests, and educational needs. Parents can also plan "Technology time together" as part of a management strategy. This is the time spent by the family to explore technology together. For example, a family could plan a movie night where they watch a movie together and share a discussion about the story. This creates an opportunity to interact and share positive experiences with technology. In addition, it is also essential to be actively involved in children's technological education. Parents can act as facilitators in healthy technology learning. They can teach children how to find reliable information on the internet, support the development of problem-solving skills, and even support children's interest in developing applications or programming.

In some families, a "night box" policy is applied. This means that at a particular time, all electronic devices are turned off or put in a "night box" and should not be used. This creates time away from technological distractions and encourages direct interaction between family members. It is also essential to communicate to children about the risks in the digital world. This includes discussing privacy protection, the risk of online bullying, and how to identify inappropriate content. Parents should provide clear guidance to children on how they should act if faced with a risky situation in the online world. In addition, in managing technology in the family, parents must maintain a balance between the use of technology and healthy social interaction. This includes positioning technology as a tool that supports, rather than replaces, quality family relationships. With a wise approach, families can achieve a healthy balance between technology and social interactions that support children's development and happiness.

In managing technology in the family, supporting the development of children's creativity and problem-solving is also essential. Technology can be used as a tool that encourages creative exploration and learning. Parents can present apps, games, or devices stimulating children's creative thinking and problem-solving skills. By directing children to use technology...
productively, technology can be a valuable resource in their development. In addition, parents can also take advantage of the educational resources available online. There are many courses and learning materials accessible online. Parents can support children's learning by utilizing these resources. It enhances children's knowledge and teaches them about responsibility in managing their time online.

Managing technology in the family should also include a deep understanding of social media platforms. Children are often active on social media, and parents must understand the risks and benefits. This includes teaching children about ethics in interacting online, privacy, and the importance of being kind in online communication. Furthermore, parents should undergo wise monitoring of their children's online behavior. They should help children develop the skills to deal with potential online risks, such as bullying or unsafe interactions. This monitoring involves not only the supervision of content but also the observation of behavioral changes that may appear due to the use of technology. In addition, it is also essential to plan a quality family time that does not involve technology at all. It creates a time where family members can interact in person, talk, play, and celebrate moments together without distractions from electronic devices. It strengthens family ties and creates valuable memories.

Managing technology in the family is an effort that needs to take place with sustainability and consistency. In the face of ever-evolving technological changes, Parents must be prepared to constantly update and adjust their strategies to remain relevant and practical. Furthermore, parents should also pay attention to the importance of quality rather than quantity of time spent with technology. This means that screen time limits and the quality of time spent with technology should be set. Parents should strive to use technology that promotes learning, healthy social interaction, and the development of valuable skills.

In this context, parents must also take advantage of online educational resources. Many courses and learning materials can support children's education in using technology wisely (Ketut Sudarsana, Bagus Made Anggara Putra, Nyoman Temon Astawa, & Wayan Lali Yogantara, 2019; Nedungadi, Mulki, & Raman, 2018). Parents can guide their children to use technology as a helpful learning tool and support their development. It is also essential to understand that parents are role models in technology management. Children often imitate the behavior of their parents. Therefore, parents should live ethical and responsible online and offline conduct as a good example for children. By engaging in desired behaviors, parents provide a foundation of positive norms in the use of technology.

Furthermore, in undergoing a technology management strategy, creating moments that do not involve technology is also important. This creates a time when family members can interact directly without interference from electronic devices. Playing board games, cycling, or sports together can be an excellent way to live precious moments without technology.

Furthermore, parents must take a proactive approach to managing technology in the family. This means
that they supervise their children's use of technology and are actively involved in educating them on how to use technology wisely and responsibly. Parents can guide children in identifying reliable information on the internet, maintaining privacy, and being kind in online interactions.

In supporting children's education, technology can be a powerful tool. Parents can work with schools and teachers to understand how technology is used in educational curricula. They can help children access online educational resources appropriate for their age and interests. Thus, technology can be a means to support children's learning and development. Furthermore, parents should also set an example in the use of technology. Children often copy the behavior of their parents. Therefore, parents should live an ethical and responsible online and offline behavior as a good role model for children. By living the desired behavior, parents provide the foundation of positive norms in the use of technology.

Parents also have to create moments that do not involve technology in managing technology. This creates a time when family members can interact directly without interference from electronic devices. Playing board games, cycling, or sports together can be an excellent way to live precious moments without technology. In addition, in managing technology, parents must understand that using technology in the family is about creating a healthy balance between benefits and risks. Parents must undergo a flexible and adaptive approach, which allows them to adapt their rules and practices according to technological developments and changing family needs. With open communication, quality family time planning, digital ethics education, and wise monitoring, families can live a shared journey that supports a balance in the use of technology. Technology is a tool that can provide significant benefits if used wisely and with awareness of the role it plays in family life.

CONCLUSION

The use of technology in the family is a challenge that requires awareness and wise action. In the face of ever-evolving technological changes, Parents must live a holistic and adaptive approach that prioritizes the well-being of children and strong family relationships. The more time children spend with technology devices, the less time they spend interacting directly with their parents. This implies that technology can potentially hinder strong relationships between parents and children. In addition, the use of technology in families can vary significantly depending on family characteristics, such as the age of the children, family interests, and educational needs. This shows the importance of accommodating these differences in managing technology in the family. In addition, effective technology management strategies in families involve open communication, quality family time planning, and continuous digital ethics education. In pursuing a holistic and sustainable approach, families can achieve a healthy balance between technology and social interactions that support children's development and happiness. Therefore, parents need to undergo wise planning and constantly open communication in
the face of the impact of technology on the family. With an innovative and sustainable approach, families can achieve a balance that supports children's development and happiness in an age of ever-evolving technology.

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