

THE INFLUENCE OF DIGITALIZATION ON FAMILY COMMUNICATION: LITERATURE ANALYSIS ON FAMILY INTERACTION IN THE DIGITAL ERA

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Abstract

This study explores the influence of digitalization on family communication by analyzing literature that discusses family interactions in the digital age. The findings show that digital technology facilitates communication across distances and time, enabling family members to stay connected despite being physically distant and increasing parents' involvement in their children's lives. However, the findings also reveal the negative impacts of over-reliance on digital devices, including a decline in the quality of face-to-face interactions and potential risks such as exposure to inappropriate content and cyberbullying. In conclusion, although digitalization offers various benefits for family communication, the wise management of technology use is necessary to balance the benefits of digital communication with maintaining interpersonal closeness and strong emotional relationships.

Keywords: *Digitalisation, Family Communication, Digital Age.*

Introduction

The development of digital technology has changed various aspects of human life, including how to communicate and interact in the context of the family. Digitalization presents various communication platforms such as social media, instant messaging applications, and video calls that allow family members to stay connected with each other even though they are in distant places. (Li, 2023). Digitization refers to the process of converting information from analog to digital format, allowing it to be stored, processed, and communicated through computer and network technology. Since the advent of computers in the mid-20th century, digitization has grown rapidly, from the use of computers for scientific and military purposes to now becoming a major foundation in various aspects of modern life such as business, education, health, and communication. (Sun, 2023). The development of internet technology and sophisticated devices such as smartphones, tablets, and IoT (Internet of Things) devices has accelerated the adoption of digitalization, so that every individual can easily access and share information globally. This transformation has changed the way humans work, interact, and live their daily lives, providing new opportunities and challenges that continue to develop over time. However, the increasing use of this technology has also raised various dilemmas and questions regarding its impact on the quality of interactions and relationships between family members. (Guruloo & Osman, 2024).

On the one hand, digitalization offers convenience and efficiency in communication. Family members who live far apart can share important moments in real-time, provide emotional support, and maintain close relationships despite being separated by physical distance. Technology also allows parents to monitor their children's activities more easily, as well as provide wider access to education. (Michnik, 2024). On the other hand, excessive dependence on communication technology can reduce the quality of face-to-face interactions, which are essential for building emotional closeness and social skills. Several studies have shown that excessive use of digital devices can lead to inattention, feelings of alienation, and even conflict between family members. (Fischer, 2021). Therefore, family communication is one of the fundamental elements in building and maintaining healthy and harmonious relationships among family members. Through effective communication, family members can share information, express feelings, provide support, and discuss problems and find solutions together. Good communication helps strengthen emotional bonds, increase mutual trust, and create a comfortable environment where each family member feels valued and heard. In everyday life, the ability to communicate openly and

honestly also helps families to get to know each other better, making it easier to understand each other's needs, hopes, and concerns.(Tang & Fan, 2024).

In addition, strong communication in the family plays an important role in shaping the character and values of individuals, especially for children. Parents who actively communicate with their children can provide direction, education, and examples of positive behavior that are important for the moral and social development of children.(VERSHININA & MARTYNENKO, 2020). Children who grow up in a family environment with healthy communication tend to have better social skills, are more confident, and are able to cope with problems more effectively. On the other hand, lack of communication in the family can lead to misunderstandings, conflicts, and feelings of alienation. Therefore, strengthening family communication is a priority that cannot be ignored in order to maintain the well-being and happiness of all family members.(Rakuasa et al., 2024).

Literature review on the influence of digitalization on family communication is very important to understand more deeply how this technological change affects family dynamics. This analysis can help identify both positive and negative impacts of digitalization, as well as provide recommendations that can help families to use technology wisely. Thus, families can maintain the quality of interaction and harmonious relationships in this digital era. The purpose of this literature analysis is to compile a comprehensive picture of the impact of digitalization on family communication, as well as to identify strategies that families can implement to optimize the use of technology in their communication.

Research methods

The study in this research uses the literature method. The literature research method, or literature review, is a systematic approach to identifying, analyzing, and summarizing various existing academic sources related to a particular research topic. The goal is to gain a deep and comprehensive understanding of current developments, existing theories, previous research findings, and gaps that may exist in the literature in the field being studied.(Firman, 2018);(Suyitno, 2021). This process involves steps such as searching for literature through academic databases, selecting relevant sources based on certain criteria, evaluating the quality and validity of these sources, and synthesizing the information obtained to provide structured insights. Literature research is critical and reflective, offering a strong theoretical foundation and important context for the research being conducted, and helping researchers identify areas of research that require further exploration.(Jelahut, 2022).

Results and Discussion

The Impact of Digitalization on How Family Members Interact

Digitalization has brought about a major change in the way family members interact with each other. With the advent of technologies such as smartphones, social media, and instant messaging apps, communication within families is no longer limited by space and time. Family members can easily connect and communicate with each other anytime and anywhere. This easier contact allows families who live far apart to maintain relationships and share their daily lives, thus feeling close even though they are physically separated. This also opens up new opportunities to share important moments through video calls, photos, and video messages.(Ion & Juan, 2024).

However, on the other hand, digitalization also brings its own challenges to family interactions. Excessive dependence on technology can reduce the quality of time spent together directly, where family members are more busy with their devices than interacting face to face. This phenomenon is often referred to as phubbing (phone snubbing), where attention to the cellphone ignores the presence of people around. This can affect the quality of communication and the warmth of relationships within the family, because personal and emotional contact tends to decrease.(Disemadi et al., 2023).

In addition, intense social media use can also affect family dynamics. Children and adolescents may be more focused on their online lives, comparing themselves to online friends, and facing digital social pressure. Parents also need to pay attention to their children's online activities to ensure safe and healthy technology use. The influence of social media can trigger conflict if not properly supervised, for example through inappropriate activities or interactions with unwanted parties. Therefore, it is important for each family member to build awareness and clear boundaries regarding technology use.(Martins & Garcia, 2024).

Amidst these changes, it is important for families to find a balance between digital communication and face-to-face interactions. Making time for activities together without the distraction of mobile phones, such as having dinner together, going on vacation, or doing outdoor activities, can significantly strengthen relationships and create better communication. In addition, the use of technology should also be directed to strengthen relationships, for example by sending positive messages, regular video calls, or sharing inspiration and useful information. With a wise approach, digitalization can be used to improve the quality of interactions within the

family, while maintaining the warmth and closeness that cannot be replaced by technology. (Struan & Diver, 2024). In addition to finding balance, it is also important to use technology as an educational tool and a collaborative tool within the family. Many online apps and platforms can help family members learn together, share knowledge, and complete projects together. By focusing the use of technology on these positive aspects, families can create a dynamic and supportive learning environment. In addition, families can also use digital media to plan activities together, such as creating a family activity agenda, organizing special events, or even planning a vacation. This can enrich shared experiences and strengthen teamwork within the family. (Grosseck et al., 2024).

However, there needs to be good digital privacy and security arrangements, especially in families with children and teenagers. Parents must actively play a role in teaching digital literacy to their children, including how to deal with cyberbullying, hoaxes, and protect their personal data. Children must be taught to use the internet wisely and to recognize when it is time to stop and interact directly with family. With this educational approach, families can create a safe and positive digital environment that supports the development and well-being of all its members. (Lelescu & Kabiraj, 2024).

Thus, digitalization has a significant impact on the way family members interact. On the one hand, technology facilitates communication and strengthens long-distance relationships. However, on the other hand, there is a risk that dependence on technology can reduce the quality of face-to-face interactions and introduce new challenges, such as attention imbalance and the negative influence of social media. Therefore, efforts are needed to find the right balance between the use of technology and direct activities, and to utilize technology to support positive and educational activities in the family. Through a wise approach, digitalization can be a tool that strengthens family bonds and improves the quality of interactions.

Positive and Negative Impacts of Digitalization on Family Communication

First, digitalization has made communication across distances easier. With easy access to modern communication techniques such as video calls, instant messaging, and social media, family members who are separated by geographical distance can communicate in real-time. This makes it easier for families to stay connected, share important moments, and support each other, even if they are in different places. Technologies such as group chat apps also allow for more dynamic and interactive conversations between family members. (Struan & Diver, 2024).

Second, digital technology allows parents to be more involved in their children's lives. With academic monitoring applications, parents can find out about their children's educational development in more detail and in a timely manner. In addition, the use of video-based education or other learning applications can be done together, which encourages a learning process that supports family interaction. This helps create a more supportive home environment and focuses on learning. (Cai, 2024).

Third, digitalization makes it easier to manage activities and schedule time together. Online calendars and task management applications can be used to organize family activities, ensure important times are not forgotten, and coordinate each family member's schedule. This is especially helpful in families with busy routines, where efficient time management is essential. (Ismail, 2024).

On the other hand, one of the negative impacts of digitalization is the potential to reduce the quality of face-to-face interactions. Excessive use of technology can cause family members to spend more time on their devices than interacting with each other directly. This can reduce the opportunity to build deeper relationships and understand each other through shared activities or face-to-face conversations. (Abaho et al., 2024).

Second, dependence on social media can present its own challenges. Children and teenagers often get more influence from the virtual world than from their families. This can bring risks such as exposure to inappropriate content, cyberbullying, and identity theft. Parents need to be vigilant and call for good digital literacy education so that their children can surf the internet safely and healthily. (Boarini, 2022).

Thus, digitalization has both positive and negative impacts on communication within the family. Technological sophistication facilitates long-distance communication and family collaboration in various productive activities. However, there are also challenges that arise, such as reduced face-to-face interaction and excessive cyber risks. With a wise management strategy, families can make optimal use of technology and maintain a balance between digital connections and deep interpersonal relationships.

Conclusion

The influence of digitalization on family communication, it was found that modern technology has brought significant changes in the way family members interact with each other. On the one hand, digitalization facilitates communication across distance and time. With digital media such as video calls and instant messages, family

members can stay connected even though they are separated by great physical distance. This technology also allows parents to be more involved in their children's lives and support learning activities through various digital tools.

However, the literature also shows that there are negative impacts that should not be ignored. Excessive dependence on digital devices can reduce the quality of face-to-face interactions within the family. This can lead to decreased emotional closeness and opportunities to build closer relationships. In addition, potential cyber risks such as exposure to inappropriate content and cyberbullying are also a concern, especially for children and adolescents who are active on social media.

Overall, this literature analysis concludes that while digitalization offers many benefits for family communication, it is important for families to manage the use of technology wisely. Efforts need to be made to balance the benefits of digital communication and maintaining interpersonal closeness through face-to-face interactions. With the right approach, families can take advantage of these technological developments to strengthen relationships and ensure effective communication and build a strong emotional foundation.

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