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ABSTRAK

Telepon pintar merupakan hasil dari perkembangan teknologi modern yang dapat diterima di masyarakat dan keberadaannya sangat dibutuhkan manusia untuk memudahkan komunikasi dan digunakan sebagai alat berselancar di jejaring internet. *YouTube* termasuk salah satu program video berbasis internet terpopuler di dunia yang dapat diakses melalui telepon pintar. Peran pengawasan orangtua dan kontrol diri anak menjadi kunci utama untuk meminimalisir penggunaan telepon pintar yang berlebihan, sebab penggunaan telepon pintar yang berlebihan dapat mengganggu berbagai aspek perkembangan. Penelitian ini bertujuan untuk mengetahui peran pengawasan orangtua terhadap kontrol diri anak sekolah dasar dalam mengakses *YouTube*. Partisipan yang terlibat adalah 402 siswa sekolah dasar negeri. Penelitian dilakukan melalui survei kuesioner. Instrumen pengumpulan data ialah skala pengawasan orangtua dan skala kontrol diri. Analisis data dilakukan dengan teknik regresi linear sederhana. Hasil penelitian menunjukkan pengawasan orangtua berperan negatif terhadap kontrol diri anak dengan koefisiensi korelasi $r = -0,167$ ($p < 0,05$). Selain itu, ditemukan perbedaan pengawasan orangtua terhadap anak berjenis kelamin perempuan atau laki-laki, dan kontrol diri anak perempuan lebih baik dibanding anak laki-laki namun tidak berperan secara signifikan.

Kata kunci: *pengawasan orang tua, kontrol diri, YouTube*

ABSTRACT

Smartphone is becoming increasingly popular and essential in our daily life. Smartphone has a sizeable impact on society and almost all aspects of human life. Smartphone's addiction among children has been growing since smartphone's technological evolution and its high accessibility. *YouTube* is one of the most popular internet based video platforms that can be accessed via a smartphone. The role of parenting monitoring and children self-control is very important in minimizing smartphone's addiction effects considering all relevant influencing factors. The study aims to determine the role of parenting monitoring towards the self-control of elementary school children in accessing *YouTube*. Participants in this study were 402 elementary school students. This study was conducted through the use of questionnaire survey method using scale of parenting monitoring and scale of self-control. The technical analysis used in this study was simple linear regression analysis. The results of this study showed that parenting monitoring had a negative effect on self-control of children with the correlation coefficient $r = -$



0,167 ($p < 0,05$). In addition, differences was found on parenting monitoring towards the children gender between female and male, and the results indicated that self- control of female children is better than male children, although it does not significantly contribute to the results.

Keywords: *Parenting monitoring, self-control, YouTube*