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The effect of parenting styles on internet addiction and academic performance of adolescents (A systematic review)

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Abstract: In today's generations Internet has become an integral part of our daily routine. The usage of Internet is essential for both educational and non-educational purposes. In this modern world of science and technology Internet addiction has become a serious problem within the Indian context. The current study has been designed to concentrate on the issues and various investigating how Internet addiction-related behaviors may have an impact on adolescents. Overall, the findings from the present study indicate that internet addiction is a big problem and the numbers of cases are increasing day by day in the world and maximum especially in India.

Keywords: Parenting Style, Internet Addiction, Academic Performance, Depression & Anxiety

The usage of the Internet has grown swiftly in the past few years, especially amongst the adolescent population. As the Internet becomes pervasive and increasingly indispensable in younger generation, Internet addiction (IA) has also emerged as a serious public health issue due to its close relationships with adolescent health problems, risk behaviors, and social functioning problems (Cheng 2014). Preventing Internet addiction (IA) requires efforts taken in various sectors such as family, school, and other social institutions. Family factors, such as positive family functioning, parental monitoring, and healthy parental-child relationship, play a vital role in this process.

The internet is a global linking of computers that allows information transfer. The term “INTERNET ADDICTION” was proposed by *Dr. Ivan Goldberg in 1996* for pathological compulsive internet use. Internet addiction is a very serious problem in today’s time. Internet influences the lifestyle of adolescents. The Internet influenced daily life, sleeping patterns, eating habits, living of standards, also influenced social relationships, interpersonal relationship, communication problems. Internet addiction is the problems in an adolescent’s life

High-tech devices (computers, tablets, and Smartphone), with the increasing popularity of the internet from day to day, have led digital gaming to become a popular activity, especially among young people. Studies suggest that digital games have certain positive effects on improving spatial visualization abilities (i.e., mentally rotating and manipulating two and three-dimensional objects) *Green & Bavelier 2012*

However, it is stated in the third section of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) that excessive and uncontrolled use of digital games, which is defined as Internet Gaming Disorder also, has some negative effects that are frequently mentioned in several studies in literature such as, insomnia. *King, Gradisar, Drummond, Lovato, Wessel, Micic, & Delfabbro, (2013)*

In the examinations led with regards to Internet gaming issue and parent impact, it was resolved that youth who develop in the accompanying family units give indications of Internet gaming issue. To be specific, they are the young people whose family ties are feeble, whose guardians are separated, and who are not acknowledged and upheld by their folks, who can't build up solid correspondence and in strife with their folks *(Kim and Kim, 2009)*

Internet has become an essential component in the lives of all users, particularly children and adolescents. Providing these facilities and opportunities to its users, the Internet serves a wide range of purposes for many individuals in many fields worldwide. Internet use in India is increasing incrementally every year, as in other countries. Internet subscribers are increasing every day in India. In spite of the fact that the Internet is an innovation that kids and teenagers as often as possible use and has a significant spot in their lives, families bear the incredible duty to forestall the dangers that kids may experience from this medium. In spite of the fact that the Internet is an innovation that youngsters and youths much of the time use and has a significant spot in their lives, families bear the extraordinary obligation to forestall the dangers that kids may experience from this medium. *(Rosen, Cheever, and Carrier, 2008)*

.According to young (2008) the five subtypes of internet addiction are

Cybersex addiction: - the adolescents are watching pornography videos and downloading this type of video.

Cyber-relationship addiction: - In cyber-relationship online friend is more important as compared to family and friends. No Face to face interaction in cyber-relationship. Addicts are busy in social networking, chat room, and messaging etc

Net compulsion: - Internet is necessary for every person. Every type of work is done by the internet like online

Information overload: -The Internet is most important for life. Collecting information and gaining new knowledge through the internet.

Computer Addiction: - computer addiction is defined as playing game all the time on the other hand busy in the computer.

Sharma, Sahu, Kasar, & Sharma (2014) “The study was conducted 391 out of 400 questionnaire forms were analyzed. Of the 391 students, 55% were male. The mean age of students was 19.02(±1.450) years. Males were more addicted to the internet than females. The interim spent on the internet was 1.29(±1.251) hours out of each day. The internet habit test scoring uncovered that 57.3% as would be expected clients, 35.0% as an instance of gentle, 7.4% as moderate and 0.3% as seriously dependent on the Internet.”

Anwar (2014) in his investigation it was discovered that internet use among optional school understudies has been rising, however today is controlled it may have a rising pattern unexpectedly later on. The result has also shown that the internet usage pattern of male students is quite higher than the female students. It was found that normal to high utilization of internet emphatically affected scholastic accomplishments while no utilization and incredibly high use negatively affected the scholarly accomplishments of the understudies.

Parenting styles and Internet addiction

Several studies have pointed to the role of parental involvement in children’s media consumption. In particular, a study conducted by *Lwin, Andrea, Stanaland, and Miyazaki (2008)* has argued that parenting styles significantly affect children’s Internet use. *Baumrind (1991)* identified four patterns of parenting styles based on the two aspects of parenting behavior of control and warmth. ‘Parental control’ refers to the degree to which parents manage or control their children’s behavior by setting either too many or too few rules and demands whereas ‘parental warmth’ refers to the degree to which parents are accepting of and responsive to their children’s behavior as opposed to being unresponsive and rejecting.

Rosen, Cheever, and Carrier (2008) have investigated the association between parenting styles and Internet usage among children have shown that parenting styles significantly affect the extent of child Internet usage. Similarly, *Valcke, Bonte, De Wever, and Rots (2010)* found that the highest level of Internet usage among children is associated with a permissive parenting style, while the lowest level of usage is associated with an authoritarian parenting style. These findings are consistent with those obtained by *Lwin, Stanaland, & Miyazaki (2008)* which showed that a parenting style typified by a high level of control and demandingness results in lower levels of Internet usage among children. While these findings point to the relationship between parenting styles and children’s Internet use, there is limited research that examined the influences of such parenting styles on college students’ Internet usage. Keeping in mind that parents have been under increasing pressure to deal with their adolescent’s problems associated with excessive Internet usage (*Eastin, Greenberg, & Hofschire, 2006*) research on parental influence in the new media environment is indeed timely, appropriate, and important.

Depression, anxiety, stress, and academic performance

There is plenty of research substantiation to support the assumption that depressive mood, feelings of anxiety and stress are related to academic problems or low academic achievement. *Ang and Huan (2006)* conducted a longitudinal study with students and found that academic achievement is significantly correlated with depression; more specifically, they found that depressed children had more academic problems than their non-depressed counterparts at the time of their study and two years later. The authors suggested that “children who experienced academic difficulties in school often received negative feedback regarding their academic performance and, consequently, developed depressed feelings” *Eremsoy, Greenberg, & Hofschire (2005)* found that depressive students have more maladaptive cognitions which make them vulnerable to negative mood states including depression, and that students who are prone to depression are more likely to activate negative automatic thoughts which reinforce further depressive underlying beliefs and assumptions. As negative thoughts become more severe, the level of depression increases and adversely affects academic activities. This was confirmed by *Ruthig, Haynes, Stupnisky, and Perry (2009)* who showed that the first year of college presents numerous challenges that are often experienced.

Signs and symptoms of Internet addiction

- Having difficulty completing tasks
- Remains aloof from family and friends.
- Feeling guilty about Internet use.

Self-help tips for breaking Internet addiction

- Recognize hindrances that may support your Internet addiction.
- Build up coping skills.
- Strengthen your support network.
- Modify your Internet use, step-by-step
- Set time when to use the Internet.
- Internet usage can be supplemented with healthy activities.

Cognitive-behavioral therapy: It inculcates step-by-step ways to stop compulsive Internet behaviors and change your mentality, regarding Internet, Smartphone, and computer use. Therapy can also help you learn healthier ways of coping with uncomfortable emotions, such as stress, anxiety, or depression.

Suggestions

- One of the most important tasks of parents in the age of information and communication is to protect their children from the negative effects of the internet as well as to guide their children to the useful resources of the internet.
- Psychological counseling services can be provided to parents and adolescents through online media to avoid the negative effects of digital games.
- The awareness programs, meetings, and seminars on the causes and consequences of online game addiction can be organized in colleges and Universities.

Conclusion

The present generation of young Indians relies heavily on the Internet, and its usage has increased exponentially over the past decade. The present study targeted and investigated the antecedent factors that may lead to an increased risk to Internet addiction as well as examining the impact of such addiction on the welfare of adolescent students in, India. Overall, the findings from the present study indicate that the parenting styles of Indian mothers and fathers have differential influences on their children's psychological well-being, academic performance, and loneliness. It is the sole responsibility of the parents to take care of their adolescents regarding internet addiction. To overcome the same problems, the parents should encourage their family members to have a fast for not using a mobile phone or electronic gadgets for one day. In nutshell, internet addiction is a serious issue we have to avoid its addiction to use alternate activities like play games in playground spend time in co-curricular activities.

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