The Role of Parental Control and Relationship Quality in Teenage Internet Addiction

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Abstract: This study examines the connection between adolescent internet dependence, parental supervision, and individual characteristics. The study finds that both maternal and paternal behavioral controls provide protection against internet addiction, while psychological controls worsen the condition. Strong relationships between parents and children mitigate the negative consequences of psychological oversight and magnify its positive benefits. The caliber of the connection between parents and their kids additionally serves a part inthe benefits of behavioral control. The research emphasizes the importance of nurturing home circumstances in preventing internet addiction among teenagers. Further research is needed to explore cultural variations and socioeconomic factors in relation to internet addiction.

Keywords: Internet Addiction, Big Five Personality Characteristics, Parental Control, Psychological Control, Behavioural Control.

Introduction

Internet changes communication, learning, work, and leisure. Internet addiction (IA), a behavioral illness identified with obsessive or uncontrollably impulsive Internet habits, desires, or obsessions that impair or discomfort, has risen despite the Internet's numerous benefits. IA entails abusing online activities such gaming, social media, browsing, and shopping to ruin one's social, academic, or professional life. Developmental changes in social, emotional, and cognitive areas render teenagers susceptible to IA. Teens with self-regulation and coping issues are more

prone to participate in IA-related activities "(Shek, Yu, & Lin, 2014; Zhu et al., 2015)". Internet accessibility and anonymity provide a tempting escape from real-world problems, boosting youth IA rates (Shek et al., 2014). Wang et al. (2013) and Liu et al. (2010) report that over 20% of Chinese teens have IA, which is alarming. IA is a big problem since it is connected to poor academic performance, sleep issues, mental health conditions such as social loneliness, nervousness, and sadness (Li et al., 2014). Teenage IA prevention and treatment need knowing its causes. Teenage IA is affected by parenting and family. Parental behavioral and psychological control shapes adolescent internet use. Psychological control involves coercive and intrusive ways that impact a child's psychological development, whereas behavioral control employs parents' rules to govern behavior. Research shows that parental behavioral monitoring improves self-discipline and appropriate online habits, preventing teens from IA. However, psychological control may enhance emotional pain and maladaptive coping, which may increase IA rates (Barber et al., 1994; Shek, 2014). The consequences of maternal and paternal constraints on IA have not been fully investigated, and it is unknown how they may differ by adolescent gender and parent-child relationship. Parental authority affects adolescents differently by gender. Boys and girls may see parental authority differently due to socialisation and gender roles (Lamb, 2010; Shek, 2005). Parent-child bonding may also affect parental control. Parent-child connections may promote behavioral, psychological, stable attachment, and emotional regulation (Collins & Laursen, 2004; Bowlby, 1982). This study addresses these research goals to understand how parental approaches impact adolescent IA. It stresses the need of supportive families and flexible parental norms for adolescent Internet safety.

Objectives

1. To investigate the distinct connections between the Big Five personality characteristics and teenage Internet addiction.
2. To examine the intermediary function of coping techniques in these connections.

Review of Literature

Internet addiction is a prevalent issue among adolescents.

Internet addiction (IA) has grown more common among teenagers, with rates surpassing 20% in some Chinese studies "(Wang et al., 2013; Liu et al., 2010)". The high prevalence of internet addiction (IA) is worrisome since it is linked to many behavioral disorders, mental health concerns, and social and emotional dysfunctions (Shek et al., 2014; Zhu et al., 2015). Individuals with IA are prone to experiencing symptoms such as sadness, loneliness, mental anguish, and suicidal ideations "(Li et al., 2014)".

"Parental Influence on Adolescent Internet Addiction"

The home context is pivotal in influencing the conduct of teenagers, especially their use of the Internet. Parental control, an important element of parenting, has been strongly associated with internet addiction in teenagers (Wang, 2013; Shek et al., 2014). Barber et al. (1994) differentiate between parental behavioral control, which involves regulating and monitoring children's conduct, and psychological control, which encompasses manipulative and coercive tactics that infringe upon children's ideas and emotions. Behavioral control often provides protection against IA, but psychological control tends to worsen it (Barber, 1996; Shek et al., 2014).

"Gender disparities and the quality of parent-child relationships"

The impact of parental control on internet addiction (IA) may differ depending on the gender of the teenager. Boys may be more susceptible to adverse parenting practices as a result of distinct gender role expectations (Lamb, 2010; Shek, 2005). Moreover, the quality of the parent-child interaction is crucial. Establishing positive connections may help reduce the adverse impacts of psychological control and amplify the beneficial benefits of behavioral control (Collins & Laursen, 2004; Bowlby, 1982).

Research Gap

Although it is well recognized that behavioral control has positive effects on adolescent development and psychological control has negative effects, there are still certain areas where more research is needed. It is worth mentioning that there have been few research investigating the distinct effects of mother and paternal restrictions on teenage Internet addiction (IA). Furthermore, the influence of teenage gender and how well a parent-daughter connection is on

these connections is not well understood. This research seeks to address these deficiencies by conducting a thorough investigation of these elements.

Analysis and Discussion

Prevalence of Internet Addiction

Based on Young's criteria (1996), the "prevalence of Internet addiction (IA)" in the current research was 6.1%, which closely matches the rates seen in national representative samples (Li et al., 2014). The average values, variability, and relationships between all variables examined in the research.

The Role of Parental Control in Addressing Internet Addiction

The study indicated that both mother and paternal behavioral controls had a detrimental impact on adolescent Internet addiction (IA), which supports Hypotheses 1a and 1b. On the other hand, both the psychological controls exerted by mothers and fathers were shown to have a positive correlation with IA. The effects of mother and paternal controls were similar, emphasizing the need of both parents in regulating teenagers' Internet use.

Gender and Relationship Quality as Moderating Factors

The research also analyzedthe importance to gender and the relationship between parents and quality connection as factors that moderate the results. Gender did not have a significant impact on the connections, but the effects of both behavioral and psychological controls were influenced by high-quality parent-child relationships. Strong parent-child interactions amplified the benefits of Behaviour regulation while minimizing the negative effects caused by psychological regulation.

Conclusion

This research emphasizes the intricate interaction among personality factors, parental control, and teenage internet addiction. Both maternal and paternal behavioral controls provide protection against IA, while psychological controls worsen the condition. Strong parent-child interactions of superior quality may mitigate the adverse consequences of psychological control and amplify the advantages of behavioral control. These results emphasize the significance of nurturing home

circumstances in averting Internet addiction among teenagers. Future study should further investigate these processes, taking into account other contextual elements such as cultural variations and socioeconomic position.

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