

RESEARCH ARTICLE | JUNE 14 2023

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AIP Conference Proceedings 2491, 040038 (2023)

<https://doi.org/10.1063/5.0105195>



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Digital Media-Based Family Education Patterns In Efforts to Implement Health Protocols in Early Childhood

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Abstract. The purpose of this study is to describe the learning patterns of families based on digital media in an effort to implement health protocols in early childhood during the Covid-19 pandemic. This study was analyzed with descriptive quality. Subjects are selected using the purposive sample method (sample selection with certain considerations). Covid 19 is still spreading in Indonesia to date has a bad effect on learning in Indonesia, especially in early childhood learning. In order for health protocols to be implemented properly, it is necessary to support awareness along with various approach strategies, one of which is through digital media-based family education. The study used 10 subjects consisting of parents and their children. This research uses interviews to gather information with the analysis process through 3 stages, namely reduction, display, and data collection and verification. From the results of interviews with research subjects, it was concluded that digital media can form new learning patterns at home. By focusing on the material on how new lifestyles during the pandemic parents can provide a variety of materials from the internet, video, and online media as a science new knowledge. This learning process can make the child become more active, build new habits related to healthy lifestyles, can attract children to learning, and create a comfortable and pleasant atmosphere for children at home.

Keywords: family education patterns, health protocols, digital media

INTRODUCTION

The COVID-19 pandemic is still sweeping to the far corners of the region to date, causing significant consequences for learning patterns in Indonesia. The United Nations or the United Nations reports that one of the sectors severely affected by this outbreak is education [1]. This led most districts to decide to close schools from learning activities. The World Health Organization recommends stopping activities that could potentially lead to crowds. During the outbreak of covid 19 in Indonesia many methods were tried by the government to prevent the rate of spread of this virus. One of the circulars of the Ministry of Education and Culture (Kemendikbud) No. 1 the Year 2020, namely to minimize the spread of covid 19 in schools, the government produces policies such as self-isolation, social and physical distancing to large-scale social restrictions in various cities.

To counter the increasing number of viruses spread, the government moved quickly to protect the world of education, namely by the policy of distance learning. With this policy, digital media becomes the center of learning because direct interaction will be limited and new habituation related to online learning models must be done immediately by teachers and parents at home [2]. The pattern of education conducted at home must also meet the standards of health protocols so that children can carry out their learning activities comfortably [3]. Health protocols are built with the aim that citizens can always do activities comfortably and do not endanger the safety or health of others. If citizens can explore all the provisions stated in the health protocol, then it can be ensured that the transmission of COVID-19 can be minimized [4]. This health protocol that will be implemented will cover all aspects of activities in various sectors of life.

The family as an educational institution is first and foremost expected to be the spearhead in the application of this health protocol. The family is expected to be the first place where children get direct knowledge on how to

implement a healthy lifestyle during the pandemic [5]. A study shows that learning in a family usually starts from certain patterns in a family. The results of this study showed that foster care patterns have a direct effect on behavior changes significantly in changes in children's habits at home [6]. Parenting system is a method of learning and transfer of knowledge in which there are changes in behavior, knowledge, and also new habituation in daily life in home life [7]

With the development of digital technology, today such as the use of telephone, multimedia computer, internet, and other audio-visual facilities for learning, communication that takes place in the context of education is increasingly sophisticated. A parent or good educator should be able to utilize technological advances for learning or as a transfer of new knowledge. Not only follow the development but also have to make good use so that the development of technology does not become useless. Usually, early childhood is always interested in new things and technology is something new for the child, therefore teachers should be able to utilize technology to attract students in terms of learning. Learning using digital media can facilitate children to learn more widely, more, and more (Munir, 2017). Through the facilities provided by the media, learners can learn anytime and anywhere without being limited by distance, space, and time. The learning materials studied are more varied, not only in verbal form, but more varied such as text, visuals, audio, and motion. To support this, a wide range of frameworks, models, literacy has been developed over the years to guide teachers or parents to strive to build digital skills in their students [8]

The Government of Indonesia in this case the Ministry of Health has produced health protocols in the form of antidote and control specifically through policies that have been delivered in various forms of recommendations that lead to a healthy lifestyle. This protocol presented the rules that must be followed by all levels of society. The problem of the application of health protocols in children of PAUD age is usually related to the application of new habituations in the environment such as the habit of handwashing with soap, personal hygiene, the use of masks, and other applicable health protocols [9]. Based on the decisions that have been taken, the government massively implements various policies, one of which is to build new habits related to the application of health protocols, especially at the early childhood level. Adjustment of healthy and clean lifestyles has a very effective impact on the application of health protocols in the local community [10]. It is a special concern for families as the spearhead of the implementation of this health protocol to be able to do so to the maximum extent possible to reduce the rate of spread of the Covid 19 virus by utilizing digital media at home.

The purpose of this study is to know the pattern of family education in the efforts to implement digital media-based health protocols during this pandemic and focus on early childhood groups.

MATERIALS AND METHODS

The method used in this study is a descriptive quality method designed to describe family education patterns to implement health protocols in the home environment. The subjects selected in this study are parents who have children at an early age and domiciled in Gamping Sleman Subdistrict as a location. This study used 10 subjects, namely parents of parents and their children. In this study, 10 respondents were parents. For confidentiality purposes, respondents were given initials R1, R2, R3, and so on. Semi-structured interviews are conducted and a list of questions compiled for interviews is developed based on related literature. Respondents to this study were parents of students at PAUD institutions in Gamping Sleman Yogyakarta subdistrict.

Table 1. Respondent Profile

Initials	Gender	Age	Educational
R1	Woman	26	Senior High School
R2	Man	29	Senior High School
R3	Man	30	Senior High School
R4	Woman	34	Bachelor
R5	Man	25	Senior High School
R6	Woman	26	Bachelor
R7	Man	36	Bachelor
R8	Woman	32	Senior High School
R9	Woman	27	Senior High School
R10	Man	29	Bachelor

From the results of the interview, it was determined that 10 subjects met the criteria for the research objectives. This research uses interviews to gather information with an analysis process through 3 stages, namely reduction,

display, and data conclusion and verification. Information reduction means summarizing, sorting out meaningful information, sharing code, and removing meaningless information. Information display or information presentation describes the information that has been obtained through data reduction. Data triangulation is also used as a data benchmark to obtain valid and in-depth data (Sugiono, 2011). Interview information was obtained by in-depth interviews with parents to ask learning patterns that could support the application and adjustment of health protocols. The study was conducted in August-December 2020. After conducting an in-depth analysis regarding the application of family education patterns to support health protocols, several research questions were made as to the following:

- ✓ What is the pattern of digital media-based family education to implement health protocols in early childhood?
- ✓ What are the obstacles faced in implementing health protocols for early childhood through digital media?

RESULTS AND DISCUSSION

The purpose of this study was to determine the pattern of family education to implement the protocol. All answers to interview results are direct responses from respondents which are described in the following arrangement :

A respondent (R1) gave a statement: *"My child initially found it difficult to implement health protocols at home, such as getting used to washing hands or using hand sanitizers before or after activities."* Meanwhile, according to (R2) gave the following statement: *"To strive for new habituation, we as parents always give an example first so that children have an interest in doing what we have demonstrated, such as washing hands, wearing masks every time we travel and keeping a distance from friends. while playing. "* Meanwhile, according to the respondent (R3) stated that: *"children are quite easy to implement health protocols as long as parents are consistent in implementing them at home"*

Respondent (R4) gave a statement: *"New habits that must be applied during this pandemic provide new experiences for parents and children because they must be able to change old habits related to clean and healthy living"*. Respondent (R5) also conveyed things that were not much different, namely: *"a comfortable home atmosphere must be created so that children feel at home and at the same time apply social distancing which is a new habit in our daily life"*. Respondent (R7) added: *"Parents should be able to become real role models on how to maintain cleanliness (washing hands and using hand sanitizers), taking a shower after traveling from outside the home, and starting to consume healthy and nutrient-rich foods to increase the body's immunity. Children feel happy with direct involvement and enthusiastic. "*. Respondent (R8) stated that: *"because we do not know how long this pandemic is, sometimes children feel bored in implementing health protocols because many are found outside the home of the community who are no longer disciplined in implementing the health protocol"*.

Meanwhile, the respondent (R9) stated that *"sometimes children need to get media that can always remind them to maintain health protocols at home. We, parents, have to stick posters related to health protocols in the room so that children are always reminded of the message that was delivered"*(R10). Another respondent said: *"Like it or not, this is a new habit that must be applied. We have to be real examples at home. They are still children so it is relatively easy to instill new habits related to this health protocol as well as healthy living habits at home "*. A total of 10 respondents have provided statements and opinions which will be explained and discussed as follows

Digital Media-Based Family Education Patterns in Efforts to Implement Health Protocols

Entering the era of online learning as it is today requires adaptation for teachers and parents to be able to create digital media learning that can make children enthusiastic and feel comfortable with the material provided. According to Alia [11], digital media will become a learning center in the next few years because of the impact of changes in information flows and also post-pandemic world conditions. Parents should realize that they must be able to prepare themselves because currently, online learning at home requires the involvement of parents in the knowledge transfer process. With the development of technology, parents can take advantage of digital media as a vehicle for implementing health protocols which are currently shared responsibility as an effort to reduce the rate of spread of the virus. Children can be directed to access videos or learning materials that provide a lot of educational elements, both those provided by the government or various shows that are easily accessible on the internet.

The results of the study explain that adults at home must be able to discipline and continue to apply life patterns and health protocols in a disciplined manner at home. A healthy and clean attitude for children can be accustomed to at home by implementing role models for children during the pandemic period. The concept of implementing health protocols is of course different in each house. This method also adapts to the habits that exist in each family [12]. This healthy lifestyle must be taught as early as possible in the neighborhood. To carry out what

parents have exemplified at home, the role of character education is also very important for changes in children's behavior [13]. The implementation of this health protocol is the result of self-discipline to create a healthy lifestyle and discipline related to various rules related to patterns. patterns built for a better quality of life [14] .

It takes time and patience to get children used to undergoing health protocols. The earlier good habits are applied, the more likely the child is to be healthier. Not only sharing descriptions or utterances but the best method to encourage children to live healthily is also to become role models [15] .Children will imitate what their parents try. Children must get assistance in using digital media so that the learning process can be more controlled. With digital literacy given from an early age, it will have a significant impact on the digital media-based learning process. Giving real examples is more memorable for children than mere commands and scolding [16]. When giving examples of healthy living to children, parents are encouraged to always be realistic. Realize that the good effects of healthy living will be felt in the future, not practically intertwined. It is better to start with simple but steady steps than to focus on the major changes in a short period.

Involving all family members can be started from dinner together with a healthy menu and exercise together. This activity realizes children to do activities together 9. In learning media for early childhood education, parents can take advantage of existing devices by providing videos on how to implement a clean lifestyle and also how to recommend implementing health protocols that should be done both at home and while at home. outside the house. Cleaning the house, as well as gardening are great examples of activities to burn calories. Not only that, but you can also take a stroll in the yard, play bicycles, or play hide and seek. Not only sports, but children are also given the knowledge to drink lots of water, consume fresh vegetables and fruit, and stay away from foods and drinks that have a lot of sugar and salt. From the results of the interview, it was found that the children had practiced a healthy lifestyle according to the existing protocols using activities such as washing hands with soap before and after activities. Children need to get habituated to brush their teeth, clean dirty and unhealthy places. At first, the researchers found that in the field it was difficult for children to get used to practicing health protocols, but discipline can be consistently exemplified so that children understand and practice what their parents have demonstrated at home

Parents at home should always emphasize and teach their children to practice a healthy and clean lifestyle according to the recommended health protocols. This is where the role of the family is a place for the transfer of knowledge, knowledge, values, and new experiences for children to support the implementation of health protocol [17]. On the other hand, social activities in the community become a medium for actualization for children to train their abilities to support new habits in life [18]. Synergy which is built by all related community institutions should create great potential for children from an early age, whether morally, intellectually, socially, spiritually, and reliably. Collaboration with schools, families, and communities can also form a quality integrated approach to learning. All aspects play a significant role in the learning process of early childhood [19]. The role model that is built in the end is the key to success in creating success in implementing health protocols for early childhood levels. Modeling becomes a significant factor in the good and bad attitudes of children. Whether we realize it or not, children want to imitate their parents by imitating their attitudes, in terms of relationships, and activities every day.

New habits in children's life must be carried out continuously so that it becomes a good habit for children. Visual aids or equipment such as photos and infrastructure can be used as a means of support to provide a new learning experience [20]. Props and posters containing messages with an attractive appearance can be a means to impart to children the procedures for efficient and effective health protocols. The patterns that are built-in family education are quite crucial in instilling character values and also discipline for children. Therefore, the synergy in the application of this new habituation that is built must not depend only on family institutions but must also get massive support from the community and the existing government [21] The holistic approach here plays a very maximal role if the environmental conditions of the community always make a positive contribution with displaying discipline and good community character [22]. In the end, the social institutions built earlier are the estuary of family education which is continuously trained and accustomed to by parents in the home environment [23]

Constraints in the Application of Digital Media-Based Health Protocols for Early Childhoods

Educational institutions, both schools, and families are not ready to welcome face-to-face learning because the facilities and infrastructure they have are still lacking. In addition, standard protocols to support the implementation of learning activities have not been developed in real terms. Potential barriers and other obstacles in implementing health protocols at home are the difficulties of conditioning early childhood to consistently follow the rules and understand the Covid-19 health protocol [24]. Because out there the community has started to ignore the conditions that exist amid the increasingly high spread rates. Early childhood does not understand COVID 19, which causes children to feel uncomfortable wearing masks and face shields, often forgetting to wash their hands, and

being lazy to wear face shields, social procedures, and daily activities. Today's early childhood care in an environment that is not conducive to their health. The spread of the pandemic is evenly distributed so that there are no more public spaces that are not exposed to the existence of this virus. External conditions outside the home environment become a separate obstacle because the adaptations that are built must be supported by government policies that must comply with the implementation of health protocols. However, it often happens that children either consciously or unconsciously due to ignorance and neglect or for certain reasons for leaving health protocols. The condition of society that is not disciplined and begins to ignore it can be the reason for children to follow it.

CONCLUSION

As a result of the Covid19 pandemic, the application of health protocols is necessary to support daily life. Parents should continue to apply health protocols to their children in a disciplined way in terms of maintaining distance, wearing masks, and washing hands using soapy water before and after activities. Families are the first environment that can be at the forefront of implementing health protocols to support central government programs to reduce the rate of spread of the COVID-19 virus. Various efforts can be taken by family institutions so that this health protocol can be followed by children at home, one of which is through digital media. The habit of a new lifestyle in everyday life requires parents to be good role models (Role Model). In addition, a more intense approach to children is also able to change old habits in families that are still ignorant of healthy lifestyles. Children can begin to be involved in activities that can support the implementation of health protocols and this can all be done well if the family environment can provide a good transfer of knowledge and new habits to children.

ACKNOWLEDGMENT

Writers were grateful to Directorate of Research at PGRI Yogyakarta University with the “Hibah Dosen Pemula” [No. 001/LPPM-UPYI/2021] financial assistance scheme to conduct this research.

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