THE RELATIOSHIP BETWEEN PARENTAL BONDING AND INTERNET USAGE AMONG ADOLESCENTS

Dissertation submitted to Kerala University

In partial fulfilment of the requirements for the award of the Degree of

M. Sc. Counselling Psychology

By

KHADEEJA JASMIN

(Reg. No: 60422115013)

Under the guidance of

Dr Ammu Lukose

Assistant professor in Counselling Psychology

Department of Counselling Psychology

Loyola College of Social Sciences Sreekariyam, Thiruvananthapuram

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CERTIFICATE

This is to certify that the Dissertation entitled **"The Relationship between Parental bonding and Internet usage Adolescents"** is an authentic work carried out by Khadeeja jasmin, Reg. No. 60422115013 under the guidance of Dr. Ammu Lukose during the fourth semester of M.Sc. Counselling Psychology programme in the academic year 2022- 2024.

Ms. Jesline Maria Mamen

Head of the Department

Department of Counselling Psychology

Loyola College of Social Sciences

Thiruvananthapuram

Dr. Ammu Lukose

Assistant Professor

Department of Counselling Psychology

Loyola College of Social Sciences

Thiruvananthapuram

Submitted for the examination held on ……

DECLARATION

I, Khadeeja Jasmin , do hereby declare that the dissertation titled **"The Relationship between Parental bonding and Internet usage Adolescents"**, submitted to the Department of Counselling Psychology, Loyola College of Social Sciences, Sreekariyam, under the supervision of Dr Ammu Lukose, Assistant professor of the Department of Counselling Psychology, for the award of the degree of Master's in Science of Counselling Psychology, is a bonafide work carried out by me and no part thereof has been submitted for the award of any other degree in any University.

Sreekariyam

Date:

Name: Khadeeja Jasmin

Reg. No. 60422115013

M.Sc. Counselling Psychology

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CONTENTS

LIST OF TABLES

LIST OF FIGURES

LIST OF APPENDICES

ABSTRACT

Background: The internet's explosive growth had a big impact on day-to-day living, particularly with smartphones. Excessive internet use can have a detrimental impact on adolescents' mental and behavioural health, particularly when there is little parental supervision. These risks can be decreased with positive parental bonding that includes care, control, autonomy and rejection. In order to enhance adolescents' mental health and wellbeing, the study looks at how parental actions affect their usage of the internet.

Aim: The aim of the study was to understand the relationship between parental bonding and internet usage among adolescents

Methods: A total of 251 adolescents ranging in age from 13 to 18. Three instruments, the sociodemographic datasheet, Young's online addiction test for internet usage, and the parental bonding instrument for adolescents' perceptions of parenting aspects, were used to gather data.

Results: From the total of 251 adolescents, the majority (37.85%) experiencing mild addiction, a significant number having moderate (25.50%) addiction, and only a very small fraction suffering from severe (0.80%) addiction. The results showed that Significant correlations were observed between certain parental bonding scores and internet addiction. Higher parental rejection scores were positively correlated with increased internet addiction (Father Rejection Score: 0.174, Mother Rejection Score: 0.171). Conversely, higher parental care scores were negatively correlated with internet addiction (Father Care Score: -0.153, Mother Care Score: -0.107), indicating that more caring parental relationships are associated with lower levels of internet addiction. Additionally, higher scores in parental care and autonomy are associated with better communication between adolescents and their parents.

Conclusion: The relationship between parents and adolescents is a crucial moderating factor in the internet usage of adolescents, as it has become an indispensable part of our lives.

Adolescents use of the internet is heavily influenced by their relationships with their parents. Research indicates that the key to reducing internet addiction is having caring and supportive parental relationships. These kinds of relationships help adolescents focus better and also facilitate better communication between the adolescent and their parents. Conversely, higher degrees of perceived parental rejection are associated with increased internet addiction. In order to promote healthier internet habits, it is imperative that positive and active parental interactions be fostered. Setting proper boundaries and encouraging a balanced use of digital technologies can also be aided by good parental supervision and involvement. Participating in open conversations regarding online behaviour and maintaining a supportive environment can further contribute to reducing excessive internet use and its associated risks.

CHAPTER I

INTRODUCTION

Our everyday lives have been profoundly impacted by the internet's rapid evolution, especially in the last 20 years. Nowadays, the majority of people use their smartphones and tablets to access the internet for many purposes, including social media use, work, education, socializing, and leisure. As a result, there has been a discernible rise in excessive internet usage in the last several years. Particularly adolescents living lives that are substantially different from those of earlier generations, with a strong and reciprocal interaction between their experiences in real life and the things they do online. Their everyday routines have been profoundly ingrained with the internet due to its widespread use on mobile devices. Because of this, many psychological problems that were once considered traditional, like abuse, violence, and addiction, now have digital counterparts, such nomophobia, sexting, and cyberbullying, and their prevalence is rising as a result of increased internet exposure. The detrimental effects of online fraud, internet pornography, and cyberbullying on teenage mental health and behavior have been documented in a number of research. (Obeid et al., 2019)

The last ten years have seen a notable surge in studies addressing the new mental health concern of Internet addiction. The symptoms of Internet addiction, which is a type of behavioral addiction, are similar to those of substance-related addictions and include mood modulation, salience, tolerance, withdrawal, conflict, and relapse. There is ample neurological evidence to show this similarity to other addictions.

Clinically speaking, Internet addiction is treated seriously, and different nations have adopted different treatment philosophies. highlighting the need for expert assistance for individuals impacted. The American Psychiatric Association has decided to add "Internet use disorder" to the appendix of the upcoming fifth edition of the Diagnostic and Statistical Manual of Mental

Disorders (DSM-5) in response to research advancements and the increasing need for clinical treatment (American Psychiatric Association, 2012).

Teenagers' uncontrolled use of electronics and the internet is one of the biggest risks they face today. Internet usage has increased generally, but among young people and adolescents it has increased significantly, leaving them vulnerable to harmful or dangerous online activities. (Kuss et al., 2013). Since they have not reached their full potential in terms of mental or physical development, adolescents are more susceptible than other age groups to engaging in excessive Internet use. According to research, teenagers' use of the Internet has an impact on their academic performance, family relationships, psychosocial development, and physical health.(Wu et al., 2016)

Furthermore, as Internet addiction impacts a person's social and professional functioning in addition to their mental health, it is imperative to comprehend the ramifications of this problem. As digital technology permeates more and more aspects of daily life. Their developmental period, which is characterized by changes in the body, mind, emotions, and social interactions and is frequently associated with stress, emotional instability, poor self-control, irrational expectations, and peer pressure, increases their risk. Their sensitivity is further increased by these inherent vulnerabilities. (Kuss et al., 2013).

People of all ages should be concerned about excessive internet use, but teenagers, who are already among the most vulnerable in society, are especially at risk for mental health problems. Teens had already developed hazardous online habits before the epidemic, and research has shown that a number of variables, including home problems, difficulties in the classroom, and pre-existing mental health illnesses, may have contributed to this.

Teens' psychosocial well-being was worsened by prolonged home isolation and absence from formal education during the COVID-19 outbreak and the restrictions that followed. Adolescent

internet usage increased significantly over this time, and these control measures were associated with this growth. Stressful life events, extended home confinement, deep loss, interpersonal aggression, and excessive use of social media and the internet all contributed to the difficulties impacting adolescent mental health during this period. (Guessoum et al., 2020).

An increasing amount of children and adolescents are utilizing the internet for educational purposes, social media use, online gaming, shopping, movie watching, and conversation. These are often used as coping mechanisms for stress, anxiety, and mood enhancement. While moderate internet use has its advantages, excessive and uncontrolled use can result in Internet addiction (IA), which is typified by having no capacity to manage one's online behaviour. (Dong et al., 2020)

According to recent research, Adolescence who use the internet excessively frequently behave impulsively and without thinking through the repercussions of their actions. These actions could include increased hostility, misbehaviours in the classroom, and theft. Pathological internet use can also breed introverted qualities like aversion to social situations and public speaking, as well as serious social problems like an overwhelming fear of rejection or criticism. International studies demonstrate the negative consequences of problematic internet use on 12 to 17-year-olds, including sadness, impulsivity, violence, and social anxiety. Recent theoretical frameworks linking numerous psychopathological issues with online addiction indicate the complex and reciprocal interaction between internet addiction and other psychological symptoms. Additionally, poor parental guidance and conflict within the family have been linked to problematic internet use in young people, who may turn to the internet as a coping method for perceived failings in their relationships with their families. (Obeid et al., 2019)

Adolescence is a time of profound emotional, social, and cognitive development. Adolescents may find it difficult to adjust to these changes as internalizing and externalizing difficulties

tend to rise during this time. Families of teenagers must also adjust to their growing demands for freedom and autonomy, which may cause favourable family dynamics to momentarily decline. Theories on the development of adolescents suggest that children and young people grow up in a variety of environments, with families being the most immediate and significant. Developmental approaches thus propose that modifications in the way families function will lead to modifications in the internalizing and externalizing challenges that adolescents face. It is also highlighted by a number of theoretical perspectives that this influence may be reciprocal.

The family systems approach posits that certain attributes of the system as a whole, in addition to the characteristics of dynamic relationships, are predictive of adolescent adaptation. A well-known theoretical framework that highlights the three crucial aspects of family systems communication, cohesiveness, and flexibility is the Circumplex Model of Marital and Family Systems. The nature and manifestation of family roles, organization, leadership, and regulations are all characterized by flexibility. Family members' emotional ties to one another are characterized by cohesion. The degree of open discussion and expression of wants and opinions among members is referred to as communication. As demonstrated by the many assessment tools and family treatment philosophies, these dimensions have been widely employed to examine family functioning. (Mastrotheodoros et al., 2020)

When it comes to developing excessive internet use, adolescents are frequently shown to be the most vulnerable group. They are particularly vulnerable because of immaturities typical of this developmental stage, which include higher propensities for reward-seeking behaviors, increased impulsivity, and poor self-regulation. For some teenagers, excessive internet use may become a problem because the internet is a readily available resource that is deeply ingrained in their daily lives. Increased depression, anxiety and irritability brought on by sleep deprivation, health issues from sedentary behavior, and ignoring obligations to others,

including academics, have all been associated with higher levels of internet use. (Faltýnková et al., 2020)

While a certain level of disagreement, disobedience, disrespect, and rebelliousness is expected in adolescent families, a significant decline in the quality of the parent-child bond can increase the likelihood that adolescents will either internalize or externalize their problems. Adolescents from households with high levels of conflict and dysfunction were more likely to have both internalized and externalized issues. Having older siblings, family structure, parental divorce or separation, and family socioeconomic position are among the family sociodemographic traits related to a lifetime of higher risk-taking throughout adolescence. (McComb & Sabiston, 2010) Adolescents with decreased risk of mental health problems came from homes with high levels of connectedness and low levels of disagreement (Sherman et al., 2011).

In Indian society, children and adolescents have always held a special place within the family unit, and family members tend to be interdependent for a much longer period of time than in many other developed and developing countries. Parents continue to be children's and youths' primary socializers in ways that are unmatched in many parts of the world even today. Adolescent competence development is thus likely to be greatly aided by a family environment that can be both supportive and healthy. In addition, teenagers deal with many issues such as drug and alcohol addiction, illiteracy, school dropout and low educational attainment, and family violence, to mention a few. (Carson et al., 1999)

The Orissa study found that families with socially adept members were more expressive, democratic, and communicative. They were close but not overly dependent on each other and had strong family ideals. These families were less focused on external influences. In contrast, families with more antisocial adolescents were more influenced by external factors, more entangled, and had either very permissive or very strict parenting styles. (Carson et al., 1999)

Particularly, parental behaviors have been extensively researched because of their restrictive, non-liberating parenting approaches and the frequent disruption of the parent-child bond caused by parental conflicts. Feelings of loneliness and isolation were exacerbated by inadequate family support, even though love, family cohesion, and support from other family members created a supportive environment for the development of adolescents. (Laursen & Hartl, 2013). Remarkable evidence supports the role that families play in the development and maturation of adolescents, chiefly in fostering harmony between the adolescent and parent in terms of closeness, control, and communication (Cooper et al., 1983). Adolescents' behavioral issues and social competence are influenced both directly and indirectly by family process, structure, and relationship factors. For instance, encouraging autonomy boosts self-confidence, parental support fosters high self-esteem, proper supervision helps teens avoid risky behavior, and invasive control lowers self-efficacy. adolescents who experience such difficult family dynamics may eventually develop mental health issues, such as compulsive mobile use, and addiction-related behaviours. (Tom et al.,2023).

The family setting, which is the closest social context for adolescents, is vital to their growth. Studies show that adolescents who grow up in dysfunctional and highly conflictual families are more likely to engage in alcoholism, gambling, and excessive online behavior, among other pathological behaviours. Adolescent with excessive internet use is associated with dysfunctional parent-child communication, family conflict, and parents' low emotional availability; on the other hand, parental emotional warmth and care act as protective factors. (Faltýnková et al., 2020)

Parents come across difficulties as their adolescents mature because of their increasing desire for independence and privacy, which conflicts with their need for intimacy and relatedness. Inadequate social support at this time might worsen feelings of social isolation or loneliness, which are common in adolescence. EIU has been linked to social support levels, so parents

must strike a balance between encouraging autonomy and keeping an eye on their children's behavior, including online use. Research indicates that while parental supervision encourages healthy psychological development, restriction and control have a negative impact on outcomes. While restrictive autonomy and overbearing parental control are risk factors for EIU, proper monitoring of adolescents' activities and behavioral control techniques are associated with lower internet use levels. (Faltýnková et al., 2020) Adolescent behavior and parenting style are closely related. It is clear that parental supervision lessens the impact of alcohol advertising on teenagers, which in turn lowers their intake. Additional research demonstrates that parents serve as good role models and protecting their adolescents children from internet addiction. (Wu et al., 2016)

Family plays a crucial role in influencing adolescents' socialization and preventing problematic behavior, such as substance use and Internet Addiction (IA). Adverse family conditions, such as broken families, conflict, and low functionality, are associated with IA. Parental monitoring and style are common parenting skills, while guidance is more specific to specific activities. Parental guidance includes setting rules, giving direction, counseling, and providing protection. However, the relationship between these factors and IA has not been extensively studied. There are three patterns of parental guidance for television viewing: restrictive, evaluative, and unfocused. Internet-specific parenting approaches should focus on informative approaches, which focus on how to use the internet and build parent-child relationships. Unfocused parental guidance should be replaced by relational approaches, which involve using the internet together to improve bidirectional interaction and build parent-child relationships. (Wu et al., 2016)

Adolescents' excessive internet use has been linked to a number of parent-related traits. Some of them stem from parents who are overly strict, too protective, too emotionally distant, too uninvolved, too unmonitored, too invasive and harsh, or who are not close to their teenagers. Similarly, teens' excessive internet use has been linked to a lack of emotional responsiveness,

sufficient care and attention, appropriate supervision, and open communication from parents. However, it was discovered that a harmonious home environment, increased parental warmth and care, and a good parent-child relationship protected adolescents from excessive internet usage. Parents shield their teenage children from Internet addiction and serve as good role models for them. Substantial research has found that positive parent-adolescent relationship is associated with low levels of adolescent Internet addiction (IA). (Wang et al.2018)

Their development depends on these protective factors, particularly when adolescence brings significant developmental changes and difficult transformations. Psychologically, the pattern of thought becomes more abstract and multidimensional, but physiologically it's the start of puberty. A person's social and emotional development includes things like trying to make their own decisions, maintaining distance from family, growing more sensitive, or going through significant emotional changes. Families frequently argue with them because of their need for independence, preference for peer relationships, and ability to make decisions. But teens are supposed to mature psychologically and physiologically at the end of this developmental stage, as well as to establish a sense of self. (Tom et al.,2023).

A strong relationship between parents and adolescents is essential for adolescents to reach this level of maturity as they enter young adulthood. All teenagers go through this difficult stage, but some are more vulnerable than others because of personal and environmental factors that interfere with their transition. (Tom et al.,2023).

Need and significance of the study

The aim of the study is to comprehend the possible dangers of parental rejection and control in relation to teenagers' excessive internet use.

The increasing prevalence of smartphone and internet usage among adolescents raises concerns about potential risks for psychological and physical difficulties in adulthood. Adolescents' addiction behaviors related to these technologies have emerged as public health issues, impacting families and society with serious consequences. (Cha, S.-S et al., 2018; Jin Jeong et al., 2020; Ran, G et al., 2022).

Psychological control by parents is recognized as a significant factor linked to individuals' addiction behaviors (Cheung et al.,2015). With numerous studies indicating a positive correlation between parental psychological control and adolescents' smartphone and internet addiction.(lin ,X et al., 2013; shek, D.T et al., 2018; Wang , D et al., 2022)

Nimhans study finds, parental behaviour closely associated with adolescents excessive internet use in bengaluru Karnataka(Tom et al ., 2023)

Kerala's unique cultural context, characterized by strong family bonds, collectivism, and high literacy rates, may influence parental bonding practices and adolescents' internet use behaviors differently compared to other regions. However, there is limited research specifically examining this relationship within the Kerala context.

This study draws attention to how unhealthy internet use can result from developmental vulnerabilities. The goal of the study is to address mental health issues and offer insights for improved adolescent care by investigating the relationship between parental bonding and internet use. The results can direct treatments aimed at lowering excessive internet use and enhancing teenagers' mental health and general wellbeing. The study can help reduce the negative effects of excessive internet use by informing policies and practices in family and educational settings.

This study holds importance in examining how parental bonding, encompassing care, rejection, control, and autonomy behaviors, influences adolescents' internet usage in Kerala. Therefore,

this research will contribute to comprehending the significance of parental bonding with adolescents concerning their internet usage in Kerala.

Statement of the problem

The problem of the present study has been stated as “Parental bonding and internet use among adolescents”

CHAPTER II

REVIEW OF LITERATURE

Theoretical review

Attachment theory

According to Bowlby (1969, 1988), an attachment is an emotional connection defined by the propensity to seek out and stay close to a particular attachment figure, especially in trying times. Normative procedures. According to Bowlby's attachment theory (Bowlby, 1969, 1988), the most significant roles that intimate relationships play in helping people feel less distressed. More precisely, he postulated that, particularly in trying circumstances, people turn to their primary caretakers, or attachment figures, for feelings of security and comfort. The purpose of the attachment system, according to Bowlby, is to maintain fragile human newborns in close contact with their caretakers. Normally, an infant's attachment system will become active while they are in distress. The baby will then express its discomfort to the caregiver, who will react suitably and lessen the baby's discomfort.

Empirical review

Tom, Thomas, Sharma & Joseph (2023) Parental behaviour closely associated with adolescents' excessive Internet use, finds NIMHANS

A new study by researchers from NIMHANS has revealed that parental behaviour is closely associated with adolescents' excessive Internet use. The study aimed at understanding factors in parent-adolescent relationships that determine low and excessive Internet usage. A total of 102 adolescents in the age group of 13 to 18 years from two different schools in Bengaluru Urban were recruited for the study. Half of the participants were found to have mild to severe levels of Internet addiction, and the remaining half had normal levels of internet usage.

The results showed that decreased care and increased control from the mother, high autonomy from the father and increased rejection from both parents were risk factors associated with adolescent internet excessive use. No other significant associations were found between adolescents' demographic, academic, peer and school profile and their internet addiction, according to the study.

Sarfika, R., Zein,G. F., Andreni, R., & Refnandes,R. (2023). Comparing parenting styles: their influence on adolescent's internet addiction

Adolescents who use the internet excessively may become addicted, and parental parenting styles are a major contributing factor. The purpose of this study was to examine the connection between teenage internet addiction and parental style. Convenience sampling was used to select 290 participants for a cross-sectional study. The Parental Authority Questionnaire (PAQ) and the Internet Addiction Test (IAT) were the two instruments used to gather the data. A statistical analysis was conducted utilizing the Spearman correlation test ($p < 0.05$). The results showed a strong correlation ($p < 0.001$, $r = 0.253$) between teenage internet addiction and an authoritarian paternal parenting style. Additionally, there was a significant correlation ($p < 0.001$, $r = 0.319$) between permissive mother parenting and internet addiction.

The results of this study demonstrate a strong correlation between parenting practices and teenage internet addiction. To effectively address this issue, parents should establish boundaries, have open discussions, and issue warnings when excessive online time is observed, all while allowing their children the freedom to use the internet responsibly.

Martins,M., Rodrigues,R.G., Carvalho,P., Ferreira,S.(2022). Profiles on Adolescent Internet Addiction: A Taxonomy with Latent Profiling Analysis

The purpose of this study was to determine the psychometric properties of the Internet Addiction test (IAT) to identify Internet Addiction profiles in adolescents and to evaluate the relationships between the profiles and social and personal behaviors. Materials and procedures: An IAT-containing survey was used in a cross-sectional study conducted in public schools in a Portuguese region. To determine the teenage profiles based on the six IAT dimensions, we carried out a latent profiling analysis. Findings: Based on 1915 responses, the average age of the students was 15 ± 1.82 years, with 53% being female. 16.5% of cases had IA. Latent profiling analysis was used to estimate four models.

A better solution with four profiles was revealed by fit statistics, integrated completed likelihood, and the Lo-Mendell-Rubin likelihood ratio test analysis of the models. Users in Profiles 1 and 2 are concerning for their lack of control, Profile 3 is concerning for their anxiousness, and Profile 4 is problematic. In summary, this study characterizes various patterns in the characteristics and actions of teenagers linked to Internet addiction. Using preventive measures could help lower IA.

Wang, D., Nie, X., Zhang, D., & Hu, Y.(2022). The relationship between parental psychological control and problematic smartphone use in early Chinese adolescence: A repeated-measures study at two time-points

The study focused on psychological security and insomnia among 2128 fourth- and fifth-grade students who answered questionnaires about these factors. It looked into the relationship between parental psychological control and problematic smartphone use in early Chinese adolescence.

The findings demonstrated that: (1) Parental psychological control and PSU severity in early adolescence were positively correlated, according to autoregressive cross-lagged models. The relationship between parental psychological control and the ensuing severity of PSU is mediated

by both psychological security and insomnia. (3) The relationship between parental psychological control and the ensuing severity of PSU is mediated in a sequential manner by psychological security and insomnia. According to these results, lowering psychological control exerted by parents, increasing psychological security, and easing teenage insomnia symptoms can all help to lessen the severity of post-traumatic stress disorder (PSU) in the early stages of adolescence.

Bağatarhan,T., Siyez,D.M., & Vazsony,A.T.(2022). Parenting and Internet Addiction among Youth: The Mediating Role of Adolescent Self-Control

Addiction to the internet affects many teenagers these days. This study examined the relationships between youth Internet addiction and perceived parental monitoring, support, communication, and conflict, as well as whether teenage self-control acted as a mediating factor in these relationships. It investigated if sex was a moderating factor in these links as well. 569 Turkish high school students provided the data that was gathered.To test the study hypotheses, path analyses were performed. Results indicated a direct relationship between self-control and perceived conflict, support, communication, and monitoring. Self-control also acted as an intermediary between self-control and Internet addiction. Monitoring, support, and communication had no discernible effects on Internet addiction.

The results demonstrated the significance of both teenage self-control and perceived mother parenting processes in explaining the variation in teenage Internet addiction in young people, even though these factors only indirectly relate to maternal parenting processes beyond conflict. Improving parenting in general and self-control in particular seems to be a good way to start working on prevention and intervention strategies for youth Internet addiction.

Setiawati,Y., Hartanti,D.T., Husada,D., Irwanto,I., Ardani,G.A.I., & Nazmuddin,M. (2021). Relationship between Paternal and Maternal Parenting Style with Internet Addiction Level of Adolescents

This study highlights the susceptibility of adolescents to internet addiction by examining the effects of maternal and paternal parenting styles on the degree of internet addiction in teenagers in Surabaya, Indonesia. The Internet Addiction Test and the Parental Authority Questionnaire were used in this study, which included 114 adolescents in Surabaya, Indonesia, ages 12 to 15, to measure internet addiction and parenting practices. Pearson correlation and multiple regression analyses were used in the data analysis.

According to the study, 77.2% of teenagers are internet addicts, with 52.60% of them reporting "mild" addiction. This level was significantly predicted by the permissive parenting style of the father. This study made clear how important paternal authoritarian and permissive parenting styles are in contributing to the behavior of adolescents internet addiction.

Cui, X., & Chi, X. (2021). The relationship between social support and Internet addiction among Chinese adolescents during the COVID-19 pandemic: A multiple mediation model of resilience and post-traumatic stress disorder symptoms.

During the COVID-19 coronavirus pandemic, lockdowns and online homeschooling have greatly increased Internet use and the likelihood that adolescents will either develop or reinforce related addictive behaviors. While a number of theoretical theories have proposed that symptoms of post-traumatic stress disorder (PTSD), social support, and resilience can all predict Internet addiction, no research has looked at these factors' combined effects on the addiction to the internet. Therefore, in the context of COVID-19, this study sought to explore the mediating roles of resilience and PTSD symptoms in the relationship between Chinese adolescents' Internet addiction and their perception of social support.

In this study, 2544 teenagers from Qinzhou, a city in southern China, participated. One week prior to their return to regular classes following homeschooling, the participants finished a self-report questionnaire. Using Hayes' Model 6 PROCESS macro, we conducted serial mediation analysis to investigate if resilience and PTSD symptoms mediated the relationship between social support and Internet addiction (2013). Social support has been found to have a negative and direct correlation with Internet addiction. It has also been found to have an indirect correlation through resilience, PTSD symptoms, and resilience's multiple mediation of PTSD symptoms.

Chen, H. C., Wang, J. Y., Lin, Y. L., & Yang, S. Y. (2020). Association of internet addiction with family functionality, depression, self-efficacy and self-esteem among early adolescents.

Early adolescents typically struggle with self-control and time management. When it comes to Internet addiction, they are more vulnerable than older teens or adults. The purpose of this research is to investigate the prevalence of Internet addiction and related variables in early adolescence. Among the participants were 451 Central Taiwanese students in the fifth and sixth grades. A structured questionnaire comprising demographics, the Young's Internet Addiction Test, the Center for Epidemiological Studies Depression Scale, the General Self-Efficacious Scale, and the Rosenberg Self-Esteem Scale were used in this cross-sectional study. The mean age of the participants was 11.35 years, with a range of 10.33-12.92 years, and 50.8% of them were male. 33.7% of all participants had an increased risk of Internet addiction. The findings demonstrated a higher risk of Internet addiction in male participants with high financial allowances, poor family environments, parents who did not set time limits for Internet use, high levels of depression, low levels of self-efficacy, and low levels of self-esteem. Male gender, parents who did not set limits on their children's Internet usage, and higher levels of depression were found to be associated factors with early adolescent Internet addiction, according to a

multiple logistic regression analysis. Addiction to the Internet appears to be on the rise among young adolescents. Reducing Internet addiction may be accomplished in part by enhancing family functioning and mental health on an individual basis.

Faltýnková, A., Blinka, L., Ševčíková, A., & Husarova, D. (2020). The associations between family-related factors and excessive internet use in adolescents.

This research investigated the association between teenage excessive internet use (EIU) and the family environment, including the type of family, the financial status of the family, the impact of parental care, the degree of parental control, the degree of parental monitoring, the communication style, and the amount of time spent together. Health Behavior in School Aged Children (HBSC), an international survey that was carried out in Slovakia, provided the data for the study. 2547 participants, 51% of whom were boys, between the ages of 13 and 15 made up the representative sample for adolescents. Higher parental overprotection and lower socioeconomic status predicted higher EIU, while higher parental care and monitoring predicted lower EIU, according to multiple-step linear regression. The findings imply that adolescent autonomy and what is known as "optimal parenting," or striking a balance between emotional warmth and protection, both reduce the risk of EIU. A close social environment appears to be important in adolescent EIU, in addition to personal, cognitive, and affective factors, as evidenced by the 14% of the variance that can be explained by family factors.

Thomas, F.D.R., & Sulthana,A.S. (2020) Parenting style and problematic internet use in higher secondary students

Though excessive use of the Internet can have negative effects on relationships, work, education, physical health, and emotional well-being, it can also be productive and save time. Addiction to avoid real-world responsibilities or challenges is suggested by problematic internet use.

The aim of this cross-sectional study is to investigate the relationship between higher secondary students' perceived parenting styles and problematic internet use. The study was carried out using quantitative research methodology among higher secondary school students in the Pathanamthitta District of Kerala, employing a structured questionnaire with questions on problematic internet use (Internet Addiction Test) and parenting styles (Scale of Parenting Style). Purposive sampling was used to collect data.

The data were examined using statistical tests such as the t-test, One-way Anova, and Chi-square test. Problematic internet use is most closely associated with an Authoritative parenting style, and least strongly with an Authoritarian parenting style. Changing one's online behavior is easier said than done when one has to live with the regret of squandered chances, broken relationships, and untapped potential. It is possible to overcome Internet addiction and lead a happier and more fulfilled life with the aid of appropriate treatment, warmth and support from others, and a sincere commitment to change.

Karaer, Y., & Akdemir, D. (2019). Parenting styles, perceived social support and emotion regulation in adolescents with internet addiction.

This study aims to investigate the attitudes of parents, the adolescents' perceived social support, their ability to regulate their emotions, and the accompanying psychiatric disorders in adolescents who were referred to an outpatient child and adolescent psychiatric clinic after being diagnosed with Internet addiction (IA). The study group consisted of 176 teenagers between the ages of 12 and 40. Based on psychiatric interviews, these individuals fulfilled Young's diagnostic criteria for Internet addiction (IA) and scored 80 or higher on the IAT. The control group consisted of forty teenagers who were similar to them in terms of age, gender, and socioeconomic status. The following tools were used: the Difficulties in Emotion Regulation Scale (DERS), the Toronto Alexithymia Scale-20 (TAS-20), the Lum Emotional Availabilty of Parents (LEAP), the

Parenting Style Scale (PSS), the Schedule for Affective Disorders and Schizophrenia for School-Age Children (K-SADS-PL), and the Social Support Appraisals Scale for Children (SSAS-C). According to the findings, parents of teenagers with IA were typically less supportive and involved, less capable of providing adequate supervision and monitoring, and less emotionally available. Teens with IA reported feeling less supported by others and struggling more to recognize, articulate, and control their emotions. It was discovered that the presence of an anxiety disorder, higher alexithymia, and less stringent or overbearing parents were all significant predictors of IA. Parental emotional availability was lower and alexithymia was more prevalent in internet-dependent teenagers with comorbid major depressive disorder.

Wang, W., Li, D., Li, X., Wang, Y., Sun, W., Zhao, L., & Qiu, L. (2018). Parent-adolescent relationship and adolescent internet addiction: A moderated mediation model. Addictive Behaviours

A significant amount of research indicates that low levels of teenage Internet addiction (IA) are linked to positive parent-adolescent relationships. On the other hand, little is understood about the moderating and mediating mechanisms that underlie this relationship. The parent-teen relationship (predictor variable), emotion regulation capacity (mediator), stressful life events (moderator), and IA (outcome variable) were all included in the moderated mediation model that was studied in this study at the same time. The Internet Addiction Diagnostic Questionnaire, the Parent-Adolescent Relationship Scale, the Emotion Regulation Ability Scale, and the Adolescent Stressful Life Events Scale were all completed by 998 Chinese teenagers. An excellent parent-adolescent relationship was positively correlated with adolescents' ability to regulate their emotions, which was negatively correlated with their IA, according to the results, even after adjusting for the variables of adolescent gender, age, and family socioeconomic status.

Furthermore, the second phase of the mediation process was moderated by stressful life events. The relationship between emotion regulation skills and teenage IA was higher for teenagers who had fewer stressful life events, which is consistent with the reverse stress-buffering model. A resilient contextual perspective is suggested, and the findings and their implications are discussed.

Shek, D.T., Zhu, X., & Ma, C.M.(2018).The influence of parental control and parent-child relational qualities on adolescent internet addiction: A 3-year longitudinal study in Hong Kong

The impact of parental behavioral control, psychological control, and parent-child relational attributes on teenage internet addiction (IA) in junior high school students was investigated in this study. In this study, 3,328 seventh-graders from 28 secondary schools in Hong Kong participated.

The findings indicated a slight decline in adolescent IA during this time. It was discovered that maternal psychological control and mother-child relational quality were the most reliable predictors of later IA, while paternal behavioral control was the most significant predictor of IA. The study emphasizes the role that parent-child subsystem characteristics play in influencing IA during junior high school years as well as the distinctions between the effects of mothering and fathering.

Ding, Q., Li, D., Zhou, Y., Dong, H.& Luo, J. (2017). Perceived parental monitoring and adolescent internet addiction: a moderated mediation model, Addictive Behaviours

The ecological model developed by Bronfenbrenner in 1979 is cantered on how individuals interact with their immediate environments and how various contexts relate to one another. In order to explore how family, peer, and individual characteristics affect teenage Internet addiction, the current study tested a moderated mediation model of these factors based on this theory. In

particular, we looked at whether teenage Internet addiction and perceived parental monitoring were mediated in part by deviant peer affiliation and whether effortful control was a moderator of this indirect relationship. A total of 747 middle school students in China responded anonymously to questionnaires about Internet addiction, deviant peer affiliation, perceived parental monitoring, and effortful control.

The results showed that while deviant peer affiliation partially mediated the impact of parental monitoring on Internet addiction, effortful control moderated the initial stage of the indirect relationship. Perceived parental monitoring negatively predicted deviant peer affiliation for adolescents with low effortful control. On the other hand, adolescents with high effortful control did not find the indirect path to be significant. These findings have significant implications for the prevention and treatment of adolescent Internet addiction and emphasize the importance of taking into account individual, peer, and family factors at the same time when assessing the risks associated with teenage Internet addiction.

Wu, C. S. T., Wong, H. T., Yu, K. F., Fok, K. W., Yeung, S. M., Lam, C. H., & Liu, K. M. (2016). Parenting approaches, family functionality, and Internet addiction among Hong Kong adolescents.

The relationship between IA and parenting styles and family dynamics was investigated in this study. Methods: Using a sample of 2021 secondary students, a cross-sectional study was carried out to determine the prevalence of IA and investigate the relationships between teenage IA and familial characteristics such as parental income, marital status, family conflict, family functionality, and parenting styles. Result In addition, logistic regression positively predicted the IA of adolescents from low-income, divorced, family-conflict, and severely dysfunctional families. The findings showed that 25.3% of the adolescent respondents had IA. It's interesting

to note that teens whose access to the Internet was restricted had an almost 1.9-fold higher risk of having IA compared to teens whose use was unrestricted.

In conclusion Chinese teenagers in Hong Kong are prone to internet addiction, so family-based preventive methods ought to take into account the risk factors of IA.

Cheung, C.K., Yue, X. D., & Wong, D. S.W. (2015). Addictive Internet use and parenting patterns among secondary school students in Guangzhou and Hong Kong.

It's possible that parenting can stop schoolchildren from using the Internet in an addictive way. In order to investigate this potential, a survey of 1,771 secondary school students in Guangzhou and Hong Kong regarding their use of the Internet compulsively and their experiences with parenting was conducted.

From the cluster analysis of three parenting philosophies permissive, authoritarian, and flexible five discernible patterns arose. Students who had "high or inconsistent" parenting patterns which scored highly in all three parenting styles showed the least amount of compulsive Internet use. On the other hand, the most addictive Internet use was associated with authoritarian parenting. Parenting styles only contributed a small portion of the variation caused by parenting patterns. According to the findings, parents who practice balanced parenting will probably be able to stop their kids from using the Internet in an addictive manner.

Li, X., Li, D., & Newman, J.(2013). Parental behavioural and psychological control and problematic Internet use among Chinese adolescents: The mediating role of self-control

This research investigated how parental psychological control (love withdrawal, guilt induction, and authority assertion) and behavioral control (solicitation and restriction) differed in their effects on adolescents' psychological health. An analysis was also conducted of the mediating role that self-control plays in the associations between PIU and parental control. The parental

behavioral control, psychological control, self-control, and PIU questionnaires were completed by 694 Chinese teenagers in total.

Parental restriction, a type of behavioral control, was found to be negatively associated with PIU after adjusting for age, gender, and family financial status. In contrast, positive associations were found between PIU and love withdrawal, a type of psychological control. Reduced PIU was linked to increased self-control, and the different effects of parental behavioral and psychological control on PIU were at least partially mediated by changes in self-control.

Kuss, D. J., Griffiths, M. D., & Binder, J. F. (2013). Internet addiction in students: Prevalence and risk factors. Computers in Human Behaviour,

Research on the recently discovered mental health issue of Internet addiction has increased significantly during the past ten years. This study examined specific online activities that may be addictive rather than Internet addiction in general and connected them to personality traits that may predispose people to Internet addiction. The aims of this study were (i) to assess the prevalence of clinically significant levels of Internet addiction, and to (ii) discern the interplay between personality traits and specific Internet uses in increasing the risk for Internet addiction. In this cross-sectional online survey, data from 2257 students at an English university were used. The results showed that 3.2% of the students were classified as having an Internet addiction. The personality traits and uses of online activities included in the survey explained 21.5% of the variance in Internet addiction. The combination of neuroticism and online gaming decreased the risk for Internet addiction, while the combination of neuroticism and online shopping increased it. Frequent usage of social online activities, online shopping, high neuroticism, and low agreeableness significantly increased the likelihood of being addicted to the Internet. This research is discussed along with its implications.

Huang, X., Zhang, H., Li, M., Wang, J., Zhang, Y., & Tao, R. (2010). Mental health, personality, and parental rearing styles. Addiction.

This study aimed to compare the personality profiles of teenage males with and without Internet addiction disorder (IAD) and investigate potential relationships between IAD and particular parenting styles. A total of 304 subjects—204 IAD positive and 100 IAD negative controls—completed three questionnaires: the Eysenck Personality Questionnaire Revised (EPQ-R), the Symptom Checklist-90-revision (SCL-90-R), and the Egna Minnen av Barndoms Uppfostran—"My Memories of Upbringing" (EMBU). The mean global symptom index of adolescents with IAD was significantly higher by approximately 10%, and their SCL-90-R profiles showed comparatively higher mean scores for all nine domains, as well as significantly higher scores for obsessive-compulsive, interpersonal sensitivity, depression, anxiety, hostility, and paranoid ideation. adolescents with Internet addiction had significantly higher levels of psychoticism and significantly lower levels of extraversion in their EPQ profiles than individuals in the control group, according to research on Internet addiction. According to EMBU profiles, teenagers with IAD assessed parental rearing methods as emotionally cold, overly involved, rejecting, and punitive (for mothers only). These findings validate that personality traits like psychoticism and introversion, as well as mental symptoms, frequently coexist with IAD. Parents' excessively controlling, punitive, and unresponsive parenting styles were consistently rated as such by adolescents with IAD. The results of this study indicate that the development of Internet dependency is significantly influenced by parenting style and family dynamics.

Lin, C. H., Lin, S. L., & Wu, C. P. (2009). The effects of parental monitoring and leisure boredom on adolescents' Internet addiction

This study investigated the relationship between Internet addiction and parental supervision, boredom, and leisure activities. 1,289 teenagers from eleven senior high schools in Taiwan made

up the sample. Participants were questioned regarding their behavior related to Internet addiction, perceptions of parental monitoring, boredom during their free time, and leisure activities. The findings indicated that social media use and boredom during leisure time raise the risk of Internet addiction; family time, outdoor activities, and supportive and involved parental supervision, on the other hand, reduce these tendencies. The overwhelming body of research points to parental supervision as a key preventative to Internet addiction. Teenagers should therefore be closely watched during their everyday activities and encouraged to engage in both indoor and outdoor ones with their families. Additionally, with parental guidance, adolescents should cultivate a positive outlook on leisure time and acquire the abilities to avoid becoming overly reliant on online relationships. These results imply strategies for preventing Internet addiction.

conclusion

Parental behavior and parenting styles significantly influence adolescents' internet use and potential addiction. Factors like decreased care, increased control, and high autonomy are associated with excessive internet use. Parental authoritarian parenting and permissive parenting are linked to higher levels of internet addiction. Self-control plays a mediating role, and parental psychological control is linked to problematic smartphone use and internet addiction. The influence of parenting styles on internet addiction varies across cultures and regions, highlighting the need for targeted prevention and intervention strategies. However, gaps in research remain, including cross-sectional studies, cultural contexts, and effective intervention strategies. Future studies should focus on modifying parenting practices, examining specific internet use types, and exploring gender influences. Addressing these gaps will help develop effective prevention and intervention strategies.

Kerala's unique cultural context, characterized by strong family bonds, collectivism, and high literacy rates, may influence parental bonding practices and adolescents' internet use behaviors differently compared to other regions. However, there is limited research specifically examining this relationship within the Kerala context.

This study holds importance in examining how parental bonding, encompassing care, rejection, control, and autonomy behaviors, influences adolescents' internet usage

Therefore, this research will contribute to comprehending the significance of parental bonding with adolescents concerning their internet usage

CHAPTER III

METHODOLOGY

Research is the methodical, scientific pursuit of knowledge on a particular subject. It includes a thorough analysis and investigation of recently discovered facts in any field of study. A deeper understanding of the unknown is attained through curiosity, which is often viewed as a journey of discovery. Research methodology is a methodical approach to problem solving in research that focuses on the actions and reasoning that researcher took in order to analyze their problem. There are several aspects to research methodology, one of which is research methods. It includes the reasoning for the techniques and methods employed within the study's framework, elucidating the benefits of using some methods over others. This facilitates the evaluation of research findings by researchers, taking into account the research problem, formulation of hypotheses, methods for gathering data, and analysis strategies. (Kothari, 2004).

Aim

The aim of the study was to understand the relationship between parental bonding and internet usage among adolescents

Variables under study

The variables in the current study were Parental bonding and Internet addiction. In the present study existing standardized research questionnaires were used to assess Parental bonding and Internet addiction.

Operational definitions of the variables

Parental bonding

The ability of parents to adequately meet their child's physical, educational and emotional or psychological needs is generally considered a sign of good parenting. A child's physical and cognitive-emotional development can be facilitated by good parenting, regardless of age. The health, survival, development, and dignity of the child are all negatively impacted when good

parenting is lacking. As a child gets older, its effects may worsen and affect various aspects of their development, such as their physical and mental health, their emotional and cognitive growth, and their psychosocial and behavioural development. Child neglect, a severe kind of parenting failure, can have an even greater negative impact on a child's early brain development than physical or sexual abuse.

Therefore, child neglect or parental malpractice can seriously harm a child's development if it is not prevented, diagnosed, and treated promptly. Parenting practices that children encounter in their homes or families must be studied, measured, and examined in order to identify those victims and create effective intervention programs for them.

The term "parental bonding" describes the emotional bond and bond between parents and their offspring. It includes all of the different ways that parents engage with and react to their kids, which shapes the kids' general development, emotional health, and attachment style. In order to promote a stable attachment between parents and children, positive parental bonding usually entails warmth, support, and responsiveness. (Klimidis, et al.,1992; Parker, et al.,1979; Tom et al., 2023)

Internet addiction

Addiction is defined as a psychological and physical dependence on a particular substance, and the term originated from a medical model.

The Internet is a relatively new technology that has changed the world and given its users a lot of advantages. However, there have also been unfavourable effects of the Internet. A growing number of people are obsessive over the Internet, unable to resist the urge to use electronics in every way, endangering relationships, jobs, and education. A theory known as "Internet addiction" has been put forth to explain the unchecked, harmful use of technology for Internet access. Internet addiction refers to compulsive behaviors associated with any online activity that disrupts regular life and strains social connections. Teenagers may find it easy to experience a

"uncontrollable urge" to use the Internet due to its growing popularity. Young goes on to say that these kinds of cravings turn teenagers into Internet addicts who use it day and night without thinking about the potential drawbacks. (Young, K. 2016; Tom et al.,2023).

Adolescents

Adolescents according to present study refer to individuals aged 13-18 in Kerala.

Objectives of the study

- To understand the relationship between parental bonding and internet use among adolescents

a) To identify the relationship between parental control and internet use among adolescents

b) To identify the relationship between parental rejection and adolescents' engagement in internet activity

c) To identify the relationship between adolescent's internet use and parental care

d) To identify the association between adolescent's internet use and parental autonomy

- To understand the relationship between gender and internet addiction categories
- To understand the relationship between age and internet addiction categories

Hypotheses of the study

- There will be a significant relationship between parental bonding and internet usage among adolescents

a) There will be a significant relationship between parental care and internet usage among adolescents

b) There will be a significant relationship between parental control and internet usage among adolescents

c) There will be a significant relationship between parental rejection and internet usage among adolescents
d) There will be a significant relationship between parental autonomy and internet usage among adolescents

Research Design

The research design is the conceptual structure that guides the collection, measurement, and analysis of data, combining relevance to the research purpose with efficiency in procedure. It includes decisions on what, where, when, and how to conduct the research, from hypothesis writing to data analysis.

The study adopts a quantitative research design to investigate the relationship between parental bonding and internet use among adolescents. In quantitative research, variables are quantified and analyzed using statistical techniques to explain phenomena or issues and provide answers to questions such as who, how much, where, when, how many, and how. (Leedy & Ormrod 2001)

Participants

The data were drawn from a sample of 252 adolescents aged between 13-18. The samples were selected using convenience sampling and data was collected through both online and offline mode. The sample consists of 134 males and 118 females.

Tools used for data collection

The following scale was used to measure Parental Bonding and internet addiction

Parental Bonding Instrument (PBI-BC), (Klimids)

The parenting bonding instrument (Brief Current) is a shorter version of the original parental bonding instrument developed by parker (1979). This instrument measures four areas basically. This scale assesses the perception of the adolescents about their parents in view of the last three months. The scale has four sub items such as care, rejection, control and autonomy. Thore are 8 items for father and another same 8 items for mothers. The items 1 and 2 represent the care items,

3 and 4 represent the rejection items whereas 5 and 6 represent the control items and 7 and 8" item represent the autonomy items. The items are assessed in terms of never, sometime and usually. This scale was developed using 8 items from the PBI which replicates the orginal parenting bonding instrument and has good reliability (PBI-BREF; Klimidis et al., 1992)

Reliability

the PBI possessed good internal consistency and re-test reliability. Further reassuring data have been derived by examining the test-retest reliability of the PBI over extended periods

Validity

The PBI has been shown to have satisfactory construct and convergent validity and to be independent of mood effects

Scoring

the items 1 and 2 represent the care, items 3 and 4 represent the rejection, items whereas 5 and 6 represent the control, items and 7 and 8th item represent the autonomy items. The items are assessed in terms of never, sometime and usually. The scoring is that never gets zero-point, sometime scores one and usually scores two points. A total of the items score show the result of each person scores in each items.

Young's Internet Addiction Test (IAT) (Young, 1998)

The Internet Addiction Test (IAT; Young, 1998) was created to assess the extent and intensity of dependability on the Internet and other technology. The IAT is the first validated test to be used in mental health settings and educational institutions. The term "Internet" refers to all interactions that people have with websites, online games, social media, and online entertainment, accessed on all

which was a 20-item measurement to evaluate the pathological internet use in a 5-point Likert scale. The maximum score of this scale is 100 and those who score 80 or more are described as pathological internet users

Reliability

The Cronbach's alpha reliability value of the developed instrument is 0.893, indicating high internal consistency. This means the items on the test are consistently measuring the same construct.

Validity

The test's concurrent validity was determined by comparing it with the "Internet Addiction Test," showing a value of 0.800. This suggests that the developed instrument correlates well with the established Internet Addiction Test, indicating that it is a valid measure of similar constructs.

Scoring

The IAT total score is the sum of the ratings given by the examinee for the 20 item responses. Each item is rated on a 5-point scale ranging from 0 to 5. The maximum score is 100 points. The higher the score is, the higher is the severity of your problem. Total scores that range from 0 to 30 points are considered to reflect a normal level of Internet usage. scores of 31 to 49 indicate the presence of a mild level of Internet addiction. 50 to 79 reflect the presence of a moderate level and scores of 80 to 100 indicate a severe dependence upon the Internet.

Personal Data Sheet

To collect the sociodemographic details of the participants a personal data sheet was provided which included the variables such as name, age, gender, district, religion, educational level, detailed related to parental relationship, education and occupation. Also basic details about the access of internet

Informed Consent and Assent Form

An informed consent and assent form which includes the terms of confidentiality and the purpose of the study was given to the participant and to their parents to ensure their voluntary participation and agreement from parent to allow their ward to participate in the study.

Procedure for Data Collection

Data is collected through two methods: Majority of data collected through direct administration of questionnaires and few online data collection using Google Forms. Permission is obtained from school authorities to collect responses directly from students in their classrooms. Participants are selected conveniently. Consent is obtained from each participant, and collected mobile number of parents from students to sent assent form through google form to attain permission from parents. A rapport is established to ensure their voluntary participation.

Participants are provided with the questionnaires and instructed to carefully read the instructions. Also provided instruction verbally. They are requested to provide honest responses and complete all items of the questionnaires. A time frame of 25-30 minutes is given for completion. After participants finish the questionnaires, they are collected, and gratitude is expressed for their cooperation.

Ethical Considerations:

The study respects ethical standards by protecting participant anonymity and data confidentiality. Participants were informed that they could withdraw at any time or continue at a later time, and written informed consent was obtained. There were no financial gains connected to taking part. To shed light on trust dynamics, a debriefing session was held at the conclusion of data collection.

Statistical Techniques used for Data Analysis

To analyze the data from the study on the relationship between teenage internet use and parental bonding, several statistical techniques were employed:

1. Chi-Square Test: This test was used to explore potential associations between the age of participants and their categorization in internet addiction levels as defined by the Internet Addiction Test (IAT). The calculated chi-square value provided insights into the statistical significance of any observed associations.

2. Correlation Analysis: This analysis was conducted to investigate potential relationships between scores from the Parental Bonding Instrument (PBI) and the IAT scores. The focus was on understanding how different perceptions of parental bonding, such as care and rejection, might correlate with levels of internet addiction.
3. Descriptive Statistics: Mean scores and standard deviations were computed for various parental bonding categories within different levels of internet addiction. This descriptive approach helped to summarize the central tendencies and variability of parental behaviors across the sample.
4. Regression Analysis: Regression techniques were applied to assess the impact of various dimensions of parental bonding on internet addiction outcomes. This analysis aimed to quantify the strength and direction of relationships between variables, such as parental care or rejection, and internet addiction among adolescents.

CHAPTER 4

RESULT AND DISCUSSION

The present study evaluated the relation between parental bonding and internet usage among adolescents. A total of 251 samples were selected from different schools. And the variables such as parental bonding and internet usage were measured by parental bonding instrument (PBI-BREF; klimidis et al., 1992) and Young's internet addiction test (IAT) (Young, 1998). respectively. The first instrument used was a socio demographic sheet that included information on age, gender, education, family type, occupation of parents, parental relationship, internet usage, online activities, time spent with friends and family etc.

The results obtained in the study have been presented in the tables and the results are discussed with respect to objectives and hypotheses.

Table 4.1: Sociodemographic data

Sl. No.	Variables	Categories	Frequency	Percentage (%)
1	Age (years)	15	83	33.1
		16	51	20.3
		17	41	16.3
		14	40	15.9
		13	34	13.5
		12	2	0.8
2	Gender	Male	135	53.8
		Female	116	46.2
3	Education	10th standard	121	48.2
		8th standard	56	22.3

		11th standard	38	15.1
		9th standard	31	12.4
		12th standard	5	2.0
4	Religion	Hindu	153	61.0
		Muslim	76	30.3
		Christian	22	8.8
5	Living with	Living with family	122	48.6
		Living with others	90	35.9
		Living alone	39	15.5
6	Type of Family	Nuclear family	143	57.0
		Joint family	85	33.9
		Extended family	23	9.2
7	Parental Relationship	Together	193	76.9
		Separated	38	15.1
		Widowed	20	8.0

Table.1 provides a detailed demographic analysis of a group of individuals based on various variables such as age, gender, education, religion, living situation, type of family, and parental relationship status. Each category is broken down into frequencies and percentages, offering a comprehensive overview of the population sample. The age distribution of the individuals surveyed reveals a diverse group, with the largest cohort being 15 years old, accounting for 33.1% of the total population (83 individuals). This is followed by 16-year-olds (20.3%) and 17-

year-olds (16.3%). The younger and older extremes of the age spectrum are less represented, with 12-year-olds making up only 0.8% of the group and 13-year-olds comprising 13.5%.

In terms of gender distribution, the sample is slightly skewed towards males, who represent 53.8% of the population (135 individuals). Females make up 46.2% (116 individuals).

Educational attainment among the surveyed individuals shows that nearly half (48.2%) are in the 10th standard, The 8th standard is the next most common level, representing 22.3% of the group. Fewer individuals are in the 11th and 9th standards, making up 15.1% and 12.4% of the population, respectively. The smallest group, those in the 12th standard, accounts for only 2.0% of the total.

Religious affiliation in the sample is predominantly Hindu, with 61.0% (153 individuals) identifying with this religion. Muslims constitute 30.3% (76 individuals) of the group, while Christians make up 8.8% (22 individuals). This distribution reflects a significant Hindu majority, with Muslims being the largest minority group, followed by a smaller Christian minority.

The majority of the individuals (48.6%, or 122 people) live with their families, indicating a strong familial support system. A smaller proportion (35.9%) live with others, which might include extended family, friends, or in institutional settings. A notable minority (15.5%) live alone, which could suggest varying degrees of independence or other socio-economic factors influencing living arrangements.

The type of family structure prevalent among the group is primarily nuclear, with 57.0% (143 individuals) living in such a setting. Joint families account for 33.9% (85 individuals), and extended families are the least common, comprising 9.2% (23 individuals).

Regarding parental relationships, the majority of the individuals (76.9%, or 193 people) come from families where the parents are together. However, 15.1% (38 individuals) have separated parents, and 8.0% (20 individuals) have lost one parent, as indicated by the "widowed" category. This suggests that while most individuals experience a stable parental relationship, a notable

portion comes from separated or single-parent households. The analysis of this data reveals a predominantly young and male population with a strong representation of Hindu individuals. Most of the participants are in the 10th standard, live with their families in nuclear family settings, and have parents who are together. The data also highlights the diversity in living arrangements, family structures, and parental relationships within this group.

Table 4.2. Information related to Internet use.

Sl. No.	Variables	Categories	Frequency	Percentage (%)
1	Internet Access	Mobile data	142	56.6
		WiFi	109	43.4
2	Own Device	Yes	195	77.7
		No	56	22.3
3	Physical Health Rating	Excellent	92	36.7
		Good	83	33.1
		Fair	54	21.5
		Poor	22	8.8
4	Mental Health Rating	Excellent	98	39.0
		Good	87	34.7
		Fair	44	17.5
		Poor	22	8.8
5	Device Usage	Smartphone	144	57.4
		Laptop	55	21.9
		Both	52	20.7

6	Internet Usage	Less than 1 hour	34	13.5
		1-3 hours	78	31.1
		3-5 hours	93	37.1
		More than 5 hours	46	18.3
7	Online Classes	Yes	202	80.5
		No	49	19.5
8	Online Activities	Yes	174	69.3
		No	77	30.7
9	Difficulty Focusing	Yes	147	58.6
		No	104	41.4
10	Time Spend with Family	Less than 1 hour	23	9.2
		1-3 hours	84	33.5
		3-5 hours	104	41.4
		More than 5 hours	40	15.9
11	Family Time Affected	Yes	123	49.0
		No	128	51.0
12	Friends Time Affected	Yes	142	56.6
		No	109	43.4
13	Control Internet	Yes	154	61.4
		No	97	38.6
14	Positive Change Expectation	Yes	225	89.6
		No	26	10.4

Table 2 presents an analysis of various aspects of internet usage, device ownership, health ratings, and social interactions among a group of individuals. A significant majority of individuals in this group access the internet through mobile data, with 56.6% (142 individuals) relying on this method. WIFI access is slightly less common, used by 43.4% (109 individuals). The widespread use of mobile data suggests a high level of flexibility in internet access. Regarding device ownership, 77.7% (195 individuals) own a device, which likely contributes to the high rate of internet access and usage. The remaining 22.3% (56 individuals) do not own a device, potentially limiting their ability to participate fully in digital activities. The high percentage of device ownership reflects the importance of personal technology in daily life for the majority of this group.

The self-reported physical health ratings reveal that 36.7% (92 individuals) consider their health to be excellent, while 33.1% (83 individuals) rate it as good. A smaller portion, 21.5% (54 individuals), perceive their health as fair, and 8.8% (22 individuals) rate their health as poor. This distribution indicates that the majority of individuals feel positively about their physical well-being, though there is a notable minority with concerns about their health. Similarly, mental health ratings show that 39.0% (98 individuals) rate their mental health as excellent, and 34.7% (87 individuals) consider it good. However, 17.5% (44 individuals) rate their mental health as fair, and 8.8% (22 individuals) view it as poor. While the overall perception of mental health is positive, the data suggests that mental health concerns are slightly more prevalent than physical health issues, with nearly a quarter of the group reporting less-than-good mental health.

In terms of device usage, smartphones are the most commonly used devices, with 57.4% (144 individuals) primarily using them. Laptops are less common, used by 21.9% (55 individuals), while 20.7% (52 individuals) use both smartphones and laptops. The dominance of smartphone usage highlights the central role of mobile technology in their lives. Internet usage patterns indicate that 37.1% (93 individuals) spend 3-5 hours online daily, while 31.1% (78 individuals)

spend 1-3 hours. A smaller group (18.3%, or 46 individuals) spends more than 5 hours online, and 13.5% (34 individuals) use the internet for less than 1 hour each day. This data suggests that a significant portion of the group is highly engaged with online activities, potentially for both educational and social purposes.

Online classes are attended by 80.5% (202 individuals), showing a strong engagement with digital learning platforms. However, 19.5% (49 individuals) do not participate in online classes, which might indicate either a lack of access or a preference for traditional learning methods. In terms of online activities, 69.3% (174 individuals) are involved in various digital activities beyond formal education, while 30.7% (77 individuals) do not participate in such activities. This suggests that online engagement is not limited to educational purposes but extends to other areas of interest. A significant portion of the group (58.6%, or 147 individuals) experiences difficulty focusing, potentially as a result of prolonged internet usage or the demands of online learning. In contrast, 41.4% (104 individuals) report no such difficulties, indicating that focus issues are a concern for a majority but not universal.

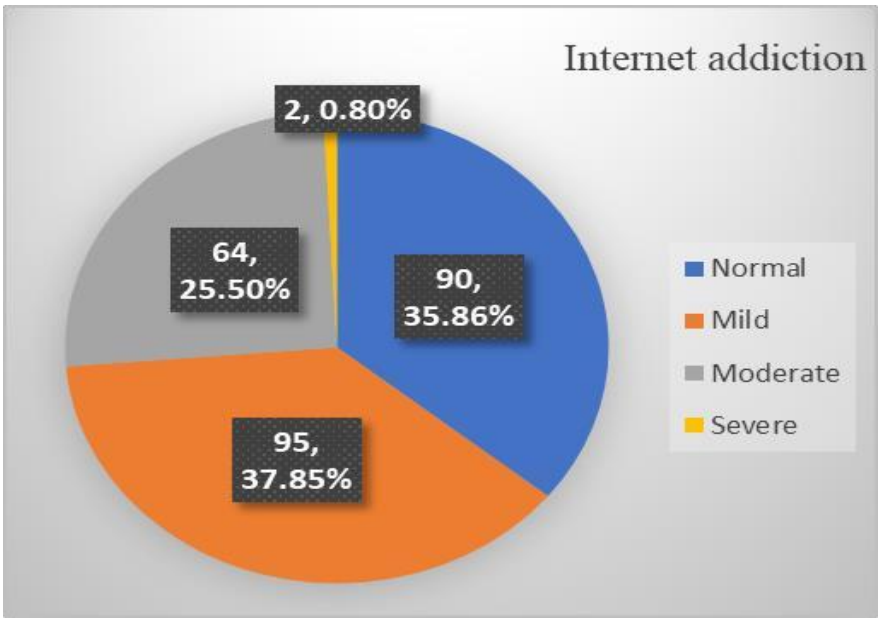
When it comes to time spent with family, 41.4% (104 individuals) spend 3-5 hours daily with their family, while 33.5% (84 individuals) spend 1-3 hours. A smaller group (15.9%, or 40 individuals) spends more than 5 hours, and 9.2% (23 individuals) spend less than 1 hour with family. The data shows that while most individuals maintain significant family time, a portion may be struggling to balance family interaction with other activities. Regarding the impact of internet usage on family time, the group is almost evenly split, with 49.0% (123 individuals) feeling that their family time is affected, while 51.0% (128 individuals) do not perceive an impact. This close division highlights the varying effects of technology on family dynamics. Similarly, 56.6% (142 individuals) feel that their time with friends has been affected by internet usage, while 43.4% (109 individuals) do not. This suggests that while internet use might be enhancing certain aspects of social life, it could also be detracting from face-to-face interactions.

Control over internet usage is maintained by 61.4% (154 individuals), while 38.6% (97 individuals) do not feel they have control. The data implies that a majority are conscious of their internet habits, though a significant minority might be struggling with overuse or addiction. Finally, an overwhelming 89.6% (225 individuals) express a positive expectation of change in their lives, indicating optimism about the future despite the challenges they may face. Only 10.4% (26 individuals) do not share this optimism, reflecting a smaller group with concerns or uncertainties about their future.

The analysis of this data reveals a digitally connected group with widespread internet access and device ownership. Physical and mental health ratings are generally positive, though there are notable concerns, particularly regarding mental health. Internet usage is high, with significant engagement in online education and activities. However, this engagement also brings challenges, such as difficulties in focusing and balancing time with family and friends. The majority of individuals maintain control over their internet habits and express optimism about positive changes in their lives.

Figure 4. 1. Internet Addiction Categories

Frequency and Percentage of Internet Addiction Categories (IAT Scores)



The "Normal" category, representing individuals with IAT scores ranging from 1 to 30, indicates a healthy or non-problematic level of internet use. In this category, 90 participants were recorded, which constitutes approximately 35.86% of the total sample. This suggests that over one-third of the participants exhibit normal internet usage patterns, experiencing no significant negative consequences from their online activities.

The "Mild" category includes those with IAT scores between 31 and 49, signifying a light level of addiction where the individual may begin to encounter some issues related to excessive internet use. This category had the highest frequency among the four, with 95 participants, making up 37.85% of the sample. The fact that this group is the largest indicates that a significant portion of the participants is experiencing early-stage problems associated with their internet use, though these issues might not yet be severe.

Participants with IAT scores from 50 to 79 fall into the "Moderate" addiction category, where internet use is more problematic and may interfere with daily life to a considerable extent. A total of 64 participants, or 25.50% of the sample, are classified under this category. This suggests that approximately one-quarter of the participants are facing moderate challenges due to their internet habits, likely experiencing noticeable disruptions in their daily routines, social interactions, or productivity.

The "Severe" category, characterized by IAT scores between 80 and 100, represents the most extreme level of internet addiction, where the individual's life is likely significantly impaired by their internet use. This category had the lowest frequency, with only 2 participants, accounting for a mere 0.80% of the total sample. The minimal percentage in this category highlights that only a very small fraction of the participants experiences severe addiction, where professional intervention might be necessary to address the harmful effects of their internet usage.

Revealing that a significant majority (64.14%) exhibit some level of internet addiction. The "Mild" category, which includes the highest number of participants (37.85%), serves as a critical

warning sign. Individuals in this group may currently experience only minor disruptions due to their internet use, but they are at substantial risk of escalating to more severe levels of addiction. The progression from mild to moderate or severe addiction can be insidious, often going unnoticed until the consequences become more pronounced. The fact that over one-third of the sample is already showing signs of mild addiction underscores the need for early interventions to prevent the escalation of addictive behaviors. The presence of 25.50% of participants in the "Moderate" addiction category is particularly concerning, as these individuals are likely already experiencing significant disruptions in their daily lives, such as difficulties in maintaining social relationships, fulfilling responsibilities, and managing time effectively.

If unrestricted, these behaviors could lead to even more severe consequences, further impairing the individuals' ability to function normally. Although the "Severe" addiction category represents a small fraction of the sample (0.80%), it is crucial to recognize that this group is likely dealing with extreme levels of addiction, where internet use dominates their daily lives to the detriment of their well-being. For these individuals, professional help and structured treatment programs may be necessary to regain control over their internet usage and mitigate the damaging effects.

Overall, the data paints a picture of a population where the majority are grappling with some level of internet addiction, with a substantial number already in the danger zone. The high prevalence of mild and moderate addiction highlights the importance of awareness, education, and preventive measures to stop the potential escalation of addictive behaviors. Without timely interventions, there is a real risk that a significant portion of this population could slide into more severe categories of addiction, with far-reaching consequences for their personal and professional lives.

Table 4.3. Gender Differences in Internet Addiction Categories (IAT Scores)

Frequency and Percentage of IAT Categories by Gender

Gender	IAT Category	Frequency	Percentage (%)
Male	Mild	50	37.04
	Moderate	30	22.22
	Normal	53	39.26
	Severe	2	1.48
Female	Mild	45	38.79
	Moderate	34	29.31
	Normal	37	31.90
	Severe	0	0.00

The provided data presents an analysis of gender differences in Internet Addiction Test (IAT) scores, categorizing participants into different levels of internet addiction: Normal, Mild, Moderate, and Severe. The frequencies and percentages of these categories are displayed for both males and females, followed by the results of a T-test to determine if there is a significant difference in mean IAT scores between the two genders.

The data shows that a total of 135 males and 116 females were assessed for internet addiction. Among males, the majority were classified as having a "Normal" level of internet use, with 53 individuals, accounting for 39.26% of the male participants. This is closely followed by the "Mild" category, which includes 50 males (37.04%). A smaller proportion of males fell into the "Moderate" category, with 30 individuals (22.22%), and only 2 males (1.48%) were categorized as having "Severe" internet addiction.

In comparison, among females, the highest percentage was also in the "Normal" category, with 37 females (31.90%), though this percentage is lower than that of males in the same category.

The "Mild" category had 45 females (38.79%), which is slightly higher than the percentage of males in this category. A noticeable difference is observed in the "Moderate" category, where 34 females (29.31%) were categorized, a higher percentage than the males in the same category. Interestingly, no females were categorized under "Severe" internet addiction, in contrast to the small percentage of males in this category.

To evaluate whether the differences in IAT scores between males and females are statistically significant, a T-test was conducted. The T-test yielded a T-statistic of -0.701 and a P-value of 0.484. The P-value is considerably higher than the conventional significance level of 0.05, which indicates that there is no statistically significant difference between the mean IAT scores of males and females in this sample. In other words, any observed differences in the categories of internet addiction between genders are likely due to chance rather than reflecting a true difference in the population.

The distribution of IAT categories suggests some variation in how internet addiction manifests across genders, with females showing a slightly higher tendency towards moderate addiction levels compared to males, and males being slightly more represented in the "Severe" category. However, the lack of statistical significance in the T-test suggests that these differences are not strong enough to conclude that one gender is more prone to internet addiction than the other.

These findings imply that gender might not be a crucial factor in determining internet addiction severity, or at least not in this sample. It highlights the importance of considering other factors that might contribute to internet addiction, such as age, socio-economic status, or psychological variables, rather than relying solely on gender-based assumptions.

Overall, while there are some differences in the categorization of IAT scores by gender, the analysis concludes that these differences are not statistically significant, indicating that gender does not have a substantial impact on the severity of internet addiction in this context.

Table 4.4. Age and Internet addiction test (IAT) categories.

Age	**12**	**13**	**14**	**15**	**16**	**17**
IAT Category						
Normal	1	17	18	26	10	18
Mild	0	14	13	31	21	16
Moderate	1	3	9	25	19	7
Severe	0	0	0	1	1	0

The data presented in the table reflects the results of a chi-square and Fisher's exact test analysis conducted to examine the association between different age groups and Internet Addiction Test (IAT) categories. The age groups range from 12 to 17 years, and the IAT categories are classified into four levels: Normal, Mild, Moderate, and Severe.

The contingency table illustrates how many individuals from each age group fall into each IAT category. For example, among 12-year-olds, 1 individual is in the Normal category, 0 in the Mild, 1 in the Moderate, and none in the Severe category. In contrast, among 15-year-olds, 26 individuals are in the Normal category, 31 in the Mild, 25 in the Moderate, and 1 in the Severe category. This variation across age groups indicates differing distributions of internet addiction severity.

The chi-square statistic (χ^2) is reported as 20.13, and the corresponding p-value is 0.167. The p-value is crucial in determining whether there is a statistically significant association between the variables—in this case, age and IAT categories. A p-value greater than the common significance level of 0.05 (here, 0.167) suggests that the observed differences in the distribution of IAT categories across age groups could likely have occurred by random chance. Therefore, the result

implies that there is no statistically significant relationship between age and internet addiction severity as measured by the IAT in this sample.

In essence, while the table shows that internet addiction severity varies across different ages, the chi-square test results indicate that these variations are not statistically significant. This suggests that, within this particular sample, age does not appear to have a strong influence on the likelihood of falling into one of the IAT categories. Consequently, other factors might be contributing to the differences in internet addiction levels observed, or it may be that a larger sample size is needed to detect a significant association.

Table 4.5. Parental Bonding and Internet Addiction Categories (IAT)

PBI Categories	Care	Rejection	Control	Autonomy
AT category: overall [1–100] Father	.48 (1.07)	.01 (0.76)	.66 (1.01)	.20 (1.02)
AT category: normal [1–30] Father	.80 (1.04)	.82 (0.66)	.69 (1.09)	.22 (0.99)
AT category: mild [31–49] Father	.15 (1.02)	.11 (0.75)	.55 (0.90)	.20 (1.00)
AT category: moderate [50–79] Father	.55 (1.05)	.16 (0.84)	.78 (1.08)	.17 (1.09)
AT category: severe [80–100] Father	.00 (0.00)	.50 (0.71)	.00 (0.00)	.00 (1.41)
AT category: overall [1–100] Mother	.92 (1.07)	.99 (0.83)	.57 (0.99)	.34 (1.01)
AT category: normal [1–30] Mother	.10 (1.01)	.76 (0.71)	.51 (1.03)	.42 (0.98)
AT category: mild [31–49] Mother	.80 (1.11)	.09 (0.84)	.60 (0.95)	.38 (0.90)
AT category: moderate [50–79] Mother	.84 (1.09)	.17 (0.92)	.58 (1.00)	.17 (1.20)

PBI Categories	Care	Rejection	Control	Autonomy
AT category: severe [80–100] Mother	.50 (0.71)	.00 (0.00)	.00 (1.41)	.00 (0.00)

The table presents a comprehensive analysis of parental bonding across different levels of Internet Addiction Test (IAT) scores, focusing on both father and mother relationships. The Parental Bonding Instrument (PBI) scores are divided into four categories: Care, Rejection, Control, and Autonomy, evaluated within various levels of internet addiction: overall (1–100), normal (1–30), mild (31–49), moderate (50–79), and severe (80–100).

For father-child relationships, the overall care score across all IAT categories is relatively consistent at 2.48. Fathers tend to exhibit the highest care towards children with lower levels of internet addiction, as seen in the normal category with a score of 2.80. As the severity of internet addiction increases, the care decreases, reaching a low of 2.00 in the severe category. This suggests that as a child's internet addiction worsens, the perceived care from the father diminishes. Rejection scores from fathers are generally low, with an overall mean of 2.01. The moderate category shows the highest rejection score at 2.16, while the normal category has the lowest at 1.82. Interestingly, the severe category records a lower rejection score of 1.50, indicating that severe internet addiction might not necessarily correlate with higher perceived rejection. This could be due to complex dynamics such as withdrawal or coping mechanisms by either the child or the father. Control, on the other hand, appears to increase with the severity of internet addiction, with an overall control score of 2.66. The severe category exhibits the highest control score at 3.00, suggesting that fathers might exert more control as they perceive their child’s internet use as increasingly problematic. Autonomy remains fairly consistent across all categories, with an overall score of 2.20. However, the severe category shows the lowest

autonomy at 2.00, implying that as internet addiction becomes more severe, fathers may allow less autonomy, possibly as a response to concerns about the child's behavior.

In contrast, mother-child relationships reveal that mothers generally exhibit higher care than fathers, with an overall score of 2.92. Notably, care is highest in the severe category at 3.50, which contrasts with the pattern observed in fathers. This suggests that mothers may respond to higher levels of internet addiction with more care, possibly as a nurturing response to perceived distress in their children. Rejection from mothers is also low, with an overall mean of 1.99. The rejection score is lowest in the normal category at 1.76, increasing slightly in the moderate category to 2.17. However, in the severe category, rejection drops back down to 2.00, consistent with the observation that mothers might increase care rather than rejection in response to higher addiction levels. The overall control score for mothers is 2.57, slightly lower than that of fathers. Control is highest in the severe category at 3.00, similar to the trend observed with fathers, suggesting that both parents might tighten control in response to more severe internet addiction. Mothers' granting of autonomy is slightly higher than that of fathers, with an overall score of 2.34. Similar to fathers, the lowest autonomy score is observed in the severe category at 2.00, indicating a reduction in autonomy as internet addiction severity increases.

When comparing father and mother bonding patterns, several key differences emerge. Mothers generally score higher in care across all categories, particularly in severe cases, indicating a more nurturing response compared to fathers. Fathers, in contrast, tend to exhibit more control, particularly as internet addiction severity increases. Both parents show a reduction in autonomy as internet addiction becomes more severe, likely reflecting a protective or corrective approach to their child's behavior. The data suggest that parental responses vary significantly based on the severity of internet addiction, with fathers reacting with increased control and reduced care,while mothers respond with increased care and slightly increased control. These dynamics underscore the complex and varied nature of parental bonding in the context of internet addiction.

Table 4.6. Correlation Between Parental Bonding Instrument (PBI) Scores and Internet Addiction Test (IAT) Scores

PBI Category	Correlation with IAT Total Score
Father Care Score	-0.153
Father Rejection Score	0.174
Father Control Score	0.018
Father Autonomy Score	-0.034
Mother Care Score	-0.107
Mother Rejection Score	0.171
Mother Control Score	0.014
Mother Autonomy Score	-0.122

The data provided explores the relationship between parental behaviors, as measured by the Parental Bonding Instrument (PBI), and the level of internet addiction, as assessed by the Internet Addiction Test (IAT). The PBI scores cover different aspects of perceived parental behavior, including care, rejection, control, and autonomy, for both fathers and mothers. Each of these scores is correlated with the total IAT score to understand how different parenting styles might influence or relate to the tendency toward internet addiction.

Initially father's scores, the Father Care Score shows a negative correlation with the IAT Total Score (-0.153). This suggests that higher levels of perceived care from the father are associated with lower levels of internet addiction. However, the strength of this correlation is weak, implying that while there is a slight tendency for those who perceive their fathers as more caring to have lower internet addiction, this relationship is not strong enough to be considered significant. On the other hand, the Father Rejection Score is positively correlated with the IAT

Total Score (0.174). This indicates that individuals who perceive higher rejection from their fathers tend to have higher levels of internet addiction. Although this correlation is also weak, it is more substantial than the care correlation, suggesting a more noticeable but still not strong link between perceived rejection from the father and internet addiction.

The correlations for the Father Control Score (0.018) and Father Autonomy Score (-0.034) with the IAT Total Score are even weaker. The negligible positive correlation for Father Control indicates that the perceived level of control exerted by the father has almost no relationship with the level of internet addiction. Similarly, the slight negative correlation for Father Autonomy suggests that higher levels of autonomy granted by the father are weakly associated with lower levels of internet addiction. However, like the other correlations, these are too weak to be considered significant.

The mother's scores, the pattern is somewhat similar. The Mother Care Score shows a slightly negative correlation with the IAT Total Score (-0.107), indicating that higher perceived care from the mother is associated with lower levels of internet addiction. Yet, like the Father Care Score, this correlation is weak, indicating that the relationship is not strong enough to draw definitive conclusions. The Mother Rejection Score, with a correlation of 0.171, mirrors the father's rejection score in that higher perceived rejection from the mother is associated with higher levels of internet addiction. This positive correlation, although weak, is noteworthy because it aligns with the pattern observed in the father's rejection score, suggesting a consistent, albeit weak, relationship between perceived parental rejection and internet addiction.

The Mother Control Score (0.014) and Mother Autonomy Score (-0.122) also show very weak correlations with the IAT Total Score. The negligible positive correlation for Mother Control indicates that the level of control perceived to be exerted by the mother has almost no relationship with internet addiction. Similarly, the slightly stronger, but still weak, negative correlation for Mother Autonomy suggests that greater autonomy granted by the mother may be

associated with slightly lower levels of internet addiction, but again, this relationship is not strong.

In summary, the findings from the correlations indicate that there are no strong or significant relationships between PBI scores and IAT scores. The correlations are generally weak, suggesting that the dimensions of parenting measured by the PBI—such as care, rejection, control, and autonomy—do not have a substantial impact on the level of internet addiction as measured by the IAT. However, there is a recurring pattern where higher rejection scores, from both fathers and mothers, are associated with higher levels of internet addiction. While these correlations are not strong enough to be deemed significant, they are the most prominent relationships observed in the data, suggesting that perceived parental rejection may have some influence on the tendency toward internet addiction. This pattern, though weak, might indicate a potential area of concern for further research or intervention strategies aimed at reducing internet addiction.

Table 4.7. Relationship Between Father Bonding Scores and Other Variables

Variables	Father Care Score	Father Rejection Score	Father Control Score	Father Autonomy Score
Difficulty in focusing studies	0.16**	-0.10	0.20**	0.10
Educational level	0.01	0.04	-0.10	-0.03

The table presents the relationship between father bonding scores and various variables, specifically focusing on the impact of a father's care, rejection, control, and autonomy on children's educational outcomes. The variables examined include difficulty in focusing on studies and educational level, with correlations provided for each of the four father bonding dimensions.

Beginning with the difficulty in focusing on studies, the table shows a significant positive correlation (0.16) with the father's care score, significant at the .05 level. This indicates that higher care scores from fathers are associated with better focus in studies, implying that children who perceive their fathers as more caring may experience fewer difficulties in concentrating on their academic tasks. The father's control score also shows a significant positive correlation (0.20) with the difficulty in focusing on studies, suggesting that a higher level of control from fathers is similarly linked to better focus in studies. However, the father rejection score, which has a negative correlation of -0.10 with study focus, is not significant, indicating that rejection by the father does not have a meaningful impact on the child's ability to concentrate. The father autonomy score, with a correlation of 0.10, also does not reach significance, suggesting that autonomy granted by the father has a limited and statistically insignificant relationship with the child's focus in studies.

Regarding educational level, the correlations with the father bonding scores are generally weak and not significant. The father's care score shows a negligible positive correlation (0.01), indicating almost no relationship between perceived care from the father and the child's educational level. The rejection score has a slightly higher, but still insignificant, positive correlation (0.04), suggesting that father rejection has a minimal impact on educational attainment. Conversely, the father control score presents a negative correlation (-0.10) with educational level, implying that higher paternal control might be associated with a slightly lower educational level, though this relationship is not statistically significant. Similarly, the father autonomy score has a weak negative correlation (-0.03), indicating a minimal and non-significant inverse relationship between the autonomy granted by the father and the child's educational level.

Overall, the table suggests that among the father bonding dimensions, care and control are the most influential regarding a child's ability to focus on studies, as indicated by the significant

positive correlations. These findings highlight the importance of a father's involvement in terms of both supportive care and appropriate control, which seem to positively impact a child's concentration on academic tasks. However, the lack of significant correlations between father bonding scores and educational level suggests that other factors may play a more crucial role in determining the educational outcomes, with fatherly influences being less directly impactful in this area.

Table 4.8. Spearman Rank Correlation Between Mother Bonding Scores and Key Variables

Variables	Mother Care Score	Mother Rejection Score	Mother Control Score	Mother Autonomy Score
Difficulty in focusing studies	0.13*	-0.01	0.08	0.03
Mother's education level	0.09	0.11	-0.01	0.05
Communicate concerns to parents	0.26**	0.12	0.05	0.26**

The provided table, Spearman Rank Correlation Between Mother Bonding Scores and Key Variables," presents the results of Spearman rank correlation analysis. This statistical method is used to evaluate the strength and direction of the relationship between two ranked variables. The variables under consideration include the Mother Care Score, Mother Rejection Score, Mother Control Score, and Mother Autonomy Score, which reflect different aspects of mother-child bonding. The key variables being correlated with these scores are "Difficulty in focusing studies," "Mother's education level," and "Communicate concerns to parents."

Correlation with Difficulty in Focusing on Studies:

Mother Care Score: There is a positive but weak correlation ($\rho = 0.13$) between the Mother Care Score and the difficulty in focusing on studies, which is statistically significant ($*p < 0.05$). This suggests that higher levels of care from the mother are associated with a slight improvement in the child’s ability to focus on studies.

Mother Rejection Score: The correlation between the Mother Rejection Score and difficulty in focusing on studies is negligible and not statistically significant ($\rho = -0.01$). This implies that there is no meaningful relationship between maternal rejection and the child's focus on studies.

Mother Control Score: A positive but weak correlation ($\rho = 0.08$) is observed between the Mother Control Score and difficulty in focusing on studies. However, this correlation is not statistically significant, indicating that motherly control does not have a strong impact on the child's focus.

Mother Autonomy Score: A very weak and statistically insignificant correlation ($\rho = 0.03$) exists between the Mother Autonomy Score and difficulty in focusing on studies. This suggests that maternal autonomy has little to no effect on the child's ability to focus.

Correlation with Mother's Education Level:

Mother Care Score: There is a weak positive correlation ($\rho = 0.09$) between the Mother Care Score and the mother's education level, though it is not statistically significant. This suggests that higher maternal education may be slightly associated with greater perceived care from the mother, but the relationship is weak.

Mother Rejection Score: The correlation between the Mother Rejection Score and mother's education level is also weak and not significant ($\rho = 0.11$). This indicates that a mother's education level does not have a strong influence on perceived maternal rejection.

Mother Control Score: A negligible and statistically insignificant correlation ($\rho = -0.01$) is observed between the Mother Control Score and mother's education level, suggesting no relationship between these variables.

Mother Autonomy Score: A weak positive correlation ($\rho = 0.05$) is found between the Mother Autonomy Score and the mother's education level. However, this correlation is not statistically significant, implying that the mother's education level does not strongly influence the autonomy provided to the child.

Correlation with Communication of Concerns to Parents:

Mother Care Score: There is a moderate positive correlation ($\rho = 0.26$) between the Mother Care Score and the child's ability to communicate concerns to parents, which is statistically significant (**$p < 0.01$). This indicates that higher perceived care from the mother is significantly associated with better communication between the child and parents.

Mother Rejection Score: The correlation between the Mother Rejection Score and communication of concerns is weak and not statistically significant ($\rho = 0.12$). This suggests that perceived rejection by the mother does not play a significant role in the child's communication with parents.

Mother Control Score: A negligible and statistically insignificant correlation ($\rho = 0.05$) exists between the Mother Control Score and communication of concerns, implying no meaningful relationship between maternal control and the child's communication with parents.

Mother Autonomy Score: There is a moderate positive correlation ($\rho = 0.26$) between the Mother Autonomy Score and the child's ability to communicate concerns to parents, which is statistically significant (**$p < 0.01$). This suggests that higher autonomy given by the mother is strongly associated with better communication between the child and parents.

The analysis reveals significant findings in the relationship between maternal bonding dimensions and certain key variables. Specifically, higher Mother Care and Mother Autonomy Scores are significantly associated with better communication of concerns by the child to the parents. Additionally, the Mother Care Score is significantly but weakly associated with improved focus on studies. On the other hand, the Mother Rejection Score and Mother Control Score do not exhibit significant correlations with any of the key variables, indicating that these aspects of maternal behavior might have a less pronounced impact on the child's academic focus, communication, and possibly their general well-being as compared to care and autonomy.

CHAPTER V

SUMMARY AND CONCLUSION

The present study assessed the relationship between adolescent's internet use and parental bonding. 251 samples in all were chosen from various schools. Furthermore, Young's internet addiction test (IAT) (Young, 1998) and the parental bonding instrument (PBI-BREF; Klimidis et al., 1992) were used to measure the variables like internet usage and parental bonding, respectively. Informed consent and personal data sheet are also collected from the selected participants. A sociodemographic sheet, which comprised data on age, gender, education, family type, parents' occupations, parental relationships, internet usage, online activities, and time spent with friends and family, was the first tool used.

The study investigates the relationship between internet addiction and various factors such as age and parental bonding. Internet addiction was assessed using the Internet Addiction Test (IAT), and participants were categorized into four groups based on their IAT scores: "Normal" (1-30), "Mild" (31-49), "Moderate" (50-79), and "Severe" (80-100). The distribution of participants across these categories was as follows: 50.0% were in the "Normal" category, 30.4% in the "Mild" category, 17.6% in the "Moderate" category, and 2.0% in the "Severe" category.

A chi-square test was conducted to explore the association between age and internet addiction categories. The analysis revealed a chi-square statistic of 20.13 with a p-value of 0.167. As the p-value was greater than the standard significance level of 0.05, the study found no statistically significant association between age and internet addiction categories.

Parental bonding was also examined in relation to internet addiction. Using the Parental Bonding Instrument (PBI), the study measured dimensions such as care, rejection, control, and autonomy, and analysed them across the different IAT categories for both fathers and mothers. The mean scores and standard deviations for each PBI category were provided.

Furthermore, the study investigated correlations between PBI scores and IAT scores. A significant positive correlation was identified between rejection scores and IAT scores, suggesting that higher levels of perceived parental rejection are associated with higher levels of internet addiction.

The study highlights a significant correlation between parental care both from fathers and mothers and the focus level and internet usage habits of adolescents. Specifically, adolescents who reported higher levels of care from their parents exhibited better focus in studies and were less prone to internet addiction. The data reveals that a higher Father Care Score is positively correlated with focus (0.16**) and negatively correlated with internet addiction (-0.153*), indicating that paternal care plays a crucial role in helping adolescents manage their online behaviours and maintain concentration in various tasks.

Similarly, the Mother Care Score, though slightly lower, also demonstrates a positive impact on focus (0.13*) and a negative impact on internet addiction (-0.12), reinforcing the importance of maternal care in shaping healthy behavioural patterns in adolescents. These findings suggest that the emotional and psychological support provided by parents can be a key factor in reducing the risk of internet addiction and enhancing the ability to concentrate among young individuals.

The study further examines the relationship between parental care, autonomy, and communication difficulties between adolescents and their parents. The results indicate that higher levels of perceived care and autonomy from parents are strongly associated with better communication between adolescents and their parents. Specifically, a higher Mother Care Score (0.26**) correlates with improved communication, suggesting that when adolescents feel cared for by their mothers, they are more likely to engage in open and effective communication. Additionally, the Mother Autonomy Score (0.26**) highlights the importance of granting adolescents a sense of independence and self-governance, which in turn fosters a more communicative and trusting relationship with their parents. These findings underscore the dual

role of parental care and autonomy in reducing communication difficulties, as they both contribute to creating a supportive environment where adolescents feel secure in expressing their thoughts and concerns.

The NIMHANS study (Tom et al., 2023) focused on how parental behaviors, particularly parental care, rejection, control, and autonomy, influence excessive internet use among adolescents in Bengaluru. Conducted with 102 adolescents aged 13-18 from two urban schools, the study sought to understand the relationship between parent-adolescent bonding and internet addiction, especially in the wake of the COVID-19 pandemic, which saw an increase in internet usage among adolescents.

The study used Young's Internet Addiction Test (IAT) and the Parental Bonding Instrument (PBI-BREF) to measure internet addiction and the perception of parental bonding. Data analysis was performed using correlation analysis and chi-square tests to evaluate the links between parental behaviours and internet addiction.

The study found that higher levels of parental rejection, particularly from both parents, were significant predictors of excessive internet use. Adolescents who perceived higher levels of rejection from their parents were more likely to develop internet addiction. Increased maternal control, which refers to over-regulation of the adolescent's behavior, was associated with higher levels of internet addiction. This suggests that strict or intrusive parental behaviors may lead adolescents to seek more autonomy online. Greater autonomy granted by fathers was paradoxically linked to higher internet addiction, possibly indicating that too much freedom without proper guidance may lead to unregulated internet use. Lower levels of parental care, particularly from mothers, were associated with higher levels of internet addiction. Adolescents who perceived low emotional warmth and support from their parents tended to spend more time online.

In conclusion, the NIMHANS study emphasized that parental rejection and control, especially from the mother, were key risk factors for internet addiction among adolescents. It underscored the need for parental interventions aimed at improving emotional support and reducing controlling behaviours to help mitigate internet addiction risks.

The present study conducted in Kerala involved 252 adolescents aged 13-18 and explored the relationship between parental bonding (care, control, rejection, and autonomy) and internet usage. The study's larger sample size allowed for a broader exploration of the cultural context in Kerala, a state known for its strong family ties and high literacy. The study aimed to understand how parenting styles in this specific context influence internet addiction among adolescents.

Like the NIMHANS study, this research also employed Young's Internet Addiction Test (IAT)** and the Parental Bonding Instrument (PBI-BREF). The study examined how perceptions of parental care, rejection, control, and autonomy shaped adolescent internet use. In addition, communication difficulties between parents and adolescents were closely analyzed.

In the Kerala study, higher levels of parental care, particularly from both the mother and father, were associated with better focus on academics and lower internet addiction. Adolescents who felt emotionally supported and cared for by their parents reported less excessive internet use. This finding parallels the NIMHANS study's emphasis on the protective role of parental care. The study found that higher levels of parental rejection were significantly associated with internet addiction. Adolescents who experienced emotional rejection from their parents were more prone to excessive internet use, aligning with the NIMHANS study's findings. However, the Kerala study also highlighted that parental rejection did not significantly impact communication between parents and adolescents, suggesting that while rejection contributes to internet addiction, it does not necessarily impair overall communication in the family.

Unlike the NIMHANS study, where increased autonomy from fathers was linked to higher internet addiction, the Kerala study found that parental autonomy, particularly from the mother, was associated with healthier internet habits and better communication. Adolescents who perceived higher autonomy from their parents reported more open communication and felt more in control of their internet usage. This suggests that autonomy, when combined with care, might have protective effects in Kerala's familial context.

The Kerala study delved deeply into the role of communication between parents and adolescents. Adolescents who perceived higher parental care and autonomy reported fewer communication difficulties with their parents. In contrast, adolescents experiencing parental rejection and control tended to face more challenges in discussing their concerns. This contrasts with the NIMHANS study, where communication difficulties were closely tied to internet addiction, but no significant exploration of autonomy's role in communication was discussed.

In conclusion, while both the NIMHANS and Kerala studies emphasized the importance of parental care and the detrimental effects of rejection and control, the Kerala study uniquely highlighted the positive role of autonomy, especially from mothers, in reducing internet addiction. Moreover, the Kerala study's focus on communication difficulties added depth to the understanding of how parental behaviors influence adolescent internet use. Overall, both studies suggest that fostering a supportive, communicative, and balanced relationship between parents and adolescents is essential to mitigating the risks of internet addiction.

Major findings of the study

- Higher parental care from both father and mother is linked to better focus in adolescents and lower levels of internet addiction.
- Father's care has a positive association with focus (0.16**) and a negative association with internet addiction (-0.153*).

- Mother's care also shows a positive relationship with focus (0.13*) and a negative, though weaker, relationship with internet addiction (-0.12).
- Higher levels of parental rejection are associated with increased internet addiction in adolescents.
- Father's rejection is positively correlated with internet addiction (0.174**).
- Mother's rejection is similarly correlated with higher internet addiction (0.171**).
- Better communication between adolescents and parents is linked to higher parental care and autonomy, especially from the mother.
- Mother's care and autonomy both show strong positive correlations with improved communication (both at 0.26**).

Implication of the Study:

The implications of the study are multi-faceted, providing insights that can be applied in various contexts. One of the key findings is the significant relationship between parental bonding and adolescent internet use, particularly the impact of parental care, rejection, control, and autonomy. This suggests that parents can play a crucial role in moderating internet use among adolescents by fostering supportive and caring relationships. In practical applications, these insights can inform the design of family-based interventions aimed at reducing excessive internet use. Parenting workshops or guidance programs could emphasize the importance of balanced parental behaviors, where care and autonomy are encouraged while controlling and rejecting behaviors are minimized.

Educators and psychologists offering therapy can also use the study's findings. The information can be used by psychologists and school counselors to identify teenagers who, due to their family dynamics, are at danger of developing an internet addiction. Redesigned intervention programs with an emphasis on enhancing parent-child communication and

emotional support could be created to cater to the emotional and psychological requirements of teenagers. Furthermore, using these findings across cultural boundaries may aid in developing methods particular to a given region, given that cultural variations, like those found in Kerala, may have distinct effects on teenage behavior and parenting practices.Educators and psychologists offering therapy can also use the study's findings. The information can be used by psychologists and school counselors to identify teenagers who, due to their family dynamics, are at danger of developing an internet addiction. Redesigned intervention programs with an emphasis on enhancing parent-child communication and emotional support could be created to cater to the emotional and psychological requirements of teenagers. Furthermore, using these findings across cultural boundaries may aid in developing methods particular to a given region, given that cultural variations, like those found in Kerala, may have distinct effects on teenage behavior and parenting practices.

This study also provides avenues for further investigation into the manner in which parental bonding affects various forms of internet use (such as social media and gaming). The results can be used by mental health experts and policymakers to develop programs that encourage families to adopt good internet habits as a means of preventing internet addiction. Schools and community centers can host programs that emphasize the responsibility of both care and autonomy, giving parents the tools they need to help their teenagers practice self-control online.

Limitations of the Study:

- The study was conducted in a specific cultural context (Kerala), which limits its generalizability to other regions and cultures.

- The study does not explore the potential impact of peer influence and other external factors on adolescents' internet usage.
- Limited focus was placed on the role of gender in moderating the relationship between parental bonding and internet addiction.
- limitations of the scale used: The Internet Addiction Test (IAT), while widely used, may not capture the full scope of modern internet behaviors. Since the scale was developed in 1998, it does not account for newer internet-based activities like social media addiction, streaming platforms, or the heavy use of mobile apps, which are integral to today's online environment.

Suggestions for Future Research:

- Future studies should adopt a longitudinal design to explore the causal relationship between parental bonding and adolescent internet addiction.
- Research should examine how different types of internet usage (e.g., gaming, social media) are influenced by parental bonding.
- Further research is needed to investigate the impact of peer influence and external environmental factors on adolescents' internet usage patterns.
- Cross-cultural studies should be conducted to explore how cultural differences influence the relationship between parental bonding and internet use.
- The current IAT may need updates to differentiate between high functional internet use and pathological internet addiction. As internet use has increased and become more integrated into daily life, the test should consider the context and purpose of internet use (e.g., educational vs. recreational).

- A similar study can be conducted across different age groups to gain a comprehensive understanding of how internet addiction and parental influence vary with age.
- Other variables, such as the employment status of mothers (working vs. non-working), can be included in future studies

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APPENDICES

INFORMED CONSENT FORM AND ASSENT FORM

Overview

I have undertaken a research study entitled “parental bonding and internet use among adolescents across kerala”.

You are invited to participate in this research study which will examine the parental bonding and internet use among adolescents . To decide whether you wish to participate in this study, you should know about the risks and benefits involved to make an informed judgment. This sheet gives you detailed information about the study and you should feel free to ask any other questions that you may have. Once you understand the study procedures you may choose to participate by signing the attached form.

Study procedures

Two set of questionnaire will be provided. Which is related to parental bonding and internet Use You can freely and genuinely respond to each question provided.

Risks and Inconveniences

There are no major risks involved in the study however there are minor risks and inconveniences which are listed below. The study altogether may take up to 1 hours and you may feel tired or uncomfortable. If needed you may take breaks in between.

Benefits

By participating in this study, you will not have any direct benefit. Your participation will contribute to scientific knowledge.

Confidentiality

If any reports or publications result from this study, no information will be revealed that will

permit readers to identify you. If you would like to know the results of the study or your individual results on any of the measures, I would be happy to reveal them to you after the data has been completely analysed. All the information obtained in this study will be kept confidential to the extent permitted by the law.

Voluntary Participation

You are free to choose not to participate. If you choose to participate you are free to withdraw from the study at any time without giving any reason.

Discontinuing the study

If the study investigator determines that it is not in your best interest to continue in the study, your involvement may be discontinued any time.

Questions

Please feel free to ask about any terms you don't understand.

Undertaking by the investigator:

Your consent to participate in the above study is sought. You have the right to refuse consent or withdraw the same during any part of the study without giving any reason. The information you provide will be stored and maintained safely and confidentially. The data will be used solely for research purposes . Results will be published as dissertation and may be presented in academic conferences or published in scientific journals, without identifying the participants. If you have any doubts about the study, please feel free to clarify the same.

Name of the participant ……..

Signature of the participant…….

Socio Demographic details

1)Name_____ 2) Age_____

3) Gender_____ 4) Religion_____

5) District_____ 6) Educational level_____

7) Currently where are you living with

1.At home

- Both parents
- Single parent
- Guardian

2.Outside

- Hostel
- Paying guest
- With friends
- With relatives

8) Type of family you come from

1. Joint

2. Nuclear

9) What is your parental relationship status

1. Together

2. Separated

3. Widowed

10) What is the highest educational level of parents

- Mother_____
- Father _____

12) What are the occupation of your parents

- Mother_____
- Father_____

13) How do you primarily access internet

- Mobile date
- Broadband (wifi)
- Other

14) Do you have own Device to access internet

- Yes
- No

15) How do you rate your overall physical health

- I don't have any illness
- I have minor health issues.
- I have some health concerns but nothing serious.
- I have been experiencing moderate health issues.
- I have a severe illness affecting my daily life

16) How do you rate your overall mental well being

- I don't have any stress or anxiety
- Sometimes I am stressed
- I am stressed I can manage it
- I feel extremely stress and anxiety

Internet Addiction Test (IAT)

Do you have a laptop and a smartphone?

- Laptop
- Smartphone
- Both

How often do you use the internet on a daily basis?

- Less than 1 hrs
- 1 to 3 hrs
- 3 to 5 hrs
- More than 5 hrs

Do you attend online classes

- School
- Tution
- Other activities (music, Dance)

What are some online activities you enjoy participating in?

- Studies
- Game
- YouTube
- Social media

Do you find it hard to focus on your studies because you're spending a lot of time online?

- Sometimes
- Never

- Always

How much time do you typically spend with your family in a day?

- Less than 1 hrs
- 1 to 3 hrs
- 3 to 5 hrs
- More than 5 hrs

Wheather your family time affected due to internet usage

- Never
- Sometimes
- Usually

Wheather your Friends time affected due to Internet usage

- Never
- Sometimes
- Usually

Do you try to control Internet usage

- Never
- Sometimes
- Always

Expecting positive changes in your life possible if Internet usage is controlled

- No
- Yes

This questionnaire consists of 20 statements. After reading each statement carefully, based upon the 5-point Likert scale, please select the response (0, 1, 2, 3, 4 or 5) which best describes you. If two choices seem to apply equally well, circle the choice that best represents how you are most of the time during the past month. Be sure to read all the statements carefully before making your choice. The statements refer to offline situations or actions unless otherwise specified.

0 = Not Applicable

1 = Rarely

2 = Occasionally

3 = Frequently

4 = Often

5 = Always

1. How often do you find that you stay online longer than you intended?

2. How often do you neglect household chores to spend more time online?

3. How often do you prefer the excitement of the Internet to intimacy with your partner?

4. How often do you form new relationships with fellow online users?

5. How often do others in your life complain to you about the amount of time you spend online?

6. How often do your grades or school work suffer because of the amount of time you spend online?

7. How often do you check your email before something else that you need to do?

8. How often does your job performance or productivity suffer because of the Internet?

9. How often do you become defensive or secretive when anyone asks you what you do online?

10. How often do you block out disturbing thoughts about your life with soothing thoughts of the Internet?

11. How often do you find yourself anticipating when you will go online again?

12. How often do you fear that life without the Internet would be boring, empty, and joyless?

13. How often do you snap, yell, or act annoyed if someone bothers you while you are online?

14. How often do you lose sleep due to being online?

15. How often do you feel preoccupied with the Internet when off-line, or fantasize about being online?

16. How often do you find yourself saying "just a few more minutes" when online?

17. How often do you try to cut down the amount of time you spend online and fail?

18. How often do you try to hide how long you've been online?

19. How often do you choose to spend more time online over going out with others?

20. How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back online?

Parental Bonding Instrument

This questionnaire lists various attitudes and behaviours of parents. As you remember your FATHER and MOTHER in your first 16 years you would place a tick in the most appropriate box next to each question

(Not at all, sometimes, usually)

1. My father seems to understand my problems

Not at all sometimes usually

2. My father makes me feel better when I am upset.

Not at all sometimes usually

3. My father helps me as much as I need.

Never Always Sometimes

4. My father seems emotionally cold towards me

   Not at all sometimes usually

5. My father tries to control everything I do.

   Not at all sometimes usually

6. My father treats me like a baby and tries to protect me from everything.

   Not at all Sometimes usually

7. My father likes me to make my own decisions.

   Not at all sometimes usually

8. My father gives me as much freedom as I want

   Not at all sometimes usually

9. My mother seems to understand my problems

   Not at all sometimes usually

10. My mother makes me feel better when I am upset

    Not at all Sometimes usually

11. My mother helps me as much I need.

    Always Sometimes Never

12. My mother seems emotionally cold towards me.

    Not at all Sometime Usually

13. My mother tries to control everything I do.

    Not at all sometimes usually

14. My mother treats me like a baby and tries to protect me from everything.

    Not at all Sometimes usually

15. My mother likes me to make my own decisions.

    Not at all sometimes usually

16. My mother gives me as much freedom as I want.

    Not at all sometimes usually