

Indonesian Children's Television Shows that are in Line with Their Development

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ABSTRACT

This article aims to identify television shows that are in line with the personality development of elementary school students. The approach of this study is qualitative descriptive. The data used in this study are television shows that Indonesian children watch. The data source of this study is television shows in Indonesia. The data of this study were collected by using interview and observation techniques. The data analysis of this study was done by interactive method. The results of this study indicate that television shows that are of favored by elementary school students are not all relevant to the child's personality development. Based on nine television shows that are of favored by elementary school students, it is known that seven television shows are irrelevant and two television shows are relevant to the child's personality development. The two television shows are Upin & Ipin and Si Bolang. The television show that is also relevant to the development of the child's personality is Laptop Si Unyil. The three television shows are considered relevant to elementary school students because these programs have the power to stimulate children's curiosity, stimulate children's creativity in utilizing the environment, and are able to foster children's imagination to recognize creativity.

Keywords: *television shows, elementary school children, personality development*

1. INTRODUCTION

The development of technology in Indonesia is currently so fast. One of the impacts of these technological developments can be seen from the number of television shows that are presented to their viewers. Unfortunately, not all television shows watched by Indonesian children are in line with the development of the child's personality. This is because the television shows that are popping up at this time actually show more of a crude humor full of insults and reproaches, soap operas that are illogical and far from eastern values, as well as shows that are full of violence [1]. In fact, the television show has the potential to interfere with the process of their personality development. This is in accordance with several publications that have been carried out by previous researchers which show that not all television shows that children watch are relevant to them [2]. This is because television shows can have a positive effect when the material presented is in accordance with the

development of the child's personality and contains educational value [3].

Television shows watched by Indonesian children, especially elementary school students, some of them contain content that is not educational, such as scenes of violence. If left unchecked, this will have implications for the character of elementary school students who will also imitate the violent scenes in the television program they watch. This is in line with [4] who stated that children when watching violent scenes through television shows will also have the potential to imitate it. Therefore, there needs to be an effort to provide a choice of television shows that are relevant to the development of the child's personality.

Children need to get guidance in watching television because the programs presented are not all suitable for their age. At least the television program offered has two positive and negative benefits [5]. Children in watching television programs must be guided and directed to watch television programs that have positive benefits.

The positive benefits of television shows, if explored further, can be used as media, models, and pilots for character education for children. Basically television shows have positive benefits without denying the negative benefits of television shows. The positive benefits of television shows are in the form of education, creativity, and knowledge of using and operating computers [6]. The negative benefits include the amount of time spent watching television, the effect of violence from television shows, and aggressive behavior [7]. Therefore, viewers need to take advantage of the ability to take advantage of positive television shows [8]. Based on this, children need to get adult guidance to be able to take the positive benefits of television shows.

The need for guidance of children in watching television does not mean that children are individuals who cannot take positive benefits from television shows. The guidance is an effort to anticipate children because children are individuals who have the potential to be eroded by the positive benefits of television. States that television programs should meet the following criteria [9].

First, television shows respond to children to know. That is, television shows are able to provide stimulation for children to know and know various things. Second, television shows are able to meet the needs of children's self-esteem. Third, television shows are able to meet the needs of children in solving various problems in everyday life. Fourth, arouse enthusiasm for the audience to improve the environment, city, and earth. Fifth, television shows can help children understand their rights and obligations as citizens. Sixth, television broadcasts should limit excessive advertising. Seventh, television shows should also present programs that are able to fulfill children's education.

The characteristics of television shows for children include: first, children's programs are presented before time to sleep (not late at night), the message content, both audio and visual, is according to children's interests. Second, television shows provide a clear picture and rationale for children in accordance with applicable norms and ethics, the scene is made and presented to children. Third, television shows that are suitable for children are the development of science and technology, the history of the nation's struggle, the cultural values of the nation, the story of knighthood, and the nation's cultural arts and the values of Pancasila and the 1945 Constitution. Based on these opinions, the criteria and characteristics of television programs can be used as a guide to assess the quality of television shows that are suitable for elementary school students.

Based on the description that has been presented, the problem in this paper is what television programs are relevant for elementary school students to watch. In accordance with these problems, the purpose of this

study is to identify television programs that are relevant for elementary school students to watch.

2. METHODOLOGY

The approach in this paper is qualitative descriptive [10]; [11]; [12]. Qualitative descriptive approach in this study aims to describe television shows that are relevant to child's development in line with the personality of elementary school students.

The data in this study are television shows that are of favored by elementary school students. The data source comes from 30 elementary school students starting from grade 1 to grade 6. The data of this study were collected by interview and observation methods. Interviews were conducted to find out what television shows that are of favored by elementary school students in Hadirejo and Deggungan Boyolali village. Observations were made to find out what television shows were relevant to child's development.

The data analysis of this study using interactive method [13]. Data analysis with the interactive method was carried out through three stages, namely data reduction, data presentation, and drawing conclusions. Data reduction is done by selecting data sourced from television shows that are of favored by elementary school students. Furthermore, the presentation of the data in this study is in the form of a description of the findings of what television shows that are of favored by elementary school students from grade 1 to grade 6. Then, the data that has been obtained are analyzed and studied based on existing theories and conclusions are drawn.

3. RESULT AND DISCUSSION

The results of the identification of television shows that are of favored by elementary school students include nine programs. The nine television shows include 1) Spongebob, (2) Upin & Ipin, (3) Kamen Rider Ex-Aid, (4) Doraemon, (5) Munki and Trunk, (6) Si Bolang, (7) On The Spot, (8) Anak Langit, and (9) Tukang Ojek Pengkolan. It is further presented in diagram 1.

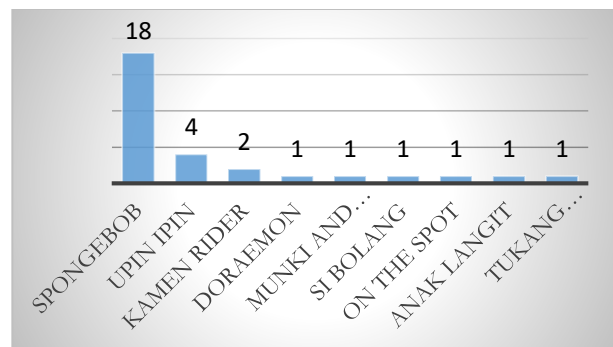


Figure 1 Television Shows that are of Favored by Elementary School Students

After observing all television shows that are of favored by elementary school students in Hadirejo and Deggungan Boyolali village, it was found that television programs were relevant to the development of elementary school students, namely the age level of 6 years to 11 years. The television shows are Upin & Ipin that airs on MNC TV and Si Bolang that airs on Trans7. The television shows that is also relevant for child's development is Laptop Si Unyil that airs on Trans7.

Table 1. Television Program that are Relevant for Children

No.	Television Show	Television Identity	Airtime
1	Upin & Ipin	MNC TV	7.00 a.m. – 9.00 a.m. 5.00 p.m. – 7.00 p.m.
2	Si Bolang	Trans7	12.30 p.m. – 1.00 p.m.
3	Laptop Si Unyil	Trans7	12.00 p.m. – 12.30 p.m.

Based on table 1, it can be seen that there are three television programs that are relevant for children to watch. The consideration used to determine whether the programs watched by children are in accordance with their personality development or not, namely that the content presented does not contain acts of violence, both verbal and physical violence. In addition, the educational values contained in the television programs watched. In the following, each television program that is relevant to watch for elementary school students is presented in further detail.

3.1. *Upin & Ipin*

Upin & Ipin television shows were chosen because they present programs that not only contain elements of entertainment, but also elements of education. This is in line with the results of previous study conducted by [14]; [15] who stated that Upin & Ipin shows can continue to be watched by elementary school students because it contains moral and religious values that are in accordance with the Indonesian context. These findings are also supported by the findings of [16] who found that Upin & Ipin shows had a good impact on the affective development of elementary school students. The educational element in Upin & Ipin shows can be seen in each episode which features a variety of different story themes. This educational element can be used as a positive imitation model for children after watching the Upin & Ipin shows [17]. For example, in the episode that shows the story of Upin & Ipin enjoying local fruits. Furthermore, Tok Dalang explains the benefits of fruits such as the following:

“Buah-buahan lokal banyak khasiatnya, misalnya nanas baik untuk membuat tulang sehat, pepaya baik untuk pencernaan dan jantung”.

“Local fruits have many benefits, for example pineapple is good for making healthy bones, papaya is good for digestion and the heart”.

Furthermore, Meimei advised Jarjit not to eat too much durian fruit because it can cause headaches. Tok Dalang then told Jarjit to eat mangosteen so that his body cools down. Therefore, if there is durian, there must be mangosteen. Tok Dalang also asked Upin & Ipin and their friends to eat enough fruit so that they can take benefit from the fruits they eat. Tok Dalang re-explained the benefits of durian and mangosteen.

“Durian baik untuk jantung dan penawar sembelit sedangkan buah manggis, tak hanya isinya yang lezat dan berkhasiat, kulitnya bisa untuk obat”.

“Durian is good for the heart and antidote to constipation while the mangosteen fruit, not only its delicious and nutritious contents, the skin can be used as medicine”.

In addition, another educational element came from Kak Ros who advised Upin & Ipin to eat fruit 5 times a day, namely drinking fruit juice for breakfast, eating fresh fruit for snacks, eating fruit for lunch, and eating fruit ice cream in the afternoon and at night eat fresh fruit again. That's just called balanced nutrition. Furthermore, the story also mentions that there are benefits of bananas which are good for improving the immunization system and guava fruit which is good for the skin. This will certainly add new knowledge to elementary school students who watch it. In addition, the Upin & Ipin show also contains a moral message in each episode, such as in the local fruits episode there is a message conveyed by Mrs. Guru, namely local fruits are the country's most valuable wealth. It's not just a fruit, but the local fruit consumption program is a community culture that must be preserved. The meaning of Mrs. Guru's words is that Mrs. Guru asked Upin & Ipin and their friends to eat more local fruit than imported fruit.

In the next episode, there is an element of education that is shown on the Upin & Ipin shows. This element of education makes Upin & Ipin television shows suitable for children to watch as a medium for character education [18]. This is emphasized by [19] who stated that Upin & Ipin television shows are relevant as a medium for character education. The educational element shown is the benefits of young coconut water which can cure measles fever. In addition, it is also explained that coconut trees have many benefits. The benefits of coconut trees can be seen starting from brown leaves that can be used as brooms, old coconuts can be taken for coconut meat to be used as coconut milk, coconut fiber and shells can be sold as craft

materials, coconut tree trunks that can be used as bridges, and coconut leaves can be used to make roofs. Therefore, people say the coconut tree is a tree of a thousand benefits. From the episode about the benefits of coconut trees, a moral message can also be taken, namely filling the holidays while studying and doing useful things. After viewing the show, children can be introduced to productive plants, such as fruits that are healthy for their bodies by utilizing the land in their yards. This is at the same time to foster a sense of love for the environment. From this love, it is enhanced to grow a sense of appreciation for the gift of land that God has given to His servants not to be wasted, namely by planting productive plants to eat that can ward off hunger in the body. Oleh karena itu, orang mengatakan pohon kelapa adalah pohon seribu manfaat.

Based on the description, it is shown that Upin & Ipin shows have varying moral values [20];[21]. The moral values in Upin & Ipin show, such as a sense of democracy, courage, cooperation, concern with others, help, respect, obedience, tolerance, giving and returning greetings, being honest, sharing, and forgiving each other can affect the moral development of elementary school students [22]. This is what makes the Upin & Ipin shows suitable for elementary school students to watch. Therefore, Upin & Ipin shows can be categorized as television shows that are suitable for elementary school students to watch.

3.2. Si Bolang

The next television show that is relevant for children's development is Si Bolang. This shows which also contains an educational element in each episode. This is in line with the results of previous study conducted by [23] who found that Si Bolang shows contains the cultural values of the archipelago. For example, in the episode featuring Farhan's activities, Si Bolang is from Sukorambi and Puger Districts, Jember, East Java. The first activity that Farhan and his friends did was to help the fishermen get the boats ashore. In order not to get tired, the boat was pushed using a cart that had been brought by Bolang. Bolang said that apart from catching fish in the middle of the sea, fishermen in Puger Beach also catch fish around the coast. Fishermen will lower the net from the middle and the ends will be pulled together from the shoreline.

Farhan also said that at Puger Beach, it was lemuru fish season. Because the fish harvest was quite large, Farhan and his friends the helped his mother make a concoction to keep the fish fresh and durable. One of the ingredients used to preserve fish is the Moringa plant. Farhan explained that the Moringa plant is an annual plant originating from the Himalayan Mountains and India. Then, the plant spread to the continents of Africa and Asia. Moringa plants have many benefits.

Therefore, the Moringa plant is called a superfood. One of the uses of the Moringa plant is the leaves.

Besides the leaves and seeds, Moringa fruit can also be used. Some Javanese people call Moringa seeds as 'klentang'. Each fruit pod holds ten to fifty seeds of Moringa seeds. Furthermore, the part that will be used from the Moringa plant to be used as an ingredient in preserving fish is the Moringa fruit.

Farhan explained the steps that need to be done to preserve fish. First of all, wash the fish. Next, pound the Moringa leaves slowly until smooth. After that, put the crushed Moringa into a container of water. After that, knead the collision of Moringa to remove the juices. Next, arrange the fish in container. After that, sprinkle the Moringa water and the dregs on the body of the fish. Do not forget to sprinkle a little salt to reduce the water content. Preserving fish aims to reduce the water content in the fish's body so that it can inhibit bacteria from multiplying.

The television program provides the values of local wisdom and is able to increase children's creativity in utilizing various local wisdoms. This is reinforced by study that has been conducted by [24] who stated that Si Bolang shows has an influence on children's creativity. The creativity of elementary school students can be developed based on local wisdom owned by each region. This has been exemplified in Si Bolang television shows.

Besides being preserved, lemuru fish can also be cooked into delicious dishes, namely 'paes pennai'. Farhan also explained in detail how to make paes pennai. He added that the lemuru fish paes pennai is one of his favorite fish preparations. Fresh lemuru fish meat that tastes sweet in the mouth, plus the savory and spicy seasoning of the delicious paes. This dish is guaranteed to make people want more. In addition, he explained that fresh fish contains protein and omega 3 which are good for brain development. So, it can make Indonesian children smart and healthy.

The next activity carried out by Farhan and his friends was picking papayas. Farhan explained that papaya fruit can be harvested when the plant is 9 to 12 months old. When it's season, papaya can be harvested once a week. However, this time Farhan and his friends only picked young papayas to be processed into candy. Farhan then explained the stages of making papaya candy. He revealed that although the papaya fruit candy is not as sweet as the factory-made candy, the fruit candy is made from natural and high-quality ingredients so that it is more friendly to teeth.

The last activity carried out by Farhan and his friends was looking for kepundung fruit, ordered by his aunt. He explained at a glance that the kepundung fruit was similar to the duku fruit, but different. In addition to its slightly transparent red color, the taste of the

kepundung fruit is also slightly sour, not as sweet as the duku fruit. Farhan said that the kepundung fruit is now one of the rare fruits in Indonesia. This is due to its sour taste so people rarely plant it.

At this time Farhan and his aunt will make a roll of opaque. Before making the rolls, Farhan and his friends will make Moringa flour as a mixture. Farhan then explained the stages of making Moringa flour. First, separate the Moringa leaves from the twigs. Next, dry it in the sun. Moringa leaves will dry after a day or two of drying. After that, just grind it to become flour. The crushed leaves should be sieved to get a smooth, flour-like result. Moringa leaf powder is also often referred to as a source of protein.

Besides the leaves, in the fruit there are also seeds that can be consumed. Farhan explained that after making Moringa flour, he would roast the Moringa seeds for a sprinkling of rolled opaque. As for the jam, he will make it from kepundung fruit. Farhan then explained how to make roll opaque and kepundung jam. Farhan added that crunchy Moringa opaque contains high nutrition. While kepundung jam is rich in vitamin C, calcium, and iron. At Si Bolang shows, there is also a message to convey to the viewers, namely that instead of snacking randomly, it is better to make your own snacks at home. These snacks are guaranteed to be cleaner and healthier.

Based on the description that has been presented, it is shown that the Si Bolang show contains educational values. In addition, the program provides lessons to be creative in utilizing various potentials around the environment to be used as toys or can also be used as food and drinks that have benefits for the body. It can be said that Si Bolang show are able to develop the ideas and solve the problems encountered when elementary school students experiencing difficulties, able to affect the creativity of elementary school students, and able to increase the awareness of elementary school students to their friends [24].

3.3. Laptop Si Unyil

In addition to Upin & Ipin and Si Bolang, there is a television show that is also relevant for child development, namely Laptop Si Unyil television shows which airs on Trans7. The motive of children watching Laptop Si Unyil is to get information and entertainment [25]. This program provides interesting information in each show. For example, in an episode that discusses delicacy without being complicated. The purpose of delicacy without complicated is new innovations in food and beverage products that do not reduce the levels of nutrition and deliciousness in them. This information provides satisfaction for children in watching the Laptop Si Unyil shows [26].

There are four topics of discussion contained in Laptop Si Unyil shows that the researchers examined. The first topic of discussion is corn. The program showed how enjoying corn is no longer a hassle because there are already packaged spaghetti and cream soup. Furthermore, the program also explained the steps to make corn spaghetti. The first step is mix the ingredients. There is corn flour mixed with hot water. The process takes about 45 minutes until the dough is smooth. If the dough is already smooth, put it into the extruder machine or the spaghetti pressing machine. In the machine, the dough will be heated to a temperature of 90°C, then molded into spaghetti. The extruder machine can produce 200 kilograms of spaghetti every hour. After exiting the extruder machine, spaghetti will be rolled up in order to make it easy to pack and process later. After forming a roll, the corn spaghetti will be left for 2 days to dry, then packaged and ready to be marketed. In contrast to spaghetti in general, corn spaghetti has a low sugar content so it is safe for diabetics. In addition, this spaghetti is also low in cholesterol because it does not use eggs as its raw material.

Furthermore, at Laptop Si Unyil shows, it was also explained how to make instant corn soup. Making instant corn soup is much simpler, just mix the raw ingredients such as corn flour, salt, white pepper powder, onion powder, chicken stock, and powdered sugar. After that, mix until everything is well blended. Unyil provided information that even though it was still a pilot factory for instant corn soup, the Bogor Agricultural University, it could produce 2 tons of corn flour every month. Instant corn soup is ready to be packed. Corn cream soup will be packed with dried vegetables and creamer powder. Unyil revealed that in one day, 700 packs of corn cream soup are ready to be marketed throughout Indonesia. In addition, even though the title is instant, it doesn't mean that spaghetti and cream of corn can be eaten right away. Spaghetti and cream of corn soup need to be reworked. However, processing it is not a hassle, just cook it in boiling water for a few minutes, then the corn spaghetti and cream soup are ready to be enjoyed. In addition to the content of vitamin B12 and iron that can overcome anemia, corn also contains carotenoids and bioflavonoids that can absorb and control bad cholesterol in the body.

The second topic of discussion is sweet potatoes. At Laptop Si Unyil shows, it showed the difference between Cilembu sweet potato and ordinary sweet potato. The difference is cilembu sweet potato is famous for its distinctive taste and aroma. In addition, the reddish-orange color of the sweet potato indicates that the cilembu sweet potato contains higher levels of beta carotene and vitamin A compared to other sweet potatoes. Furthermore, Laptop Si Unyil shows also explained the new innovation of instant drink from Cilembu sweet potato, which was found by students

from Padjadjaran University, Bandung and also explained the production steps. Unyil also explained that if the Cilembu sweet potato drink is ready to be brewed, it deliberately uses the raw material in the form of small sweet potatoes which are usually not sold, and then discarded. The hope is that with this innovation, cilembu sweet potato farmers can maximize their yields. To enjoy the sweet potato drinks is also very easy, just brewed with hot water or can also be mixed with other drinks such as tea and milk.

The third topic of discussion is seafood. Seafood is one of the foods that people love and hate because even though it has many benefits for the body, it takes more effort to enjoy seafood, especially those with shells such as small crabs. Furthermore, at Laptop Si Unyil shows, a new innovation in the form of canned small crab meat was explained. This program also explained the difference between small crabs and crabs, namely that small crabs live wild in the ocean, unlike crabs that can be bred. Many also know that small crab meat is sweeter and softer than crab. The steps for the production of canned small crab meat were also explained. First, break and separate the body parts of the small crab, the claws, legs, and main parts. This separation is done so that later the meat can be grouped because it turns out that each part of the small crab has different quality and price. After that, then gouge or remove the small crab meat from the shell. Meat harvesting requires skill. If we are not shrewd and careful, our hands can be hit by the shell thorns. It was also explained that the flesh on the body has a larger shape, while the claws have an elongated shape, the meat on the legs will usually form smaller pieces. The small crab meat that has been separated from the shell is then packaged in a jar. The plastic jar must constantly touch the ice cubes. The goal is to keep the small crab meat fresh and the quality does not decrease. After that, weigh the jars containing the small crab meat.

The next step is to pack the small crab meat in a large box. Arriving at the factory, the small crab meat will be re-sorted in order to get uniform meat results, both in type and quality. Furthermore, it is checked using an ultraviolet light to make the process easier because the small crab meat looks like it is lit. The goal is to clean the small crab meat from small bones, former shells, and all other impurities. Next, the meat that is clean from the bones will be mixed with each other. The next process is to pack the small crab meat into cans. Until the packaging process, the cold temperature of the small crab must be kept fresh. Furthermore, closing the packaging cans with the help of the machine and then automatically coding the cans that have been tightly closed. The goal is to make it easier to find when there is a problem with the product. The pasteurization process is also carried out so that the product lasts longer and free from bacteria.

The fourth topic of discussion is 'kuaci' or sunflower seed. The resulting new innovation is a peeled sunflower seed. At Laptop Si Unyil shows, the steps were also explained to make a peeler that has a high selling value. First, after sorting, sunflower seeds are washed in running water so that the dirt stuck is carried away by the water. After that, dry the peeled sunflower seed in the sun so that the water content is lost, sunflower seed can be crispier after frying later. Peeled sunflower seed must be fried, but must be seasoned beforehand. There are two flavors, namely original and barbeque flavor. When the spices are well mixed, sunflower seed are ready to be fried in hot oil. It doesn't take long to fry sunflower seed. If sunflower seed has changed color, immediately removed and drained. Not only delicious, peeled sunflower seed is also healthy. Kuaci from sunflower seeds contain high protein content as much as 28% per 100 grams of kuaci. In addition, rich in vitamin E which can function as an antioxidant so it can neutralize free radicals, the body becomes healthier.

At Laptop Si Unyil shows, there is also a message to convey to the audience, namely to always maintain health by still eating foods that contain carbohydrates. It was also explained that the human body still needs carbohydrates as a source of energy. An improper carbohydrate diet will interfere with growth and development. In addition, if we want to be healthier, we can choose carbohydrates that have weak glucose levels and high fiber such as brown rice and wheat, while for protein needs we can eat white meat and eggs because they have high protein levels and other active substances that can help burn fat. In addition, make sure to also consume vegetable protein from vegetables and nuts. In addition to protein, the fiber content in vegetables is also good for digestion. Then, reduce the flavoring of the food by increasing the spices as a natural flavoring. Laptop Si Unyil adds spices such as onions or garlic to help maintain a healthy heart and brain. Finally, most importantly, we must recognize hunger correctly because a rumbling stomach is not necessarily a sign that we are hungry, it could be because of too much gas in our digestive tract. One more message to convey is to drink enough and regular water because water can balance appetite and help cleanse the intestines.

In addition, the right diet should not come from a diet because reducing carbohydrates carelessly can make the body weak, decrease the ability to think, and malnutrition. It can be said that Laptop Si Unyil shows will add information for the children who watch it. This program is relevant for elementary school students to watch because it has a significant influence on students' interest in learning and contains moral values in it in the form of creativity [27]; [28].

4. CONCLUSION

Based on the results and discussions that have been described, it is known that television shows are suitable for elementary school students based on their age, which is six to eleven years old. Television shows that are relevant for this age include Upin & Ipin, Si Bolang, and Laptop Si Unyil. The three programs are considered relevant for elementary school students because these programs have the power to stimulate children's curiosity, stimulate children's creativity in utilizing the environment, and are able to foster children's imagination to recognize creativity. In addition, the content presented on the three television shows does not contain acts of violence, either verbally or physically. The three television shows also contain educational values that can be used as learning media for elementary school students.

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