Social Media Addiction in Adolescents and Parent-Adolescent Relationship

# Details

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## Sample

The appropriate sampling method was used in the research study. In order to reach the working group, school counselors working in different high schools were cooperated. After obtaining the necessary permissions, the researchers went to high schools and applied the scale forms to adolescents. It was conducted on 583 adolescents. Among them, 32.4% (189) were 9th graders, 35.3% (206) were 10th graders, and 32.2% (188) were 11th graders. 62.6% (365) of the adolescents were female and 37.4% (218) of them were male.

# Abstract

The purpose of this study is to examine the relationship between the social media addiction and the adolescent-parent relationship. Participants of the study are 583 adolescents (365 females, and 218 males). In the study, the Social Media Dependency Scale and the Adolescent Parent Relationship Questionnaire (PARQ) were used. In order to test whether the parent-adolescent relationship predicts the social media addiction, standard and stepwise multiple regression analysis were conducted. As the conclusion of the research, it was determined that the adolescent-parent relationship predicts the social media addiction. It was determined that the social media addiction was significantly predicted by the global distress in the family, the conflict with the mother concerning the school, the adolescent in the middle variable, which demonstrates that the adolescent is in the middle due to the conflicting parents attempting to take sides with the adolescent, and perfectionism cognitive error variable. As a result, it can be stated that the social media addiction of the adolescent increases as the global distress level increases in the family, particularly as the conflict level of the adolescent with the mother concerning the school increases, as the attempts of parents to take sides with the adolescent increase due to the conflict between the parents, and as the perfectionism cognitive error level of the adolescent increases. Mental health professionals; they can prevent the adolescent from developing social media addiction by intervening with the general stress in the family, the conflicts the adolescent has with their parents, and the parents' expectations from the adolescent (example; being perfect, pulling the adolescent to their side).

# Outcome

"According to the findings obtained in the study, global distress within the family is the most predictive variable of social media addiction."
"One of the findings revealed as a result of this research was that the school conflict with the mother was related to the social media. On the other hand, the school conflict with the father was not found to be related to the social media."
"In this study, it was determined that the adolescent being in the middle in the mother-father conflict statistically significantly predicts the adolescent’s social media addiction."
(Bilgin et al., 2020, pp.271-272)