

Islamic Parenting Challenges and Strategies in the Digital Era: Modern Islamic Parenting and School of Parenting

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Abstract

The rapid development of digital technology propagates to every level of the environment, one of the smallest is the family environment. Many consider Islamic parenting to be no longer applicable. This is due to the lack of a positive image of Islamic parenting activities. This research is literature or study literature, which contains theories related to the problems in this study. Islamic parenting means a pattern of parenting in which in the parenting process, children grow and develop in accordance with Islamic values that rely on the Quran and As-Sunnah. Childcare is carried out according to Islamic religious guidance. Educating children according to the times, does not mean educating children according to world trends. But prepare children to survive in their time by staying true to the truth. The description of challenges is written based on existing data, and strategies are written based on the book "Modern Islamic Parenting" and the application "School of Parenting".

Keyword: Digital, Islamic, Parenting

Introduction

Parenting is the process of growing developing, and educating children from the time the child begins to be born into the world until entering adulthood. Parenting (Padjrin 2016) is generally, and should indeed be done by the biological parents of the child (mother and father). However, if the biological parents are unable to carry out caregiving, then the care can be replaced by the child's closest relatives, such as older siblings, grandmothers, and grandfathers, or adoptive parents, or even institutions such as orphanages. Although in reality, it is still the biological parents who are interested and should carry out the care to the child (Bainar 2020)

In Islam, *parenting* is a very big responsibility, because the presence of children is a mandate given by Allah. (Herawati and Kamisah 2019) Thus, good and proper education in accordance with the commands of Allah and the guidance of the Prophet becomes an obligation for *Muslim parents* to adhere to the guidelines of the Quran and Assunah in parenting activities for their children. Because in essence, parenting in Islam is seen as a divine mandate. Parents are accountable to God and their children in fulfilling their role as parents. In Islam, parents and children have rights to each other. (Adadau, Yahiji, and Pascasarjana Manajemen Pendidikan Islam IAIN Sultan Amai Gorontalo 2023)

The digital era is an era marked by the rapid development of technology, information, and communication. Now technology has become an inseparable part of people's daily lives. As a result, the life experiences of children around the world evolve in the face of urbanization, industrialization, and globalization, all of which then have a significant impact on family structure, and parenting patterns (Sonia and Apsari 2020) In fact, digital technology and smart devices such as smartphones, tablets, computers, have now taken an important position in the media world of young people. (Kucirkova et al, 2014). In fact, based on the results of a report by the Central Statistics Agency (BPS) in 2020, it is known that as many as 29% of early childhood children have used smartphones in their daily lives (Monavia Ayu Rizaty 2020)

The rapid development of digital technology then propagates to every level of the environment, one of the smallest is the family environment (Prasetyo, Asbari, and Putri 2024) The rapid pace of information entering through digital technology has resulted in the encouragement of changes in many things, one of which is the pattern of educating children.

Digital technology offers easy accessibility to children's growth and development. Children can more easily get learning materials that are not delivered at school, children can more easily develop their abilities and creativity, children can more easily get educational services. Not only children, parents can also easily innovate parenting activities at home because of easy access to get information related to the differences in growth and development experienced by children in the digital era.

In the digital era, information is spread / conveyed so quickly and abundantly, so this is a challenge for children to be able to critically sort out the information they get. Many dissemination of false, inaccurate, even inconsistent content can easily occur and be absorbed by children. So the role of parents in *parenting* activities at home must be reviewed

In connection with the urgency of parenting in children, ((Prastiwi 2022) it has been recorded, as many as 3.73 percent of infants under five years old (toddlers) have received inappropriate parenting patterns, which was then conveyed by the Assistant for the Fulfillment of Children's Rights to Care and Environment of the Ministry of Women's Empowerment and Child Protection (Kemen PPPA), Rohika Sari, she explained that inappropriate parenting patterns can have negative impacts such as, 1) Children will have feelings of irritability, 2) Children have weak fighting power, so 3) easily discouraged.

However, in its benefits, technology now presents parenting applications that can also help parents who are in parenting activities at home. Parents can easily find out the problems that children generally have in accordance with their age limits, (Fabiani and Krisnani 2020) parents can recognize children through psychiatric materials that are usually presented in these parenting applications. So, that way parents should maximize and make modifications and / or / innovations in parenting activities, especially in this digital era.(Damareksa and Hardyanto 2022)

Based on the problems presented above, the author reviewed the previous study. Muhammad Fatkhul Hajri in his research "*Islamic Education in the Digital Era: Challenges and Opportunities in the 21st Century*" explained that the rapid digital era is a challenge for children, because of the abundance of negative content that is easily accessible to children. So, according to him, children need to find out the authenticity of the content, and parents should do more supervision of children in the era of sophisticated technology like today.(Hajri 2023)

Mergin Akin in the results of his research "*Exploring Theology And Practice In Islamic Parenting*" said that, there are still many Muslim parents who strictly apply authoritarian parenting. Then according to him, muscular parenting is less appropriate when applied in the current era. Unless, *Muslim parents* modify it and wrap it in accordance with the times, while still prioritizing the values and principles of Islamic parenting.(Akin 2012).

Methodology

The research method used is literature research or study literature, which contains theories related to the problems in this study. The formulation of the problem is "*Facing the challenges of Islamic parenting in the digital era with strategies based on Modern Islamic Parenting Books and School Of Parenting Applications*". The theories used in this study, based on literature reviews such as articles and journals. In addition, the main reference used is books. Data and information sources are obtained from various scientific literature. The collected data is selected and then sorted according to the topic of study, so that research problems are interrelated with each other, and provide easy answers to the problems studied.

Result and Discussion

Challenges and Urgency of Muslim Parenting in the Digital Age

Islamic parenting means a pattern of parenting in which in the parenting process, children grow and develop in accordance with Islamic values that rely on the Quran and As-Sunnah. Childcare is carried out according to Islamic religious guidance. So that the purpose of the goodness that parents want to give does not stop at the good of the world that they will get, but the goodness of the hereafter is actually the main purpose of the good.

Many consider *Islamic parenting* to be no longer applicable. This is due to the lack of a positive image of Islamic parenting activities, as many of its practices still practice authoritarian parenting (Fikriyyah, Nurwati, and Santoso 2022) Thus, many assume that Islamic parenting cannot adapt to the existing times (Maisaroh 2013) In fact, with the existing challenges, Islamic parenting will still be applicable but with a different approach. So this is important for Muslim parents to be able to innovate in carrying out parenting activities, by not leaving at all the 3 pillars of Islamic education in the form of Akidah, Worship, and Morals.

With many problems faced by children in the digital era, Akidah, Worship, and Morals. Being a foundation that must be instilled by parents firmly (Magan and Elkhaoudi 2023) so that children are not mistaken, even lose direction in living life in this sophisticated era of technology. The number of entertainment and information offerings in the digital era makes it difficult for children to sort out good impressions and information for themselves. Especially in this digital era, there are a lot of bad impressions, such as pornography, which then if consumed continuously (opium) can damage children's thinking power to

affect children's cognitive. In addition, easy access in the digital era makes children feel no need to socialize with their surroundings, children then prefer to socialize, and communicate in cyberspace. Agus Sartono (2021) said that in the digital era, children tend to become individuality. So according to him, the child's social psyche decreases, and parents are less aware of this (Zulaikha and Febriyana 2018) Furthermore, in the emotional aspect children are exposed to inappropriate content, such as the emergence of quarrel content, the emergence of violent content, and other contents, which then affect the child's mentality and morality. According to (Dalimunthe and Sinulingga 2023) writes, that the morality and mentality of children race from how parenting is done by parents at home. Furthermore, the most significant thing we find is that in the digital era the rise of dating content which can then be said, in this digital era adultery has become an activity that is normalized by society, so it is not uncommon for some teenagers to consider it part of the trend of adolescent life.

Based on the Indonesian Demographic and Health survey in 2017, as many as 81% of young women and 84% of young people ranging in age 10-17 years have been in a dating relationship. In addition, based on data submitted by the Ministry of Women's Empowerment and Child Protection (Kemen PPPA) said, as many as 66.6% of boys and 62.3% of girls in Indonesia watched sexual activities (pornography). So, not a few of our children find them running away from home, and the worst end their lives one of which is due to mental problems and pressure from home.

Quoting Dr. Musthofa Abu Sa'id, a Kuwaiti personality and education consultant, in his book entitled "*Educating Delinquent Teenagers*", he explained, that the cause of running away from home is one of the reasons because parents do not use positive and effective ways to communicate with children. Not only that, content that can damage morals is also widely milling around and easily accessible to children. Such as, pornographic content, vulgar content of married couples, and dating content (Aasim I Padela, Katherine Klima 2020) Which, the more days the dating style of teenagers is getting older due to the influence of western culture.

This then becomes a challenge as well as an evaluation for parents (Dheasari and Fajriyah 2022) especially Muslim parents. Because, indirectly, the digital era gives birth to major changes for children in their development so that Muslim parents need to reorganize *parenting at home* according to their times.

Educating children according to the times, does not mean educating children according to world trends. But preparing children to survive in their time by staying true because educating in parenting activities at home is not only a matter of educating the brain, but also educating the child's soul.

School of Parenting Application

Starting in 2012 by uploading educational parenting articles on social media, which then in 2019 developed into a parenting education platform, and officially launched a parenting application under the name "School of Parenting".

The School of Parenting collaborates with more than 100 Expert Partners from various sciences, in developing the School of Parenting as an effort to help parents overcome problems that often occur in children and families both in groups and personally.

The vision of the School of Parenting application is to inspire millions of people to be involved in building a better generation of Indonesia. While in its mission, School of Parenting can be a place to learn and grow as a better parent for the future of Indonesia.

Currently, the School of Parenting application has been downloaded more than 1000 times and received a rating of 4.8 rate on the App Store. The School of Parenting has also collaborated with 147 experts. Interestingly, he also has more than 276 thousand followers on Instagram. Learning materials on the school of parenting application consist of learning videos, modules, and articles,

The learning material that has been delivered above, can be accessed on the School of Parenting application. Moreover, the focus of the material on the application is educational media for children and parents in the field of mental health. Based on the challenges and strategies needed by Muslim parents in the digital era, this application can equip Muslim *parents* to execute the strategies that have been taken in the *Modern Islamic Parenting Book*, which in carrying out these strategies, requires knowledge and broad insight that parents need to have in carrying out *parenting* activities . The display of the School of Parenting application is as follows:



Figure 1. Application homepage

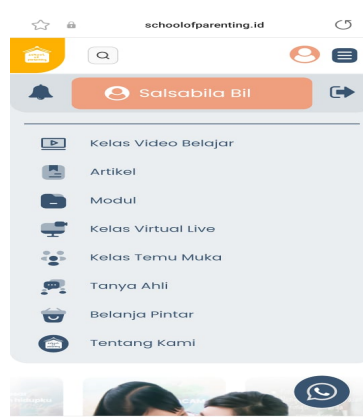


Figure 2. Learning Materials

Islamic Parenting Strategies in the Digital Age According to Modern Islamic Parenting Books and School Of Parenting Applications

Quoting the book entitled "Modern Islamic Parenting" (20) and in the (Syamsi 2014)(21) there are several strategies that Muslim parents need to know and have in the digital era. Including:

1. Building a Fortress of Faith, Worship, and Morals

Building the right creed in children from an early age is a very important main strategy and it is clear that it must be instilled in children in parenting activities in this digital era.

Parents should instill love and fear of children to their Lord (Allah) by introducing His attributes, getting used to saying Allah's name in front of him in pleasant situations, so that children are accustomed to praising Allah for the sustenance Allah gives him, habituate children to munajat to Allah and do not ask other than Allah. then teach the child of creed the destiny of God. Then introduce him to explain the difference between good and bad things, explain what he can and cannot do (halal and haram), and instill in him good and praiseworthy morals. (Hassan Syamsi, 2014).

Johan Heinrich Pestalozzi, an expert on education in Switzerland (1746-1827), said that moral and religious education is at the top of the list of educators' goals. Then, instill a good understanding of worship to children. Convey that man has an obligation to God's rights, and can be conveyed in a simple explanatory pattern according to age, both adolescents and children. And finally, teach children good morals. Children tend to imitate parents. So, as parents, they should be a good role model, by instilling good morals in children. For faith is worthless without praiseworthy morals, and without noble morals.

The Prophet PBUH said, *"There is nothing heavier in the scales of a servant of Mukmin on the Day of Resurrection than good morals."*

In the rapid digital era, a lot of information, impressions, incorrect doctrines mill about through smartphones held by children, so children will find it difficult to sort out right and wrong if the main foundation in their hearts and beliefs is not strong since childhood. Therefore, the fortress of creed, worship, and morals is a dead price that parents must continue to instill in digital parenting. in this book then reminded that in the process of cultivating this creed, Muslim parents should be able to answer religious questions correctly.

The activity of cultivating the right creed in children, can be conveyed in light language and easily understood by children, or can be conveyed through the sirahs of the prophets.

2. Being an Example for Children

According to Bendri (2021) in his tips to be a model parent for his children, he explained that parents must be able to strengthen heart bonds and become a figure who is loved first by children. Because according to him, parents will not be an example for children, when children have not made parents as their beloved figures.

So then, according to Hassan Syamsi (2014), when parents become good role models for children, parents will be younger to encourage children to do good actions.

As in the Hadith in *Sharh* kan Ibn Umar:

عن ابن عمر رضي الله عنهما، عن النبي صلى الله عليه وسلم قال: ((كُلُّكُمْ رَاعٍ، وَكُلُّكُمْ
مسؤولٌ عن رعيته، والأمير راعٍ، والرجل راعٍ على أهل بيته، والمرأة راعية على بيت زوجها
وولده، فكلُّكم راعٍ، وكلُّكم مسؤولٌ عن رعيته))؛ متفق عليه

From Ibn Umar Radiyallahu anhum, from the Prophet (peace be upon him) said: (Each of you is a shepherd, and each of you is responsible for his flock, and the prince is a shepherd, and the man is the shepherd of his household, and the woman is the shepherd of her husband's house and his children, then you are all shepherds and you are responsible for his flock). (Muttafaq 'alaihi)

According to the hadith mentioned above, every man is a shepherd for his family, and a woman is a herder for her husband's house and her children, so parents are responsible for their flock (children) at home. Thus, both should be good role models or leaders in the home for their children.

3. **Bersahabat dengan anak**

(Syamsi 2014) To establish a friendly relationship with the child, then we must first know that the child's mouth is more conscious than his reason. When children approach parents and tell them about what they experience, both at school and in the play environment, parents should be enthusiastic about listening to them and paying attention to them. According to Fatkhayaturokhmah (2022) in his socialization "*Being Children's Best Friend in the Digital Era*" said that, by being a role as a good listener, it indirectly fosters children's trust in us, and children can be straightforward on every problem they experience

So, in this digital era, the role of parents is often threatened by smartphones. So, do not let this role be replaced with the sophistication of technology that exists today. When parents are unable to be a place for children to tell stories, then children will try to find other attention that can fulfill it.

Riskina, a *child and adolescent psychologist* at the School of Parenting explained, that as a result of the lack of attachment of parents and children, it can cause distance for both parties. So, in the future, slowly the distance will make children unable to open up and put trust and give priority to others. (Riskina, 2020)

4. **Understand the child's Soul and Learn the world**

Abdu Tawab Yusuf (1998) said, Children are not miniature adults. So that all the intingting, tendencies, desires, and mindsets are not the same as adults.

In parenting activities, understanding the child's soul becomes a valuable provision. Parents should understand the character of children so that it is not easy to compare them with other children. The injustice of parents in parenting unconsciously triggers competition between children. This is then dangerous because when the child feels not considered, he will give a negative response or vent on things that are not good

Next, find out and learn the child's world. Learn about what makes him happy, what later becomes his goals, what becomes his favorite hobby. Thus, parents need to try not to limit their desires. Even if any of them are not in accordance with Islamic values, and religious principles, then point to something right.

The Central Statistics Agency (BPS) in 2020 has recorded, as many as 3.73 percent of infants under five years old (toddlers) have received inappropriate parenting patterns, which was then conveyed by the Assistant for the Fulfillment of Children's Rights to Care and Environment of the Ministry of Women's Empowerment and Child Protection (Kemen PPPA), Rohika Sari, she explained that inappropriate parenting patterns can have negative impacts such as, 1) Children will have feelings of irritability, 2) Children have weak fighting power, so 3) easily discouraged.

In the school of parenting application, the Coping Mechanism for KIDS class states that children can also be stressed due to parental demands. So parents need to understand the child's psyche and understand the child's capacity.

5. **Give children enough freedom**

In this digital era, not a few children then lie, rebel, and even do things that are not desirable. It is time for parents to switch to parenting that is in accordance with digital developments, and leave strict *parenting*. According to Ayun (2017) said that, in authoritarian parenting, parental attitudes tend to act hard, decriminatory, and domineering.

In the Quran, Allah has warned people not to be harsh and rude. Which reads:

فَبِمَا رَحْمَةٍ مِنَ اللَّهِ لِنْتَ لَهُمْ وَلَوْ كُنْتَ فَظًّا غَلِيظَ الْقَلْبِ لَانْفَضُّوا مِنْ حَوْلِكَ

"And it is by the grace of God that you are gentle with them. If you are harsh and harsh-hearted, they will distance themselves from your surroundings." (QS. Ali Imran: 159)

In their parenting patterns, parents also often provide strict rules and severely limit children's freedom of action.

Abdullah bin Saddad from his father (narrated), he said: "*The Holy Prophet(sa) went to us in one of the isha prayers, and then he brought Hasan and usain. Then the Holy Prophetsa came forward and laid (Hasan and Husayn). Then he prayed, people said 'O Messenger of Allah, during prayer you prolong prostration, until we think that something has happened or that a revelation has been revealed to you? He replied: Not because of all that, but my grandsons (Hasan and Husayn) made me a vehicle, so I didn't want to rush him, until he finished playing.*" An-Nasa'i]

The hadith above reminds us, that children have the right to play so that in fulfilling their rights, we as parents should give freedom to them. However, such freedom was granted as long as, from him no *madharat* arose either for himself or his parents. The Prophet then also said that these freedoms are given adequately and according to the age of the child. So, if it is associated with the digital era, this can be a parenting reference for Muslim parents,

while still paying attention and adjusting to the development of the child's era. If then, freedom in children is given and the freedom is used by children to play gadgets or even socialize, looking for pleasure in a bad place, then in this condition, parents are then firm on the freedom. (Hakimuddin, 2023).

Because what children need is not confinement, but hugging and guarding accompanied by trust.

6. Teach children to assume responsibility

This parenting strategy is very important to be taught to children from childhood. Because in the digital era, the mentality of children is indirectly required to become stronger. The amount of information the child receives, has an impact on him later in life. One of them, children will have difficulty in sorting and choosing the information they will consume.

By being equipped with responsibility from childhood for what he has chosen and done, it indirectly forms the character of "responsibility" in him for what is his decision. That way, the child will then be more careful in choosing any choice in the future.

In the school of parenting application in the class Application of Cognitive Behavioral Therapy for children (Firman Ramdhani, 2022) said that children need to carry out activities related to children's cognitive, and parents facilitate these activities in daily parenting activities. That way, the child's habits will be formed positively.

7. Dengarkan Sudut Pandang Anak

Decisions made by parents unilaterally, do not provide opportunities for children to learn to make their own choices. In fact, communication in *parenting* activities is one of the most important factors in the decision-making process

Quoting on the *School Of Parenting* page edition "Why Do Parents Need to Listen to Children?" (2020) explains, that an effective communication process is listening and being heard. By creating two-way communication between children and parents, parents become aware of the feelings felt by children. By listening to children's stories, children will then feel comfortable, so that slowly a good emotional relationship will be formed between mother and child. In addition, the habit of children telling their parents makes children feel more trusted.

When parents then do not give the opportunity to the child to convey his ideas, then this becomes a danger, because the child will look for someone who can trust him. Especially in this digital era, access to communication with other people has been easier. So do not let children depend on their comfort to others. Thus, listening to the child's point of view is a very important point in parenting activities in the digital era.

Conclusion

Islamic parenting means a pattern of parenting in which in the parenting process, children grow and develop in accordance with Islamic values that rely on the Quran and As-Sunnah. Childcare is carried out according to Islamic religious guidance. Educating children according to the times, does not mean educating children according to world trends. But preparing children to survive in their time by staying true because educating in parenting activities at home is not only a matter of educating the brain, but also educating the child's soul. Based on the book "Modern Islamic Parenting" and the "School of Parenting" Application there are eight strategies that can be done in overcoming parenting challenges in the digital era, including; 1) Build a fortress of Faith, Worship, and Morals. 2) Be an example for children 3) Be friendly with children 4) Understand the child's soul and learn the world 5) Give children enough freedom 6) Teach children to bear responsibility 7) Listen to the child's point of view.

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