

A COMPARATIVE STUDY ON MEDIA DIGITAL USE AND PHYSICAL ACTIVITY AMONG PRESCHOOLER IN INDONESIA AND SINGAPORE

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ABSTRAK

Some research show that young people in developed Asian economies have very high digital media use in the world because of the ubiquity of mobile technologies. Digital devices such as smartphones and tablets originally targeted at adults are now increasingly in the small hands of preschool children, with or without parental supervision. Digital media socialize young people to sedentary lifestyles, leading to obesity, an earlier onset of type II diabetes, technology addiction, displacement of other meaningful activities such as real-time parent-child interaction, physical play and physical activity, impaired self-regulation, and delayed expressive speech, among other insidious outcomes. The purpose of the research is to examine the comparative impact of digital media use and physical activity by preschool children across selected urban cities in Southeast Asia. A representative sample is about 1000 parents per country of young children enrolled in preschool and kindergarten in Singapore, Malaysia, and Indonesia. An online questionnaire bundle, SMALLQ™ stands for Surveillance of digital-Media hAbits in early childhood Questionnaire) is the tool for data acquisition. The data analysis use the percentage of the result of the distribution of the total score of respondents with the total score, one-way ANOVA, and independent-t test.

Kata Kunci: *comparative study, digital media, parenting, physical acitivity*