



Social Media addiction and Family Relations: An empirical study on adolescents

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Abstract

In the contemporary digital era, social media has become an integral aspect of adolescent life, shaping their social interactions, self-perception, and daily routines. However, the escalating prevalence of social media addiction among adolescents raises concerns about its impact on familial relationships. This research endeavours to examine the intricate nexus between social media addiction and family dynamics among adolescents. With the family serving as a primary socializing agent, understanding how social media addiction influences family relations is paramount for promoting healthy development and well-being in adolescents. This study embarks on an exploration of the associations between social media addiction and dimensions of family relations. By elucidating these connections, the research aims to provide valuable insights into the mechanisms through which social media addiction may detrimentally affect family relations. Such insights hold significant implications for designing targeted interventions and preventive measures to mitigate the adverse effects of social media addiction on family dynamics. Ultimately, the findings of this study aspire to inform evidence-based strategies aimed at fostering healthier family environments in the digital age, thereby nurturing positive developmental outcomes for adolescents.

Keywords: social media addiction, family relation, adolescents

CHAPTER 1

Introduction

Adolescence is characterized by an expanded openness to exterior impacts, such as social media. Youths, who are computerized locals, navigate a more interconnected virtual environment where social media essentially impacts their regular exercises, character arrangement, and social connections. There have been questions raised concerning the conceivable impacts of social media enslavement on family flow. Clarifying the challenges youngsters experience in juggling their online and offline lives, as well as creating well-informed treatments to back positive family elements in the computerized age, require an understanding of the complex connections between social media enslavement and family dynamics.

Social media addiction

The term "social media habit" portrays the fanatical and intemperate utilize of social media stages, which has a negative effect on a person's connections, career or scholastic execution, physical and mental wellbeing, and common quality of life. Social media can offer assistance in communication, information sharing, and social engagement, among other things. Be that as it may, abuse or reliance on these stages can result in behaviours that are comparative to addiction.

Effect of social media use on adolescents

Adolescence is a basic formative period stamped by speedy changes in physical, cognitive, and socioemotional spaces. It is too a time when social media is omnipresent. Youths exploring today's carefully associated world do so through social media stages, which are imperative channels for information sharing, self-expression, and friendliness. Social media's broad utilize raises questions with respect to its conceivable impacts on adolescent advancement, especially in family relationships, in spite of the truth that it presents never-before-seen conceivable outcomes for association & connection.

With stages for peer engagement, speedy communication, and personality improvement, social media has totally changed the elements of high school socialization (Boyd, 2014). Young people utilize social media to make and protect social ties, see for endorsement, and create their online personalities. But the inescapability of social media in the lives of youngsters has raised concerns around what it implies for family dynamics.

The family is vital to the improvement and well-being of teenagers since it gives the fundamental environment for socialization and back amid puberty (Steinberg & Silk, 2002). Be that as it may, social media's developing impact in teenagers' regular lives has the control to alter the flow of families by posturing unused issues and opening up modern roads for holding, communication, and struggle resolution.

Additionally, there are dangers related with social media stages. Young people may be the target of cyberbullying, be uncovered to dishonourable substance, or be misused online, all of which can contrarily affect their mental wellbeing and connections with their families (Livingstone et al., 2011). The recurrence of these risks emphasizes how pivotal parental supervision and counsel are for high school web security and exploring the advanced world.

This think about is to examine the complex impacts of youthful social media utilize and its results on family relationships considering these variables. This ponder points to shed light on the potential and issues that social media presents for families by examining the associations between youthful development, social media utilize, and family elements. In the conclusion, developing solid family circumstances and advancing amazing formative results amid this imperative arrange of life require an mindfulness of the effect of social media on adolescents.

Social media use and addiction in adolescents

Social media has risen as an omnipresent perspective of youthful culture in the current advanced time, totally modifying the landscape of interpersonal connections, communication, & self-expression. Young people presently have unrivalled get to a large number of social media stages much appreciated to the multiplication of cell phones & web get to, which advances brief intuitive with peers, presentation to different substance, & openings for self-presentation. Social media has numerous preferences, such as made strides friendliness & information get to, but it too has a downside: routine utilize can be dangerous.

Experts, therapeutic experts, and administrators are paying more and more consideration to social media compulsion, which is characterized as the over the top, intemperate utilize of social media stages at the cost of one's wellbeing and proficient life. Due to their formative vulnerabilities—such as increased defencelessness against peer weight, character examination, and sensation-seeking tendencies—teenagers, in specific, are inclined to planning complex social media employments (Kuss & Griffiths, 2017). Moreover, teens' vulnerability to addictive behaviours is exacerbated by social media's omnipresent nature and its addictive characteristics, like likes, notices, and virtual motivating forces (Elhai et al., 2017).

The marvel of youthful individuals getting to be oppressed by social media raises genuine stresses over its conceivable effect on family connections. The family is the essential socialization calculate in childhood and youth, contributing essentially to the socioemotional advancement, identity structure, and change of teenagers (Steinberg & Silk, 2002). In any case, the unavoidable impacts of social media utilize can disturb the typical working of families, driving to contentions, a breakdown in communication, and a decay in family unity.

In light of this, the reason of this ponder is to inquire about the complex relationship between high school social media utilize and family elements. This consider endeavours to shed light on the ways in which social media propensity may affect family relationship by looking at the connections between social media compulsion and different measures of family working, such as communication plans, strife determination forms, and family cohesion.

Furthermore, social media's inescapable impact expands past the person to the family, as intemperate juvenile utilize of the stage can lead to clashes, a breakdown in communication, and strains over eras inside the family unit (Rideout & Robb, 2018). Besides, teenagers' fixation with social media may heightening already-existing family stressors and challenges, like parent-adolescent clashes, parental perception problems, and generational contrasts in computer competency and desires (O'Keeffe & Clarke-Pearson, 2011).

Taking these reflections into account, this ponder points to include to the body of information by giving firsthand accounts of the complex relationship between youthful people utilize of social media and their familial connections. This consider points to teach almost evidence-based intercessions and preventive activities pointed at progressing more useful family conditions in the computer age by lighting up the ways in which social media propensities may modify family flow. In the conclusion, the research's discoveries point to progress a more advanced comprehension of the troubles postured by social media subjugation interior the family environment & to give procedures for cultivating solid family ties and youthful development.

Parenting styles

Parenting styles refer to the approaches or strategies that parents use to raise and nurture their children. These styles are characterized by the attitudes, behaviours, and emotional climate that parents create in their interactions with their children. Psychologists have identified several distinct parenting styles, each with its unique characteristics and effects on children's development. Some of the most well-known parenting styles include authoritative, authoritarian, permissive, and uninvolved parenting.

1. **Authoritative Parenting:** Authoritative parenting is often considered the most effective and balanced approach. Parents who employ this style are nurturing, responsive, and supportive while also setting clear and reasonable expectations for their children. They establish rules and boundaries but also allow for flexibility and open communication. Authoritative parents provide guidance and discipline fairly and consistently, taking into account their children's needs and feelings. Research shows that children raised by authoritative parents tend to be self-reliant, socially competent, and emotionally well-adjusted.
2. **Authoritarian Parenting:** Authoritarian parenting is characterized by high demands and expectations coupled with low warmth and responsiveness. Parents with this style are strict, and controlling, and often rely on punishment as a means of discipline. They prioritize obedience and conformity, expecting their children to adhere to rules without question. Authoritarian parents may have little tolerance for negotiation or discussion. While this approach may lead to immediate compliance, it can also result in children feeling fearful, anxious, or resentful. They may struggle with low self-esteem and have difficulty in social relationships.
3. **Permissive Parenting:** Permissive parenting is characterized by high levels of warmth and responsiveness but low levels of control and discipline. Parents adopting this style are indulgent and lenient, often avoiding confrontation or setting clear boundaries. They may prioritize their children's happiness and autonomy over discipline or structure. Permissive parents are nurturing and affectionate but may struggle to enforce rules or provide consistent guidance. As a result, children

raised in permissive households may lack self-discipline, struggle with impulse control, and have difficulty accepting authority figures.

4. **Uninvolved Parenting:** Uninvolved parenting, also known as neglectful parenting, is characterized by low levels of both warmth and control. Parents in this category are disengaged, emotionally distant, and often neglectful of their children's needs. They may be indifferent to their children's behaviours or activities, providing minimal supervision or guidance. Uninvolved parents may have personal issues or challenges that prevent them from adequately meeting their children's physical, emotional, or developmental needs. Children raised in uninvolved households may experience feelings of abandonment, low self-worth, and difficulty in forming healthy relationships.

It's important to note that these parenting styles are not fixed or absolute categories, and most parents exhibit a combination of these styles to some extent. Additionally, cultural factors, socioeconomic status, and individual differences can influence parenting practices and outcomes. While authoritative parenting is generally associated with positive outcomes for children, the effectiveness of each style may vary depending on the child's temperament, developmental stage, and cultural context. Ultimately, successful parenting involves finding a balance between warmth and structure, fostering a supportive and nurturing environment while also promoting autonomy and responsibility.

Family relations

Family relationships play a crucial role in shaping adolescents' development, providing a foundation for socialization, emotional support, and identity formation. However, in today's digital age, the pervasive influence of social media has introduced new dynamics into the fabric of family life, raising questions about its impact on familial relationships. Social media addiction, characterized by excessive, compulsive use of social media platforms, has emerged as a pressing concern, with implications for adolescents' well-being and family dynamics.

The family serves as a primary context for adolescents' socialization and support, offering a framework for navigating the challenges of adolescence and fostering resilience (Steinberg & Silk, 2002). Healthy family relationships are characterized by open communication, mutual respect, and a sense of belonging, providing a secure base from which adolescents can explore their identities and relationships with others. However, the increasing prevalence of social media addiction among adolescents poses challenges to the maintenance of positive family dynamics.

Social media addiction among adolescents has been linked to a myriad of negative outcomes, including decreased academic performance, impaired social skills, and heightened risk of mental health issues (Kuss & Griffiths, 2017). Moreover, the pervasive nature of social media addiction may encroach upon adolescents' time and attention, detracting from meaningful interactions and bonding within the family unit. Excessive use of social media can disrupt family routines, diminish face-to-face communication, and foster conflicts over screen time and online activities.

Furthermore, social media addiction may exacerbate existing family stressors and tensions, amplifying intergenerational conflicts and undermining parental authority (Rideout & Robb, 2018). Adolescents engrossed in social media may have trouble disconnecting from their virtual networks, leading to feelings of isolation, disconnection, and alienation from family members.

Against this backdrop, this research seeks to explore the intricate interplay between social media addiction and family relations among adolescents. By examining the associations between social media addiction and various dimensions of family functioning, including communication patterns, conflict resolution strategies, and family cohesion, this study aims to provide insights into the mechanisms through which social media addiction may impact familial relationships. Ultimately, understanding the dynamics of social media addiction within the familial context is essential for fostering healthy family environments and supporting adolescents' well-being during this critical stage of development.

Extension and Meaning of the Study

By looking at the mind-boggling connection between social media addiction and family relations in adolescents, this study plans to illuminate preventive mediations, treatment systems, and strategy drives pointed toward advancing positive youth improvement and prosperity. By distinguishing modifiable risk factors and defensive variables related to social media addiction and family relations, this study might work on how we might interpret the components of mental change and flexibility in adolescents. In rundown, this study expects to work on how we might interpret the connection between social media addiction and family relations in adolescents presenting a crucial foundation for understanding the intricate dynamics between technology use and familial interactions. As the digital landscape evolves rapidly, it's essential to extend this research to delve deeper into several key areas: joining a hypothetical system, experimental proof, and strategic contemplations to give a complete examination of this mind-boggling peculiarity. This study reveals insight into the instruments and formative impacts of hostility on life fulfilment and adds to the more extensive conversation of the human way of behaving prosperity, and social functioning.

CHAPTER 2

Review of Literature

A study by Garcia, M. in the year 2023 aimed to investigate The Influence of Social Media Addiction on Parental Monitoring Practices. The sample size of the research was 400 adolescents and their parents. The research found that adolescents with social media addiction were more likely to experience lenient parental monitoring, leading to strained family relations.

A study by Li, C., & Li, L. in the Year 2022 aimed to investigate the Role of Family Functioning in the Relationship Between Social Media Addiction and Depression Among Chinese Adolescents. The Sample Size of the research was 1,500 adolescents. The research found that family functioning moderated the indirect relationship between social media addiction and depression, suggesting that a supportive family environment may buffer the negative effects of excessive social media use on adolescent mental health.

A study by Chen, B., Liu, F., Ding, S., Ying, X., Wang, L., & Wen, Y. in the Year 2021 Aimed to investigate The Influence of Parental Monitoring on Adolescents' Problematic Social Media Use. The Sample Size of the study was 1,205 adolescents. The research found that parental monitoring moderated the relationship between family communication and adolescents' problematic social media use, indicating the importance of parental involvement in regulating social media behaviour.

A study by Yang, S. C., Tung, C. J., & Lee, J. Y. in the year 2021 aimed to investigate The Influence of Family Communication Patterns on Adolescents' Problematic Social Media Use. The Sample Size of the research was 750 adolescents. The research found that family communication patterns mediated the relationship between parental mediation and adolescents' problematic social media use, suggesting that improving family communication may mitigate social media addiction.

A study by Lee, S. J., & Chae, Y. G. in the Year 2020 aimed to investigate the Predictors of Adolescent Problematic Internet Use. this research Identified predictors of problematic internet use among adolescents, including family factors such as parental monitoring and family communication, highlighting their role in mitigating social media addiction.

A study by Gao, Y., Li, A., Zhu, T., & Yuan, L. in the year 2020 aimed to investigate The Impact of Parental Social Media Use on Adolescents' Psychological Well-Being. The sample size of the study was 584 parent-adolescent dyads. The research found that parental social media use indirectly influenced adolescents' psychological well-being through family communication and conflict, emphasizing the interplay between parental and adolescent social media use.

A study by Li, X., & Li, D. in the Year 2019 aimed to investigate Parental behavioral control, psychological control, and Chinese adolescents' peer victimization. The Sample Size of the research was 1,096 adolescents. This research found that parental behavioral control and psychological control were associated with adolescents' peer victimization, suggesting that family dynamics influenced by social media use can impact adolescents' well-being.

A study by Xie, X., Xu, X., & Zhou, Z. in the Year 2018 aimed to investigate Social Media Addiction Among Adolescents the Sample size of the research was 960 adolescents. This research found that both Facebook and WeChat addiction were negatively associated with family functioning, indicating that excessive use of social media platforms can disrupt family relationships.

A study by Livingstone, S., Mascheroni, G., & Staksrud, E. in the year 2018 aimed to investigate children's internet use assessment. this research on children's internet use to assess past trends and anticipate

future directions. Understanding the evolving landscape of internet use among children and adolescents can inform interventions to support family relationships.

A study by Mesch, G. S. in the Year 2017 aimed to investigate Family characteristics and adolescents' engagement with online sexual content. The Sample Size of the research was 1,015 adolescents. This research found that family characteristics such as parental monitoring and parental Internet use were associated with adolescents' engagement with online sexual content, highlighting the importance of parental involvement in managing social media use.

A study by Valkenburg, P. M., Koutamanis, M., & Vossen, H. G. in the year 2017 aimed to investigate The Concurrent and Longitudinal Relationships Between Adolescents' Use of Social Network Sites and Their Social Self-Esteem. The sample size of the research was 881 adolescents. This research found concurrent and longitudinal relationships between adolescents' use of social network sites and their social self-esteem. These findings may have implications for family dynamics and adolescents' social development.

A study by Wang, H. in the year 2016 aimed to investigate the impact of Social Media Addiction on Parental Support Perceptions Among Adolescents. The sample size of the research was 450 adolescents. This research noted a decline in perceived parental support among adolescents with higher levels of social media addiction.

A study by Tang, J. H., Chen, M. C., Yang, C. Y., Chung, T. Y., & Lee, Y. in the year 2016. Aimed to investigate Personality Traits, Interpersonal Relationships, Online Social Support, and Facebook Addiction. The sample size of the research was 921 adolescents. This research found associations between personality traits, interpersonal relationships, online social support, and Facebook addiction among adolescents. These factors may impact family dynamics and relationships.

A study by Nesi, J., & Prinstein, M. J. in the year 2015 aimed to investigate Gender and Popularity Moderate Associations with Depressive Symptoms. The sample size of the research was 486 adolescents. The study by Nesi and Prinstein found that using social media for social comparison and feedback-seeking was associated with depressive symptoms, particularly among girls and adolescents with lower popularity. These findings suggest potential implications for family relationships.

A study by Cheever, N. A., Rosen, L. D., Carrier, L. M., & Chavez, A. in the year 2014 aimed to investigate the impact of restricting wireless mobile device use on anxiety levels among low, moderate, and high users. The Sample Size of the study was 163 college students. This research found that restricting social media use on mobile devices led to reduced anxiety levels, suggesting that excessive use may negatively impact family interactions and relationships.

A study by Tsitsika, A., Janikian, M., Schoenmakers, T. M., Tzavela, E. C., Olafsson, K., Wojcik, S., ... & Richardson, C. in the year 2014 Aimed to investigate Internet Addictions in Europe and Validity of Assessment Instruments. This research found conducted a systematic review of internet addictions in Europe and the validity of assessment instruments. Understanding the prevalence and measurement of internet addiction can inform interventions to address its impact on family

A study by Leung, L. in the year 2013 Aimed to investigate Generational differences in content generation in social media. The sample size of the research was 518 adolescents. The study found Leung's study explored generational differences in content generation on social media and found associations between narcissism, gratifications sought, and content generation behaviors. These factors may influence family relations among adolescents.

A study by Kwon, M. in the year 2013 aimed to study adolescent's Social Network Site Use: The Role of Parental Involvement, Parental Awareness, and Family Communication. The sample size of the study was 824 adolescents. The Results of the research found that higher levels of parental involvement and awareness were associated with less problematic social media use among adolescents, leading to improved family communication.

A study by Moreno, M. A., Jelenchick, L. A., Koff, R., Eickhoff, J. C., Goniou, N., Davis, A., ... & Christakis, D. A. in the year 2012 aimed to investigate Associations between Internet Use and Fitness among College Students sample size was of 263 college students result was Moreno et al. found associations between excessive internet use and lower physical fitness levels among college students. This impact on health and well-being could influence family dynamics and relationships.

A study by Boyd, D., & Ellison, N. B. in the year 2012 aimed to investigate social network sites: Definition, history, and scholarship. The research found an overview of social network sites and their impact on social interaction, including family relationships. Understanding the dynamics of social network sites can shed light on how they affect adolescents' interactions with their families.

CHAPTER 3

Methodology

Aim

Investigates the relationship between social media addiction and family relations among adolescents.

Objective

To study the connection between social media addiction and family relations in adolescents.

Hypothesis

There is a positive correlation between social media addiction and family relationship problems. This suggests that higher levels of social media addiction are associated with more family problems.

Description of Sample

The test comprises 100 adolescents between the ages of 13 and 19 enlisted from different instructive socio-economic backgrounds and geographical areas. Members will be arbitrarily chosen to guarantee assorted portrayals of financial foundation, orientation, and identity.

Research Design

To investigate the connection between social media addiction and family relations among adolescents, this cross-sectional study collects data at a single point in time. The review configuration includes the organization of normalized surveys to evaluate addiction and family relations. Also, segment data like age, orientation, and educational qualification will be gathered to control for possible frustrating factors.

Variables

1. Independent variable: Social media addiction
2. Dependent variable: Family relation
3. Control variables:
 - Age
 - Sex
 - Education

Description of Test Used

Social media addiction scale

The Bergen Social Media Addiction Scale (BSMAS) is a self-reporting questionnaire developed to assess individuals' addiction to social media platforms. It was created by Andreassen et al. (2012) at the University of Bergen, Norway, and has since been widely used in research studies examining social media addiction. The BSMAS typically consists of six items that measure different aspects of social media addiction. Respondents rate each item on a Likert scale, usually ranging from 1 (very rarely) to 5 (very often), indicating the frequency with which they engage in certain behaviors related to social media use. The items generally cover aspects such as preoccupation with social media, withdrawal symptoms when unable to access it, neglect of other activities due to social media use, and attempts to cut down on usage unsuccessfully.

Family relation scale

The Index of Family Relations, or IFR, scale was designed to measure the degree or magnitude of the problem that family members have in their relationships with one another as felt or perceived by the respondent. The scale permits a client to characterize the severity of family relationship problems in a global matter and can be regarded as a measure of intrafamilial stress. The IFR can be used as a measure of the familial environment of the client (a rough index of the quality of family life for, and as perceived by the client), and it can be used in helping the client to deal with problems related to the family as a whole.

Procedure

Research studies the relationship between social media addiction and family relations in adolescents utilizing essential inquiry about strategies start by clearly characterizing the destinations of the think about to distinguish this relationship. What takes after maybe a comprehensive writing audit that brings together significant hypotheses and past discoveries, with an extraordinary center on investigating with youthful grown-ups. Overview rebellious, counting a Google form overview that included the Bergen social media

addiction scale and the Index of Family Relations Scale, were at that point created to guarantee clarity and appropriateness for online completion. Moral contemplations such as getting fundamental endorsements and guaranteeing confidentiality will be tended to sometime recently member enrollment starts. They consider points to select 100 adolescents through different channels such as social media and community centers. Information collection includes disseminating a survey to members and physically recording their reactions on both scales. Factual investigation, counting tests such as Pearson's relationship coefficient, is at that point performed to look at the relationship between social media addiction and family relation scores. Translation of comes about will consider suggestions for understanding this relationship in adolescents, as well as analyzing critical relationships and potential confounders. Based on what comes about, conclusions and proposals are drawn that give understanding for advance inquiries about intercessions. A nitty gritty investigative report is at that point composed of reporting the strategies, comes about, and conclusions agreeing to scholastic guidelines, after which the results are spread through scholastic channels such as conferences or distributions to advance understanding of the field.

Statistical Analysis

Statistical analysis of the research was done using:

- 1) Descriptive Analysis:
 - Mean
 - Standard Deviation
- 2) Inferential Analysis
 - product-moment correlation

CHAPTER 4

Results

Table 1: Mean and SD values of the young population on social media addiction and family relation

	Mean	Std. Deviation	N
Social media addiction	17.06	6.138	100
Family relation	54.45	18.265	100

Table 1 presents the mean and standard deviation values for social media addiction and Family relation in a sample of 100 adolescents. The mean social media addiction score is 17.06, with a standard deviation of 6.138, indicating a moderate level of variability in social media addiction among the sample. On the other hand, the mean family relation score is 54.45, with a standard deviation of 18.265, suggesting a higher level of variability in family relation levels among the same population.

These findings are supported by research in psychology and sociology, which often measures social media addiction and family relations as important indicators of mental and social well-being among young

adolescents. The variability in these scores underscores the complexity of individual experiences and the importance of considering multiple factors when assessing well-being.

Table 2: Correlation value of social media addiction and Family relationship

Variables	Social media addiction	Family relation
Social media addiction	-	.449**
Family relation	-	

** . Correlation is significant at the 0.01 level (2-tailed).

The table displays the correlation coefficients between social media addiction and family relations among adolescents. The correlation value between social media addiction and family relations is statistically significant at the 0.01 level (2-tailed), indicating a moderate positive correlation of 0.449.

According to the above tables, we can say that there is a high level of social media addiction and a high level of family problems in the participants and a positive correlation between social media addiction and family problems in participants shows that if the level of social media addiction is high then family problems will be high but if the level of social media addiction is low then family problems will be low.

This finding is consistent with previous research that has highlighted the impact of excessive social media use on familial dynamics and relationships.

a study by Lam and Peng (2010) found that higher levels of social media use were associated with decreased family cohesion and satisfaction among adolescents. Similarly, research by Oberst et al. (2017) reported a significant positive correlation between social media addiction and family conflict, indicating that adolescents who are addicted to social media are more likely to experience difficulties in their family relationships.

Overall, the correlation coefficient of 0.449 highlights the significant impact of social media addiction on family relations among adolescents, emphasizing the need for further research and interventions to address this issue and promote healthier family dynamics in the digital age.

Discussion

The findings of our research reveal a significant positive correlation ($r = 0.449$) between social media addiction and family problems among adolescents, underscoring the intricate relationship between excessive social media use and familial dynamics. This discussion aims to elucidate the implications of this correlation, supported by relevant facts and reviews from existing literature.

Firstly, our results align with previous studies that have highlighted the detrimental impact of social media addiction on family relations. Adolescents who exhibit signs of social media addiction often experience heightened conflict, communication breakdowns, and decreased cohesion within their families. These findings are consistent with research by Kwon et al. (2013), who found that higher

levels of problematic smartphone use, a closely related construct, were associated with increased family conflict and decreased family cohesion.

Moreover, the positive correlation between social media addiction and family problems underscores the potential role of technology-mediated communication in disrupting familial interactions. Excessive reliance on social media platforms for communication and social connection may lead to decreased face-to-face communication among family members, hindering the development of strong emotional bonds and mutual understanding. This notion is supported by a meta-analysis by Mesch (2006), which revealed that frequent internet use was associated with lower levels of family communication.

Additionally, our findings highlight the need for interventions and support mechanisms to address social media addiction within the family context. Parents play a crucial role in modeling healthy technology use and facilitating open discussions about digital behaviors with their adolescents. Research by Moreno et al. (2019) emphasized the importance of parental monitoring and guidance in mitigating the negative impact of social media on family relations. By promoting balanced screen time habits and fostering offline activities, parents can help mitigate family problems associated with social media addiction.

Furthermore, our study underscores the importance of considering underlying factors that may contribute to both social media addiction and family problems. Adolescents experiencing stress, anxiety, or low self-esteem may turn to social media as a coping mechanism, exacerbating family tensions in the process. Addressing these underlying issues through targeted interventions, such as cognitive-behavioral therapy or family counseling, may yield more comprehensive and sustainable outcomes in improving family relations.

It's worth noting that while our research establishes a significant correlation between social media addiction and family problems, causality cannot be inferred from our findings alone. Longitudinal studies are warranted to elucidate the temporal sequence and underlying mechanisms driving this relationship. Additionally, future research should explore potential moderators, such as parental monitoring practices or peer influences, that may influence the strength of the correlation between social media addiction and family problems.

In conclusion, our study contributes to the growing body of literature examining the impact of social media addiction on family relations among adolescents. By identifying a positive correlation between social media addiction and family problems, our findings underscore the need for proactive measures to address excessive social media use within the family context. Through targeted interventions, parental guidance, and fostering offline interactions, families can mitigate the negative consequences of social media addiction and cultivate healthier relational dynamics in the digital age.

CHAPTER 5

Conclusion

In conclusion, this study appears a critical positive relationship between social media addiction and family problems. The positive correlation ($r = 0.449$) between social media addiction and family problems underscores the significant impact of excessive social media use on familial dynamics. In conclusion, the findings of this research highlight the importance of addressing social media addiction within the family context. By fostering open communication, setting appropriate boundaries, and providing emotional support, families can mitigate the negative effects of social media addiction and strengthen familial relationships. Future research and interventions should focus on promoting healthy digital habits and enhancing parental monitoring to create a positive family environment conducive to adolescent well-being and flourishing. Ultimately, by recognizing the impact of social media addiction on family relations and taking proactive steps to address it, families can cultivate stronger bonds and navigate the challenges of the digital age more effectively.

Limitations

1. **Cross-Sectional Design:** This research utilized a cross-sectional design, which limits the ability to establish causal relationships between social media addiction and family problems. Longitudinal studies are needed to better understand the temporal sequence and directionality of the relationship over time.
2. **Self-Report Measures:** The reliance on self-report measures for assessing social media addiction and family problems may introduce bias and social desirability effects. Future research could benefit from incorporating objective measures and multiple informants, such as parental reports and observational data.
3. **Sample Characteristics:** The sample in this research may not be representative of the broader population, as it may have included adolescents from specific demographic backgrounds or socioeconomic statuses. Future studies should aim for greater diversity in samples to enhance generalizability.
4. **Measurement Validity:** The measurement tools used to assess social media addiction and family problems may have limitations in terms of validity and reliability. Future research could employ more robust and comprehensive measures to capture the complexity of these constructs accurately.

Future Implications

1. **Intervention Development:** The findings of this research underscore the need for targeted interventions aimed at addressing social media addiction and promoting healthy family dynamics. Future research could focus on developing and evaluating intervention programs tailored to adolescents and their families, incorporating elements such as digital literacy training, communication skills, and parental guidance.
2. **Technology Integration:** With the continued advancement of technology, future research could explore innovative approaches to harnessing technology for promoting positive family interactions and reducing social media addiction. This could include the development of smartphone applications or online platforms that facilitate family communication and collaboration.
3. **Policy and Advocacy:** The findings of this research have implications for policymakers and advocacy efforts aimed at promoting digital well-being among adolescents and their families. Future initiatives could focus on advocating for policies that support parental education, digital literacy programs in schools, and regulations to protect adolescents from harmful online content.
4. **Longitudinal Research:** Longitudinal studies are needed to further explore the long-term effects of social media addiction on family relations and adolescent development. By tracking participants over time, researchers can gain insights into the trajectory of social media use and its impact on family dynamics across different developmental stages.

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