The Mediating Effect of Different Parenting Styles on Adolescents' Internet Addiction and Mental Health Status

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Abstract

Internet addiction is a common phenomenon among contemporary teenagers. Differences in family upbringing can also influence Internet addiction. This paper will study how different family education methods affect adolescent mental health and how they affect the relationship between Internet addiction and adolescent mental health problems.

Keywords

Internet addiction; Mental health; Family education; Parenting styles.

1. Introduction

Teenagers have become an important part of Internet users. According to the Statistical Report on The Development of The Internet in China released in 2004 provided by Zhao Yuxia1 and Zhang Han [1], The Number of Chinese Internet users has reached 618 million, among which students account for 25.5%. Further investigation found that 24.1% of the students in the largest group were teenagers aged 10-19. There are also many similar data to reflect the rate of Internet addiction among young people in some parts of China. For example, according to the study conducted by Shu Liang [2], the proportion of Internet addiction among High school students in Taiwan is 12%-13.8%; Chen Song [3] investigated that the rate of Internet addiction in a high school in Jiangxi province was 7.78%; Zheng Yunhua [4], Liu Zhenrong4 and Cui Jiurong4 provided data that the Internet addiction rate of high school students in Shanghai was 8.17%. Currently, there is also the real problem of Internet addiction among adolescents, as there has been an increase in access to psychological services for children and adolescents with problems using online video games. Therefore, good education for teenagers is a problem that needs to be solved urgently. Therefore, the relationship between different parenting styles and adolescent Internet addiction is a topic worthy of in-depth research, so the research on this issue has certain practical significance. The Internet can promote the rapid development of teenagers, but excessive or improper use may have negative effects, such as addictive behavior of a few users. Internet addiction is a manifestation of teenagers' deep psychological problems, which will not only affect their normal study, daily life, and interpersonal communication, but even bring great harm to the society [5]. Because teenagers' self-protection awareness and self-control ability are relatively weak compared with adults, they are easily attracted by online games, violent games, pornographic information, or free unhealthy online content experience [6].

2. The Mental Health of Internet Addicts Is Worse Than That of Non-internet Addicts

According to the investigation of Mondal [7] and Kumar [7], The mental health status of non-Internet addicts is obviously better than that of Internet addicts. The anxiety level of Internet addicts is higher and interpersonal sensitivity is higher. Personality traits such as depression, hostility, and psychosis and even more severe aggressive behavior [8] were significantly

different in the Internet addiction group than in the control group. Zhang Cuihong [9], Jiang Xiayun [9] and Zhang Yijuan [9] conducted a questionnaire survey on 832 students and found that 61 of them met the diagnostic criteria for Internet addiction, and 65 of them had obvious psychological disorders. Therefore, they concluded that students with Internet addiction had significantly higher psychological problems than students without Internet addiction.

3. Improper Family Education Will Affect Children'S Mental Health and Form the Cause of Internet Addiction

Internet addiction, also known as Internet overuse or pathological Internet use. Refers to a phenomenon that causes obvious social and psychological damage due to excessive use of the Internet. The main characteristics are spending an intemperate amount of time on the Internet, having to increase the time on the Internet to obtain satisfaction, abnormal emotional experience when unable to surf the Internet, failure in school, poor performance at work or deterioration of real interpersonal relationship, lying to others to hide their obsession with the Internet, recurrent symptoms and so on [10]. There are many factors that affect their mental health, school education, family education and self-awareness such as self-identity. Regarding these factors, according to the American Psychological Association [11] believes that family education is an indispensable part of adolescent mental health development, because differences in family rearing methods will lead to differences in adolescent mental health development. According to another study analyzed by Ballarotto, [12] Volpi [12], Marzilli [12] and Tambelli [12], they analyzed that different parenting styles, such as overindulgence, excessive strictness, and improper guidance, would have negative effects on their mental health, such as reverse psychology, resistance psychology, anxiety, or depression. Through the survey that once the mental health problems of adolescents appeared, the method for some adolescents to solve these mental health problems by themselves was to seek their presence on the Internet. Because of the anonymity of the Internet, they are relatively free on the Internet and do not feel pressured, and this uninhibited feeling can make them feel relieved or release [13] Not only that, Ballarotto [12], Volpi [12], Marzilli [12] and Tambelli [12] also found that such happiness is called a kind of spiritual support or spiritual ballast. If parents do not find and solve such mental health problems in time, adolescents with weak self-control are prone to Internet addiction.

3.1. Lack of Communication Between Parents and Children Could Lead to Mental Health Problems

According to Mondal [7] and Kumar [7], research on general self-efficacy and online integrity shows that adolescents use the Internet as a spiritual pillar to seek fulfillment due to their feelings of denial of their own abilities and loss of control. Or mental health problems resulting from infrequent communication between parents and children [12]. Through stratified questionnaire survey of 8948 people in Shanghai middle school, high school and vocational school, 199 people were found to have Internet addiction. There is a significant positive correlation between mental health and social adaptation [15] Mental health will affect the harmonious coexistence of social environment [16]. Improper family rearing can lead to mental health problems and social adjustment problems. The emotional warmth and understanding of parents are negatively correlated with mental health. There is a significant positive correlation between parental over-protection and maternal mental health preferences [17].

4. The Nurturing Way of Warm Family Could Promote the Mental Health Development of Children

Li Rong [18] studied the relationship between middle school students' mental health status and parental rearing style in Kunming, Yunnan Province. The results show that the influence of parenting style on children's mental health is obvious. The more parents are able to accept and control their children, the better their mental health. Huang Donghuang [19] showed that the father's over-protection, denial and exclusion factors, the mother's over-intervention, denial and over-protection factors have a significant impact on the mental health of junior high school students in Quanzhou city. Fathers' warm understanding of children's emotions has a significant impact on children's depression and emotional instability. Parental punishment, severe hostility to children, psychological imbalance, interpersonal tension, favoritism and excessive intervention have significant effects on children's emotional instability and self-compulsion. Mother's preference for children has a significant impact on children's psychological imbalance. Through the study of the relationship between family education mode and the mental health of primary and middle school students, we can see that different family education mode has influence on the mental health of primary and middle school students. Warm family cultivation can promote the mental health development of primary and middle school students; The punishment, refusal, over-protection and over-intervention of family education have a negative impact on the psychological and behavioral development of middle and high school students.

5. The Internet Provides A Platform for Them to Pour Out, Which More Likely to Become Addicted to Internet

If adolescents are frequently or overexposed to mental health problems such as anxiety, depression, withdrawal, and low self-esteem, it is impossible to achieve their full potential in study and life [20]. Mental health is significantly positively correlated with learning motivation and has a direct impact [20]. Because adolescent boys are easily attracted to new things and they are more aggressive, their behavior on the Internet is more impulsive [21]. They may experience a sense of superiority in the virtual space and the satisfaction of victory and authority in the virtual world of the Internet, so they are more prone to Internet addiction [20]. The study burden of middle school students is increasing, so will the study pressure [22]. When they encounter study problems in life, there are communication barriers, no one to talk to, it is difficult to meet their emotional and psychological needs. The Internet only provides them with a spiritual platform, which is more likely to lead to Internet addiction [23]. Students with high academic performance have lower rates of Internet addiction than those with low academic performance. There is a link between poor academic performance and excessive Internet use [24]. Because of their poor academic performance, they study less efficiently and often miss classes. They can only pass the time by playing video games or surfing the Internet. The fun brought by the Internet makes these middle school students unable to stop the network world, and a large amount of learning time is occupied, which will significantly reduce the autonomy of learning and reduce their academic performance [24]. In addition, Young [25] has shown in earlier research that social isolation may lead individuals to spend more time online, which may be an important cause of depression. Some researchers believe that depression or anxiety is a cause of Internet addiction. Pre-addiction depression, anxiety and other emotional disorders make addicts feel a certain degree of psychological discomfort, and the Internet is a means for them to escape their emotions, thus falling into the symptoms of Internet addiction [13].

6. Investigation Method

The Adolescent Internet Addiction Diagnostic Questionnaire (YDQ) was developed by Kmberly at the University of Pittsburgh, and the diagnostic criteria for pathological gambling in the Diagnostic Manual of Classification of Mental Disorders (DSM-IV) was developed by Professor Young [26]. Questionnaire contains eight entries (addicted to the Internet, increase the time online, it is difficult to resist the Internet, or it is difficult to stop using the Internet, disable produces withdrawal symptoms, actual online time is longer than the scheduled time, network negative influence social function, hide the time and cost, can surf the Internet in order to avoid problems, or negative emotions). Using "yes" or "no" answer (" yes "is 1 point," no "is 0 points), the total score ≥5 points, can preliminarily judge whether there is Internet addiction.

The mental health questionnaire was based on the mental Health Test (MHT) scale revised by Professor Zhou Bucheng [27] of East China Normal University. There are 100 items in the scale, and each item adopts a 2-level scoring system. Add one point for "yes" and zero for "no". The scale was divided into 10 items and a validity scale of 90 items, including a total of 8 subscales of anxiety tendencies (learning anxiety, anxiety to people, loneliness, self-blame, allergy, physical symptoms, fear, impulsiveness). The scale has wide coverage, high screening rate, high reliability and validity. Scores on each of the eight subscales represent a group of individuals' propensity to anxiety. Therefore, a score above 8 indicates that the psychological state of this dimension is not good; The standard score of the total anxiety tendency of the whole scale is more than 65 points, indicating that the overall anxiety is abnormal and the psychological state is not good.

Egma Minnen AV Bardndosnauppforstran(EMBU) is a parenting style scale developed by C. P. Erris et al., Psychiatry, Umea University, Sweden, in 1980 to assess parenting attitudes and behaviors. Original scale for a total of 81 entries, involving parents 15 species breeding behavior: lip scold, deprivation, punishment and shame, rejection, protection, interference, tolerance, emotion, behavior orientation, blame, encourage, preference, preference the main structure and specific behavior, a total of 15 subscales, analyzes the four major factors: behavior orientation and blame behavior, emotional warmth, and encourage the behavior dimension, Love deprivation and ostracism, favoring fellow citizens or being tried on the overprotective dimension.

7. Conclusion

The conclusion of the survey was that the parents of the students in the school generally used punishment, intervention, rejection, or preference as the primary means of raising their children. They are less likely to use emotional warmth and understanding of family upbringing. The results of this questionnaire can show that the social adaptation of students is related to the way of family rearing. There was a significant positive correlation between parental warmth and understanding and social adaptation, while there was a significant negative correlation between parental harshness and denial and social adaptation. Moreover, it can be further speculated that students' mental health is related to their parents' different parenting styles. There was a significant negative correlation between mental health and father's emotional warmth understanding and mother's emotional warmth understanding. In contrast, mental health was significantly positively correlated with parental punishment, denial, paternal over-protection, and maternal preference.

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