



The role of parenting patterns in early childhood emotional regulation in the digital era

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Abstract

The digital era introduces challenges to the emotional development of young children as a result of heightened media exposure. Parents significantly influence the regulation of their child's emotions. The parenting style significantly influences this issue. This study seeks to examine the different parenting styles that affect children's emotional development. This study employs a literature review methodology. The literature database was accessed via Google Scholar. Data were gathered through literature searches using the terms "parenting method," "emotion regulation," "early childhood," and "digital media." Synthesizing findings from multiple studies to examine the impact of various parenting styles—democratic, permissive, and authoritarian—on children's emotional development. The findings demonstrate that democratic parenting, defined by open communication and emotional support, significantly improves children's emotional regulation, whereas authoritarian and permissive parenting styles may impede emotional development. This study highlights the necessity for parents to adapt their parenting strategies in response to children's exposure to digital media, thereby effectively supporting their emotional development.

Keywords: *Parenting, Emotional Regulation, Early Childhood, Digital Media*

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Introduction

The rapid development of digital media has resulted in significant shifts in the lives of young children, particularly in terms of social and emotional development. Children in the digital media period are also known as the native digital generation, which is the generation that has grown up with digital media and has easy access to it. They are exposed to different kinds of digital media from a young age, which can influence their parenting style. A good parenting style is critical in helping children's emotional development since parents serve as a role model and the primary source of support throughout the emotional socialisation process (Sari et al., 2020). Parents adopt a variety different methods of parenting, which range from authoritarian to democratic to permissive. Every method of parenting affects children's ability to regulate their emotions. According to research, a democratic parenting style, which includes open communication and awareness of children's emotional needs, can help children improve their emotional control skills. On the opposite side, authoritarian and permissive parenting can impair children's emotional regulation and make social interactions difficult (Wandasari, 2019). In accordance in this perspective, emotional socialisation by parents through emotional expression, response to children's negative emotions, and suitable educational methods are important in supporting the development of children's emotional regulation in the face of challenges in the digital media era (Putri & Primana, 2017).

The early age period, also referred to as the golden age, is essential in the development of a kid's personality, emotions, and communication abilities. Children at this age require direct communication with their parents, friends, and teachers in order to develop empathy, emotional regulation, and speaking and listening abilities. Early childhood education strives to give sufficient stimulation for the child's developmental stage, helping them to grow and develop properly before participating in elementary school (Felfe & Lalive, 2018). Parents have a tremendous impact on children's growth and development since they are the first educators to set an example for the kids (Batinah et al., 2022). Each child's growth and development level is dependent on how parents, families, and even the environment provide attention, affection, learning, and role models for kids. Parents will serve as an example or role model for children's abilities from a young age, as children will emulate all they see, hear, and feel, beginning with their parents and family.

Parental style is an approach of taking care of, educating, guiding, and protecting children as they grow and develop. This parenting pattern covers the contact between parents and children, which includes meeting psychological and physical needs as well as socialising societal norms (Rachmaniar, 2022). This method of parenting has a significant impact on children's emotional and social development, with each diversity, including authoritarian, democratic, and permissive, having different effects on the child's personality and behaviour. According to research, excellent parenting can help children develop positive social skills and improve their self-confidence (Sari et al., 2020). According to research, children with excellent emotional regulation abilities have better social interactions and fewer behavioural issues (Wandasari, 2019). The process of managing emotions involves recognising emotions, defining them, and using strategies to manage emotions in various social circumstances. Good emotional regulation is critical for children's social and cognitive development since it affects their social interaction and ability to deal with issues within their educational environment (Putri & Primana, 2017).

The integration of digital media can have significant effects on children's social and emotional development, both positively and negatively, depending on how and for how long they are used (Hidayat, 2023). Children perspective digital media as gadgets such as cellphones, tablets, and computers that provide access to a variety of information, including games, videos, and instructional apps. The usage of digital gadgets in children without guidance from parents affects the latency development of social and emotional abilities (Zain et al., 2022). Parenting styles vary among parents, influencing children's emotional regulation capabilities. Inadequate parenting methods can impede the development of children's social and emotional competencies. Furthermore, the absence of parental guidance in facilitating healthy and balanced digital media usage presents a significant challenge. Consequently, parents must adopt adaptive parenting strategies in the digital age. A harmonious balance between technology use and direct interaction is essential to help children develop healthy emotional regulation. Parents need to provide clear boundaries regarding the time and type of content that children access, as well as ensure

assistance when children use digital devices. Thus, children can take advantage of the benefits of technology without sacrificing their emotional and social development.

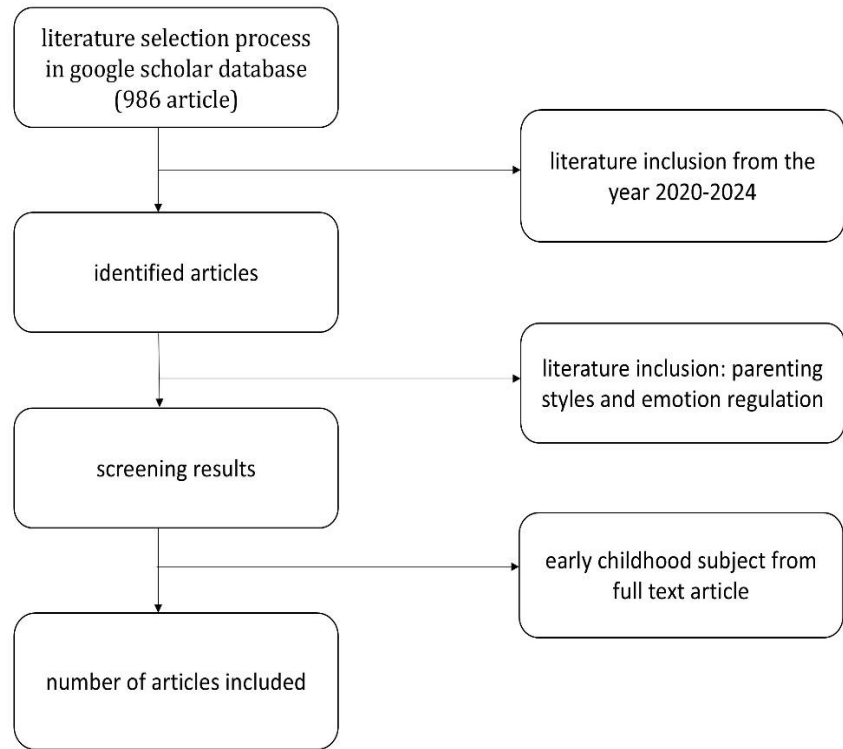
Researchers selected this study due to the scarcity of investigations connecting parenting patterns to emotional regulation in early infancy within the context of digital media. Researchers chose this study because there are few studies linking parenting patterns to early childhood emotional regulation in the digital media era. Some previous studies have emphasised the impact of digital media on children, but none have specifically examined parenting strategies that can assist children in dealing with emotional challenges caused by the use of digital technology. By identifying current issues, the research hopes to provide a deeper comprehension of how parenting procedures can contribute to the development of children's emotional regulation in the face of challenges in the digital media era. It is hoped that the outcomes of this study will help parents, educators, and policymakers create an environment that promotes emotional development in early childhood. As a result, this study takes a strategic step towards addressing the issues of the digital media era while also making a genuine contribution to raising and early childhood education that is more adaptable and orientated towards optimal emotional development.

Methods

This research utilised a literature study or review. Zed defines literature as a series of activities ranging from collecting literature data to reading and writing, all the way to processing the conclusions of the discussion. According to Cisco, a literature review is the process of structuring topic inclusion or synthesis through references in order to get theoretical principles and applicable current relevant empirical data. This research is classified as the qualitative descriptive research, which concentrates on obtaining and deeper understanding of the topic under investigation using the data from the empirical study. This study does not attempt to evaluate hypotheses or quantify specific variables, but rather to investigate and describe how parents use the role of parenting to assist emotional regulation in early childhood in the digital media age (Supriyadi, 2017).

The findings of previous research important to the subject topic were used as data for this research. The literature database was accessed via Google Scholar. Data were gathered through literature searches using the terms "parenting method," "emotion regulation," "early childhood," and "digital media." Following that, gather and analyse articles that meet the inclusion requirements, then organise the data by relevant themes. The criteria developed in the systematic review include research results or research articles published during the last five years or between 2020 and 2024, studies discussing parenting styles and emotion regulation, and articles that are completely accessible/full-text.

In early January 2025, an article search on Google Scholar resulted in up to 986 articles. The publications relevant to the keywords were then reviewed during the last five years, resulting in 610 results. Furthermore, there are 322 articles that fit the research theme. In the final phase, the researcher selects the most relevant article based on the research focus resulted in up to five articles.



Flow Chart 1. Research Framework Flow

The synthesis method utilised in this study integrates previous research findings to provide a comprehensive and systematic knowledge. The synthesis process begins by identifying the study's substantial topic, which is parenting methods and emotional regulation in early childhood, from relevant research. Following that, undertake a thematic analysis to uncover the pattern and relationship between parental parenting and children's emotional regulation. This phase involves connecting the data to applicable ideas and constructing a narrative to explain the relationship between the results discovered. This approach not only summaries material, but also provides a new perspective and framework for future studies.

Result and Discussion

Based on the five articles collected, the next researcher conducts a reference analysis to sort them out and establish their eligibility for the discussion topic under evaluation. The findings of the analysis are shown in the following tables.

Table 1. Research Summary

No	Research Title	Author (Year)	Methods	Result
1	Methods of Parenting in the Digital Era for Kids' Social and Emotional Development	Sri Ekawati dan Dodik Prasetyo (2023)	Qualitative method with case study approach	The majority of parents choose democratic parenting, which allows children to express themselves honestly with strict boundaries. Some parents choose a permissive parenting approach, which allows children access technology without constant monitoring.
2	The Role of Parents in Fostering Early	Tiara Permata Bening dan Raden	Method of ethnographic research	Parents use one of three parenting philosophies:

No	Research Title	Author (Year)	Methods	Result
	Emotions in the Digital Age	Rachmy Diana (2022)		authoritarian, democratic, or permissive.
3	Millennial Generation Methods of Parenting Parents' Perspective on Early Childhood Social and Emotional Development	Khumaeroh & Widjayatri (2022)	Literature study method	Especially in this period of rapid technological change, parents of the millennial generation must be fully conscious of and educated about good parenting methods.
4	Methods of Parenting in raising Early Childhood Social and Emotional Development in Luwungragi Village, Bulakamba District, Brebes Regency.	Masrinah (2024)	Descriptive qualitative method	Luwungragi Village depends on many kinds of methods of parenting, such as authoritarian, permissive, and democratic.
5	The Impact of Methods of Parenting on Early Childhood Emotional Development	Widya Dewi Asy-syamsa & Eva Soraya Zulfa (2022)	Studi ex-post facto	The emotional development of children and methods of parenting are significantly correlated. Early childhood emotional development is especially positively impacted by democratic methods of parenting.

To begin with, according to Ekawati and Prasetyo's research, the majority of parents at Lestari Wiyata Kindergarten implement democratic parenting, which means they allow their children to express themselves while setting clear limits (Ekawati & Prasetyo, 2023). However, there are some parents who follow a permissive parenting style, where the children are permitted to play with electronics without strict supervision. According to this result, children educated by democratic parents are more likely to have higher social and emotional capacities than children educated in a permissive parenting style. This study emphasises the importance of parents' roles in parenting children in the digital era, as well as the impact of gadget use on children's emotional and social abilities. This study additionally provides insight on how parents' parenting styles effect their children's emotional management and social interactions in their environment.

Secondly, research completed suggests that there are three parenting styles used by parents, including:

1. Democratic Parenting

Children educated in this manner indicate emotional development as predicted, be able to identify their sentiments from the others, and capable of managing their emotions.

2. Semi-Democratic The authoritarian type Parenting

Children in this category begin showing emotional development, however they are still incapable to fully express their feelings.

3. Permissive Parenting

Children who are grown with this parenting have difficulty controlling their emotions and have not achieved the expected emotional development (Bening & Diana, 2022).

Third, research indicates that millennial parents are required to be aware and knowledgeable about ideal parenting habits, particularly in today's fast technological world (Khumaeroh & Widjayati, 2016). This study discovered that inappropriate parenting behaviours can have a severe impact on children's social and emotional development, including a lack of social

skills and interaction with their environment. Furthermore, children who spend too much time with gadgets are more likely to have difficulty talking and socialising with their peers. This study examines parenting, social-emotional development, and the impact of technology on childhood. This study emphasises the responsibility of parents for developing their children's personalities and socio-emotional elements, as well as the importance of strict supervision when using technology. This study highlights the importance of good as well as more wiser parenting by millennial parents in supporting children's social and emotional development. Parents are expected to manage their time and utilise technology properly so that their children are not negatively impacted by the rapid advancement of technology.

Fourth, In accordance research, parenting methods in Luwunragi Village range from democratic to authoritarian to permissive (Masrinah, 2024). Warm and supportive parenting lead to an improvement in children's ideal social and emotional capacities, including the ability to interact, regulate emotions, and be independent. Authoritarian or permissive parenting might result in a negative impact on children's capacity to control their emotions and form social relationships. The research also found internal difficulties such as parents' lack of competencies in parenting and patience, as well as external barriers such as environmental effects, technical, socio-cultural, and economic issues. This study focusses on parenting, developing children's social-emotional capacities, and the barriers and challenges that parents experience when implementing excellent parental practices. This study provides light on how parenting styles might influence children's social-emotional development, as well as the importance of providing parents with assist and training to enhance their parenting skills.

Fifth, the research carried out found a significant connection between parenting styles and children's emotional development (Asy-syamsa & Zulfa, 2022). The democratic parenting method, in particular, has a significant positive influence on early children emotional development. The resulting correlation coefficient is 0.557, indicating a substantial link between the research variables. The research covers the impact of parenting styles on children's emotional development, with a focus on three types of parenting: authoritarian, permissive, and democratic. This study also highlights the importance of parents' roles in helping their children's social and emotional development, as well as how the correct parenting style can assist children adjust to their social environment.

After evaluating the previously mentioned journals, there are some similarities between them, including the fact that they all focus on parenting styles and child development. Every publication highlights the importance of parental influence on children's emotional development. According to research, excellent parenting can help children develop positively in their early childhood. Based on the research of Ekawati and Prasetyo (2023), Bening and Diana (2022), Khumaeroh and Widjayatri (2022), and Masrinah (2024), all agreed that democratic parenting patterns (warmth, responsive, and involving two-way communication) correlate positively with children's socio-emotional development, including emotional regulation, independence, and social skills. The democratic parenting method teaches children how to communicate and interact effectively, resulting in improvements in their emotional development (Sari et al., 2020). Children's interactions with peers and adults also affect social emotional intelligence (Felfe & Lalive, 2018). Because children enter social periods.

On the other hand, Ekawati & Prasetyo (2023), Bening & Diana (2022), and Khumaeroh & Widjayatri (2022) discovered that permissive and authoritarian parenting styles are linked to emotional regulation issues, gadget dependability, and difficulties socialising. Children of authoritarian parents likely to have emotional regulation issues, such as a lack of initiative and an inability to interact successfully (Tripon, 2024). Furthermore, these journals incorporate statements about the difficulties that parents encounter when parenting children in the digital age, when children are exposed to a variety of media that can have an impact on their emotional development. This is reflected in the research done by Bening and Diana (2022) on parenting in the digital age. According to Khumaeroh and Widjayatri (2022) and Masrinah (2024), digital media presents issues for children such as gadget addiction, diminished direct engagement, and exposure to inappropriate content, all of which require parental assistance.

In this regard, parents must provide helpful guidance to their children in order to mitigate the negative impacts of gadget use (Rachmaniar, 2022). Several journals' research approaches use qualitative methods such as interviews and observations to gather more detailed information

regarding parenting habits and their impacts. Ekawati and Prasetyo's (2023) research demonstrates this, as they collect data through interviews and observations. There are numerous differences between research source journals in terms of methodological approaches, study environments, and the different types of parenting explored. In terms of methodological approach, Widya Dewi Asy-syamsa and Eva Soraya Zulfa's (2022) journal adopts quantitative methods with statistical analysis to assess the relationship between parenting styles and children's emotional development, while other journals rely on qualitative approaches.

Another difference can be found in the research context, as Masrinah's (2024) research focusses on the local context in Luwungragi Village, which may have different social and cultural characteristics than other research done in the cities or formal educational institutions. This demonstrates how the results of research might shift based on the social and cultural context. Furthermore, there are variations in the parenting methods addressed in the article. Ekawati and Prasetyo's (2023) journal focusses on democratic and permissive parenting tendencies, but Bening and Diana's (2022) journal incorporates authoritarian parenting patterns in their research. According to the results of research published in various journals, methods of parenting have an important role in assisting young children in managing their emotions, particularly in the era of digital media development. The interaction of parenting styles and digital media utilisation is an important factor in developing children's emotional regulation abilities. As a result, the discussion in this study will highlight key facts regarding how parenting helps to the development of children's emotional regulation in the middle of rapid technology advancements (Zain et al., 2022).

The parenting style used by parents has a significant impact on children's emotional development. Widya Dewi Asy-syamsa and Eva Soraya Zulfa's (2022) journal reveals a substantial favourable relationship between parenting and children's emotional development. Democratic parenting has a greater impact on children's ability to regulate emotions. Democratic parenting is distinguished by two-way communication and attention to children's emotional needs. Democratic parenting can help children regulate their emotions more effectively, especially when dealing with the challenges that come with using digital media. Children that grow up democratically have a better ability for dealing with negative emotions like discomfort when they are not using electronics (Ekawati & Prasetyo, 2023). Parents' responsive and warm parenting style improves children's ability to manage their emotions, which is consistent with these findings. Children who grow up in a caring and loving environment tend to be better at managing their emotions (Awiszus et al., 2022).

Although authoritarian parenting prioritises strong control and punishment, it frequently results in children having problems regulating their emotions. Children educated with this parenting style have low self-esteem and are more likely to show aggressive behaviours and trouble in interactions with others. Authoritarian parenting involves strict oversight and discipline, which might cause children to struggle with emotion regulation. Children that grow up with this parenting style are more likely to experience psychological strain, difficulty to communicate their emotions, and exhibit aggressive behaviours (Haslam et al., 2020). Furthermore, permissive parenting, which allows children to use technology without constraints, is associated with difficulties in emotional control, such as tempers when the gadget is taken (Masrinah, 2024). Although children under this parenting style may feel more liberated, they frequently lack the skills required to deal with difficult emotional situations. Permissive parenting, which allows children to act without clear boundaries, can make it harder for them to manage their emotions (Haryono, 2018).

In the digital media era, children are exposed to a variety of digital media that can have an impact on their emotional development. Unsuitable content for the age range might lead to mental disarray and difficulties managing emotions. According to Ekawati and Prasetyo (2023), the democratic parenting method used by parents at Lestari Wiyata Kindergarten improves children's ability to control their emotions and communicate with classmates. Children who grow up in a supportive and responsive environment are better at expressing and controlling their emotions, which is important when dealing with varied emotional impulses in the digital media era. As a result, parents must adopt a responsive parenting style and provide appropriate support to assist their children in understanding and managing emotions brought about by interactions with digital

media. Discovered that excellent parenting, particularly democratic parenting, promotes children's emotional development (Bening & Diana, 2022).

Although good parenting is critical, many parents confront challenges in implementing a parenting style that encourages children's emotional development in the digital media era. Lack of information about effective parenting, as well as societal problems, could potentially make it difficult for parents to provide the essential support. As a consequence, appropriate parental intervention and training are critical for improving parenting quality in a digital context (Masrinah, 2024). Parents become the primary companion in the process of regulating children's emotions. Parents may assist their children learn to respond to their emotions and interact with others in a healthy way by offering appropriate guidance and creating a safe atmosphere. According to research, a loving and sympathetic parenting style can help children control their emotions, which is especially crucial in the setting of difficult digital media (Asy-syamsa & Zulfa, 2022). In line with this, parents who accompany their children when they use devices, choose educational content, and serve as examples of emotional regulation (for example, not using gadgets excessively) assist children in developing self-control (Khumaeroh & Widjayati, 2016). According to studies, having parents accompany their children as they use digital media can help them develop stronger emotional management abilities, allowing them to overcome the negative effects of gadget addiction and decreased social interaction (Sari et al., 2020).

Based on the results of the research, it indicates that democratic parenting can help young children regulate their emotions, particularly in the digital media era. Acknowledging the impact of digital media and implementing suitable parenting habits can benefit children, particularly in terms of emotional regulation. Parental methods of parenting in early childhood can be influenced by cultural and social factors in the environment. The collectivity culture that has emerged in Indonesia encourages respect, politeness, and obedience to parents. The exposure of children's feelings is intended to help them adapt to group rules, allowing their emotions and actions to be regulated according to social rules. Finally, an individualist society values self-expression and independence in children, allowing them to recognise and express their emotions (Ihmeideh & Shawareb, 2014).

Furthermore, the rapid development of the digital era offers a fresh perspective on child care patterns. Parents must be able to regulate their children's use of digital media, including time spent, emotional understanding, and content exposed to them. It is expected that having parental authority will have an emotional influence on children since they believe their parents are there to help them. Socioeconomic considerations, parental education levels, and availability to digital media all have an impact on parenting implementation. Parents who are active users of digital media are more likely to use responsive parenting practices to meet their children's emotional needs as they face the challenges of the digital era. Thus, parental parenting's role in enhancing early childhood emotional regulation is influenced by cultural dynamics and digital environments that are always evolving, requiring a mindset adaptability and more flexible parenting practices for all parents (Rubiatin et al., 2023).

Conclusion

Based on the study's results, researchers concluded that parental parenting practices play an essential role in assisting early childhood children in regulating their emotions, particularly as the digital era develops. A democratic parenting approach, which includes open communication, emotional support, and strict rule making, has been shown to improve children's emotional regulation skills. Authoritarian and permissive parenting styles, on the other hand, can make it difficult to control children's emotions and can lead to issues with self-esteem and social adaptability. Amidst the issues posed by digital media, including device addiction and exposure to improper information for certain age groups, the role of parents as companions becomes increasingly vital. Parents are anticipated to embrace a responsive and supportive parenting approach while actively engaging with children in their use of digital media. Parents are expected to be sensitive and supportive of their children's use of digital media. Thus, parents can assist children in comprehending and handling emotions that occur as a result of interaction with digital media, in order supporting positive emotional and social growth.

This study underscores the necessity for parents to comprehend the significance of managing their children's emotions and to possess the capability to restrict digital media usage in their children's daily routines. Digital literacy-based parenting education is a key priority in promoting parenting habits that are in line with the advancements of the digital era. The study's theoretical implications contribute to a better understanding of the interaction between parenting, emotional regulation, culture, and technology. This highlights the significance of establishing modern parenting theories that take taken into consideration social dynamics and cultural variety as crucial elements in shaping early childhood emotional regulation, particularly in the digital era. This literature evaluation identified a primary limitation: the predominance of qualitative research methodologies among the majority of researchers. Research favours interviews and case studies for sourcing information, resulting in findings that are contextual and challenging to generalise to a broader population. There is a shortage of quantitative studies using an experimental design, therefore the cause-and-effect relationship between parenting and children's emotional regulation needs to be investigated further.

Furthermore, it was shown that multiple research studies had a local bias, i.e., research was undertaken in specific regions or groups with a similar cultural background. This condition provides a complete awareness of the many parenting styles in dealing with the problems of the global digital era. In other research, the impact of disparities in digital media access on parenting and emotional regulation in children has not been properly examined. Therefore, more diverse follow-up research in methodological techniques, cultural breadth, and technical advancement is required to gain a better understanding of the interaction between parenting, emotional regulation, and the digital era context.

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