

“A correlation study between social networking addiction and Parent-child relationship of Adolescents.”

By

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Abstract:- The present study examines the relationship between social networking addiction (SNA) and parent- child relationships (PCR-Father and Mother) of adolescents, exploring how excessive social networking use were predicting familial interactions and emotional stability. A sample of 400 adolescents aged 13to16 from Nagpur city, all active social networking users, participated in this research. The correlation analysis reveals negative associations between SNA and both parent-child relationships, indicating that higher social networking addiction is linked to parent-child relationship.

Keywords:- *Social Networking Uses, Addiction, Parent-Child Relationships And Adolescents.*

INTRODUCTION

In the 21st century, smart phones, Snap chat, Instagram, and other social media technologies help people stay connected, fulfilling the innate human drive to socialize, which is beneficial for physical health and psychological well-being. However, an emerging concern is the potential for becoming excessively connected to social media. The present-day world is highly mediated by technology, with socializing largely conducted online. Being 'online' is the new norm (Kuss & Griffiths, 2017), and many young people report rarely turning off their smart phones, sleeping with their devices near by, and compulsively checking them throughout the day. Social networking is a primary driver of regular smartphone use, but for some, it leads to excessive use and addiction (Cerniglia et al., 2019; Kuss & Griffiths, 2011, 2017; Sussman et al., 2011).

IMPACT OF TECHNOLOGY ON FAMILY DYNAMICS

Technology has profoundly transformed how families interact, communicate, and maintain relationships. From the advent of the telephone to the ubiquity of smartphones and social media, each technological innovation has brought both opportunities and challenges to family dynamics. This section explores the historical perspective on technology's role in family interactions, compares traditional and modern family interactions, and examines the multifaceted impacts of technology on family life.

The relationship between technology and family dynamics has evolved significantly over the decades. In the early 20th century, the introduction of the telephone revolutionized family communication, allowing members to stay in touch over long distances. The rise of radio and television in the mid-20th century introduced new forms of family entertainment but also began to shift family activities from communal and interactive to more passive consumption (Hughes & Hans, 2001).

With the advent of personal computers in the 1980s and the internet in the 1990s, family dynamics began to change more dramatically. The internet introduced new ways for family members to communicate, access information, and engage in entertainment. The introduction of email, instant messaging, and early social networking sites provided new avenues for family interaction, albeit often reducing face-to-face communication time (Kraut et al., 1998).

Traditional family interactions often involved face-to-face communication, shared activities, and communal decision-making. Meals were typically shared, and family members engaged in conversations about their daily experiences. These interactions fostered strong bonds and a sense of unity within the family.

In contrast, modern family interactions are increasingly mediated by technology. Smartphones, tablets, and laptops have become ubiquitous, often leading to individual screen time rather than collective family activities. The convenience of digital communication tools has also led to a decline in face-to-face conversations, as family members may opt to text or use social media instead of talking in person (McDaniel & Coyne, 2016).

Social Media Addiction:-

As we all live a technology mediated life, there is a concern that the normal use or even excessive use of social network by enthusiastic users are unnecessarily been pathologized (Kardefelt-Winther et al., 2017). However, there is empirical evidence that for some of the users, social networking is the most important activity of their lives and when they use it, they lose a sense of time and self that adversely affects their daily functioning (Andreassen et al., 2013; Griffiths et al., 2014) and thus, social networking addiction (SNA) can be considered a valid case of addiction. Andreassen (2015) also opined that the occasional social network enthusiasts will have more control over their usage and therefore would not have negative consequences. Despite the fact that the problem of SNA is real, but

research on SNA suffer from many methodological problems (Kuss & Griffiths, 2017). The major problem being that different researchers have used different conceptualizations, different measurement instruments and different cut-off points, thus, hampering the growth of the subject and also challenging the construct validity of SNA as a genuine addiction (Kuss & Griffiths, 2017). Griffiths (2005) presented a model of behavioral addiction comprising of six criteria being salience, mood modification, tolerance, withdrawal, relapse, and conflict, which can be used in the context of social networking addictions (Kuss & Griffiths, 2011). According to Griffiths et al. (2014), “any behavior (e.g., social networking) that fulfills the aforementioned six criteria can be operationally defined as an addiction” Pg. 121. Also, there is evidence that these six criteria have been used to define and measure many behavioral addictions such as Exercise (Griffiths, 2005), Shopping (Clark & Calleja, 2008), Work (Andreassen et al., 2012a), Facebook addiction (Andreassen et al., 2012b), Mobile phone addiction (Billieux et al., 2015), Internet addiction (Kuss et al., 2013), Internet gaming disorder (Monacis et al., 2016), Social media (Andreassen et al., 2016), etc. Social networking addiction can also be examined with the help of the six criteria of behavioral addiction.

A brief introduction of the six criteria is as follows: 1. Salience: When social networking would dominate one's life (thoughts, feelings and behaviours). Even if the person is not actively engaged in SNSs, he or she would only think about the same. 2. Mood modification: When usage of SNSs would modify and enhance one's mood, such as bad to good. 3. Tolerance: When increased amount (usage of SNSs) would be required to get previous effects. 4. Withdrawal symptoms: Unpleasant feeling when one is unable to use SNSs because of network or dried battery etc. 5. Conflict: When SNSs would cause conflict in real life relations or other activities such as academics, work or relationships. 6. Relapse: Revert to SNSs after attempts of controlling SNSs. Social media addiction is a behavioural addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

Definition:-

Social networking addiction is a behavioural addiction characterized by compulsive social media use that negatively impacts an individual's real-life functioning and well-

being. This excessive, uncontrollable use involves feeling anxious or restless when offline, neglecting responsibilities, and experiencing negative impacts on mental and physical health, including sleep insufficiency and mood changes, often driven by a desire for constant social rewards and a coping mechanism for real-life stressors.

Checking and scrolling through social media has become an increasingly popular activity over the last decade. Although the majority of peoples' use of social media is non-problematic, there is a small percentage of users that become addicted to social networking sites and engage in excessive or compulsive use. In fact, psychologists estimate that as many as 5 to 10% of Americans meet the criteria for social media addiction today.

Addictive social media use will look much like any other addiction disorder and may include:

- Mood modification (engagement in social media leads to a favorable change in emotional states)
- Salience (behavioral, cognitive, and emotional preoccupation with social media)
- Tolerance (ever-increasing use of social media over time)
- Withdrawal symptoms (experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped)
- Conflict (interpersonal problems ensue because of social media usage)
- Relapse (addicted individuals quickly revert back to their excessive social media usage after an abstinence period)

The phenomena of social media addiction can be largely attributed to the dopamine-inducing social environments that social networking sites provide. Social media platforms produce the same neural circuitry that is seen in those with a pathological gambling and recreational drug users. The goal is to keep consumers using their products as much as possible; this has resulted in an increase of people displaying symptoms of Tiktok, Insta, Snapchat, facebook, whatsApp, YouTube morphinism.

Studies have shown that the constant stream of retweets, likes, and shares from these sites cause the brain's reward area to trigger the same kind of chemical reaction seen with drugs i.e cocaine. In fact, neuroscientists have compared social media interaction to a syringe of dopamine being injected straight into the system.

Parent-Child Relationships

Parent-child relationship is a term that refers to the close, intimate relationship between a parent and their offspring. Also Parent-child relationships refer to the unique and influential relations between parents and their children- either biological or adoptive. Legally, the parent-child relationship is defined as the relationship between an individual and their biological offspring or between an individual and a child he or she has legally adopted. Thus, at a first glance, parent-child relationships take one of two basic forms: biological or adoptive, with only biological parents sharing genetic material with their offspring. A parent-child relationship is a fundamental and influential bond between a parent (or primary caregiver) and their offspring, characterized by love, trust, respect, and mutual support. This relationship significantly impacts a child's social, emotional, cognitive, and psychological development, establishing a foundation for their well-being, self-esteem, and future relationships. It is a reciprocal connection involving communication, guidance, and setting boundaries, and it forms the bedrock for the child's understanding of themselves and the world around them.

The parent child relationship is a complex bond between children and parents. A parent-child relationship contains a mix of emotions that includes love, affection, emotion, and feelings towards each other. Parent-child relationship helps in boosting mental health as well as provides basic life long knowledge.

Types of Parent-Child Relationships

Parent-Child relationship has four types known as secure, ambivalent, avoidant, and disorganized parents.

1. Secure Relationship:

A secure relationship is considered the strongest relationship. In this category, children are more dependent on their parents. Under this category, parents provide security and comfort to children.

2. Avoidant Relationship:

This relationship is not a secure type of relationship; under this attachment, children don't feel dependent or secure towards their parents. Avoidant children are independent and don't feel secure with anyone.

3. Ambivalent Relationship:

An Ambivalent relationship is a type of relationship in which children are insecurely attached to parents. Sometimes, the needs of children are met, but sometimes, they are not.

4. Disorganized Relationship:

In this relationship, children don't know what to expect from their parents. In this attachment, children will know the parent's reaction and how to cope with it.

Mahboobeh Ahmadian et-al (2022) reveals that the girl high school students who have a stronger parent-child relationship, the rate of Internet dependence is lower. Due to the current situation of the COVID-19 pandemic in terms of Internet addiction and the parent-child relationship, the present study can help nurses, teachers, and educational planners to provide a suitable information for appropriate intervention.

Shanyan Lin, et-al(2023) were studied Social media addiction (SMA) among adolescents is associated with many maladaptive developmental outcomes and thus has been a concern in many countries. Guided by the bioecological systems theory and the self-determination theory, this study examined the associations between social relationships (i.e., parent-adolescent, teacher-student, and peer relationships) and SMA among adolescents, as well as the underlying mechanisms. Valid participants were 844 Italian high school students (358 boys, 42.42%), aged from 13 to 20 years old ($M = 16.89$, $SD = 1.58$). Latent profile analysis identified four relationship profiles: the mixed (6.04%), the adequate (57.35%), the vulnerable (29.74%), and the highly vulnerable (6.87%). The mediating role of psychological need satisfaction was found in the association between social relationships and SMA using both variable-centered and person-centered approaches. These findings highlight the impact of interpersonal and psychological factors on adolescent SMA. Demers, H., White-Gosselin, C.-É., & Poulin, F. (2024) Low parental monitoring and a high level of conflict with parents in adolescence may trigger a developmental sequence that promotes the emergence of social media addiction in adulthood. This 15-year longitudinal study investigates the mediating role of chat site use in adolescence and social media involvement at age 25 that links two parental relationship characteristics at age 15 and social media addiction at age 30. A sample of 322 participants (61.2% female) completed questionnaires at ages 15, 25, and 30. A mediation analysis using structural equations modelling with serial mediators was performed to examine the direct and indirect associations between the variables. Adolescents' reports of parental monitoring at age 15 predicted social media addiction at age 30 via chat site use at age 15 and

social media involvement at age 25. The level of conflict predicted social media addiction at age 30, but we observed no serial mediation effects. Parents appear to have a role to play in preventing social media addiction, but more longitudinal studies are needed to fully understand the complexity of the development of social media addiction later in adulthood. Sikang Zhang, Zengquan Fang Xuejing Qi and Ying Yuan (2025) has consistently shown a negative association between parental mediation and adolescent internet addiction. However, this study provides new evidence suggesting that the relationship between the two may be more complex, exhibiting both protective and potentially adverse associations—a “double-edged sword” pattern. Using data from an online survey of 8182 Chinese adolescents, we found that although stricter parental mediation is directly associated with lower levels of adolescent internet addiction, it may also be negatively associated with the parent–child relationship. A poorer parent–child relationship, in turn, is linked to higher levels of adolescent internet addiction. Furthermore, parental internet addiction moderated the association between the parent-child relationship and adolescent internet addiction. These findings contribute to the literature by uncovering the dual associations between parental mediation and adolescent internet addiction and highlight the importance of improving parent-child relationships and addressing parental internet addiction to maximize the benefits of parental mediation.

PROBLEM:- To find out the correlation between social networking addiction and Parent-child relationship of Adolescents towards their mother and father.

OBJECTIVES:-

The primary objective of this study was to explore the relationship between SNA and PCR in adolescents who actively use social media.

The specific objectives of the study were as follows:

1. To examine the correlation between social networking addiction and Parent-Child relationship with Father among adolescents.
2. To examine the correlation between social networking addiction and Parent-Child relationship with Mother among adolescents.

HYPOTHESES:-

Based on prior research suggesting links between SNA and PSR, the following hypotheses were proposed:

1. There will be a negative correlation between social networking addiction and parent child relationship with the father among adolescents.
2. There will be a negative correlation between social networking addiction and parent child relationship with the mother among adolescents.

SAMPLE SIZE

The sample size was determined to ensure adequate statistical power for correlation and regression analyses. A total of 400 teenagers (200 boys and 200 girls) were selected to participate. This sample size was based on the desired precision level and the estimated effect size for the correlation and regression analyses. The gender balance was maintained to ensure that the results could be generalized across the both male and female participants.

The study was conducted in the urban city of Nagpur, Maharashtra, located in the western region of India. Nagpur has a growing education sector with institutions offering various courses and research facilities. It is home to a wide variety of secondary and higher secondary schools, making it an ideal allocation for a study that seeks to capture the experiences and behaviours of a large and varied teenage population. Nagpur was selected as the study setting because of its accessibility, the willingness of schools to collaborate, and the presence of a substantial number of adolescents who are active social networking users.

The school included in the study were selected through purposive sampling, ensuring that they met specific criteria for participation. These criteria included having a student body of adolescents aged between 13 to 16 years, and having an environment conducive to data collection. Permissions were obtained from the school administration, and appropriate consent (Informed Consent) was sought from both the parents or guardians before participation. The urban setting of Nagpur provided a sample of adolescents who are highly engaged with social media platforms, which is an essential consideration for the objectives of the study.

OPERATIONAL DEFINATIONS OF VARIABLES

In order to ensure clarity and consistency in the study, and to facilitate replicability, the following operational definitions were established for the key constructs involved. These

definitions provide specific criteria for measuring and categorizing the variables of interest. Each construct was carefully defined to align with established psychological theories and measurement tools.

1. Social Networking Addiction:

An excessive and compulsive use of social networking platforms that interferes with daily activities, responsibilities, and personal relationships. In this study, measured three core factors that is: Impulsivity, Virtual Freedom, and Negative outcomes.

2. Parent-Child relationship:

The dynamic interaction between a parent and child, encompassing behavioural, emotional and social exchanges that influence the child's development. This relationship is shaped by factors like communication patterns, parental involvement and attachment styles. This parent-child relationship is defined as the score obtained by adolescents on Parent-Child Relationship Scale.

PSYCHOLOGICAL TOOLS USED FOR DATA COLLECTION

The study parameters refer to the specific elements of the research that are measured, analysed, and reported. These parameters are critical in addressing the research questions and hypotheses and were carefully selected to align with the objectives of the study.

1. Social Networking Addiction scale:

The scale is developed by Md Ghazi Shah Nawaz, Dr. Nivedita Ganguli, and Manchong Limiunthang Zou were used for data collection. It is meant for boys and girls in the age group of 14 to 18 years. In this scale 32 items with responses ranging from "strongly agree" to "strongly disagree". It is designed to measure social networking addiction by assessing six dimensions of behavioral addiction: Salience, Mood modification, Tolerance, Withdrawal, Conflict and Relapse. Reliability of scale is 0.94, validity is on satisfactory.

2. Parent child Relationship Scale

Parent-child relationship scale developed by Dr. Nalini Rao in 2016. The present scale adapted from the revised Roe-Seigalman parent-child relationship questionnaire measures characteristic behaviour of parents as experienced by their children. The tool contains 100

items categorized into ten dimensions namely, protecting, symbolic punishment, rejecting, object punishment, demanding, indifferent, symbolic reward, living, object reward and neglecting. The test-retest-reliability coefficient ranged from 0.770 to 0.871 for boy's sample and .772 to .873 for the girls' sample over the ten sub-scales. Construct validity Correlation coefficients ranged from 0.289 to 0.578 and were found to be significant at 0.05 level or above scores of one hundred and twenty-two students from secondary schools.

DATA COLLECTION

The data collection process took place during school hours in a controlled environment, such as a classroom or designated study room, where the researcher or trained assistants could supervise the participants. Each participant was individually given the questionnaires. First, they were asked to fill out the Parent-Child Relationship Scale, which measure their bond between both of them, followed by the Social Networking Addiction Scale which gathered data on their social networking habits.

To ensure consistency, the research team explained the instructions for each questionnaire in detail before participants began. The entire data collection session lasted approximately 30-40 minutes for each participant. Throughout the process, participants were reminded that their responses were confidential and that they could withdraw from the study at any time without any consequences.

DATA ANALYSIS AND RESULTS

After data collection, the responses were coded and entered into a statistical software package (SPSS) for analysis. Pearson's correlation analysis was the employed to examine the relationships between the social networking addiction and parent child relationship.

In order to test hypothesis researcher has used Pearson Product Moment Correlation test. The results of the test are as follows:

Correlation test for variables comparison

Variables	SNA	PCR-Father	PCR-Mother
SNA	1.00	-0.28	-0.38
PCR-Father	-0.28	1.00	0.48
PCR-Mother	-0.38	0.48	1.00

A Pearson correlation analysis indicates significant relationship between social networking addiction (SNA), parent child relationship (PCR Father and Mother).

Significant negative correlation exists between SNA and both PCR-Father ($r = -0.28$) and PCR-Mother ($r = -0.38$), suggesting that higher engagement in social networking is linked to weaker parent-child relationships, particularly with mothers.

Conversely, the correlation between PCR-Father and PCR-Mother ($r = 0.48$) highlights the inter connected nature of these relationships, showing that a strong bond with one parent often coincides with a similarly strong relationship with the other.

Overall, these findings emphasize the impact of social networking on adolescent well-being while reinforcing the significance of parent-child relationships in fostering psychological well-being.

Heat map of Correlation strength among SNA,PCR (Father and Mother)

Variables	Correlation Value	Code
SNA& PCR (Father)	0.054	Strongly weak
SNA& PCR (Mother)	0.026	Slightly weak

A heat map of correlation provides a visual representation of the relationship strength among SNA, PCR- (Father and Mother), and PWB using colour coded scheme.

In this heat map representing the correlation between SNA and PCR- Father, highlights a strong relationship, indicating that increased social networking addiction is associated with weaker father-child bond. SNA and PCR-Mother, signifies a slightly weaker negative correlation, suggesting that excessive social networking usage negatively impact maternal relationship as well, though to a lesser extent than paternal relationship.

Correlation Matrix:-

Here is the correlation matrix displaying the relationship between social networking addiction (SNA), Parent child relationship- Father and Mother (PCR – Father and PCR – Mother) significance levels (p-values):

Correlation Matrix of all the variables using Pearson's values

Variable	SNA	PCR-Father	PCR-Mother
SNA	—	-0.321	-0.287
p-value	—	<.001	<.001
PCR-Father	-0.321	—	0.565
p-value	<.001	—	<.001
PCR-Mother	-0.287	0.565	—
p-value	<.001	<.001	—

Social networking addiction has a negative correlation with both PCR – Father ($r = -0.321$, $p < .001$) and PCR – Mother ($r = -0.287$, $p < .001$), indicating that higher social networking addiction is associated with weaker parent-child relationship.

Parent-child relationship with Father and Mother are strongly correlated ($r = -0.565$, $p < .001$), that means better relationship with one parent often reflect stronger bonds with the other.

Results Of Correlation Hypotheses Testing

The current study examined multiple hypotheses concerning the interrelationships among social networking addiction, parent-child relationship with both mother and father. A series of hypotheses were proposed to investigate both correlational and predictive dynamics among all the variables. Specifically, the hypotheses aimed to explore whether social networking addiction was negatively associated with parent-child relationships whether stronger parental bonds positively influenced mental health outcomes.

Regression analyses were conducted to assess the predictive power of social networking addiction and parental relationships. The results of these analyses offer a comprehensive view of how digital engagement and familial attachment collectively shape adolescent emotional

functioning in today's technology driven social landscape.

This result may imply reduce paternal involvement or a weakening of the emotional scaffolding provided by fathers as digital habits escalate. The findings support existing theoretical models that highlight the competing nature of online immersion against the time and emotional availability required for quality parent-child interactions.

Hence, Hypothesis 1, 'There will be a negative correlation between social networking addiction and parent child relationship with the father among adolescents ($r = -0.28$)' is accepted. This Indicating that higher levels of social networking addiction are associated with weaker father child relationship in adolescents.

These findings affirm the hypothesis and point to possible emotional distancing or desecrated parental engagement associated with increased social media involvement. The results align with development the or suggesting that heightened digital immersion during adolescent may reduce times pectin nurturing parental interactions specially with mothers who often provide emotional regulation and relational reinforcement.

Hence, Hypothesis 2, 'There will be a negative correlation between social networking addiction and parent child relationship with the mother among adolescents ($r=-0.32$)' is accepted. The data confirms that increased social networking addiction corresponds to a decline in the quality of the mother-child relationship in adolescents.

DISCUTION OF RESULTS

Social Networking Addiction (SNA)

SNA represents adolescent's engagement with social networking platforms, potentially leading to excessive usage patterns. The finding suggest that higher level of SNA is associated with weaker PCR, as indicated by negative correlations with both PCR-Father($r = -0.321, p < .001$) and PCR- Mother ($r = -0.287, p < .001$). This implies that excessive social networking use may reduce direct parental interactions, affecting the quality of relationships.

Parent-Child relationship(PCR-Father &PCR- Mother)

Parental relationships play a crucial role in adolescent well-being. the analysis reveals a strong positive correlation between PCR – Father and PCR – Mother ($r = -0.565, p < .001$), indicating that strong relationship with one parent of ten reflect stronger bonds with the

others. This suggests that parental support tends to be cohesive, where warmth and involvement from one parent likely enhance the relationship with the other.

CONCLUSIONS

H1. Social Networking Addiction and Parent–Child relationship with Father:

The study found a significant negative correlation between adolescents' social networking addiction and the quality of their relationship with their fathers. Increased digital dependency was associated with reduced emotional closeness, communication, and trust between adolescents and their parental figures.

H2. Social Networking Addiction and Parent–Child Relationship(Mother):

Similarly, a negative correlation emerged between social networking addiction and the parent child relationship with mothers. Adolescents exhibiting higher levels of addiction reported diminished maternal bonding, increased misunderstandings, and emotional distance.

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