

SOCIAL MEDIA AND GAME ADDICTIONS AS PREDICTORS OF ADOLESCENT PARENT CONFLICT

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Abstract: The use of technology, especially social media and digital games, has become an integral part of adolescents' lives, which can negatively affect the relationships of family members, especially between adolescents and parents. This study aimed to investigate the roles of social media and game addictions as technology-based addiction types in conflicts within adolescent-parent relationships. The study was conducted with 686 high school students in Eskişehir, Turkey. The study utilized personal information forms, the Adolescent-Parent Conflict Scale, the Social Media Addiction Scale for Adolescents, and the Game Addiction Scale for Adolescents to collect data. The results showed that both social media addiction and game addiction were positively and significantly correlated with adolescent-parent conflict. Moreover, both social media and game addictions significantly predicted adolescent-parent conflict. The findings suggest that excessive and inappropriate use of technology, particularly social media and games, may negatively affect adolescent-parent relationships, which can be detrimental to adolescents' mental health.

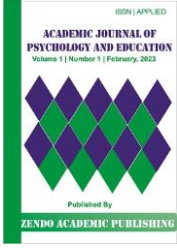
Keywords: social media addiction, game addiction, adolescent-parent conflict, family relationships, technology addiction

Introduction

Adolescence is a critical period of rapid biological and psychosocial changes that have a marked impact on parent-child relationships (Branje, 2018). During this period, adolescents form important relationships with certain people and/or groups. According to Gönültaş, Uzun, and Akın (2021), the most important and critical relationships in adolescence are established with family members. Some adolescents tend to have a more positive perception of family relationships than others, while others may experience more conflicts with their parents.

Conflicts between parents and adolescents can be one of the most frustrating family experiences of adolescence, for both parents and adolescents (Mastrotheodoros, Graaff, Deković, Meeus, & Branje, 2020). Adolescents' conflicts with their parents are positively associated with low self-control and risk-taking behaviors (Liu, Wang, & Tian, 2019), depression (Zhang, Buchanan, Piehler, Gunlicks-Stoessel, & Bloomquist, 2022), low self-esteem (Özdemir, 2014), low social efficacy (Ahmad & Amin, 2019) and psychological distress (Wang & Chen, 2022). Considering these results, it can be said that the conflicts that adolescents experience with their parents pose a risk for adolescents' mental health.

The causes of the conflicts that adolescents experience with their parents have been examined in several studies. For instance, Karataş, Sertelin-Mercan, and Denge (2016) found that one of the main reasons for the



conflicts that adolescents experienced with their parents was that their parents made unilateral decisions without asking for their opinions while setting rules. Kılıç-Atıcı (2018) stated that punishments such as physical punishment, threats, and deprivation could lead adolescents to engage in behaviors such as conflict and aggression. Dekovic (1999) found that adolescents had conflicts with their parents on issues such as spending money, going out, housework, watching TV programs, rules, and sibling arguments. Many different variables play a role in adolescent-parent conflict, and one of these variables may be excessive and inappropriate use of technology by adolescents.

Technology is ubiquitous in today's world and has a significant impact on family relationships, particularly adolescent-parent relationships. The excessive use of technology can negatively affect the relationships of family members who are part of society (Güleç, 2018). Innovations such as social media emerging today harm family communication and parent-child communication. During adolescence, which is a critical period for development, it has been stated that the relationships established in artificial environments, the content exposed on social platforms, and an isolated and dependent lifestyle away from life experiences can have serious effects on adolescents (Güney ve Taştepe, 2020). Excessive use of social media by adolescents negatively affects human relations and especially family relations, causing disconnections in family ties (Yayman ve Bilgin, 2020). In the study conducted by Ünver (2019), it was determined that the activity in which both male and female adolescents spend the most time in relation to the activities they do in their free time is the use of social media.

Social media addiction has become an important psychological problem associated with various negative outcomes in daily life and relationships when the social media use gets out of control (Tutgun-Ünal, 2020). In a study by Çalışkan and Özbay (2015), approximately one fourth of the seventh-grade participants stated that they had conflicts with their families due to social media and playing digital games, and they turned to the internet to get away from the boring family environment. The use of social media occupies a certain period of time in adolescents

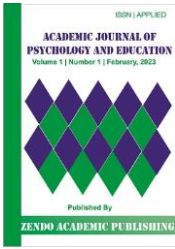
1. Methodology

1.1. Research Model

In this research correlational predictive model was applied. The research involving predictor correlational model is used to account for the changes occurring on the dependent variable considering one or more independent variables (Büyüköztürk, Kılıç Çakmak, Akgün, Karadeniz & Demirel, 2012). In this research correlational predictive model was implemented to examine the roles of social media and game addiction in adolescent-parent conflict.

1.2. Research Sample

The participants of the research consist of 686 students attending different types of high schools in Eskişehir province in the fall semester of 2021-2022 academic year. 428 (62,4%) male and 258 (37,6%) female students have been involved in the research. Besides, 117 (17%), 254 (37,2%), 170 (24,7%) and 145 (21,1%) students study in the 9th, 10th, 11th and 12th grades, respectively.



1.3. Data Collection Tools

Adolescent-Parental Conflict Scale (APCS): The scale was developed Eryılmaz and Mammadov (2016) to measure adolescent-parent conflict in adolescents. It involves Four-point Likert-point scaling varying 1 (None) to 4 (Very High). According to the analysis results, it is one-dimensional component with 12 items accounting for 44% of the variance. Its internal consistency coefficient is 0.88. Confirmatory factor analysis (CFA) results are $\chi^2/df=2.65$; CFI=0.97; NFI =0.95; NNFI=0.96; IFI=0.97; GFI=0.92; AGFI=0.89 and RMSEA= 0.076. As seen in Table 1 in this study, the internal consistency reliability for the scale was calculated as 0.809, 0.793 and 0.819 for all the participants, male and female adolescents, respectively.

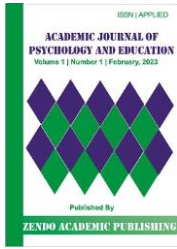
Social Media Addiction Scale for Adolescents (SMASA): SMASA was developed by Özgenel, Canpolat, and Ekşi (2019) in order to determine whether adolescents' social media use is at the level of addiction. The 9-item scale is one-dimensional and five-point Likert-type (1=Never, 2=Rarely, 3=Sometimes/occasionally, 4=Often and 5=Always). While the highest value that can be obtained from the scale is 45, the lowest value is 9. Confirmatory factor analysis (CFA) results are $\chi^2/df=2.694$; RMR=.068; GFI=.925; AGFI=.875; CFI=.95; SRMR=.041. The Cronbach Alpha internal consistency coefficient of the scale was calculated as 0.904. In this study, the Cronbach Alpha internal consistency coefficient was found to be 0.85.

Game Addiction Scale for Adolescents-Short Form (GASA-SF): GASA-SF was developed by Anlı and Taş (2018) in accordance with the DSM V internet game addiction diagnostic criteria. The 9-item scale is one-dimensional and five-point Likert-type (1=Never, 2=Rarely, 3=Sometimes, 4=Often and 5=Always). While the highest value that can be obtained from the scale is 45, the lowest value is 9. In order to determine the construct validity of the scale, confirmatory analysis was performed and the fit indexes ($\chi^2_{(27)} = 2.514$, RMR=.045; GFI=.97; AGFI=.95; CFI=.96; IFI=.96; RFI=.92; NFI=. .94; RMSEA=.054) was found to be at a good level. The Cronbach Alpha internal consistency coefficient of the scale was found to be 0.81. In this study, the Cronbach Alpha internal consistency coefficient was found to be 0.85.

1.4. Data Analysis

Missed data, outliers, assumption of normality and multiple correlations were checked in the data. It was understood that there was not any missed data in the collected data. As a result of screening univariate and multivariate outliers, 30 data were omitted. Assumption of normality was examined for all the models in the data. Coefficients of kurtosis and skewness were analyzed whether assumption of normality was met or not. While the kurtosis and skewness values between +1 and -1 indicate assumption of normality (Büyüköztürk, 2010), the values for +/-2 are regarded acceptable for assumption of normality (George & Mallery, 2010). In this study, coefficient of kurtosis varied from 0.624 to 1.692 for all scales. On the other hand, coefficient of skewness ranged 1.127 to 1.352 for all scales. These values were understood to be acceptable.

Before the regression analysis, VIF values, Tolerance values (TV) and correlation coefficients between independent variables were calculated for some preconditions. For the regression model, the VIF value was 11.423, the TD was 0.703-1, and as seen in Table 1, the correlation between the independent variables was also found to be 0.545. The TV value should be greater than 0.2, the VIF value should be less than 10 (Field, 2005), and the correlation between the independent variables (predictors) should be below .80 (Büyüköztürk, 2010; Field, 2005). It was seen that they took the necessary values before the regression analysis and there



was no multicollinearity problem. In the study, the number of participants in the raw data was 716. 30 data were excluded from the data set because they were outliers, and the analyzes were continued with the data of 686 high school students.

1.5. Ethical

Within the scope of the research, firstly, permission was obtained from the owners of the measurement tools used in the research. In the next step, ethical permission was obtained from Selcuk University Faculty of Education Ethics Committee (06.10.2021-E.150626). Then, permission was obtained from the Eskişehir Directorate of National Education, through the Rectorate of Selçuk University, together with the research proposal and the printout of the research from www.ayse@meb.gov.tr. Then, the high schools in Eskişehir were contacted, and the application was carried out in a virtual environment, taking into account the pandemic conditions. The research was carried out entirely on a voluntary basis.

2. Findings

In this section, the mean, standard deviation values, pearson correlation coefficients and regression analysis results regarding the variables were included.

Table 1. *Correlation Coefficients Between Variables, Mean, Standard Deviation Values*

	1	2	3
1.APC	1		
2.SMA	0.476*	1	
3.GA	0.331*	0.545*	1
Mean	16.87	14.62	13.75
Sd	4.6	5.84	5.7

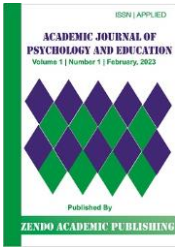
* $p < .01$; APC: Adolescent-Parent Conflict SMA: Social Media Addiction; GA: Game Addiction

When Table 1 was examined, it was found that APC had a moderately positive and statistically significant relationship with SMA and GA, respectively ($r=0.476$; $r=0.331$). In addition, it was found that there was a statistically significant, moderately positive relationship between SMA and GA ($r=0.545$).

Table 2. *Stepwise Regression Analysis of the Prediction of Adolescent Parent Conflict*

Dependent Variable	Model	Variables	B	t	R ²	F
APC	Model 1 SMA	Constant		26,779*		199,840*
		14,136*	.226			
	Model 2	23,368*				
		SMA	,420	10,503*	.233	103,999*
		GA	,102	2,557*		

* $p < .05$; APC: Adolescent-Parent Conflict SMA: Social Media Addiction; GA: Game Addiction

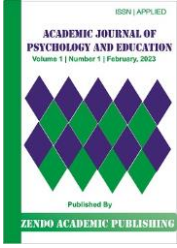


When Table 2 is examined, a stepwise regression analysis was performed to examine the roles of social media addiction (SMA) and game addiction (GA) in adolescent parent conflict (APC). Two models emerged as a result of the regression analysis. According to this result, it was seen that SMA explained the 22.6% variance in APC. When the GA variable is added to the SMA variable, it was seen that the explained variance rate increased to 23.3%. When the standardized regression coefficients (β) were examined, it was found that SMA and GA predicted APC positively.

3. Conclusion, Discussion and Recommendations

In this study examining the roles of social media and game addictions in the conflict experienced by adolescents with their parents, it was found that social media and game addictions significantly predicted adolescent parent conflict. It was found that both social media addiction and game addiction were positively and significantly correlated with adolescent parent conflict.

It was observed that social media addiction, which predicted adolescent parent conflict positively and significantly, explained the majority of the explained variance. The result obtained in this study is similar to the results of similar studies in the literature. Bilgin, Şahin, and Togay (2020) found that there is a positive and significant relationship between social media addiction and school-based conflict with their parents in their study on adolescents' social media addiction and parental relationships. Shah, Chauhan, Gupta, and Sen (2016) stated that social media has a role in adolescent parent conflict in a study they conducted with two adolescent girls in India. Zheng and Lee (2016) found that excessive social media use of participants significantly predicted technology-based conflict in the family. Güleç (2018) stated that the use of social media causes problems in family relations and one of these problems occurs in adolescent-parent communication. Regarding this situation, in a study on parents' surveillance of their children on social media, the participants stated that their parents could not fully trust their children about their children's use of social media and that the negative news in the media had an effect (Akyol-Akın, 2015). According to another point of view, parents stated that their children's uncontrolled use of technology and spending most of their time in virtual environments adversely affected their family relations, and this situation led to the emergence of conflicts in the parent-child relationship (Camadan, Karataş, & Bozali, 2017). Considering the results of the research and the relevant literature, it can be said that social media addiction causes negative effects on adolescents' relationships with their parents. Parents may be inclined to take measures such as restricting or banning the use of social media due to different factors such as social media, which parents cannot fully control, taking more than necessary time for their children, causing their children's academic success to decline, and concerns that bad things may happen to their children while using this social media. Due to the reasons stated, when the parents' desire to take measures such as restricting or banning the use of social media and their children's desire to be on social media come against each other, adolescent parent conflict may arise. It was observed that game addiction, another independent variable considered in the study, predicted adolescent parent conflict positively and significantly. The result obtained in this study is similar to the results of similar studies in the literature. In the study conducted by Yuh (2018) with Korean adolescents, it was found that there was a positive and significant relationship between adolescents' perceived family conflict and Internet gaming disorders. Zhu, Zhang, Yu, and Bao (2015) found a positive and significant relationship

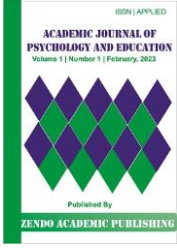


between low-quality family-adolescent relationship and addiction to online gaming in Chinese adolescents in their study. Chiu, Lee, and Huang (2004) found that Taiwanese children and youth with low and moderate family functioning had significantly higher game addictions than those with high family functioning. Bonnaire and Phan (2017), in their study with adolescents in France, found that low-quality family relationships were significantly positively correlated with Internet gaming disorder, both as a result of the analysis including the whole participant group and separately in male and female adolescent groups. They also found that low-quality family relationship was a significant predictor of internet gaming disorder. Yiğit and Güneş (2020) found that their children with game addiction experienced conflict with their families, and even that children were exposed to violence by their parents in their study. According to King and Delfabbro (2017), the development of online gaming problems can damage pre-existing stable family relationships. Considering the results of the research and the relevant literature, it can be said that game addiction may cause conflict and even violence in the interaction of adolescents with their parents. The attractiveness of digital games for adolescents and their interest in these games, their desire to play games all the time, their behavior of indulging in games may cause adolescents to postpone or fail to fulfill their responsibilities regarding their academic work, duties and responsibilities at home. Due to such factors, conflict, which is also included in the addiction criteria, may arise, especially with the parents.

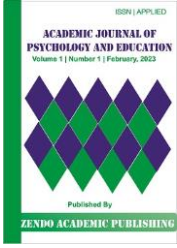
The current research has some limitations besides its contribution to the literature. The fact that the data obtained from adolescents is based on self-report can be seen as a limitation. In addition, the inclusion of only adolescents in this study, which examines adolescent parent conflict, can be seen as a limitation. Future studies of adolescent parent conflict may involve both adolescents and parents. Another limitation is that the participants of the study are from only one province. In the future, studies with wider participation can be carried out by including different provinces of Turkey. Another limitation of this study is that it is a crosssectional study. Considering that there are different factors affecting adolescent parent conflict, longitudinal studies can be conducted to better understand the roles of social media and digital game addictions in adolescent parent conflict. In addition, qualitative studies can be conducted to examine the roles of social media and game addictions in adolescent parent conflict in more depth. Finally, psychological support such as individual or family counseling can be provided in technology-based conflicts that arise within the family.

4. References

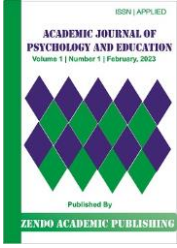
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