Naveen Shodh Sansar (An International Refereed / Peer Review Multidisciplinary Research Journal)
RNI No.- MPHIN/2013/60638, ISSN 2320-8767, E- ISSN 2394-3793, Scientific Journal Impact Factor (SJIF)- 8.054,
April to June 2026, E-Journal, Vol. I, Issue LIV (54), ISO 9001:2015 - E2024049304 (QMS)

Parenting in Digital Age : Challenges and Approaches

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Introduction: Recently screenshot of student's chat after killing Ahmedabad school murder goes viral on social media platform. In the screenshot, the accused is purportedly seen saying, "Jo hogayavohogaya" (what has happened, has happened).The incident reportedly restricted from a minor scuffle between the two students that spiraled out of control.The age of the deceased student was about 15 years and the suspected attacker was in Class 9.

Netizens on social media have raised serious concerns about the misconduct by the accused and demanded strict measures.A parent had reported that she had frequently complained to the school authorities over misconduct, including boys using abusive language, making indecent gestures, molesting girls, carrying knives and phones, and even watching porn in the computer room."For the past two years, such incidents have been coming to light. She has complained twice butthe school administration dismisses such cases by calling parents, taking written apologies, and letting students off without strict action.

This is not only the single incident in the digital growing age we can find such incidence occurring repeatedly around the globe. Such incidences have shaken the belief of our social world and has demanded the necessity for ideal parenting and supervision of young kids in today's digital age. This digital age has provided numerous interruptions to our growing children by the excessive use of technology, such as the internet, smartphones, laptops, I Pads etc. Further the pressure is the overcoming presence of various social media handles, like what's app, Facebook, Instagram, Twitter, snap chat etc.

In this digital world maximum children find it difficult to stay away from digital connectivity for a long time without focusing on their studies for a long time. They keep on checking their WhatsApp message or a new Insta story or a Facebook post. Thus, parting in this digital age is getting difficult, as this digital exposure is playing animmenserole in the physical and psychologicaldevelopment of children. This digital access to technology has made this growing generation far more intellectual, conversant and efficient about all the latest development around the globe. AI driven technology has further boosted in providing all sorts of information on their fingertips.

It is observed that 60% of the reasons for the destruction of children are - friends, mobile and media.But the remaining 40% are due to parents. Excessive love, ignorance and superstition harm children. Today maximum children of this digital age do not obey their elders and participate in day to day house hold activity like earlier age children. The fundamental role of parents remains unaffected and most operative when grounded in values and principles in this digital age like past. Parents still required to nurture, to protect, to provide for, to love, to connect with and to guide their children. These replicas and moralsessential to be extended into the online world in order to establish the connection between traditional values and the online world, but also to contain the risks linked to it for children.

All digital parents need to be accountable role models andneed to establish communication and trust so that children will discuss their independent online activities willingly. Digital parents need to fully recognize and teach their children what young children may encounter in the digital world, as they are often the first providers of technology to their young children.Positive digital parenting can provide children with suitable resources to engage in the digital environment safely and responsibly and to foster communication and belief between children and parents. The intention of this guide is to provide a sustainable digital parenting model to be applied to different scenarios today, and in the future.

Digital age parents need to follow some guidelines to bring up their digitally growing kids. We have identified that following tips can help digital parents to meet that challenge effectively –

1. Parents should accept digital admittance as any other environmental factor affecting their child's life. They need to set restrictions for their usage of all digital technologyplatforms, websites or mobile applications and what are they doing online. Parents should know their kid's peer group: both online and offline.

2. Carrier oriented parents are too busy and pay less attention to their children needs. In such cases children become more habitual to these digital platforms to keep themselves busy. Thus, there is a strong need to make friends, chit chat and discuss all small and significant problems in their life. Parents need to take out time for your children. Listen to their problems, play with them and involve them in other outdoor activities.
3. Parents are heroes for their children so children mimic their parents. Thus, to make their children to use digital platform sensibly, parents also need to set proper example before their children. Parents need to limit their practice of technology and spend proper time with their children, playing, reading or cooking. When their children see them having the kind of fun that doesn't require a plug or a battery, they'll be more motivated to trail suit.
4. Few situations need parents to be strict with their children. Parents have to be less fearful of their children. They have to make peace with the fact that their children will sometimes be unhappy with their decisions, but they have to be strict with them. Be kind and recognize their prevention, but don't be afraid to set limits.
5. Don't use technology as an only means of emotional support. Social media should not be the only way to keep the kids entertained. This should not be the only medium to keep them busy or channelize their emotions. They should be encouraged and taught other ways to identify and handle their emotions, think of activities to manage boredom, or finding other strategies to problem-solving.
6. To some, an extent going online should be permissible Online relationships are part of healthy development. They can help them explore and discover their standing in the grownup world. Your job should be to teach them how to behave appropriately in the offline and online worlds. Keep that space and communication open and assure them that you are there for them always and no matter what, they can rely on you completely.
7. Educate and warn children about privacy needs Kids should be taught about the fact that whatever content they share online, can't be removed or deleted once it has been uploaded. Hence, they should be extra careful while uploading their photos, status or any personal message. Educate them about the use of privacy settings and should be warned about the cyber-crimes that are so common these days.
8. Parents should not feel bad when their children are scolded and beaten by teachers in school, they should understand that beating a child in school is better than being beaten by the police in the end.Discipline does not come only from words; a little fear and punishment is also necessary.

Remember: Kids will be kids and they are bound to make faults when it comes to social media. Parents should know in what way to handle it with care and turn these mistakes into a teachable instant. Media and digital devices are an essentialfragment of our lives today in 21st century. The assistances of these devices can be substantial if we just know how to utilize them moderately and suitably. Restrict and actively manage your child's digital exposure. While it is so convenient to buy some silence in the house by giving them a device, using all your parental skills to manage this aspect of their lives is critical for their long-term development. So, wishing happy parenting to all the parents in this digital age. It is the accountability of all of us to keep the lives of children safe.If we are not cautious, the coming generation will be ruined.We have to change for the future of children and their good life.

Finally, parents need to closely watch their own behaviors, for example as they share online content, as they use digital technologies throughout the day, or as they allow their children to access these technologies. The underlying goal of the approach of "positive digital parenting", promoted through this guide, is to provide children with adequate resources to engage in the digital environment safely and responsibly. The aim of the guide is also to propose a sustainable digital parenting model to be applied to different scenarios, today and in near future.

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