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Parent-child relationship and smartphone addiction in adolescents: Are there gender differences?

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Parent-child relationship and smartphone addiction in adolescents: Are there gender differences?

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Abstract

This study aims to reveal whether there are differences in father-child relationships and mother-child relationships based on gender and to determine whether the father-child and mother-child relationship affects smartphone addiction in adolescents. This research used quantitative methods. The research participants were 159 male and 229 female adolescents aged 10-15 years in Surabaya and Sidoarjo. Research data was obtained using a questionnaire distributed online (google forms). The data were processed by using a t-test and multiple regression analysis. This research concludes that the quality of the father-child and mother-child relationship does not differ across gender. Father-child relationships and mother-child relationships both affect teenagers' smartphone addiction. The implication of this study emphasizes the importance of parents forming positive quality parent-child relationships by being friends with children, communicating intimately, and reducing parent-child conflicts. Further research is recommended to examine parent-child relationships from two perspectives: parents and adolescents or conduct qualitative research to describe the dynamics of parent-child relationships and smartphone addiction in adolescents.

Keywords

Parent-child Relationship, Smartphone Addiction, Gender, Adolescent

Advances in information and communication technology and online learning have encouraged teenagers to use smartphones more, but excessive use of smartphones can develop into smartphone addiction. Previous research found that 59% of adolescents aged 13-14 years' experience smartphone addiction (Amalya et al., 2019). Smartphone addiction is an addictive use of smartphones with the following characteristics: excessive preoccupation, mood swings, tolerance, withdrawal symptoms, conflict, and addiction relapse (Csibi et al., 2019). It can produce harmful effects such as poor academic achievement (Khan et al., 2019), loneliness, depression (Kim et al., 2017), high stress (Jeong et al., 2016; Simangunsong & Sawitri, 2018), impaired physi-

cal health, and poor sleep quality (Cao et al., 2021).

One of the factors that can protect teenagers from smartphone addiction is the parent-child relationship (Lee et al., 2018; Li & Hao, 2019; Niu et al., 2020; Xie et al., 2019). This includes the quality of supportive relationships as well as whether the relationship is full of conflict or disharmony (Buhrmester & Furman, 2008). The parent-child relationship can be divided into five aspects of closeness and discord, wherein closeness consists of companionship, disclosure, emotional support, approval, and satisfaction and discord comprises conflict, criticism, pressure, exclusion, and dominance (Buhrmester & Furman, 2008). Positive parent-child relationships are characterized more by the quality of closeness than discord.

Previous studies have revealed differences in the interactions between male and female adolescents and their parents regarding internet addiction. Among adolescent girls, perceptions

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of excessive internet use by fathers and mothers can affect the emergence of internet addiction (Liu et al., 2013), while restrictions or punishments related to excessive internet use can help prevent internet addiction (Bonnaire & Phan, 2017). In contrast, only the mother's perception of excessive internet use in male adolescents can predict internet addiction (Liu et al., 2013). Male adolescents are more sensitive to their mother's behavior than their father's. For male adolescents, parents are expected to be able to provide clear rules about internet use and monitor it to prevent internet addiction (Bonnaire & Phan, 2017).

Hong et al. (2019) found that gender also played a role in influencing parent-child relationships and smartphone addiction. Then, the findings of their study differ from those of Liu et al. (2013). Whereas Liu et al. found that father-child relationships can predict internet addiction in both boys and girls, Hong found that there was no difference in the parent-child relationship and smartphone addiction in either male or female adolescents.

This study examines whether there are differences in father-child and mother-child relationships based on gender. Specifically, it aims to determine whether father-child and mother-child relationships affect smartphone addiction in adolescents. Three research hypotheses are formulated as follows.

H1: There is a mean difference between the father-child relationship for male and female adolescents.

H2: There is a mean difference between the mother-child relationship for male and female adolescents.

H3: There are effects of the father-child and mother-child relationships on smartphone addiction.

Methods

The participants were 159 male and 229 female adolescents aged 10–15 years (mean: 13.12, SD: 0.95) who were junior high school students, had intact families (93.3%), and lived in Surabaya or Sidoarjo. They were selected through incidental sampling. Data were obtained through a questionnaire distributed online using Google Forms.

This study used an adaptation of the

Smartphone Application-Based Addiction Scale (SABAS) to measure smartphone addiction. SABAS is the English version of the Short Smartphone Addiction Questionnaire (ROTAK) (Csibi et al., 2016), which was created in 2018 (Csibi et al., 2018). It measures smartphone addiction based on the component theory of the addiction model (Griffiths, 2005). SABAS consists of six statement items with six answer response options: "strongly agree," "somewhat agree," "agree," "somewhat disagree," "disagree," and "strongly disagree" (Csibi et al., 2018). One example of a statement item is, "Over time, I have started to use my smartphone more often and/or longer (not for school and study purposes)." The total SABAS score ranges from 6–36, where a higher score higher risk of smartphone addiction. The Cronbach's alpha coefficient of SABAS in a previous study was 0.81 (Csibi et al., 2018). The SABAS scale was translated into Indonesian before being used for the data collection. In this study, the Cronbach's alpha coefficient of SABAS was 0.756.

In addition, an adaptation of the NRI-RQV Network of Relationship Inventory-Relationship Quality Version (NRI-RQV) (Buhrmester & Furman, 2008) was used to measure parent-child relationships. The NRI-RQV has 10 subscales, each consisting of three questions with five answer choices tiered from "never" to "always." The subscales cover five characteristics of positive relationships: companionship, intimate disclosure, emotional support, approval, and satisfaction; and five characteristics of negative relationships: conflict or quarreling, criticism, pressure, dominance, and exclusion (Buhrmester & Furman, 2008). For example, one item is, "How often do you and your dad disagree and fight with each other?" The Cronbach's alpha coefficient of NRI-RQV (α) was 0.93 (Buhrmester & Furman, 2008). In this study, the Cronbach's alpha coefficient of NRI-RQV (α) was 0.878 for fathers and 0.896 for mothers.

The data collection was performed online. The researchers distributed questionnaires via WhatsApp to their friends who worked at schools, SMPK Untung Suropati, Sidoarjo, and SMP Khadijah, Surabaya, or had adolescent acquaintances. The researcher explained the research objectives in the questionnaire and asked about the participant's willingness to join the

Table 1. *Smartphone Addiction*

Level of smartphone addiction	Score	N	Percentage (%)	M (SD)
Low	≤16	84	21.65	13.69 (2.21)
Moderate	17–26	252	64.95	21.4 (2.79)
High	≥27	52	13.40	28.94 (2.14)

study. Data were obtained from 394 participants, among which the data of six participants could not be processed further because they did not match the age range of 10–15 years. Therefore, the final analysis included 388 participants.

The analysis was carried out descriptively and inferentially. The descriptive data analysis was performed with the adolescents' frequency and level of smartphone addiction, and the inferential data analysis was performed using a normality test and hypothesis testing. The normality test was carried out using the Kolmogorov-Smirnov test with SPSS, and the research hypothesis test was done using a t-test and multiple regression analysis with SPSS.

Results

The descriptive analysis revealed that 13.4% of the participants experienced high levels of smartphone addiction, 64.95% experienced moderate levels, and 21.65% experienced low levels (Table 1).

The results of the normality assumption test

showed that the smartphone addiction data were normally distributed ($p = 0.186$, $p > 0.05$).

The quality of the father-child relationship was not different between male and female adolescents ($p > 0.05$) (Table 2), nor was the quality of the mother-child relationship ($p > 0.05$) (Table 3). Thus, there was no difference in the quality of father-child and mother-child relationships across gender.

As Table 4 shows, there was a significant influence of both the father-child and mother-child relationships on adolescents' smartphone addiction.

Discussion

No differences were found between the father-child and mother-child relationships based on gender. The results indicated that male and female adolescents had the same closeness to their fathers and mothers. This dispels the myth that sons are closer to their fathers and daughters are closer to their mothers. Further, the findings are supported by Hong's (2019) research in

Table 2. *Mean Scores of Father-Son and Father-Daughter Relationships*

Variable	N	M (SD)	t	p-value
Father-son relationship	159	100.48 (14.12)	0.201	0.841
Father-daughter relationship	229	100.17(16.50)		

Table 3. *Mean Scores of Mother-Son and Mother-Daughter Relationships*

Variable	N	M (SD)	t	p-value
Mother-son relationship	159	105.94 (13.39)	0.49	0.624
Mother-daughter relationship	229	105.16 (17.75)		

Table 1. *Smartphone Addiction*

Predictor in the Multiple Regression Model	B Coefficients	β Coefficients	<i>t</i>	<i>p</i>
Father-child relationship	-0.070	-0.211	-3.522	0.000
Mother-child relationship	-0.080	-0.248	-4.144	0.000

Constant = 36.263, $r = 0.414$, R square = 0.172

China that found no differences in parent-child relationships across gender. However, the results of this study differ from those of Bonnaire and Phan (2017) and Liu et al. (2013), who found differences in the quality of interaction between fathers and mothers with cross-gender internet addiction.

The findings revealed that father-child and mother-child relationships affected adolescents' smartphone addiction, and the father-child relationship was as meaningful as the mother-child relationship. A good father-child and mother-child relationship can protect teenagers from smartphone addiction, whereas a poor relationship with either parent can actually increase the risk of addiction. These results are supported by Ruhl et al.'s (2015) finding that adverse experiences in parent-child relationships such as pressure, criticism, and exclusion could cause adolescents feelings of insecurity or anxiety when dealing with their parents. These negative feelings encourage adolescents to look for other people on social media to make them feel comfortable and use smartphones to avoid their problems. Moreover, adolescents who have frequent conflicts with their parents are more likely to externalize or internalize problems than to solve them (Branje, 2018) and to use their smartphones more often and longer to obtain support and attention from others (Qiu et al., 2022). The results of this study differed from those of Liu et al. (2013), where the father-child relationship was the factor that most determined smartphone addiction, and research by Azizah et al. (2019), in which only the quality of the mother-child relationship determined smartphone addiction in adolescents.

This research implies that parents should be able to play an active role in forming positive quality parent-child relationships by making various efforts such as trying to be friends with their children, communicating heart to heart, and reducing parent-child conflicts. Fathers are

expected to have more activities, be able to establish satisfying relationships, and reduce the pressure and criticism of adolescents. Mothers are expected to provide appropriate and not excessive emotional support, so their adolescents do not feel they are justified in excessive smartphone use.

The weakness of this research is the limited generalization of the research results. This study used convenience sampling so that the results can only be generalized to junior high school students living in cities with similar characteristics to Surabaya and Sidoarjo. This study is cross-sectional, so it cannot reveal a causal relationship between parent-child relationships and smartphone addiction. Moreover, it only examines parent-child relationships from the adolescent's point of view. Further research is recommended to examine parent-child relationships from two perspectives (parents and adolescents) and to use a random sampling method or apply qualitative research methods to shed further light on adolescent parent-child relationships and smartphone addiction.

Conclusion

In this study, the quality of father-child and mother-child relationships did not differ across gender, and both relationships affected teenagers' smartphone addiction. These findings can encourage parents to play an active role in fostering positive interactions with their adolescent children to prevent smartphone addiction. They also offer insights for clinical psychologists designing treatments for smartphone addiction in adolescents.

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