PARENTAL COMMUNICATION PATTERNS IN REDUCING CHILDREN'S DEPENDENCE ON PLAYING GADGETS

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ABSTRACT

In the face of technological developments and children's dependence on gadgets, parents must adopt communication patterns that can direct and guide children in using gadgets more wisely. Family communication patterns are essential in shaping children's behavior and habits. Parents must take an educational and consistent approach in guiding children regarding gadget use. Effective communication can help children understand the limits of gadget use and encourage other, more productive activities, such as physical play or social activities. This study examines parental communication patterns in reducing children's dependence on gadgets. The qualitative descriptive method was used in this study; the location of this study was in Taman Wisma Asri Housing RT 002, Bekasi City, and the informants in this study were four housewives who were directly involved in interactions with children dependent on gadgets. The study showed that parents' success in reducing children's dependence on gadgets was highly reliant on applying communication patterns based on the child's characteristics. Protective and pluralistic patterns show an approach that balances parental supervision and child involvement in decision-making. Sensual patterns require parents to provide compelling and persuasive education about the negative impacts of excessive gadget use. Meanwhile, the laissez-faire pattern gives children greater freedom but requires relevant supervision so that gadget use does not exceed limits.

1.Introduction

The development of technology in the digital era has brought various changes to everyday life, including in children's activities and playing with gadgets (Ma'rifah, 2019). GadgetsGadgets such as smartphones, tablets, and laptops are increasingly widespread, both for educational and entertainment purposes. However, this phenomenon also raises concerns regarding the reduction in communication between parents and children due to the increasing dependence on gadgets (Wong et al., 2020). Children's dependence on gadgets can

have negative impacts, such as physical health problems, stunted social-emotional development, and decreased interest in learning activities and direct social interactions (Kumar & Sherkhane, 2018; Wahyuni et al., 2019; Surat et al., 2021; Zain et al., 2022; White & Chicholkar, 2024).

Children's dependence on gadgets has become an increasingly pressing global concern, especially amidst the increasing accessibility of digital technology (Ricci et al., 2023). Based on data from the Indonesian Internet Service Providers Association (APJII), there will be 215 million internet users in Indonesia in 2023, increasing to 78.19% in 2023 from the previous year's percentage of 77.02% (Lavinda, 2023). Meanwhile, easy access to digital content, such as online games, social media, and video streaming, makes gadgets an inseparable part of children's daily lives, especially in the form of games or social media.

Based on Indonesian Telecommunication Statistics 2022 data (BPS 2022), Mobile phone usage in Indonesia has increased significantly. 2011 only around 39.11 percent of the population owned or controlled a mobile phone. However, that number jumped to 67.88 percent in 2022. In twelve years, there has been a 28.77 percent increase in people who own mobile phones. The COVID-19 pandemic has also significantly impacted the trend of mobile phone ownership as a means of communication (Tutiasri et al., 2023). Before the pandemic, in 2019, 63.53 percent of the population already owned or used a mobile phone. However, when the pandemic began to spread in 2020, this figure dropped slightly to 62.84 percent, possibly due to the economic impact felt by many people.

2021, even though the pandemic is ongoing, the need to stay connected, especially in daily activities such as online teaching and learning, has encouraged people to own more mobile phones. The percentage of ownership has increased to 65.87 percent. This increase continues into 2022 when Indonesia begins to enter a post-pandemic recovery period. Overall, these data show how important mobile phones are in the lives of modern society, especially in emergencies such as a pandemic, which forces people to rely more on technology in various aspects of daily life (See Figure 1).
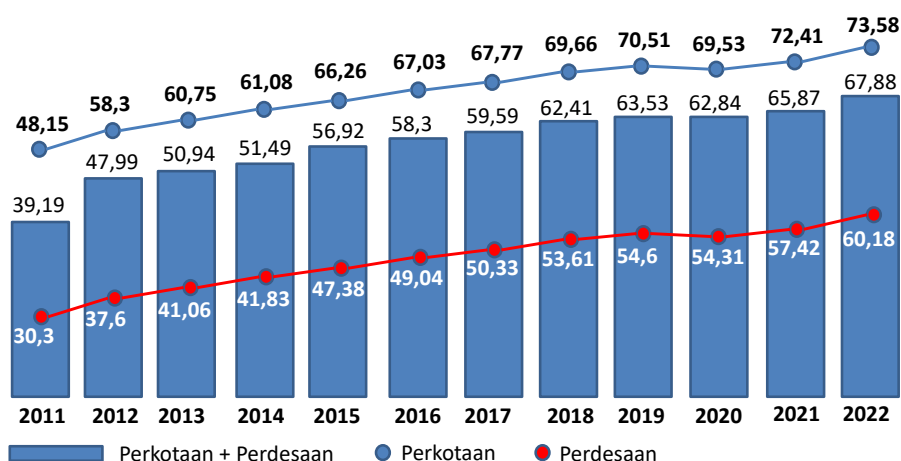

Figure 1. Percentage of population who own/control mobile phones by regional classification, 2011-2022—source: National socio-economic survey, BPS (2022).

Figure 1 shows that mobile phone ownership in urban areas is much higher than in rural areas. In 2022, 73.58 percent of the urban population owned or used mobile phones. In contrast, the percentage is lower in rural areas, at only 60.18 percent. This difference illustrates two main things. First, people in urban areas tend to need more mobile phones

because their dense and diverse activities are highly dependent on communication technology. Second, there are still obstacles in telecommunications facilities and infrastructure in rural areas, so the use of mobile phones is not as optimal as in urban areas.

This condition shows the importance of educating people about the benefits of technology, which often causes problems, such as dependence on gadgets and other psychological impacts (Putri Miranti, 2021). Several studies have stated that the impact of dependence on gadgets can also result in irritability, anxiety, and even self-isolation (Fitriana et al., 2020). Excessive gadgets can also interfere with children's study time (Endert, 2021). According to Mowshomi Mannan Liza's research, children's dependence on gadgets significantly impacts their cognitive function. In a cross-sector study conducted in Bangladesh, it was found that around 46.9% of children studied showed high levels of gadget addiction. As many as 46.5% of them experienced a decline in cognitive function. Children who spent more time using gadgets showed lower abilities in concentrating, remembering information, and thinking quickly (Liza et al., 2023).

In the face of technological developments and children's dependence on gadgets, parents must adopt communication patterns that can direct and guide children in using gadgets more wisely. Family communication patterns play an important role in shaping children's behavior and habits (Sidharta, 2021). Active parental involvement and an empathetic and consistent communication approach will create a conducive atmosphere for children to understand the importance of managing gadget play time (Ma'rifah, 2019). Family communication patterns in the digital era are fundamental because technology significantly influences the dynamics of family relationships (Anisti et al., 2023; Wijayanti et al., 2024). Digital technology allows for faster remote interactions but can also create device dependency. Effective communication within families is essential to maintaining healthy relationships, reducing the generational gap, and ensuring that technology use does not replace quality face-to-face interactions. According to Ashwini Tadpatrikar, effective family communication patterns are essential to maintaining emotional connections and ensuring healthy relationships, especially with the increase in technology use. Parents should be actively involved in meaningful communication to reduce the negative impact of digital devices on family interactions (Tadpatrikar et al., 2021).

Parents must take an educational and consistent approach in guiding children regarding gadget use. Effective communication can help children understand the limits of gadget use and encourage other, more productive activities, such as physical play or social activities. Through empathetic and firm communication, parents can teach the positive and negative aspects of gadget use while creating an environment conducive to interacting without gadgets so children can focus more on social interactions (Fitri, 2022).

The development of technology has changed the way humans communicate and the use of gadgets in society at large, from simple things to more complex things. Adaptation to the use of gadgets is needed to reduce the negative impacts caused by excessive use of gadgets. Parental communication patterns in reducing children's dependence on playing gadgets are important because the high prevalence of excessive gadget use in children significantly impacts social, emotional, and cognitive development. In previous studies, according to Tadpatrikar (2021) and Liza et al. (2023), parents play an important role in shaping children's behavior through practical, empathetic, and consistent communication, especially in reducing the negative impacts of technology use. Based on the research

background described, this study aims to examine parents' communication patterns to reduce children's dependence on gadgets.

2. Method

This research uses a qualitative descriptive method, meaning that it focuses on observation and an in-depth understanding of phenomena that occur in the environment (Creswell & Poth, 2018). This research is in Taman Wisma Asri Housing Complex RT 002, Bekasi City. The unit of analysis in this study is the pattern of parental communication, especially how parents interact and communicate with children regarding gadgets. The subjects of this study were four homemakers with the initials Mama-Al, Mama-An, Mama Cio, and Mama Tasya. These four housewives were chosen as research subjects because they were directly involved in interactions with children dependent on gadgets. The object of this research is to determine how parents use communication as a tool to reduce or control children's dependence on gadget use.

Data analysis in this study was conducted using NVivo 12 Plus software to help group data, code, and identify central themes from interview results or field observations. Through NVivo, interview data can be analyzed in more depth. Each parent's response regarding the communication patterns used to reduce children's dependence on gadgets will be coded based on themes and categories. This software also makes it easy for researchers to visualize the relationship between various themes and provide a comprehensive picture of parents' communication patterns in overcoming children's dependence on gadgets.

3. Results and Discussion

Parental communication patterns play a strategic role in overcoming children's dependence on gadgets in this digital era. Dependence on technological devices can significantly impact children's physical, social, emotional, and cognitive development if not managed properly. Therefore, communication between parents and children is the central pillar that can provide a solid foundation for children to understand the importance of self-control in using gadgets wisely and in balance.

The communication patterns applied by informants Mama-Al, Mama-An, Mama Cio, and Mama Tasya reflect various integrated approaches to reduce children's dependence on gadgets. Each informant has a unique approach, all of which describes how family communication patterns can be adjusted to the needs and characteristics of children. Based on the results of research on parental communication patterns in the context of reducing children's dependence on playing gadgets, a visual representation of the theory of family communication patterns was found, consisting of four main components, namely: Consensual families, Pluralistic families, Protective families, and Laissez-faire families (Nakhaee et al., 2017). These components are as follows:

1. Consensual families: This pattern is based on deep emotional closeness between parents and children. Communication occurs warmly and empathetically so that children feel appreciated and understood. This approach allows parents to gently guide children in building healthy habits by using gadgets.
2. Pluralistic families: This pattern emphasizes open discussion and children's participation in decision-making. Parents guide and listen to their children's views on

gadget use, thus creating a sense of shared responsibility. This approach helps children understand the reasons behind the limits set.

3. Protective families: This pattern focuses on strict parental control over children's gadget use. Parents set clear and firm rules, with little room for discussion or negotiation. This pattern is suitable when children still need strict guidance to understand the limits of gadget use.

4. Laissez-faire families: In this pattern, parents tend to give children the freedom to make decisions regarding gadget use without too much interference. Although this pattern can support independence, the risk of gadget dependence in children can increase without sufficient guidance.

This communication pattern is a control tool and a medium for building trust and harmonious emotional relationships between parents and children. These four components show that family communication patterns are diverse and flexible, depending on the child's needs, the parents' approach, and the situation.
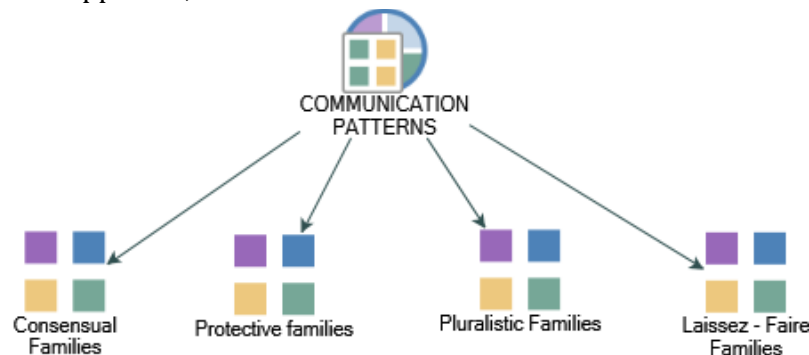

Figure 2: Communication Pattern Components
Source: Case Classification using Nvivo

Based on the results of the study involving four informants, it was found that each informant applied various communication patterns in their efforts to reduce children's dependence on gadgets. These communication patterns reflect differences in approach, ranging from a more assertive and protective approach to a more open and empathetic method, depending on the family dynamics and characteristics of the child. Each informant used a communication pattern according to the child's specific needs and conditions, which included direct direction, open discussion, controlled freedom, and educational interventions to direct children's behavior in a more positive direction. This shows that the diversity of communication patterns plays an important role in forming effective strategies to overcome the challenges of children's dependence on gadgets.

Based on an interview with Mama-Al, she faced many challenges in reducing her child's dependence on gadgets, especially when her child refused to be invited to play and preferred gadgets. However, she actively tried to divert her child's attention by providing various alternative activities that were more positive and constructive. One strategy implemented was to involve the child in fun play activities to create valuable moments of togetherness. Mama-Al also took the initiative to invite her child to talk to keep the child away from gadgets and build deeper emotional bonds and communication. For example, when her child asked to play with gadgets, Mama-Al deliberately ignored the request without scolding but by offering alternative activities that were more interesting. For example, she

gave the child toys that he liked. In addition, Mama-Al often invited her child to have casual chats about things that interested the child, such as talking about experiences at school, imaginative stories, or their favorite games. This pattern reflects protective communication that focuses on controlling and limiting the use of technology while directing the child to more valuable activities.

> "*If my child asks for a gadget, what I usually do is give him a toy that he likes, then I play with him and chat, but if he still insists on playing with the gadget, we will ignore him*" (Mama-Al Interview).

Mama-An also faces challenges, especially with her young child; when her gadget is requested, her child will cry. One of her steps is to set a strict schedule regarding the duration and time allowed for her children to play with gadgets. Mama-An understands the importance of this arrangement, especially for children who are still at an early age, where the negative impacts of excessive gadget use can be very significant on their cognitive, social, and emotional development. With loving firmness, she sets clear time limits, such as allowing gadget use for only 15 minutes per day, and that too only on holidays. This approach is designed so children can still enjoy technology without feeling constrained and not becoming dependent on gadgets.

In addition to limiting gadget time, Mama-An actively encourages her children to play outside with their friends, which not only helps them practice social skills but also provides opportunities for healthy physical activity. For example, she invites her children to play traditional games, take walks around the neighborhood, or help them find new hobbies such as drawing or reading story books. Through this approach, Mama-An ensures that her children have a variety of positive experiences that can distract them from gadgets while also helping them build a more balanced lifestyle.

> "*For my children, especially the young ones, there is a schedule for playing gadgets, and for the older ones, it is very difficult not to play gadgets because they are in junior high school. But for the young ones, the schedule is only 15 minutes a day so they don't play gadgets all day, and on holidays they play with their friends all day long*" (Mama-An Interview).

The steps taken by Mama-An reflect protective efforts that aim to limit access to gadgets and create a supportive ecosystem where children can learn, grow, and have fun without relying on technology. In this way, she protects her children from the negative impacts of gadgets. She instills awareness of the importance of physical activity, social skills, and time management from an early age.

Meanwhile, Mama Cio applies an educational and firm approach to reducing children's dependence on gadgets. She advises her children about the various adverse effects of excessive gadget use. According to Mama Cio, there are always challenges when advising children not to play with gadgets often. However, Mama Cio explains in detail the negative impacts that can occur, such as eye damage due to staring at the screen for too long while playing with gadgets, so children become afraid to play with gadgets for a long time. Mama Cio also takes real action to limit children's access to gadgets as a preventive measure. One strategy is to turn off the wifi network at home at certain times, especially when children are studying, eating together, or approaching bedtime.

> "*There are always challenges but I always give advice to my children about the negative impacts of using gadgets too often, such as bad effects on the eyes and I have a child who is in the 1st grade of junior high school so I*

also need to direct him so that he is not lazy to help his parents. So my strategy is, every 9 pm always turn off the wifi so that my child can rest and not use gadgets when we sleep" (Mama Cio Interview).

Mama Cio's approach reflects a protective yet informative communication pattern. She not only provides strict rules but also conveys the reasons behind the rules through transparent and reasonable communication while teaching children about the importance of self-control and the balance between technology and healthier and more beneficial daily activities.

On the other hand, in her efforts to control her children's dependence on gadgets, Mama Tasya takes preventive steps by not installing wifi at home to avoid unlimited internet access. Instead, she only buys internet quotas with limited capacity, which are used for urgent communication needs such as calling or sending news via WhatsApp. According to Mama Tasya, this strategy helps reduce children's potential to access the Internet too often, freely, and without supervision. However, Mama Tasya also faces other challenges when her children need information related to schoolwork and have to access YouTube to find references. In response, Mama Tasya uses a strict control approach by providing internet access via hotspot tethering from her cell phone. However, this is done with clear and firm rules. Mama Tasya limits internet use to a maximum of 1 hour. This rule is enforced so children can still enjoy internet-based entertainment within reasonable time control to avoid interfering with other, more productive activities, such as studying, playing outdoors, or gathering with family.

"The strategy is so that children are not dependent on gadgets, so I only buy internet quota that can only be used for calls and sending news via WhatsApp, that's because I work and can't always control the children at home, then when I get home from work they can tether their cellphone hotspot with me to access YouTube for school assignments and I also limit the time to a maximum of 1 hour." (Mama Tasya).

Meanwhile, in the pluralistic communication pattern, Mama-Al and Mama-An encourage open and honest conversations with their children. Mama Al demonstrates a pluralistic communication pattern by inviting her child to talk openly when the child is too focused on gadgets. She creates space for casual conversations by diverting the child's attention from gadgets through other activities, such as playing or chatting together. This approach allows children to participate actively in interactions and build closer relationships with parents while helping children reduce their dependence on gadgets through honest and open communication.

"If the child is focused on playing with gadgets, then I will chat with the child and invite him to play and joke around" (Mama-Al Interview).

Mama-An also practices this pattern by encouraging social interaction between children and their friends. She invites her children's friends to gather at home and play together. In this way, children are involved in social activities that naturally reduce their attention to gadgets. Mama-An allows children to choose activities they like while ensuring the environment is conducive to positive social interaction and communication.

"I prefer to invite my child's friends to come to the house to play with their friends, play with cars or play whatever they want, so that the child forgets playing with gadgets" (Mama-An Interview).

Another approach Mama Cio and Mama Tasya applied in their efforts to reduce children's dependence on gadgets is through creative and educational methods. They actively direct their children to do their schoolwork before being allowed to play with gadgets. Through this approach, Mama Cio and Mama Tasya ensure that their children remain responsible for their school obligations and help them develop disciplined habits and a sense of responsibility. In addition, spending time with their children by chatting with family and making crafts, such as making bracelets from string, is also done to divert children's attention from gadgets and train emotional interaction between mother and child.

Mama Cio realizes that gadgets are difficult to avoid in today's digital era because of their significant role in supporting education, entertainment, and connectivity. However, she also understands that excessive use can hurt children's development in terms of physical, social, and psychological health. Likewise, according to Mama Tasya, gadgets in today's digital era cannot be avoided, but she always makes time to chat with her children and tell them about what they do every day.

> *"Now is the digital era, so it is impossible for children not to use gadgets. Even toddlers already have gadgets, so I always invite my children to do their homework from school and sometimes I also invite them to make crafts such as making bracelets from string and beads"* (Mama Cio Interview).

> *"Today's technology is increasingly sophisticated and most children already have gadgets. When I come home from work, I always take the time to chat with my children and ask what activities they have done today, then give feedback to the children about the activities that they should do"* (Interview with Mama Tasya).

Thus, Mama Cio and Mama Tasya demonstrate a pluralistic communication approach. They try to be directly involved in children's activities, discuss, and provide choices of activities that support learning and are fun. Thus, the communication patterns applied not only build trust and closeness between mother and child but also create a home atmosphere that supports the development of skills and positive values without relying entirely on technology.

In the context of sensual communication patterns, Mama-Al and Mama-An use a more assertive and targeted approach in implementing rules and expectations for children regarding gadget use while still paying attention to children's emotions and responses. This approach involves consistent enforcement of rules but is balanced with understanding children's emotional needs. Mama-Al demonstrates a sensual communication pattern by emphasizing that the rules that have been made regarding gadget use must be strictly adhered to without compromise. She believes that parents know what is best for their children better than the children themselves. When children cry or fuss because of limited gadget use, Mama-Al remains firm in her rules because she believes consistent discipline is the key to reducing dependence on gadgets. This reflects a sensual communication pattern, where rules are strictly enforced but still consider children's emotional responses wisely. Mama-An also shows how parents can remain in control in difficult emotional situations but still pay attention to children's emotional development by not giving in to children's momentary desires.

> *"If a child asks to play with gadgets longer than the specified time, it is not allowed because it is a rule. If it is less than the specified time, it is*

allowed, but if it is more than the specified time, it is not allowed. Even though the child will cry, as parents we know what is best for the child and must be able to discipline the child to obey the parents' rules" (Mama-Al Interview).

"I would rather have my children cry than keep playing with gadgets, just let them cry, over time they will forget about gadgets" (Mama-An Interview).

Rules on gadget use are essential for children's development in the digital era, where access to technological devices is not only easier but also an inseparable part of everyday life. By implementing wise, firm, and structured rules, parents can play a significant role in helping children reduce excessive gadget playing routines so that they not only avoid the negative impacts of technology but can also develop more positive habits.

According to Mama Cio, limiting the duration of gadget use daily is a priority that must be implemented consistently. She sets specific rules regarding the timing of gadget use, such as creating a gadget-free zone during family gatherings, such as in the dining room or living room, to strengthen emotional relationships within the family. This approach aims to make children understand that gadget use has certain limitations and should not replace other important activities, such as interacting with family or focusing on schoolwork. Mama Cio believes that good, open communication with children about these rules can create understanding so that children feel unfettered but still focused. Mama Tasya did the same thing, having a strict policy that her children were not allowed to bring gadgets when playing with their friends. By limiting the use of gadgets in the child's social environment, Mama Tasya tried to teach the importance of building interpersonal relationships directly without relying on technology. In addition, this rule helps children understand that physical play and direct interaction with their friends are healthier and more beneficial than spending time with gadgets.

"I apply a gadget-free zone for my children when they are with the family, especially during meal times, whether at home or when we are eating out, so there are no status updates about food and so on" (Mama Cio Interview).

"When playing with friends, I always forbid my children from bringing gadgets. We don't know what they see when playing with their friends, so I strictly forbid them to avoid children from misusing gadgets" (Mama Tasya).

Both of these approaches reflect a sensual communication pattern, where parents not only set rules firmly but also have an approach that involves sensitivity to the needs and feelings of the child. This communication pattern allows for open discussion between parents and children about the rules that are applied so that children do not feel forced but consciously understand the value behind the rules. In this way, the sensual communication pattern applied by Mama Cio and Mama Tasya helps create balance in the use of technology in their children's lives.

Overall, the protective, pluralistic, sensual, and Laissez-faire communication patterns have been applied by Mama-Al, Mama-An, Mama Cio, and Mama Tasya as strategies to reduce children's dependence on gadgets. Each pattern has a unique approach, characteristics, and focus, reflecting the individual efforts of parents in adjusting their strategies to the needs and

personalities of their children and the dynamics of the family as a whole. Different from the more directed and structured protective, pluralistic, and sensual approaches, the Laissez-faire communication pattern is applied by Mama Cio and Mama Tasya in several specific aspects (See Figure 2)
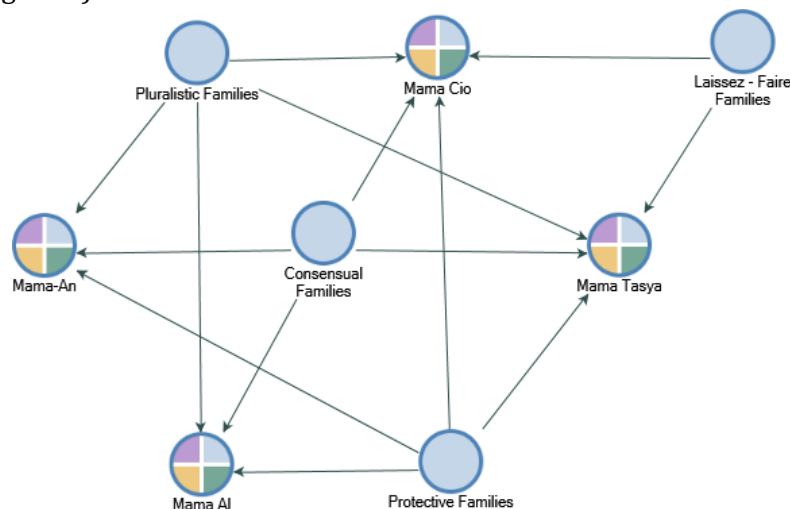

Figure 3: Communication patterns to reduce children's dependence on playing gadgets.
Source: Project Mapping using Nvivo

Mama Cio gives children the freedom to access the Internet via gadgets or laptops, especially in supporting children's educational needs. She uses technology to broaden children's horizons and help them complete school assignments, such as accessing e-learning platforms to follow lessons and complete school assignments. Despite providing this freedom, Mama Cio still provides direction so that internet use only focuses on learning needs and does not switch to less valuable things.

Meanwhile, Mama Tasya also implemented a similar policy by giving her children the freedom to use gadgets to search for information and references to support their schoolwork. For example, she allows her children to watch videos on YouTube relevant to the lesson, such as a guide to making origami for an art project. In this case, Mama Tasya uses the digital platform as an engaging educational tool for her children. It also provides guidance so they can use the Internet wisely and according to their needs.

> *"If my child has an e-learning class and there are school assignments and learning materials that must be downloaded, so for this matter I give my child the freedom to access e-learning via laptop and sometimes also via gadgets"* (Mama Cio Interview).
>
> *"Today's children, if they have schoolwork, usually have to watch YouTube first to be able to do their assignments, for example folding origami paper to make star shapes, ship shapes and others, so I give them the freedom to use gadgets and access YouTube"* (Interview with Mama Tasya)

The approach applied by Mama Cio and Mama Tasya reflects a combination of several communication patterns. On the one hand, they adopt the characteristics of the Laissez-faire communication pattern by giving children the freedom to use gadgets. However, this freedom is given with a dialogic and guided approach, as in the pluralistic pattern, where children are invited to discuss the goals and benefits of technology. On the other hand, the limitations and directions given by both parents also show elements of a protective communication pattern to ensure that children remain on the path of positive and responsible technology use. This

comprehensive approach supports children's academic needs and builds their critical awareness of how to use technology in a healthy and productive way.

Based on data analysis, the main challenge faced by Mama-Al, Mama-An, Mama Cio, and Mama Tasya in reducing children's dependence on gadgets is implementing various protective, pluralistic, sensual, and laissez-faire communication patterns consistently and effectively. Mama-Al faces obstacles in maintaining pluralistic communication patterns that allow children to freely express their opinions while maintaining a balance between rules and freedom. With an open dialogue style, the main challenge is building emotional closeness while limiting children's access to gadgets without giving the impression of being too restrictive. In her approach, she tries to make time with children an attractive alternative to replacing gadget use, although this requires a significant commitment of time and energy.

Meanwhile, Mama-An's challenge lies in implementing a protective pattern in a disciplined manner but remains flexible to the child's needs. She must set time limits for gadget use and ensure that the child understands the reasons behind the rules without feeling isolated or overly controlled. Unlike Mama-Al, Mama Cio faces the challenge of implementing a sensual communication pattern, namely educating children about the long-term consequences of excessive gadget use through an informative and firm approach. In this case, she must ensure the child can receive the message well. Mama Cio and Mama Tasya, who rely on a laissez-faire pattern in controlling internet access, face difficulties keeping children focused on the positive goals of gadget use. This style allows for greater flexibility but also risks a lack of control that can lead to children becoming addicted again. These challenges underscore the importance of adaptation, consistency, and creativity in implementing communication patterns appropriate to each child's characteristics and family situation.

4. Conclusion

Success in reducing children's dependence on gadgets is highly dependent on implementing communication patterns that are appropriate to the child's characteristics and the family context. Mama-Al, Mama-An, Mama Cio, and Mama Tasya each adopt different communication patterns, protective, pluralistic, sensual, and laissez-faire, with unique challenges they must face. The protective and pluralistic patterns show an approach that balances parental supervision and child involvement in decision-making, although both require consistency in implementation. On the other hand, the sensual pattern requires parents to provide compelling and persuasive education about the negative impacts of excessive gadget use. Meanwhile, the laissez-faire pattern provides greater freedom for children but requires relevant supervision so that gadget use does not exceed the limit. Each communication pattern has its advantages and disadvantages, but the essence of all these approaches is the active involvement of parents in guiding children to use gadgets wisely. With the right combination of these communication patterns, as well as the willingness of parents to continue learning and adjusting their methods, the challenges in overcoming children's dependence on gadgets can be overcome gradually and sustainably.

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