



ANALYZING THE ASSOCIATION BETWEEN INTERNET ADDICTION LEVEL OF ADOLESCENTS AND PATERNAL AND MATERNAL PARENTING STYLE

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ABSTRACT:

INTRODUCTION: The globe now has a serious issue with internet addiction, particularly among young people. Due to their immaturity, ease of access, and adaptable schedules, adolescents are thought to be particularly susceptible to and at risk for developing internet addiction. Adolescent internet addiction is significantly influenced by parental parenting practices. In one of Lahore's junior high schools, this research sought to examine the link between parental and maternal parenting styles and the prevalence of internet addiction among teenagers.

METHODS: 114 teenagers (70 girls and 44 boys) between the ages of 12 and 15 who attended a junior high school, were enlisted for this cross-sectional research in October 2022. Teenagers' levels of internet addiction as well as their parents' parenting styles were assessed using the Internet Addiction Test (IAT) and Parental Authority Questionnaire (PAQ). With IBM SPSS Statistics 25, the data were analyzed using Pearson correlation and multiple regression tests to adapt the association between father and mother parenting style to the extent of teenage internet addiction.

RESULTS: Overall, 77.2% of teenagers admitted to being internet addicts, with the majority reporting "low" levels (52.60%) of addiction. Additionally, the Pearson correlation data showed a favorable link between teenage internet addiction and father authoritarian and permissive parenting styles. The findings of the multiple regression analysis showed that the degree of teenage internet addiction was strongly predicted by the permissive parenting style of the father.

CONCLUSIONS: This research brought to light the important contribution that relaxed and dictatorial parents' parenting styles made to teenage internet addiction.



KEYWORDS: Addiction, Parenting, Adolescents

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INTRODUCTION: The internet has integrated seamlessly into the lives of countless individuals during the last several decades. Our everyday activities, including interpersonal, financial, academic, and leisure pursuits, all depend on the internet. A technology that makes it simple for individuals to access a multitude of information sources is the internet. Regarding its good uses, children and adolescents who use the internet excessively may have social, behavioral, and educational disruptions. [1] Teenagers are thought to be particularly susceptible to developing internet addictions because of their immaturity, ease of access, and flexible schedules. [2] Teenagers utilize the internet for a variety of purposes, including social networking, entertainment, and schoolwork. There is currently a lack of information on the prevalence of internet addiction in any nation. An earlier meta-analysis research conducted across 31 countries found that the incidence of internet addiction was 6.0% worldwide. The Middle East had the greatest incidence, whereas Northern and Western Europe had the lowest. [3] Asian teens are more likely than those in the US and Europe to be addicted to the internet. [4] Previous research has emphasized the risks of teens' excessive internet usage in relation to various mental problems. Internet addiction may lead to a number of social, physical, and psychological issues and is negatively correlated with quality of life. [5] To promote the development of kids and teenagers, it's essential to understand the risk factors for and safeguards against internet addiction. [6] Parents play a crucial part in regulating their children's free time throughout adolescence in order to prevent internet addiction. A child's excessive internet use may be considerably reduced by having good communication with parents about it. Parenting style may have an impact on the effectiveness of communication.

[7] One of the key elements that may have a significant impact on children's routines, way of life, and behavior is parenting style. [8] Parenting style is characterized as a constellation of parents' attitudes, how they act toward their children, and the emotional environment in which they act. It comprises both goal-directed and non-goal-directed actions, such as gestures, changes in voice tonality, and spontaneous expressiveness. [9] Parenting may be done in one of three ways: authoritative, authoritarian, or lenient. [10] Internet addiction is inversely connected with parenting style indicators and vice versa. [11] The results of earlier research on the association between parenting practices and internet addiction continue to vary and be inconsistent. The majority of research revealed a positive correlation between compulsive internet usage and authoritarian and permissive parenting styles. [12] Due to their underdeveloped self-control, junior high school students fall into the group of vulnerable adults who are in danger of developing internet addiction. [13] Even though there have been several research on parenting approaches to teenage internet addiction, there are still relatively few that compare parenting approaches from the perspectives of fathers and mothers and the adolescent online addiction levels. Therefore, it's crucial to comprehend how parental parenting styles—particularly those of the mother—relate to teenagers' internet addiction. The purpose of this research was to investigate the association between levels of internet addiction among teenagers in one of the junior high schools in Lahore, Pakistan, and several fathers and maternal parenting styles (permissive, authoritarian, and authoritative).

METHODS: This study had a cross-sectional design and was analytical exploratory research. The amount of teenage addictive behavior is



the dependent variable, whereas the parental and maternal parenting styles of the adolescent are regarded as the independent factors.

114 junior high school students from Lahore, Pakistan, participated in this research. Utilizing stratified random selection, participants are chosen. Students in the seventh, eighth, and ninth grades made up the study's sample. The prerequisite for inclusion was that the pupil must be between the ages of 12 and 15 and have access to the internet.

The participants were given instructions and an explanation of the study's goals prior to the distribution of the questionnaire. As the guardian of the pupils, the instructors are required to sign an informed consent form. The demographic questionnaire, which requested participants to indicate their age, class, and gender, was then given to them, after which they were asked to complete the Internet Addiction Test (IAT) and Parental Authority Questionnaire (PAQ). Both a tool and a questionnaire.

Young invented the IAT. The IAT's psychometric characteristics demonstrate its validity and reliability as a measure, and it is often used in studies on Internet addiction. Based on four symptoms of online addiction, 20 questions on a 6-point Likert scale from 0 (never) to 5 (always) measure the degree of internet addiction (i.e., rejection in social life, neglect of work, low self-control, and preoccupation,). The entire score for each question is added together to determine the extent of internet addiction. Four classifications of internet addiction levels were established. The respondents were categorized as none or not suffering from internet addiction if their overall score was less than 30. If the respondents' overall score fell between 31 and 49, they were considered to have a minor internet addiction. Respondents were categorized as having a moderate internet addiction if their overall score ranging from 50 to 79. Respondents were categorized as having a serious internet addiction if their overall score was 80–100.

The PAQ's psychometric characteristics demonstrate that it was a valid and reliable instrument, and studies on parenting style often employ it. [14] A 5-point Likert scale with a 1 (strongly disagree) to 5 (strongly agree) range is used to score the 30 items that examine parenting style from the perspectives of both the father and the mother (strongly agree). Additionally, ten-item questions are used to evaluate each sort of parenting style. The entire score for each question is added together to determine the score for each parenting style. The scale for the score is 10 to 50.

IBM SPSS software is used for the data analysis. Adolescents' sociodemographic traits and degree of internet addiction were the subjects of a univariate study. For qualitative data, frequency and percentage were provided. As an independent variable, the sum of each parent's permissive, authoritarian, and authoritative parenting scores are added. And the Internet Addiction Test (IAT) overall score is included as a dependent variable. The predicted elements from father and maternal parenting practices that lead to teenage internet addiction are identified using multiple regression analysis and the Pearson correlation coefficient. It was agreed that the threshold of significance level was less than 0.05.

RESULTS: 61.4% of responders were female, making up the majority (70 out of 114 participants). The majority of the responders, who ranged in age from 12 to 15, are in their early teens. 77.2% of individuals reported having symptoms of internet addiction (88 out of 114 participants). The majority of individuals had "moderate" levels of internet addiction (Table 1). In terms of the correlation between father-permissive parenting style ($r = 0.23$ and $p\text{-value} = 0.01$) and paternal parental authority ($r = 0.18$ and $p\text{-value} = 0.05$) and the internet addiction level of teenagers, the results showed a substantial relationship between these parenting philosophies. In other words, the more permissive and dictatorial the father's



parenting style, the more internet addiction the kid experience.

Table 1: Adolescent Internet Addiction Frequency Distribution and Sociodemographic Frequency

Parameters	Frequency (%)
Gender	
Boys	44(38.6)
Girls	70(61.4)
Age	
12 Years	22(19.3)
13 Years	35(30.7)
14 Years	42(36.8)
15 Years	15(35.2)
Class	
7th	39(34.2)
8th	40(35.1)
9th	35(30.7)
Addiction	
Severe	1(0.9)
Moderate	27(23.7)
Mild	60(52.6)
None	26(22.8)

Table 2: Maternal and Paternal Parenting style relationship

Parenting Styles	p	R
Maternal		
Authoritative	0.26	0.1
Authoritarian	0.07	0.17
Permissive	0.13	-0.14
Paternal		
Authoritative	0.24	-0.1
Authoritarian	0.04	0.18
Permissive	0.01	0.23

Table 3: Adolescent Internet Addiction Level Predicted by Multiple Regression Analysis

Variable	B	β -Value	t-stat	Standard Error (S.E)	p-value
Maternal					
Authoritative	-0.31	-0.11	-0.59	0.53	0.55
Authoritarian	-0.01	-0.01	-0.01	0.43	0.98
Permissive	-0.8	-0.26	-1.45	0.55	0.14
Paternal					
Authoritative	-0.01	-0.01	-0.03	0.53	0.97
Authoritarian	0.42	0.16	1.06	0.39	0.28



Permissive	1.28	0.42	2.45	0.52	0.02
Constant	26.549		1.95	13.569	0.05
R Sqrd = 0.34 R2 = 0.12 F-stat = 2.42 p-value = 0.03					

The amount of internet addiction and the lax parenting style of the father showed the biggest correlation. The information was in Table 2. Table 3 displays the findings of various regression analyses to ascertain the association between the amount of internet addiction and the parenting style of the father and mother. According to the statistical findings, the parenting style of the father and mother, which included six subscales, significantly predicted the amount of internet addiction in teenagers ($R = 0.346$, $R^2 = 0.120$, $p 0.05$). These results demonstrated that the parenting style of the mother and father accounted for 12% of the overall variation in the degree of teenage internet addiction. The father's permissive parenting style was the best predictor of teenagers' internet addiction, according to the standardized coefficient (β) ($\beta = 0.429$, $p0.05$). Based on these results, it was shown that the permissive parenting style of the father was a significant predictor, accounting for 12% of the overall variation in the amount of teenage internet addiction.

DISCUSSIONS: The current research sought to investigate the association between teenagers' levels of internet addiction and parental and maternal parenting styles. According to descriptive data, internet addiction is quite common among teenagers, with the majority of cases falling into the "mild" category. Overall, the findings indicated a correlation between teenage internet addiction and both father and mother parenting approaches. This finding is consistent with other research that discovered a strong link between parenting practices and internet addiction. [14] The relationship between parents and children has a significant

impact on the psychological health and conduct of children, including their online activity. [15] In contrast hand, this study's findings indicated that teenage internet addiction is increased by the father's authoritarian and permissive parenting style. Previous longitudinal research showed that, in addition to the mother-child connection, father-child ties had a considerable impact on teenagers' risk behavior. [16] Recent research shows a favorable correlation between children's internalizing and externalizing behavior issues, which have an impact on their socioemotional development, and greater levels of father-permissive parenting. [17] According to earlier research, fathers' permissive parenting was associated with children's ability to regulate their emotions and may raise the likelihood that they would grow up to have behavioral issues. [18] In addition, prior research indicates that teenagers' internet addiction is positively impacted by permissive parents. [19] Because they don't monitor their kids' conduct and allow them to act freely, parents who use the permissive parenting approach contribute to their children's identity uncertainty. It may cause youngsters to become more dependent on other people, find it challenging to regulate their impulses, see tough situations with skepticism and doubt, and believe that their parents are unable to provide them with support and guidance when they are in conflict. Children who experience this kind of lax parenting have trouble managing their urges and are more likely to be sucked into the digital world. [20] Internet addiction is more likely in children of lenient parents who seldom reprimand and monitor their children's online



conduct. [21] Adolescent internet addiction has been favorably impacted by lax enforcement and monitoring. [22] The findings of earlier research that indicated a substantial positive connection between an authoritarian parenting style and internet addiction lend credence to the findings of this study. [23] Previous longitudinal research has shown that a father's strict parenting style increases teenagers' chance of engaging in delinquent or drug-using behavior. [24] Authoritarian parents often have high expectations and poor attentiveness. They exert rigorous parental control over their kid, refrain from compromise, impose discipline, and maintain emotional distance. [25] They are more dominant when it comes to directing parent-child interactions, making plans and choices for their kids, making sure they live up to their standards and putting pressure on them. Internet addiction is seen as a self-medicating activity and a bad coping mechanism. An authoritarian parenting style may cause a youngster to see parental surveillance as a communication barrier. To find comfort and prevent arguments, they avoid talking to their parents and spend more time online. They were more likely to exhibit signs of internet addiction the more time they spent online avoiding difficult family encounters. [26] This leads to the conclusion that parenting style likely contributes significantly to teenage internet addiction. This research emphasizes how crucial it is for dads to avoid dictatorial and permissive parenting approaches if they want to keep their kids from being addicted to the internet. The greatest strategy to promote adolescents' mental health and prevent them from developing internet addiction is to use an efficient parenting style and improve the quality of interactions between parents and teenagers.

CONCLUSION: According to this survey, internet addiction affects 77.2% of Pakistani teenagers attending one of the junior high schools in Lahore. Most people have "moderate" levels of internet addiction. According to the results of the current research, teenagers who reported

more lenient and authoritative father parenting had greater levels of internet addiction. The significance of a paternal parenting style in teenage internet addiction was underlined by this research. To promote teenage mental well-being and prevent teen internet addiction, fathers are advised against using a lenient and dictatorial parenting approach with their kids.

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