

# Hubungan antara Durasi Screen Time dan Masalah Perilaku pada Anak Usia Prasekolah yang Dimoderasi oleh Parental Mediation = The Relationship between Screen Time and Problem Behavior in Preschool-Aged Children Moderated by Parental Mediation

Kyana Salapani Sangadi, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920545647&lokasi=lokal>

---

## Abstrak

Durasi screen time tinggi merupakan salah satu faktor risiko munculnya masalah perilaku pada anak usia prasekolah. Aspek yang bisa menjadi faktor protektif terhadap dampak buruk dari media adalah parental mediation. Tujuan dari penelitian ini adalah untuk mempelajari hubungan antara screen time dan masalah perilaku pada anak usia prasekolah yang dimoderasi oleh parental mediation. Partisipan merupakan 663 orang tua anak usia prasekolah yang memenuhi kriteria. Hasil menunjukkan adanya efek positif dan signifikan antara screen time dan masalah perilaku ( $r = 0.128, p < 0.01$ ). Efek negatif dan signifikan ditemukan antara parental mediation terhadap masalah perilaku ( $r = -0.18, p < 0.01$ ). Dimensi dari parental mediation yaitu, supervision ( $r = -0.25, p < 0.01$ ), activerestrictive meditation ( $r = -0.18, p < 0.01$ ), dan technical restriction ( $r = -0.18, p < 0.01$ ) juga memiliki hubungan yang signifikan dengan masalah perilaku. Namun, dimensi couse tidak memiliki efek signifikan terhadap masalah perilaku ( $r = -0.02, p > 0.05$ ). Selanjutnya, parental mediation secara keseluruhan dan dimensinya tidak memoderasi secara signifikan hubungan antara durasi screen time dan masalah perilaku ( $p > 0.05$ ). Penemuan dari riset ini dapat digunakan sebagai pertimbangan pembuatan panduan durasi screen time dan pengembangan strategi untuk memitigasi efek negatif dari screen time.

.....High screen time duration can be considered as a risk factor for the emergence of problem behaviors in preschool-aged children. One aspect that may serve as a protective factor against the negative effects of scree time is parental mediation. The aim of this research is to examine the moderating effect of parental mediation on screen time and behavior problems will also be studied in this study. Based on the results of this study, it was found that there was a positive and significant effect between screen time and behavioral problems ( $r = 0.128, p < 0.01$ ). Furthermore, a negative and significant effect was found between parental mediation and problem behavior ( $r = -0.18, p < 0.01$ ). Different dimensions of parental mediaiton such as supervision ( $r = -0.25, p < 0.01$ ), active- restrictive meditation ( $r = -0.18, p < 0.01$ ), technical restriction ( $r = -0.18, p < 0.01$ ) was also found to correlate negatively with problem behavior. However, co-use did not have a significant effect on behavior problems ( $r = -0.18, p < 0.01$ ). There was also no significant moderating effect of parental mediation and its dimensions on the relationship between screen time and behavior problems ( $p > 0.05$ ). The findings of this research can considered for creating guidelines regarding screen time duration as well as developing strategies to mitigate the negative effects of screen time.