

HEALTHY INTERNET SOCIALIZATION FOR MOTHERS AROUND RPTRA RASAMALA MENTENG IN, TEBET, JAKARTA SOUTH

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ABSTRACT

Activity Devotion To the Community (PKM) aim For give knowledge, understanding, and awareness new to moms House stairs around RPTRA Rasamala, Kelurahan Menteng Dalam, District Tebet, South Jakarta, regarding utilization of the internet healthy. Phenomenon height use gadgets by mothers House ladder For socialize, search information and entertainment often accompanied with lack of understanding related digital literacy, security surfing the internet, as well as impact content negative, illegal, and hoax.

Implementation method activity done through socialization, training, and mentoring. Socialization done in the form of giving material, discussion, and questions answer interactive. The material includes understanding about healthy internet, ethics media social, identification content negative and hoaxes, as well as utilization digital applications like Canva for support activity productive, including manufacturing banner design for business home. Evaluation done through pre-test and post-test to measure improvement understanding participant.

Activity results show existence improvement significant in the digital literacy of participants, marked with increase average knowledge score from 60.83 to 79.17, or increase by 19%. Participants also indicated enthusiasm tall during the mentoring process, as well as understand importance become consumers and producers wise information in the digital space.

Through activity here, mothers expected capable using the internet healthy, minimize exposure content negative, avoid hoaxes, and utilise digital technology in productive For support family and business micro. Activities This at a time become effort form agent digital literacy in the environment society, in order to realize room safe, healthy and useful cyberspace.

Keywords: Healthy Internet, Digital Literacy, Social Media, Hoax, RPTRA Rasamala

1. INTRODUCTION

Environment around the Rasamala RPTRA is settlement inhabitant class medium to down , even leading to settlement slums . Lots of them happen problem related Internet use , especially among mothers . For example is decrease interaction with family , where t is too focus on the internet can reduce time quality spent together children and her husband . Next is internet addiction , where cause moms ignore not quite enough answer House ladder . Then exposure information that is not appropriate , where on the internet full with information that is not always accurate or No in accordance For everyone . Problems next is lack of moms socialize in the real world , where too focus on online interactions can reduce interaction social in the real world . The act of ignoring other people around him Because too focus on the phone . This action can damage connection with the closest people .

Trigger overdose Internet usage among mothers around RPTRA Rasamala caused by various factors that often related with roles and pressures faced mothers , such as factor educational , psychological , social , and communication . Mothers who feel isolated or loneliness , especially those who are not own Lots interaction social outside home , looking for escape on the internet. Next is stress and burden House ladder . Demands and stress at home stairs , such as look after children , work House stairs , and pressure financial , can cause stress . The Internet becomes means stress relief , at the same time look for entertainment . Next is need will recognition and validation . Social media become place look for validation and recognition from other people. Plus lack of control self , where mothers who have difficulty in controlling encouragement For using the internet, causes excessive use and addiction . The next factor is factor social . Social media pressure , where often displays style the lives and achievements of others, can create pressure social for mothers . Comparison with other people on social media can trigger feeling No satisfied .

Internet is full with information that is not always accurate or in accordance For everyone . Situation This cause exposure information that is not appropriate . Mothers need be careful in filtering information consumed and shared . Excessive internet use can cause problem health physique like eye tired , sick head , and disorders sleep . In addition , it can also cause problem mental health such as depression and anxiety . Too Lots time spent on the internet can ignore not quite enough answer House stairs . Tasks House ladder like cooking , cleaning home , and care children become neglected . Too much focus on interactions within the network can reduce interaction social in the real world , which is important For welfare emotional . The act of ignoring other people around We Because too focus on the

device . This action can damage connection with the people closest to you . Important for moms For using the internet wise and balanced , and still prioritize interaction with family and responsibilities answer House stairs . Based on situation said , then required existence devotion to public about healthy internet socialization for mothers House stairs at RPTRA Rasamala . Considering people Mother is environment closest , which can give example positive for his family in communicating .

Mothers around RPTRA Rasamala in general own level education school middle school , junior high school or high school . However so , mothers Still own limitations knowledge about healthy internet . They not enough understand that internet usage is not only impact positive for a person , but also has impact bad if No used in a way wisely . In a way psychological , mothers around the Rasamala RPTRA own level high stress . This is due to moms own routine congested like cooking , washing , sweeping , organizing finance , up to care for and raise their children . The stress experienced by mothers worried trigger use gadget in a way negative . So need done socialization so that mothers use gadget with wise .

Settlement around the Rasamala RPTRA is a dense area vulnerable population occurrence conflict . In this area there is diverse group society , starting from adults , teenagers , to children . So that mothers also often socializing , including through use gadget . So with healthy internet socialization This expected moms can invite and guide inhabitant other For using the internet positive . The internet is a communication medium The latest technology used by everyone , including mothers around the Rasamala RPTRA . With so , mothers can play a role as communicators and communicants who use the internet . Therefore, it is necessary wisdom in activities communication using the internet, so as not to cause effect negative between fellow citizens , or other internet users .

Identification prioritized on problems about giving knowledge and understanding moms around RPTRA Rasamala . Through socialization expected can increase capacity understanding moms about healthy internet . Improvement capacity understanding will involving Lots factors , including ability know What what is the internet impact positive and negative aspects of the internet, such as What information false or hoaxes , and How utilization of the internet positive . Socialization done with improvement expected knowledge can increase capacity understanding about How use gadget in a way wise in activities daily . Improvement capacity understanding will involving Lots factors , including understanding will importance withhold self For No spread news lie , ability choose information on mobile phones , capabilities use Canva app , a capability , as well as ability compile message creative . Steps identification this is also meant For can determine scale priority in doing activities , so that mistakes in action can minimized . Identification process This done For get information condition environment partners , and interviews active activities carried out between team implementer with Partner , manager of Rasamala RPTRA . Interview This For identification problems , and possibilities possible solutions implemented .

Problems faced is lack of understanding moms about importance For that's it , it's needed existence healthy internet socialization for moms around the Rasamala RPTRA Menteng Dalam, Tebet , South Jakarta . Many mothers take advantage of gadget as often as possible maybe , but moms Not yet own knowledge regarding healthy internet . Problems faced by mothers is without on purpose read news fake on the internet, writing statuses about condition House the stairs , up to talking about other people on the internet . To that's it , it's needed socialization about healthy internet , with hope that mothers more positive in using the internet , as well as maximize role mother in the family . So that expected by mothers will more understand and comprehend his role as driving force media literacy in the family .

Healthy internet that is activity users in accessing good internet service browsing, social media, uploading/downloading, online business , banking and so on with follow norms, ethics , or follow rules of the game in the world of ITE (Information) Electronic Transactions). Healthy Internet Movement appear Because internet activities in cyberspace today This Still in a word free without There is rule strict laws , many internet activities in general illegal This make the internet into sufficient technology dangerous (Diskominfo , 2019:3-4).

Apart from being place playing , RPTRA Rasamala also became vehicle educative for residents in the Menteng Dalam area . Where for moms House stairs , the existence of the Rasamala RPTRA can become place gather , socialize , and do various activity training . So that RPTRA Rasamala No only as place gather mothers who deliver his sons and daughters playing and being active , then RPTRA Rasamala can functioned as place education for mothers to improve his knowledge , especially in improving knowledge about healthy internet .

2. METHOD

The method used in community service activities in the Rasamala RPTRA consists of several stages:

Stages of the survey

Namely by surveying the Rasamala RPTRA location in Menteng Dalam, South Jakarta, to obtain various information about community needs related to community empowerment in the field of using information based on digital

technology. The activity began with an interview with the manager of the RPTRA and PKK management, because they were the ones who were involved in many RPTRA activities. The needs analysis is done so that the activities will be carried out by the needs of the community.

Stages of socialization

The socialization was carried out in the form of counseling activities and training on the use of digital-based media, such as the use of mobile phones with various existing applications. The socialization was carried out at the RPTRA meeting hall, which was attended by the Lurah, RPTRA managers and academics. The activity is directed so that the participants later after the activity is finished can apply the results of the socialization in their respective families wisely.

3. RESULTS AND DISCUSSION

Implementation activity This attempted For give knowledge and awareness new to moms about importance understand and utilize the internet effectively healthy . Activities done through giving accompanying material with accompanied by discussion interactive , and sessions ask answer , so that participant can get greater understanding deep and capable apply knowledge gained in life daily . Target participants is mothers who live around the Rasamala RPTRA Ward Menteng Dalam, District Tebet , South Jakarta. Presence moms expected can become agent changes in the environment , especially in the distribution correct information and use of social media in a way wise .

In session First done giving material by Mr. Dr. Supriadi, M.Si. , who provided knowledge about social media and internet usage . The material is provided with accompanied by examples real things that happen in society , so that moms can more easy understand a growing phenomenon in the digital world. The speaker explain that social media has become part not inseparable from life everyday , which changes method individual interact , share information , and access news . However , behind various convenience mentioned , there are challenge significant related internet usage , especially on social media .

The mothers were explained that social media has become an integral part of everyday life, changing the way individuals interact, share information, and even access news. However, behind this convenience, there are significant challenges related to internet use on social media . negative , and illegal , as well as news false or hoax can spread with fast and massive through social media .

Social media moment This Lots very types , such as Instagram, Tiktok , Facebook, Twitter, and so on (Sumiyati , 2023:3525). Social media has become a complex information landscape, facilitating global communication but also a means for the spread of harmful content. Mothers were equipped with knowledge on how to identify negative, illegal, and hoax content, including the definitions and characteristics of each. Negative content is broadly defined as information that negatively impacts users mentally, socially, or morally, and is not always illegal. Illegal content is material that violates applicable laws, with clear criminal penalties in Indonesia under the Electronic Information and Transactions Law (UU ITE). Meanwhile, hoaxes are deliberately false information, designed to manipulate emotions and often with a broader purpose such as deception or destabilization.

Identifying harmful content requires a multifaceted approach, combining individual critical thinking with the use of digital verification tools. Social media platforms play a crucial role in content moderation through community standards and internal policies, which are further strengthened by government regulations such as the Digital Services Act (DSA) in the European Union and the efforts of the Ministry of Communication and Information Technology (Kominfo) in Indonesia. The report concludes that collective efforts from individuals, platforms, and governments are crucial to creating a safer and more informed cyberspace.

In an all -digital ecosystem fast this , ability For differentiate valid information from misleading information or dangerous become very important skills . Strong digital literacy and understanding deep about various form content dangerous is key For guard room safe , healthy , and productive cyberspace . Without these capabilities, users are vulnerable to manipulation, exploitation, and psychological and social harm . to be continued with giving material about side negative internet. Mothers given knowledge about news known fake with the term “hoax.” Then to be continued with giving material about side negative in media social . As well as the impact negative effects caused if No media social in a way right , where Can trigger quarrels in the real world , until can reported to party obligated by others.

This report seeks to provide a clear and detailed understanding of the definitions, characteristics, impacts, and relevant legal frameworks related to negative, illegal, and hoax content. Furthermore, it will equip readers with the knowledge and practical tools to identify, verify, and effectively address them . can empowering individual For become consumers and producers more information responsible answer in the digital realm .

Negative content is a broad category, encompassing any information that could negatively impact its users, whether through text, images, audio, or video. This concept often overlaps with illegal or immoral content, indicating a broader

scope than simply violating the law. Generally, negative content includes material deemed inappropriate or harmful, such as material related to ethnicity, religion, race, and intergroup relations (SARA), pornography, violence, fraud, radicalism, bullying, and violations of Intellectual Property Rights (IPR).

The characteristics of negative content are very diverse. In addition to the categories mentioned, it also includes fake news (hoaxes), terrorism, online fraud, and gambling. Specific examples include videos deemed inappropriate, such as videos of people dancing in tight clothing on TikTok, soap operas with scenes inappropriate for teenagers, online games containing violent elements, and various forms of hate speech spread on platforms like Facebook, Instagram, and Twitter. Negative content that is specifically harmful to children includes material on physical or psychological violence, pornography or sexual exploitation, encouragement of risky behavior (e.g., smoking, consuming alcohol, or engaging in illegal activities), content that promotes hatred or intolerance, and material that encourages isolation or depression. Age-inappropriate content also falls into this category, although it is not necessarily illegal.

The impact of exposure to negative content is profound and widespread, often extending beyond financial or legal harm. Mentally, it can affect a person's psychological well-being, triggering a desire to possess what they see, feelings of envy, or even a tendency to manipulate reality to fit the image displayed on social media. This can lead to anxiety, panic, emotional instability, restlessness, and even depression, manifesting in behaviors such as hate comments, judgment, and body shaming.

Socially, negative content can trigger the spread of hoaxes, influence public opinion, damage others' reputations, social exclusion, or the uploading of embarrassing photos or videos. This can disrupt interpersonal interaction and communication, which are essential to human existence as social beings. Morally, the lack of filtering of negative content can negatively impact children's moral development, as seen in films or television broadcasts depicting the formation of school gangs or acts of demeaning others.

Other mental and physical health impacts are also significant. Constant exposure to negative content can lead to self-dissatisfaction, particularly regarding unrealistic beauty standards, and increase social envy due to unhealthy comparisons. Excessive social media use can also disrupt sleep, trigger depression and anxiety due to the pressure to stay up-to-date or project perfection, and lead to social media addiction that can lead to phubbing (ignoring those around you due to excessive engrossment in digital devices).

Negative content is a very broad category, encompassing not only illegal material or false information (hoaxes), but also content that, while not explicitly violating the law, can have harmful social or psychological impacts. Examples include content that incites self-dissatisfaction or social jealousy. This suggests that addressing harmful content requires an approach that goes beyond law enforcement; it also demands increased media literacy, the development of digital ethics, and platform responsibility for the well-being of its users.

Adolescents and children are highly vulnerable to the negative impacts of content, both illegal and legal. Exposure to pornography can lead to addiction in adolescents, and violent or age-inappropriate content can impact their mental and moral development. This underscores the urgent need for specific protection mechanisms and educational programs targeted at this age group. These efforts should include the active role of parents and educators in monitoring and guiding social media use.

The impact of negative content extends beyond financial losses or legal consequences, reaching deep into individuals' mental health and social dynamics. The rise of anxiety, depression, and harmful behaviors such as hate comments or body shaming demonstrates that this issue is a significant public health challenge. Addressing it requires a holistic approach, focusing not only on regulation and law enforcement but also encompassing psychological support, public awareness campaigns on digital well-being, and platform design that is more focused on mitigating non-legal negative impacts.

On every The discussion was also accompanied by questions and answers. answer with participant activities . Q& A started with open chance for 3 questioners first , then to be continued with the next 3 people . Mothers requested For in a way open tell problems that occur about internet utilization . After That implementer will give explanation as well as ways that can be carried out by mothers . The conclusion of activity This is , the mothers are very enthusiastic with activity healthy internet socialization . Mothers So know what is best avoided moment using the internet. Mothers also get it Lots knowledge new about internet sites that can used while practiced in a way directly . So that moms hope There is activity continued .

Training done use give knowledge And understanding to moms around the Rasamala RPTRA as much as more less than 25 people, about Based on problems experienced by mothers so do it activity discussion accompanied by with ask answer , Where Team Abdimas Faculty of Communication Business make an effort give understanding to moms that . Enthusiasm mothers were also seen from interaction ask ongoing answer with team public servants . Answer Which straightforward , And persuasive Also participate form sustainability situation effective communication

in activities this . So that interest mothers on *the banner* too known start appear For try use *banner* as media promotion his efforts.

In session second , activities to be continued with giving material by Dr. Aska Leonardi about use of the internet for cybercrime . Where is meant Hoax is Information , news , or made - up news or engineered For cover real information . (Fake News/ Lies). Objective : For political, economic, entertainment interests. Distribution: Through social media . Impact: Division, harm to individuals, groups, and even the country . Anticipation: Check the accuracy of information, do not rush to spread it. false information. For someone who spreads news fake , then the threat is Article 28 paragraph (1) of the ITE Law reads , " Every person with intentionally and without right spread news lies and misleading which results in loss consumers in Electronic Transactions ." Besides that There is also Article 45A paragraph (3) of the ITE Law which reads , " Every person who complies element as referred to in Article 28 paragraph (1) shall be punished with criminal imprisonment for a maximum of 6 (six) years and/ or a maximum fine of Rp. 1,000,000,000.00 (one billion rupiah).

At the stage third , do it discussion ask answer about healthy internet , especially utilization of the internet positive by mothers . Moms can utilize the internet to increase knowledge about cooking . There are lots of tips about cooking found on social media , so moms can practice it direct with method watching in the kitchen while cook food you want studied . So that the Fikom Usahid Community Service Team also accompany and teach in a way detailed step by step healthy internet use to moms .

Stage final do it evaluation to training and mentoring that has been given by team civil servants Faculty of Communication Business to moms in around RPTRA Rasamala , namely about How moms get knowledge , as well as understand material that has been given that is healthy internet socialization . From the results evaluation known that moms has get knowledge about healthy internet from the material provided .

Table 1. Pre Test & Post Test Scores.

NO.	SCORE		Information
	Pretest	Post Test	
1.	70	80	Scores increase
2.	60	70	Scores increase
3.	80	90	Scores increase
4.	90	90	Fixed score
5.	100	100	Fixed score
6.	60	70	Scores increase
7.	70	70	Fixed score
8.	50	80	Scores increase
9.	60	60	Fixed score
10.	60	60	Fixed score
11.	70	90	Scores increase
12.	70	90	Scores increase
Average	60.83	79.17	There is an increase in the average score

The pretest and posttest scores, as well as their averages, indicate an increase in knowledge and understanding of healthy internet practices as a result of healthy internet education. Some participants scored The pre-test and post-test are the same . If the value maximum 100 or 90, indicating that they Already own good knowledge and understanding about surfing the internet healthy . Meanwhile for its value is fixed and low show that education carried out team pkm No result in improvement knowledge and understanding about healthy internet use.



Figure 1. Discussion between speaker with participant socialization .



Figure 2. Group photo speaker with participant socialization .

4. CONCLUSION

Activity Devotion To the Community (PKM) with theme " Healthy Internet Socialization for Mothers Around RPTRA Rasamala , Kelurahan Menteng Dalam, District Tebet , South Jakarta" has succeed give knowledge , understanding , and skills practical to participant related utilization digital technology in wise . Socialization This

motivated by the phenomenon increasing use gadgets by mothers House ladder without balanced adequate digital literacy , which has an impact on vulnerability to content negative , hoaxes , and online fraud .

Through method lectures , discussions , questions responsibility and support direct , activities This give material about :

1. Healthy and ethical internet media social .
2. Identification and handling content negative , illegal , and hoax .
3. Improvement digital literacy to utilize technology in a way positive for moms .

Evaluation results activity through pre-test and post-test shows existence improvement significant in understanding participant about digital literacy . The average score of participants increase from 60.83 to 79.17, or happen increase by 19%. In addition , participants show enthusiasm high in following training and mentoring , especially about online fraud , for support business micro they .

Activity This give impact positive , including :

- Increase awareness about the importance of healthy internet and digital literacy .
- Minimize exposure content negative and hoax through improvement ability verification information .
- Push utilization digital technology in productive , especially in supporting activity economy family .
- Forming moms as agent digital literacy that can transmit knowledge and skills to family as well as community in the environment around .

In a way Overall , this PKM activity succeed achieve the targets that have been set planned and delivered contribution real in improving digital literacy of the community . In the future , it is hoped that activity similar can done in a way sustainable with coverage more material wide , so that public the more Ready face challenges and risks in the digital era.

5. REFERENCES

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