

Parental Attachment, Self Control and Internet Addiction

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ABSTRACT

There is an increase in the prevalence of internet addiction among Adolescence at the end of this year, but there is little research in Indonesia that evaluates and considers important factors that can explain internet addiction in this vulnerable population, this is certainly a common concern, especially for parents. The latest research states that the prevalence of cases occurring among Adolescence during the pandemic of internet addiction cases is increasing among Adolescence. In this research, the aim is to test the factors that cause internet addiction in Adolescence, the factors of parental attachment and self-control are considered to be central factors in the occurrence of internet addiction. The results of the research show that there is an influence of parental attachment and self-control on internet addiction in Adolescence.

Keywords: internet addiction, adolescent, parental attachment, self-control

Introduction

1. Need for study

With every new technology comes concern about its potential impact on adolescent well-being. In the last few years, both researchers and the public have voiced concerns about the rise of digital technology, with a focus on smartphones and social media related to the vulnerable age of Adolescence (Dienlin and Johannes, 2020). Internet addiction (IA)' has become a world issue, internet addiction can be broadly defined as a non-chemical behavioral addiction, which involves human-machine interaction (Cerniglia et al, 2017). Internet Addiction Disorder (IAD) destroys life by causing neurological complications, psychological disorders, and social problems (Cash et al, 2012). Internet Addiction Disorder (IAD) is characterized by pleasure, impulse, or excessive or less controlled behavior related to computer use and Internet access that disrupts users (Weinstein et al, 2014).

Although technological advances have facilitated access to information and communication, excessive use of the Internet can result in various mental and physical health problems. Gambling disorders, gaming disorders, and internet use disorders, often start in childhood and adolescence (Derevensky et al, 2019). The Internet is increasingly influential in the lives of Adolescence, there are also risks related to excessive use and addiction (Jorgenson et al, 2016). Adolescent vulnerability can result in some addictive behaviors, and the Internet is one of them (Marin et al, 2021).

Chao, et al (2020) in their research on 5,211 students in 60 high schools in Taiwan found that cyberbullying, internet pornography, internet fraud, and community bonding have a significant positive effect on internet addiction. One of the effects of the internet on Adolescence is the problem of addiction. New media (internet becoming everyday consumption), internet addiction appears as a potential problem in Adolescence. From the negative consequences reported, internet addiction can have a variety of detrimental outcomes for young people who may need professional intervention. Researchers have now identified several activities and personality traits associated with internet addiction. 3105 Adolescence in the Netherlands filled out a self-report questionnaire including the Compulsive Internet Use Scale, the results showed that 3.7% of the sample was classified as potentially addicted to the Internet (Kuss, et al, 2013). Feng, Ma, and Zhong (2019) in a study involving 1,634 high school students also reported that 12% of respondents showed signs of internet addiction.

Research on internet addiction in Indonesia was previously conducted by Siste (2021), findings showed that 15.2% of the total 643 Adolescence involved in the research showed high internet addiction. Rakhmawati, et al (2021) in his research also reported that four main themes from the experience of Adolescence are related to internet addiction: the reasons for internet addiction, social needs that are not met without the internet, the effects of internet addiction, and self-control over the internet use. Easy access to the internet and its social appeal among male Adolescence put Adolescence at higher risk of internet addiction and the detrimental physical and psychosocial effects are also related. Internet addiction among adolescent boys is a



major public health problem that must be addressed. Asro (2021) also reported that of 2,933 Adolescence respondents in 33 provinces in Indonesia, 59 percent admitted to experiencing an increase in online duration per day with an average of 11.6 hours per day.

The Internet is gradually reshaping the behavior of Adolescence important to identify the prevalence and risk factors to predict Internet addiction among Adolescence (Zhou et al, 2023). Internet addiction disrupts the daily life of Adolescence. It is important to explain the prevalence of internet addiction in Adolescence and explain the relationship between internet addiction and determine factors related to internet addiction in Adolescence (Kawabe et al, 2016). Internet addiction is currently a more serious public health problem, representing a bad effect on the emotional patterns and adaptive behavior of Adolescence. Considering the prevalence of internet addiction and its adverse impact on the optimal functioning of Adolescence (Lan & Wang, 2020). Previous studies found that the relationship between parents and Adolescence in the family environment can be a significant influencing factor for Adolescence IA (Qi et al, 2022). Some important factors that influence internet addiction in Adolescence are the attachment of parents. Previous studies have mentioned that parents' attachment to children is a predictor for children experiencing internet addiction (Akdeniz et al, 2020).

The quality of the parent-child relationship negatively and positively predicts the initial level and the level of change in Internet addiction. Previous studies on the relationship between parental attachment and game addiction in adolescents have revealed findings that parental attachment is related to game addiction, showing that a higher level of parental attachment predicts a lower level of game addiction (Kim & Chun, 2023; Deng et al. et al., 2013).

Parenting patterns in Adolescence show a significant relationship with internet addiction: parental response is negatively related to internet addiction. Authoritative parenting patterns in both parents lower the level of internet addiction in Adolescence (Lukavska, Vacek, and Gabhelik 2020). Cetinkaya (2019) in his research also revealed that the relationship between the control of adolescent behavior by parents and the level of adolescent internet addiction was found to be negative, with the psychological control of parents being felt to be effective in reducing the tendency of adolescent internet addiction. In line with Soh, Charlton, and Chew (2014) that dysfunctional parental attachment has a greater influence on the possibility of Adolescence becoming addicted to Internet-related activities. It was also concluded that the need to alleviate dysphoria due to bad adolescent-parent relationships may be the main reason for internet addiction, and that building a strong bond between parents and their children should reduce the risk of addiction.

In addition to the attachment factor of parents (parent control), self-control (self-control) is also considered to be a factor that causes internet addiction in Adolescence. The cognitive-behavioral model of general problematic Internet use supports the hypothesis of a relationship between self-control and internet addiction, when the state of mood (mood) is negative then this condition can encourage individuals to use online interaction for mood regulation, a behavior that is associated with a lack of control self (LaRose et al., 2003); Individuals with low self-control deficiency are more likely to use the Internet incorrectly or become addicted (Caplan, 2010).

Özdemir, Kuzucu, and Ak (2014) found that self-control is negatively related to the level of internet addiction in Adolescence, the higher the self-control, the lower the level of addiction that occurs. Yang (2020) in his research also revealed that there is a significant correlation between self-efficacy, self-control, and internet addiction. Psychological well-being, self-esteem, and self-control are related to the severity of problematic Internet use (Mei et al 2016). Individuals with a current time-oriented perspective tend to show poorer self-control, increasing internet addiction and procrastination. Individuals with a future-oriented time perspective, on the other hand, tend to have stronger self-control, reducing the risk of procrastination and internet addiction (Kim, et al 2017).

Based on a pilot study conducted by researchers on 121 research respondents, using the short version of the Internet addiction scale (Internet Disorder Scale-Short Form (IDS9-SF) compiled by Pontes and Griffiths (2016) it was found that 14.9% or 18 respondents experienced Internet addiction high level, 80.3% or 98 respondents with moderate addiction, 4.1% or 5 respondents with the low level of addiction. This preliminary study is in line with the research conducted by Siste that the amount of time spent or more than 2 hours using the internet is related to internet addiction, and the figure for Adolescence was found to be high in Adolescence. Previous research still focuses on parenting patterns and their influence on internet addiction, but there is still rare research on parental attachment to the development of internet addiction in Adolescence, if you look at the literature, insecure attachment to parents become a serious concern that needs to be addressed, and in this research involves the influence of self-control on the behavior of using the internet which further leads to addiction.

2. Purpose

Based on the literature study that has been done, it can be concluded that there is an influence of parental attachment, and self-control on internet addiction in Adolescence?



Methods

1. Study design

This research aims to see the influence and relationship between parental attachment, and self-control (self-control) on the level of internet addiction in Adolescence.

2. Participants

Data was collected from Adolescence or high school students in City J, Indonesia. Before data collection, the researcher obtained consent to take the data collected online. Inclusion criteria are Adolescence aged 13-15 years, using a smartphone, and actively accessing the internet. Questionnaire filling using Google form. The total respondents in this research were 99 Adolescence. The population in this research is early Adolescence with an age range of 12-18 years by the definition of Adolescence presented by Hurlock (2011) who divides Adolescence into three categories, namely early, middle, and late Adolescence. The population lives in area J, one of the cities in Indonesia. The selection of City J is based on the reason that there are several cases of Adolescence suffering from internet addiction.

3. Instruments

A. Parental attachment

Parental attachment was measured using a questionnaire developed by Armsden and Greenberg (1989) and adapted by Idriyani (2020). Parental attachment is defined as the adolescent's perception of the negative and positive affective dimensions and the negative and positive cognitive dimensions of the parental relationship, regarding how parents function as a source of psychological security. This definition is based on the theoretical framework of attachment theory formulated by Bowlby, which has three important dimensions to evaluate, namely: the level of mutual trust; quality of communication; and extent of anger and alienation. Parental attachment is adapted from a measurement tool adapted by Idriyani (2020) based on the instrument developed by Armsden & Greenberg (1989), a scale consisting of 25 statement items that describe the child's relationship with parents. Inventory of Parent and Peer Attachment (IPPA).

Dimensi	Item
trust	1, 2, 3*, 5, 9*, 12, 13, 20, 21, 22
communication	5, 6*, 7, 14*, 15, 16, 19, 24, 25
alienation	8, 10,11, 17, 18, 23

B. Self-Control

Gottfredson and Hirschi (1990) define self-control as the amount of "inhibition" that prevents individuals from engaging in mischievous and similar actions. Self-control scale The self-control scale used in the research uses a measuring tool that has been adapted by Arifin & Milla (2020) from the scale developed by Gottfredson and Hirschi (Brief Self-Control Scale (BSCS) and then developed by Tangney et al., (2004)). Consisting of 13 items, the assessment is rated on a 4-point Likert scale, 1 reflecting the statement 'very inappropriate' and 4 'very appropriate'.

C. Internet addiction

To measure Internet addiction in Adolescence, this research uses the internet addiction measuring tool developed by Young and De Abreu (2010) and has been adapted into the Indonesian version by Siste et al (2021). Internet addiction is understood from the addiction label that contains several criteria such as withdrawal, tolerance, preoccupation with substances, use of substances that are heavier or more frequent than intended, concentrated activities to obtain more substances, loss of interest in social activities, work, and recreation others, and ignoring the physical or psychological consequences caused by the use of the substance (Young, 1996).

4. Data Collection

This research has been approved by the school, explaining the purpose and meaning of the research to the school, and ensuring the confidentiality of the research information, regarding the name of the school, the name of the respondent will not be included in the research results. Students and the school will not be harmed by this research, but this information is important for the development of research on internet addiction among researchers.

5. Data analysis

The collected data was processed with the help of SPSS for Windows. To see the influence of parental attachment and self-control variables, regression will be used to measure how much influence each variable has on internet addiction. This research aims to test the influence of parental attachment (X1) and self-control (X2) on the level of internet addiction (Y). In the research that will be done, the author uses a regression analysis approach to support the proposed hypothesis. Regression analysis is a statistical technique to estimate the relationship between variables that have the reason and result of the relationship between variables (Uyanik and Güler, 2013). Sarstedt and Mooi (2014) argue that regression analysis provides insight into whether the independent variable has a significant relationship with the dependent variable, what is the relative strength of the effect of



different independent variables on the dependent variable, and makes predictions. Reliability measurement is done by using the total item consistency criterion used to select question items is 0.3 to 1.0. As for reliability criteria above the number 0.7. According to Hair et al. (2006), the research instrument is said to be reliable if the results of the Cronbach alpha coefficient show a coefficient value ≥ 0.70 .

Result

	<i>Cronbach's Alpha</i>	N	<i>Kolmogorov-Smirnov</i> Sig.
Internet addiction	0.876	18	0.07
Parental attachment	0.928	19	0.19
Self-control	0.831	8	0.18

Based on the normality test of the measuring instrument, the three variables are declared to be normally distributed, significance value >0.05

	Deviation from linearity <i>F</i>	Sig.
Total internet addiction*total parental attachment	0.983	0.515
Total internet addiction*total self control	0.983	0.048

The linearity test between internet addiction and parental attachment variables can be linear, the significance coefficient $0.515 > 0.05$, F count 1.138 means both variables are linear.

Total internet addiction*total self control	<i>F</i>	Sig.
Deviation from linearity	1.355	0.261

Model	R	R Square	Sig.
1	.568 ^a	.322	0.00

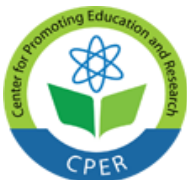
Self-control and parental attachment were regressed against internet addiction, both variables gave an effective contribution of 0.322 and both independent variables gave an effective contribution of 32.2% with a correlation value of 0.568. If you look at the results of the partial regression test for each variable, it can be concluded that both parental attachment is only able to provide an effective contribution of 0.2% $\text{sig} > 0.05$, while self-control can provide an effective contribution of 12.2% $\text{sig} < 0.05$.

Model	R	R Square	Sig.
1	.261 ^a	.068	0.00
2.	.568 ^a	.322	0.00

Discussion

Adolescence is the period between puberty and adulthood, usually between the ages of 11 and 18. Events at this time greatly influence a person's development and can determine his attitude and behavior in the future. During adolescence, there is a risk of emotional crisis, accompanied by mood changes and periods of anxiety and depressive behavior, which adolescents try to fight through withdrawal, avoiding extensive social contact, aggressive reactions, and addictive behavior (Achenbach et al, 2008). Adolescents are very vulnerable and receptive during this period and can be drawn to the Internet as a form of release. Over time, it can lead to addiction. Adolescence is very interested in new technological communication methods, which offer interaction with other people and at the same time provide anonymity, the effect of having a community, and a sense of social acceptance (Karacic & Oreskovic, 2017).

The last few years have seen a dramatic increase in internet usage around the world. In particular, the Internet has become an important part of the daily life of Adolescents, globally, Indonesia ranks fourth in terms of the number of Internet users (around 64.8%). Adolescents are the highest proportion of internet users in Indonesia. Studies have documented the growth phenomenon of excessive internet use and internet addiction (IA) among Adolescents, including online games



(Rakhmawati et al, 2021). The current study examines adolescent internet addiction (IA) among the population of East Jakarta. The purpose of this research is to find out if parental attachment and self-control play a role in adolescent Internet Addiction. Internet addiction is a common and challenging problem among Adolescents.

The results of the research show that self-control is an important factor against internet addiction, although parental attachment does not show a significant influence, there is a strong relationship between parental attachment and internet addiction ($r= .261, p=0.00, R^2 =.068, N=99$) both variables can predict internet addiction in Adolescents. Self-control is an important key to internet addiction behavior in Adolescents, this is in line with the research of Li et al (2021) that impulsivity in the dimension of self-control is an important factor that can explain internet addiction. Self-control is defined as the ability to inhibit which can further regulate thoughts, emotions, and behavior toward the desires of the individual's environment (DeLisi, 2014).

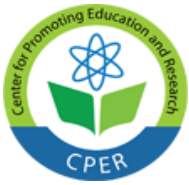
Previous studies on self-control and internet addiction have shown results that reveal that restraint indicators (eg, impulse control and resisting temptation) are negatively related to internet addiction, and impulsiveness indicators (eg, impulsivity and temperament) are positively related to internet addiction (Li et al., 2021). Internet addiction is an uncontrolled use of the internet that affects social functions, with several characteristics such as excessive use of internet time, loss of time orientation, withdrawal from social activities, and deeper tolerance of using the internet (Block, 2008). Cases of people suffering from internet addiction are increasing nowadays, especially among Adolescents. Adolescence is a transitional phase from childhood to adulthood, where thoughts, intellectuality, emotions, and physicality, change drastically. Adolescence is a critical phase in the development of individuals, when they begin to explore their identity and become more independent from their parents. Adolescents are more likely to be at risk of experiencing mental health disorders and addiction to various substances due to the increased level of impulsivity and cognitive development that occurs during this period (Kessler et al, 2005).

Previous studies have shown that insecure attachment is associated with the development of internet addiction (IA), parental attachment is one of the variables often studied by many researchers, and the lack of parental attachment is still the most influential variable in internet addiction, although technology has helped parents to create an attachment with their children. Intervention with a persuasive approach from parents to children directly is the most effective option to help Adolescents with internet addiction (Asyriati, 2020). An insecure attachment style increases the risk of low levels of self-esteem and social skills and hinders the development of healthy emotional regulation, individuals with low-quality attachment tend to feel uncomfortable and insecure in building new personal relationships and participating in social interactions, so Adolescents with a sense of insecurity attachment style can limit their face-to-face social interactions to avoid the risk of rejection and isolation, where a high level of anxiety can occur, thus, Adolescents tend to develop personal relationships and social interactions through the internet (Akdeniz et al, 2020).

In the view of impulsivity theory (Li et al, 2021) Adolescents who hold back more self-desire than others and are less impulsive are more likely to sacrifice short-term entertainment to invest efforts to achieve long-term goals. Adolescents with low self-control tend to avoid studying for the next day's test by watching videos on the Internet. Conversely, students with lower self-control than others are more likely to make decisions based on short-term benefits (such as watching Internet videos) rather than investing in long-term benefits, such as studying for a test.

Adolescence who lacks self-control have few other ways to satisfy their emotional needs, they may increasingly use the Internet to do so. Thus, their repeated decisions to enjoy using the internet can lead to internet addiction. On the other hand, other researchers argue that the decision need not be impulsive, so self-control may not be related to internet addiction. In other words, when Adolescents are addicted to the Internet, they make rational decisions because they know the characteristics of the Internet as anonymity, convenience, and escape, not because of impulse.

Likewise, parental attachment of parents and children, parental attachment theory is defined as emotional attachment between individuals and other people for a long time. Most children may have a secure attachment to one parent and an insecure attachment to the other parent (Asyriati 2020). Evidence shows that children have the same possibility to form attachments to their father and mother. Attachment theory can be seen in the relationship between babies/toddlers and caregivers (parents), but this attachment pattern will affect the relationship and the way a person responds later in life. A good attachment will create a model for a person to interact with in adulthood, and a comfortable attachment will create a character that is warm and easy to share with others. A strong attachment between parents and children will foster a positive and stable adolescent self-concept, this condition will help them avoid addiction (Estevez & Jauregui, 2019; Marino et al., 2019). In addition, the family's response to other family members is important to develop children's behavior patterns. The ability of family members to provide the right response will determine the quality of emotions, especially in Adolescents. A family that provides support, builds personal development, and has rules to control behavior, is an example of a family that can help Adolescents have stable emotions. Meanwhile, poor attachment between parents and children is proven to raise the risk of internet addiction in children. Based on



the Ecological Theory by Bronfenbrenner (1977), it is stated that parents are the closest and most influential members in the child's growing environment.

Conclusion

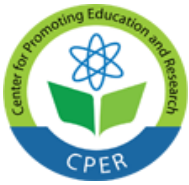
Cases of internet addiction among Adolescents are currently increasing, along with the rapid and modern development of communication technology. Even in Indonesia, cases of internet addiction are getting higher and higher, previous studies show that the cases of addiction vary. In this research, the researcher wants to see if parental attachment and self-control influence the development of addiction in Adolescents. 99 Adolescents were involved in the research and sampled Adolescents in the East Jakarta area. The results show that parental attachment together with self-control, both variables can predict internet addiction in Adolescents, the lower the attachment between parents and children, the higher the internet addiction in Adolescents, and the lower the self-control of Adolescents in using the internet, the higher the internet addiction. Self-control has a greater influence on internet addiction compared to parental attachment. Based on the results of the research, it shows that self-control plays an important role in the behavior of using the internet, therefore, it is important for parents and schools to limit Adolescents in using smartphones and accessing the internet. Parents need to plan youth programs at home, children are involved in activities that are more positive than having to play on the internet, for example activities that hone skills. The school can also create a program that limits Adolescents to use of smartphones and access the internet, and direct them to curricular and extra-curricular activities, or the internet for positive activities so that Adolescents can be more productive and positive in accessing the internet, for example training in making applications, software. Adolescents also need to realize that using the internet for a long time can worsen school performance, physical health, and reduce social activities, Adolescents need to find new skills so that in the future they can benefit themselves and others.

Notes

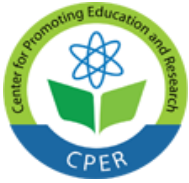
There is no interest or conflict related to this research.

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