

# A STUDY ON PARENTAL RELATIONSHIPS, EMOTION CONTROL, & INTERNET ADDICTION IN TEENS

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## ABSTRACT

*Adolescents are assuming a growing level of accountability for acts of violence. Given this information, it is imperative to examine the fundamental reasons for acts of violence. Multiple researches have shown a connection between environmental factors like as parental conflict and excessive internet use and the formation of callous and indifferent personalities. These personalities, in turn, may contribute to the manifestation of violent conduct. The objective of this study is to examine the correlation between adolescent indifference and parental discord, as well as internet addiction. The study used a retrospective design and utilized a snowball sampling strategy. A total of 300 individuals between the ages of 18 and 21 participated in the investigation. The statistical software SPSS 16.0 was used to do a two-way analysis of variance (ANOVA). According to the results, it seems that the callous-unemotional trait in adolescents is not greatly influenced by their parents' conflicts or their excessive dependence on the internet. This paper examines the relationship between callous-unemotional traits in adolescents and their internet addiction, as well as how different internet usage preferences may contribute to this addiction. The study involves analyzing 535 middle school students using the Internet Use Questionnaire, the Callous-Unemotional Traits Scale (CUS), and Young's Internet Addiction Scale. The data collected from the questionnaire is analyzed using SPSS 22.0.*

**KEYWORDS:** *Callous Unemotional Traits; Adolescents; relationships; Internet Addiction*

## INTRODUCTION

Internet addiction (IA) refers to the excessive and obsessive use of the Internet, which leads to negative consequences for one's mental and physical well-being, as it interferes with routine activities. Internet addiction (IA) is defined as a decrease in an individual's academic, family, and social performance, accompanied by feelings of withdrawal (such as anxiety, melancholy, or restlessness) when they are deprived of Internet connection. Additional indications include an incapacity to regulate or cease Internet utilization, dishonesty about Internet use, and an unwillingness to acknowledge the adverse consequences of high Internet use. Frick first proposed the notion of callous-unemotional characteristics (CU), which refers to an individual's incapacity to experience or demonstrate empathy towards others and their lack of sensitivity towards others' emotions. Callousness refers to a disregard for the well-being of others, uncaringness refers to a lack of empathy, and unemotionality refers to a lack of control over one's own emotions. These three qualities together form what is known as CU. This trait demonstrates a high level of

dependability in forecasting future antisocial and perhaps violent criminal conduct. Therefore, CU characteristics are first used in clinical research within the domains of criminal psychology and psychopathology.

One important difficulty is that researchers often overlook the importance of how teenagers perceive their parents' activities and their own features, such as temperament and gender, in understanding how parenting affects their development. Therefore, it is crucial to include aspects of adolescence, such as temperamental tendencies, in parenting strategies, since the acts of parents and the responses of adolescents to those activities might have specific implications for adolescent growth. Collectively, these deficiencies in the study obfuscate the actual mechanisms at work in parent-teen interactions and the emotional and social development of teenagers. To have a better understanding of parent-adolescent relationships and adolescent development, it is important to consider the teenager's point of view and analyze the mechanisms involved in parent-adolescent interactions.

## LITERATURE REVIEW

**Tove Lafton et.al (2022)** The use of information and communication technology (ICT) has an impact on the family, which is characterized as a social-relational framework or network consisting of two or more individuals, and the manner in which its members contact and engage with each other on a regular basis. This holds true even prior to youngsters acquiring any exposure to the digital realm. This study explores a broad variety of subjects concerning the susceptibilities of children and young individuals in the realm of digital technology, with a specific focus on diverse family dynamics. The scoping study includes a total of one hundred literature articles that examine different facets of the idea of "vulnerability" in relation to contemporary information and communication technologies and the home sphere. The studies focus on five main areas of exposure: (1) extensive Internet use; (2) age and gender; (3) risky online conduct; (4) social networking as a facilitator of social interactions; and (5) parental supervision and care. A significant majority of the acknowledged research consists of quantitative studies that measure time, whereas studies that provide more depth and contextualization are less apparent. Despite an increasing number of research, there is a lack of qualitative studies examining the effects of technology on the lives of children and young people, as well as on family relations, in the digital age.

**Anjana Nannatt et.al (2022)** An emerging issue of increasing concern is problematic internet use (PUI), particularly among the youth. Children's internet use is sometimes negatively impacted by family situations. This study conducted a comprehensive analysis of the existing literature about the impact of parents and family on youth's problematic use of the internet. In order to do this, we conducted searches in the following databases: EBSCOhost, PubMed, ScienceDirect, JSTOR, Biomed Central, VHL Regional Portal, Cochrane Library, Emerald Insight, and Oxford Academic Journals. Included in the analysis were English-language publications published during the previous ten years that provide data on family factors associated with pediatric urinary incontinence (PUI). Two reviewers autonomously collected data on the methodologies used and

the demographic, familial, mental, and behavioral factors associated with Pediatric Underlying Issues (PUI) in children from each research. We identified 69 studies that met the criteria for inclusion. Our examination of the data revealed three main themes: parenting, parental mental health, and intra-family demographic factors that predict PUI in children. Strong correlations existed between parenting styles, parental mediation, and parent-child bonding. There is a scarcity of study on the involvement of parents and other family members in children's PUI. In order to effectively address this issue, it is necessary to do further research on the manner in which family and parental factors interact with PUI in children.

**Lijuan Liang et.al (2021)** Studies have shown a correlation between inadequate emotional regulation and mental health problems such as despair and anxiety. This indicates that resolving these difficulties might be crucial in mitigating internet addiction. Although researchers have examined these links, the fundamental processes behind them are still unclear. In this cross-sectional research, a sample of 716 Chinese teenagers (with boys comprising 47.6% of the sample) aged between 13 and 18 (Mean = 14.58, SD = 1.52) were surveyed. The questionnaires used in the study included of the Young's Diagnostic Questionnaire for Internet Addiction, the Patient Health Questionnaire-9, the Generalized Anxiety Disorder-7, and the Emotion Regulation Questionnaire (ERQ). The statistical software programs utilized for conducting various analyses, including multiple-group analysis, structural equation modeling, and correlation analysis, were SPSS Statistics 23 (IBM, Armonk, NY) and AMOS 21. A significantly significant negative correlation was seen between cognitive reappraisal and Internet addiction ( $r = -0.118$ ,  $p < 0.05$ ). The relationships between expression suppression and Internet addiction ( $\beta = 0.149$ , 95% CI = 0.099-0.212) and between cognitive reappraisal and Internet addiction ( $\beta = 0.101$ , 95% CI = 0.147-0.065) were likewise influenced by unpleasant emotions. A study found that high school students had lower levels of Internet addiction compared to the general population when they engaged in reflective evaluation. Conversely, experiencing unpleasant emotions was associated with higher levels of Internet addiction in this age range. Cognitive reappraisal, however, strongly predicted adverse Internet dependency in middle school students. Therefore, it is crucial for therapies aimed at addressing teenage internet addiction should include not just the adolescent's ability to regulate their emotions but also their skill in handling negative emotions.

Marta R. Jabłońska et.al (2020) Problematic Internet usage (PIU) is characterized by excessive engagement in online activities and is a significant societal issue. Despite extensive social, psychological, and transdisciplinary research, the risk factors associated with Problematic Internet Use (PIU) are still not well understood. Psychological qualities, because to their association with online activity, are often regarded as possible risk factors for problematic internet use (PIU). Nevertheless, the correlation between the malevolent characteristics of narcissism, Machiavellianism, and psychopathy and their association with problematic Internet use is only largely acknowledged. The features referred to as the Dark Triad are well recognized, and despite much study, their underlying structure remains a topic of ongoing debate. This research examines the composition of the Dark Triad and its connection to problematic internet use (PIU). An online questionnaire was used to poll a total of 384 individuals. Our findings indicate that the 3-component composition of the dark characteristics may be more appropriate for investigating

online behavior compared to a dark dyad. Furthermore, there is a correlation between the Dark Triad features and elevated levels of Problematic Internet Use (PIU).

Reem Khalid Alhajri et.al (2020). During adolescence, there are significant changes in the child's emotional and intellectual development, characterized by hormonal swings. The consequences of these modifications on an adolescent's mental well-being are not always advantageous, and may be accompanied with concerns, negative feelings, and fluctuations in mood. The mental and emotional resilience of adolescents may be significantly shaped by the parenting methods of their parents. This is because teenagers learn from their parents' behavior and get the necessary experiences to effectively respond to different situations. The objective of this article is to examine the correlation between parental care and the ability of teenagers to cope with and recover from difficult situations. The study's sample consisted of 100 Saudi Arabian teens aged 15 to 22 years old, who were deliberately selected and randomly distributed. They were chosen to acquire baseline data using a descriptive questionnaire. Teenagers had a significant degree of resilience, with a mean score of 95.08 and a standard deviation of 29.19. In addition, the results elucidated the impact of parental treatment practices on the resilience of adolescents ( $df = 99$ ,  $p = .044$ ,  $F = 0.187$ ,  $p < .001$ ). Lastly, this research highlighted the need of providing adolescents with nurturing parental support, which encompasses affection, motivation, fairness, and approval, as they navigate this demanding phase of growth and adapt to unfamiliar surroundings.

## **ADOLESCENT'S PERSONALITY FACTORS INFLUENCING THE INTERNET ADDICTION**

Gray's neuropsychological theory offers a valuable framework for comprehending and explaining fundamental human behaviors such as addiction. Humans possess several systems that play a role in their achievements, including self-efficacy, self-consistency, behavior activation, behavior inhibition, and self-resilience. Self-resilience, or the ability to flourish in challenging circumstances, is often described as the preparedness to discover and execute efficient resolutions to difficulties. An person who has resilience is better prepared to cope with stress and minimize its adverse effects, such as worry and melancholy. The effect of physical weakness may be mitigated in persons with more resilience. Researchers have shown that resilience, which refers to the ability to recover from difficulties, also serves as a protective mechanism against excessive Internet usage. Your resilience helped to alleviate the adverse psychological effects of Internet addiction. Adolescents who dedicated a significant amount of time to internet activities demonstrated resilience, therefore avoiding any involvement in misbehavior.

Based on his analysis of literature, Chun concludes that proximal elements have a greater degree of universality rather than being specialized to each particular addictive behavior. Attitudes, inadequate coping mechanisms, and exposure to individuals with addiction are all instances of these immediate impacts. Mitigate the adverse consequences of rejection. Distal determinants, sometimes referred to as intermediate variables, play a significant role in the study of addictive behavior. Adolescents' perspectives on drug usage are shaped by three factors: their own values, the values of their role models (such parents), and their own emotional states (such as low self-resilience and emotional motives for substance use). Recent research conducted with Asian high

school students has shown that impulsivity, anxiety, and sorrow weaken the connection between poor self-efficacy and Internet addiction. Based on this study, it is justifiable to infer that personality features contribute to at least one of the risk variables associated with the development of an internet addiction. Several studies have investigated the potential correlation between excessive Internet use and low self-esteem. The investigations demonstrate a negative association between these two factors. However, research findings are inconclusive on the temporal relationship between poor self-esteem and excessive Internet usage. Griffiths's groundbreaking study demonstrates the impact of Internet dependency on an individual's self-esteem. She showed that people might turn to virtual reality, which allows them to form new "personas" and social identities, as a way of dealing with their issues. Individuals with poor self-esteem may develop a greater dependence on the Internet. The word "addiction" is often used to informally characterize the intense attachment that teenagers develop towards their online activities. Problematic Internet use is associated with several detrimental mental consequences. Our study indicates that it is justified to enhance the self-esteem of adolescents as an intervention for addressing drug use among young people, particularly when these young people exhibit problematic drug use.

## **METHODOLOGY**

### **Hypotheses**

H.1 There will be no significant interaction between interparental conflict and internet dependency on callous – unemotional trait in adolescents.

1.a There will be no significant difference between adolescents with high and low interparental conflict on callous – unemotional trait.

1.b There will be no significant difference between adolescents with high and low internet dependency on callous – unemotional trait.

### **Research design and sampling technique**

The study used a retrospective design and utilized a snowball sampling strategy.

### **Sample description**

The investigation involved a cohort of 300 adolescents, consisting of 150 males and 150 females. The candidates' ages ranged from 18 to 21.

### **Psychometric measures**

The research used the concept of Children's Perception of Interparental Conflict to measure the degree to which the participants saw their parents to be in conflict with one other. The use of a scale. The questionnaire consists of 51 questions that include scales measuring frequency, intensity, resolution, threat, coping effectiveness, content, self-blame, triangulation, and stability.

The scale demonstrated internal consistency and test-retest reliability. The alpha reliabilities of nine CPIC subscales ranged from 0.61 to 0.83, while the three component analytically derived subscales showed test-retest correlations of 0.70 (conflict), 0.68 (threat), and 0.76 over a two-week period.

The scale has a 3-point continuum, where 1 corresponds to "True," 2 to "Mostly True," and 3 to "False."

The results for 12 items are reversed compared to the usual sequence. Specifically, the items with numbers 1, 2, 6, 9, 14, 18, 21, 25, 29, 38, 41, and 50 had their values switched. The level of interparental conflict as seen by a child may be quantified on a scale ranging from 51 to 153, where higher scores indicate a greater degree of conflict.

### **Internet dependency:**

The online behavior of the people was examined using the Problematic online Use Questionnaire. A questionnaire is used to quantify the indicators of Internet addiction, which include obsessive and impulsive conduct, as well as the negative impact it has on one's personal life, work, and school life. The study used the abbreviated nine-item PIUQ instead of the whole form consisting of eighteen items. All three subscales (obsession, neglect, and control difficulties) are also included in the shortened version.

The Cronbach's alphas for the scale ranged from 0.77 to 0.91, showing a high level of internal consistency.

**Scoring:** The Likert scale employed here consists of five alternatives, ranging from "never" to "often/almost always." The scale ranges from 9 to 45, with higher scores indicating a larger inclination towards engaging in dangerous online conduct.

**Callous – Unemotional trait:** The callous-unemotional characteristics assessment was used to evaluate this specific personality attribute (Frick, 2004). The 24-item questionnaire is used to assess callous and unemotional (CU) traits, which are core features of psychopathy and are sometimes referred to as deficient affective empathy. The purpose of the scale is to detect psychopathy in teenagers by assessing three primary characteristics: callousness (CA), lack of empathy (UC), and lack of emotion (UE).

The internal consistency of the scale for CA, UC, and UE is judged to be 0.76, 0.82, and 0.78, respectively, indicating a good level of internal consistency. The assessment utilizes a 4-point Likert scale, where 0 represents "not at all true" and 3 represents "very true" (Definitely True). A higher score indicates a greater presence of CU features. There are twelve items that are scored in the other direction: items 1, 3, 5, 8, 13, 14, 15, 16, 17, 19, 23, and 24.

## Data Analysis

The statistical tests conducted in SPSS 16.0 were used to assess the stated hypotheses of the investigation.

The association between parental conflict and internet dependency on teens' callous-unemotional trait was analyzed using a Two-way ANOVA.

## RESULTS

**Table 1. Summary of ANOVA for Interparental Conflict and Internet Dependency on Callous – Unemotional Trait in Adolescents**

Source of variance	Sum squares	of df	Mean square	F
<b>Corrected Model</b>	50255.45	269	186.82	2.45*
<b>Intercept</b>	181925.559	1	181925.56	2.38**
<b>Interparental Conflict</b>	9727.42	65	149.65	1.96*
<b>Internet Dependency</b>	14958.83	35	427.39	5.61**
<b>Interparental conflict*Internet Dependency</b>	16085.307	169	95.18	1.25
<b>Error</b>	2285.83	30	76.19	

The statistical tests conducted in SPSS 16.0 were used to assess the stated hypotheses of the investigation.

The association between parental conflict and internet dependency on teens' callous-unemotional trait was analyzed using a Two-way ANOVA.

Therefore, the main hypothesis

H. 1 There is no significant interaction between interparental conflict and internet dependency on callous – unemotional trait in adolescents is accepted.

However, the following sub-hypotheses,

H. 1a There is no significant difference between adolescents with high and low interparental conflict on callous – unemotional trait is rejected.

## CONCLUSION

The objective of this study was to investigate the correlation between callous-unemotional qualities in teenagers and both parental conflict and internet reliance. The study did not find any evidence to suggest that the callous-unemotional qualities of adolescents were influenced by a combination of parental conflict and internet dependency. Adolescents who encounter either elevated or reduced levels of interparental conflict exhibit distinct patterns of internet reliance and varying degrees of callous-unemotional features. There is no definitive association between an individual's characteristics and their level of internet activity. Further research is required to thoroughly examine the impacts of using information, social, and entertainment networks, as well as their categorization.

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