Bidirectional effects of Internet-specific parenting practices and compulsive social media and Internet game use

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## Sample

"Of the 544 participants included at T1, 354 (65%) were also included at T2." (Koning et al., 2018, p. 626)
"This resulted in a sample of 354 adolescents (48.9% boys) averaged 13.90 years of age (SD = 0.74, range: 11–15). Only a small portion of the adolescents were in lower levels of education (5.1%). Most participants (82%) had a Dutch background (self and both parents born in the Netherlands). " (Koning et al., 2018, p. 626)

## Implications For Parents About

Parental practices / parental mediation

# Abstract

Introduction
This two-wave prospective study investigated the bidirectional relation between Internet-specific parenting (reactive restrictions, Internet-specific rules, and frequency and quality of communication about Internet) and adolescents’ symptoms of social media disorder (SMD) and Internet gaming disorder (IGD). In addition, we investigated whether this relation was different for boys and girls.

Methods
A sample of 352 adolescents (48.9% boys, Mage = 13.9, SDage = 0.74, range: 11–15) completed questionnaires at two waves. Zero-inflated cross-lagged analyses in Mplus were performed to predict the level of IGD and SMD symptoms by Internet-specific parenting practices and vice versa, while controlling for age, level of education, and outcome at T1.

Results
More frequent parent–adolescent communication about Internet predicted more IGD (β = 0.26, p = .03) and SMD symptoms among boys, and more restrictive rules predicted fewer SMD symptoms among girls (β = −0.23, p = .08). More IGD symptoms predicted more reactive rules (β = 0.20, p = .08) among boys and girls and a higher frequency (β = 0.16, p = .02) and lower quality of communication (β = −0.24, p < .001) among boys and girls, respectively.

Conclusions
This study demonstrates bidirectional relations between Internet-specific parenting and IGD symptoms, but not SMD symptoms. Displaying IGD symptoms seems to elicit ineffective parental responses, which may further exacerbate problematic involvement in gaming. With respect to problematic social use media among girls, this study suggests that parents should set strict rules regarding Internet use, prior to problematic use of social media. Longitudinal studies on the role of parenting in development of Internet-related disorders would be promising in enhancing our understanding of how parents can effectively prevent problematic involvement in online behaviors among their children.

# Outcome

"Bidirectional relations between Internet-specific parenting practices and IGD/SMD symptoms were found with different effects for boys and girls. For boys and girls similarly, more IGD symptoms predicted more reactive parental rules and a lower quality (girls) or frequency (boys) of communication about Internet use. In turn, more frequent communication about Internet predicted more IGD and SMD symptoms among boys only. For girls, restrictive parental rules had a protective effect on the SMD symptoms 1 year later." (Koning et al., 2018, p. 629)