Abstract

Backround:

Due to the ever-increasing availability of modern devices, children today are routinely in contact with the digital world. As much as this world benefits us, it also presents many risks. Children are a very sensitive group in terms of development, and it is the parental approach to education about digital media in general that can have a major impact on a child's future attitude towards its use.

Aims:

The aim of this research is to map the ways in which parents regulate their children's use of screens and how children perceive each strategy. The work investigates children's awareness of the risk of developing addictive behavior on the internet. The pilot study also verifies the adaptation of the Czech media parenting scale from the parent version to the child version

Methods:

Quantitative research conducted by questionnaire survey was chosen. The collected data were processed by selected statistical methods (univariate and bivariate statistical analysis) and displayed through graphs and tables.

Results:

Research has shown that mothers show a higher degree of mediation compared to fathers. A statistically significant difference was found in active mediation between the third and fourth year of school education. There was no statistically significant relationship between the gender of the child and the use of active or restrictive mediation for either mothers or fathers. Parents focused less on the content consumed by their children. The family is the main source of awareness of the risk of developing addictive behaviour on the Internet.

Conclusion:

Children react relatively positively to both active and restrictive mediation. It would be advisable for parents to focus their attention more on the content that children consume on screens. Prevention at the school level should focus more on digital media in general already at the first grade.

Keywords:

Parental control, addictive behavior on the Internet, digital media, parental regulation of screen use, family