

Organic Parenting Pattern as an Early Childhood Behavior Control Strategy in the Millennial Era

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ABSTRACT

A child is an excellent impersonator who always does whatever is exemplified in his social environment. The social environment became one of the places where they learned to learn a wide variety of human characters, morals and social values. It is called social learning. The social learning that children get in today's millennials is through gadgets or smartphones whose use is almost evenly distributed from adults to early childhood. Millennials are the generation born between 1980-2000 who are happy and familiar with use of digital media as a tool of information and communication. This statement leads to an impact on early childhood behavior. The impact is more on the good behavior on the child. Parenthood is needed in addressing this problem using the natural parenting style that comes from the parents themselves, namely using organic parenting patterns.

Keywords: *Impact of Child Behavior, Millennial Era, Organic Parenting Parenting Pattern*

1. INTRODUCTION

Children born in the 21st century are millennials whose technological sophistication has been inherent in their lives. This generation is those born from 2010 until now. They have easily gained access and use gadgets from their social environment, especially from families. In fact, parents easily give gadgets to their children under the pretext of providing fun or entertainment so that the child can play quietly or un cranky when the parents are busy. Thus, the current generation no longer feel familiar with the sophistication of smartphones, augmented reality, virtual reality, and so on because since birth they have been exposed to technology (CNNIndonesia, 2019).

The development of information technology that occurs today becomes a challenge for early childhood education, especially for parents. Parents are the closest and most early social environment to be able to influence the development of early children. Parents are models that will be imitated in every behavior by the child without the child can think of the consequences of the behavior they imitate (Fatmalia, 2018). Parents should be aware of the challenges they face with the use of technologies such as gadgets and televisions that can affect a child's development.

Gadgets and television are information technologies that can easily impact today's millennials (Fatmalia, 2018). Both technology are attached to today's millennials because it is commonly owned by parents so that children can easily access it. The technology can benefit children that with the applications in gadgets can stimulate a child's cognitive abilities and can help children be literate with technology. On the other hand, children can become addicted to such technologies that cause them problems such as, difficulty to sleep, problems with eye health, difficulty concentration, decreased motoric ability, and can hinder a child's social abilities (Husain, 2017).

Today's generation is likely to be affected by problems caused by excessive use of technology. Many children in this millennial era would rather play gadgets than interact with their social environment such as playing with their peers to communicate through face-to-face interactions. They tend to be busy with their own gadgets. This is supported by a pattern of parenting that gives the child the freedom to use technology excessively which results in the child becoming less with physical activity, interaction with the environment even with his parents that can affect the child's brain development. Parents should be able to wisely provide the right pattern

of foster care to the child by providing a sufficient and appropriate portion of the use of technology.

Parents in the family act as one of the first and main centers of children's education that determines the character formation of children. As parents not only master today's technology, but they must also have knowledge and understanding of their child's development. Parents are modelling for their children and being a place where the child will pour out his heart, and become a place where children seek answers to his curiosity. According to Murdoko, if the parent does not know the development of his child, then the child's personality will be unknown also by his parents, so the parents will never be right to treat and educate their child (Aslan, 2019).

Parental parenting patterns play an important role in anticipating children in this millennial age (Aslan, 2019; Yaswinda, 2019). Families can provide an educational and effective pattern of foster care. The selection of the right parenting patterns can help children stay in control in their development even though they are in the midst of the dangers of the technological era. Fostering patterns are naturally now a trend among millennial parents. According to the authors, natural and environmentally friendly parenting patterns otherwise known as organic parenting can be exposed by parents to reduce exposure to gadgets in children. This organic fostering pattern invites children to interact more closely with natural environments such as playing in green open spaces or playing while exercising. Therefore, the authors want to discuss the role of parents in parenting by applying organic parenting patterns as an effort to control children's behavior from exposure to excessive technology.

2. DISCUSSION

2.1. The Impact of Children's Behavior in the Millennial Era

As a result of the rapid development of technology and information towards the use of technology by children today, there are some negative attitudes of child behavior that are often encountered in the field. This is supported by a pattern of parenting that freely allows their child to use gadgets or televisions without providing supervision, attention, or restrictions. From the author's point of view from the study of some literature there are some negative behaviors that occur in today's millennial children as a result of exposure to technology, among others are as follows.

2.1.1. Increased aggressive behavior of the child.

The child will consider violence to be a common thing to do (Hussain, 2017). This is because children too

often watch violent scenes through television, youtube, or games. Aggressive behavior that appears in children in the form of; attack, hurt, or fight others both physically and verbally (Permatasari & Sugito, 2017).

2.1.2. Decreased interest in learning.

This is because the child uses gadgets too often, plays games, and watches television so he feels lazy to learn (Husain, 2017).

2.1.3. Decreased interest in reading books.

Children will prefer to read through their gadgets rather than read through books (Ananda, 2018). This is because they prefer in an instant way to get information through gadgets by summarizing or reading the highlights of a topic (Rahmat, 2018). They can access easily and quickly all the information he needs through google scattering machine. This is why they will rarely read books, newspapers, or magazines to find information.

2.1.4. Lack of physical activity.

The child will prefer to spend his time sitting playing gadgets all the time using his fingers compared to playing that can move all his limbs. This can affect the development of motor sensors in the child, for example to color the image of the child just clicking through his gadget without coloring by using the motor of his hand (Kumparan.com, 2019).

2.1.5. Development of social censorship and disturbed emotions.

Children will tend to spend a lot of time playing games with their gadgets so that the child prefers to play alone and no longer needs a playmate (Husain, 2017). Also, children will no longer know the traditional game. This can make the child less likely to have social interactions with his or her friends or even with people in his ward. Child will tend to be an introvert and even have difficulty overflowing his emotions well due to the lack of interaction with the social environment.

2.1.6. The child becomes sexually mature before time.

As a result of frequent shows that often make love and display images containing pornographic elements on television and social media (Husain, 2017).

2.1.7. Cover deficiencies or want to be praised.

A child can commit a lie that he thinks can mask flaws and can be praised by others. So, it is not surprising that

the child will cover up his honesty through lies (Fatmalia, 2019).

2.1.8. The child becomes addicted to gadgets.

Nowadays gadgets have become public consumption where their existence can be reached by all circles, be it babies or grandparents. The more users, the more parents are more fun to play gadgets than chatting with their children. The number of children who are good at patenting their gadgets at an early age is one of the evidence of modelling from the adults he meets. The main factor is support from parents and facilities. As well as the booming tick-tock application operated by early childhood (Fatmalia, 2019).

2.2. Getting to know Organic Parenting

According to Ayoe Soetomo in Lestari (2020) that Organic Parenting or this natural parenting pattern is increasingly used by millennial parents today. Parents who are increasingly concerned about the growth of children in the millennial era will try to find and provide the right pattern of foster care for their child. Parents' concerns about gadget addiction in children make parents look for solutions by choosing a natural and environmentally friendly parenting pattern.

Organic Parenting is inspired by the Finnish school style of 70 percent outside and 30 percent indoors (Lendo in kumparanMOM.com, 2019). According to Froebel in Mariana & Setiasih (2018) that children like to play and learn in natural outdoor environments. Parents can provide and create green open spaces as children's facilities so that they play more than gadgets.

Organic Parenting is all activities and interactions between parents and children that are close to nature, environmentally friendly, and use all natural. In other words, organic parenting not only feeds children with organic food, but also parents provide activities and interact with the child naturally in an open environment. According to Karen Oase (Latifa, 2020) explained that there are three principles of organic parenting, namely as follows:

2.2.1. Return to Nature.

In general, the principle of organic parenting is to invite parents and children to return to nature. In this millennial era, children need different management of physical, emotional, and mental health in one way that is to bring the child closer to nature. Parents can take their children to play outdoors like a city park for example, rather than allowing them to sit quietly watching television or playing gadgets. In addition, parents can also utilize everything from nature to their lives, from food, drink, to medicine. This is done by teaching

children to grow herbs in the surrounding environment that can later be used for food and medicine.

2.2.2. Eco-Friendly.

In organic parenting, parents teach children to demonstrate environmental sustainability. Parents can teach their children to maintain air hygiene or reduce air pollution by using eco-friendly transportation such as riding bicycles for example, or using public transportation to reduce congestion on the highway. In addition, parents can also teach their child to conserve electrical energy by using air conditioner or air conditioner according to needs or can also teach the child to turn off the lights when during the day,

2.2.3. Live like in the village.

This principle that attracts parents to re-revive the harmonious atmosphere like the life of people in the village who are still friendly and like to help others. People who live and like to gather to socialize are one of the keys to this organic parenting parenting pattern. Organic Parenting emphasizes quality time for parents and children to be able to gather, listen to each other, without the distraction of television or gadgets. Parents can apply behaviors in the family such as enforcing an hour a day to be able to gather together without televisions and gadgets so that parents can take advantage of the time to interact and play with the child. With quality time like this, the positive bond between parents and children will be increasingly awakened. As a result, the child's confidence and independence will be formed.

2.3. Implementing Organic Parenting

There are several things that parents can do in applying organic parenting (Parenting Indonesia.co.id). Some of these are:

2.3.1. Push Your Child Out of The House Every Day

One of the important habits instilled in organic parenting is going out of the house. Make sure parents have provided sufficient protection to the child, for example given clothes that suit the weather at the time. Children are also always encouraged to play outdoors for hours every day. According to various research, playing outdoors is very beneficial for children's health holistically. They become more physically healthy, have better vision and are more resistant to infection.

2.3.2. Don't Be Afraid of Dirty

This is the old adage about parenting. Organic parenting greatly appreciates messy games, because it is considered an important part of a good childhood.

Provide open space in the house, where children can play ground, mud, water, and many other things. This will improve your child's sensory abilities.

2.3.3. *Active Moving*

Active doesn't have to be defined by serious sports. Let the child jump around or run on the grass. Play throw-catch or kick the ball, and so on. Thus, their bodies are already actively moving in a very pleasant way for them.

2.3.4. *Provide Natural Intake*

Organic Parenting provides children with a natural or organic food intake. In principle, natural ingredients are always better for health. In addition, when the child is sick also given treatment with natural ingredients.

2.3.5. *Eco-Friendly Lifestyle*

In organic parenting, parents become pioneers of an eco-friendly lifestyle for children. Therefore, it is important for families to reduce plastic consumption, use electricity and water to taste, or choose products such as soap, shampoo, or eco-living clothing where the waste does not pollute the environment.

2.3.6. *Cycling or Public Transport*

Parents who apply organic parenting will invite their child to choose environmentally friendly transportation tools such as bicycles. In addition to not polluting the environment, cycling is also healthy and has recreational benefits to entertain yourself. To travel long distances, you can also teach your little one to choose to use public transportation instead of a private car.

2.3.7. *Create Quality Time with Your Family*

Organic parenting also prioritizes the importance of interaction between parents and children. Therefore, it is necessary to allocate quality time in which the whole family gathers and regardless of the busyness of each. Surely in this moment no one should bother, including gadgets or TVs. This moment can be used to improve parent-child bonding so that children can grow into a more confident, empathised, and independent person.

2.3.8. *Vacation to Nature*

In organic parenting, the selection of holiday places is also a concern. This parenting style suggests nature as a holiday choice, such as to mountains, hills, waterfalls, or beaches rather than malls or theme parks. Take the kids camping, swimming, fruit picking, or fishing where they will be closer to nature.

From the above description, the application of organic parenting tends to invite the child to do activity

and play in the open space. According to Mariana & Setiasih (2018), through outdoor play activities can improve plural intelligence in children. Outdoor activities play more of a role in integrating sensory and the potential that children have. This includes physical development, social skills and cultural knowledge, as well as emotional and intellectual development. Through outdoor play activities, the child can do multi sense activities or that stimulate all his senses so as to help the child's growth (Anna, 2019; Prasetya, 2020).

3. BENEFITS OF ORGANIC PARENTING

Organic parenting can provide benefits for children. From the results of the literature study, the authors can describe some of the benefits that can be obtained from the application of organic parenting among others are as follows.

3.1. *By bringing the child closer to nature, the child gets full sensory stimulation.*

As he ran around in the wild, there was stimulation from head to toe. Similarly, when cycling. The right and left brains are stimulated, the child learns his balance, muscles and bones become stronger.

3.2. *Children become more confident.*

When you're in nature, like camping, the challenges are huge. Children also learn to solve problems, interact with others, and make good planning; for example, saving battery. This is a great capital to build a child's confidence.

3.3. *Create warm interaction and communication between parents and children.*

The attention that parents give to accompany their child to play, listen to their child's voice, take him out of the house for a walk, it can create a good emotional so that the child and the parents can interact and communicate intensively.

4. CONCLUSION

Today's rapid development of technology and information can have a negative impact on early childhood. The growth and development of children becomes disrupted due to the use of technology that does not get supervision and attention from parents. Parents have an important role to play in a child's growth and development. How parents give their child a pattern of parenting is a major factor in determining the child's symbolism. To avoid negative exposure to technology, parents can apply natural and environmentally friendly parenting patterns.

The pattern of foster care is commonly known as organic parenting. Organic parenting is a parenting pattern that invites parents and children to be close to nature and environmentally friendly which creates a village-like atmosphere. There are several ways that parents can apply organic parenting, namely (1) invite the child to do activities outside the house every day although only briefly but done regularly, (2) teach the child to dare to play messy and dirty games, (3) teach the child to actively move by playing, (4) give the child an intake in the form of natural or organic food, (5) teach the child to an eco-friendly lifestyle, (6) invite the child to use public transportation or environmentally friendly transportation such as bicycles, (7) create quality time with the family to interact, and (8) choose a vacation spot in nature. Organic parenting can help motor, emotional, and social development in children. In its application, it is important for parents to have commitment and cooperation in the family to achieve the growth and development of their children appropriately and well.

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