

Effects of Parenting Styles on Different Addictions

-Online Gaming Addiction and Online Shopping Addiction in the Digital Era

Rebeca Yeung^{1,a,*}

¹*Institute of Psychiatry, Psychology & Neuroscience, King's College London, Bush House, Room 4.01 Level 4, Bush House, (SE) Wing, Strand Campus, London WC2B, U.K.*

a. rebeca.yeung@kcl.ac.uk

**corresponding author*

Abstract: The study explores the effects of different parenting styles on online gaming addiction (OGA) and online shopping addiction (OSA) in this digital age. The objective of this study is to investigate other parenting issues that may affect these addictions besides parenting styles and examine the correlations among different parenting styles on these addictions which go viral under the prevalence of digital lifestyle. Based on the four Baumrind parenting styles, this study reviewed a number of research on the effects of OGA and OSA and revealed that there are more parenting styles identified as times change. It also found that positive parenting style is not always significant and may act as negative factor to induce smartphone addiction while acting as a positive factor against OGA. Furthermore, children with special needs like autism should be considered when evaluating the significance of the effects of different parenting styles. This study contributed to the available literature by adding three variables: parenting stress, hours spent online and the gender differences in perceiving different internet parenting styles which may affect the tendency of the onset of OGA and OSA and their interventions.

Keywords: Parenting styles, gaming addiction, shopping addiction, Internet, disorder

1. Introduction

Parents' parenting styles (PS) have significant impacts on how likely adolescents are to become addicted to substance in this digital age.

It is important to keep in mind that parenting styles have a complicated effect on substance addiction as they are affected by genetics, peer pressure and the environment although knowing how different parenting styles can affect the development of substance addiction can help parents and other adults who care for children make smart choices about how to raise their kids.

OGA which is also known as Internet Gaming Disorder (IGD), is a syndrome in which people play online games way too much and can't stop which makes it hard for them to go about their daily lives [1]. A study that looked at adolescent OGA found that having a purpose in life has an impact on OGA in two ways: as a cause and an effect [1].

The disorder known as Compulsive Buying Disorder (CBD) is characterized by compulsive and excessive shopping. This can have a big impact on a person's financial and social life [1,2] with studies have shown that CBD is linked to a number of negative consequences including debt,

relationship problems and mental illnesses [1,2]. In which researchers Kukar-Kinney and Close looked into OSA and found that people who were very materialistic and with low self-esteem were more likely to develop OSA [2].

It is noteworthy that despite being two different conditions, OGA and OSA do have some overlapping features [1]. By acquiring knowledge about the nature of these conditions and understanding the factors that contribute to their development, individuals can adopt strategies to prevent or effectively manage these addictive behaviors [2].

As there are not enough studies review the relationship between parenting styles and OSA. This study serves to find out how parenting styles affect the addictions and the correlation between the effects of parenting styles and digital prevalence on the internet-related addictions.

Parenting styles are the ways in which parents interact with their children and raise them. Traditionally, most researchers adopted the four Baumrind parenting styles to study different parenting styles and their effects, which are: Authoritarian, Authoritative, Permissive, and Uninvolved [3]. However, with the progress of psychological development, there are two more parenting styles have been developed, which are indulgent and neglectful parenting. Different styles employ diverse approaches to raising children, each offering its own set of advantages and disadvantages, and can be distinguished by specific characteristics [3].

2. Different Parenting Styles and their Impacts in the Development and Prevention of OGA

The development of OGAs in adolescents is strongly influenced by parenting styles according to research [4] whereby research has shown that parenting styles with a lot of warmth, support and involvement like authoritative parenting [5] are linked to lower levels of OGA as setting clear rules and limits, giving emotional support and encouraging independence and autonomy are all important parts of authoritative parenting [5] in which researchers have also found that parenting styles with low levels of warmth, support and involvement like neglectful parenting are linked to higher levels of OGA [5].

Research has shown that parental psychological control and need dissatisfaction can help predict a number of technology-related addictions such as OGA [5]. OGA is a complicated issue that is affected by many things such as anxiety, low self-esteem and social, psychological as well as media influences [6,7] with all categories the parental/family characteristics and the adolescents' intrapersonal traits were found to be equally important.

The researchers found a link between authoritative parenting and fewer kids who are addicted to the internet or gambling online [4]. Conversely, higher levels of internet addiction were associated with authoritarian parenting in adolescents while higher levels of addiction to drugs were associated with neglectful parenting.

3. Different Parenting Styles and their Impacts in the Development and Prevention of OSA

OSA is an addictive behavior in which people buy things over and over again to feel good and avoid bad emotions like depression and anxiety [8]. Individuals with OSA often shop when they are stressed or depressed and they often feel great after making a purchase but after buying something, they feel bad about it or guilty about it [8].

Some of the things that can lead to the rise of OSA are how easy it is to get to shopping platforms; how persistent marketers can be and how convenient e-commerce is [9]. Emotional triggers like stress, loneliness or boredom can make people want to find comfort in online shopping [9].

Three key factors can contribute to OSA [10]: firstly, people who like to buy anonymously or avoid social interaction; secondly people who enjoy a wide variety of items; and people who like

instant gratification. Authoritarian and neglectful parenting styles were found to be risk factors for internet addiction [4,11].

According to Beresin, low self-esteem in childhood and adolescence is associated with various emotional and behavioral problems. One possible way that low self-esteem can lead to OSA in adolescence is by creating a need for external validation and gratification. Online shopping can provide a temporary boost of self-esteem, as the individual can purchase items that reflect their desired identity, receive positive feedback from others, and experience excitement and pleasure from the transaction [12]. However, OSA can also create a vicious cycle of guilt, shame, and debt, which can worsen the underlying emotional problems. Authoritarian, indulgent, and uninvolved parents may cause their children to have low self-esteem that may contribute to their tendency to have OSA while children raised by permissive parents may lead to poor self-control and behavioral problem which may affect them to get addicted to substance addiction, including OSA. Only authoritative parenting can offer high levels support, behavioral control, and responsiveness, is associated with the most positive outcomes for children, such as confidence, competence, and responsibility that may help prevent children from having OSA.

These studies suggest that parenting styles can play a role in the development of OSA.

4. Comparison of Parenting Styles' Effects on OGA and OSA

4.1. Compare and Contrast the Effects of Different Parenting Styles on OGA

Authoritarian and neglectful parenting styles were found to be risk factors for internet addiction [13].

Another study conducted by [14] examined predictive effect of parenting stress, parenting styles, and hours spent online on internet addiction among kids with autism. Autism parental stress was the most significant predictor while positive parenting was not found to be significant [14]. The high tendency of internet addiction may contribute to the risk to have OGA among the samples.

These studies suggest that parenting styles can play a role in the development of OGA [5]. Authoritative and indulgent parenting styles can act as protective factors with the parents' involvement and acceptance, while authoritarian and neglectful parenting styles can be risk factors. Apart from negative parenting, autism parenting stress serves as a crucial role to predict internet addiction behaviors among children with autism. However, more research is needed to understand the relationship between parenting styles and OGA.

4.2. Compare and Contrast the Effects of Different Parenting Styles on OSA

Parenting styles can have a significant impact on the development of OSA. According to a study [15], children's perceived internet parenting styles (IPS) can moderate the association between their perceived internet parenting behaviors (IPB), internet expectancy (IE), and internet addiction tendency (IAT) while IPS refer to the ways that parents interact with their children regarding Internet use and follows the same classification of the four Baumrind parenting styles; IE is a psychological construct that refers to an individual's beliefs and attitudes about the outcomes of Internet use. IE can influence an individual's decision-making process to perform a behavior, such as excessive Internet use. IAT is an indicator of an individual's inclination towards experiencing problematic Internet usage, which may include compulsive behavior, withdrawal symptoms, and adverse outcomes. The development of IAT can be influenced by various factors, including personality traits, emotional aspects, and social elements. The study revealed a potential correlation between variations in the quality of IPSs may affect IE and IAT.

Furthermore, the research showed that boys usually thought their parents were permissive or neglectful, while girls usually thought their parents were authoritative or authoritarian IPS. Other types of addiction can also be affected by the way parents raise their children. A typical example is,

kids who grow up with permissive parents often don't know how to follow rules or control themselves, which can lead to drug abuse [16]. When parents are anxious, it can lead to anxious attachment styles in their children which can then lead to anxiety disorders and more often than not substance abuse disorders [16]. Parenting styles can influence abuse of substance [16].

Parents' parenting styles can have distinct impacts on their children with OSA whereby being a permissive or neglectful parent can make a child lose discipline and self-control which can lead to addiction [17] while authoritative and indulgent parenting styles play a protecting role. To help their kids develop healthy habits and behaviors, parents should be aware of how the way they raise their kids affects their behavior.

5. Comparisons and Contrasts in the Influence of Parenting Styles on OGA & OSA

PS can have a substantial impact on the development of both OGA and OSA whereby researchers found that children's perceived IPS can affect the link between their children's perceived IPB, IE and their IAT [18]. Positive PS according to researchers can improve the mind state of adolescents with smartphone addiction and OSA. The study also found that variation of IE and IAT may be linked to the quality of IPB shown by different IPSs. It also found that girls were more likely to think their parents were authoritative or authoritarian while boys usually thought their parents to have permissive or neglectful IPS.

Parental styles can have an effect on both OSA and OGA whereby parenting styles that are authoritative and indulgent can help protect their kids while parenting styles that are permissive and neglectful can make kids lose their discipline and self-control which can lead to addiction. Even so, the effects of parenting styles on OGA and OSA are not always the same. Parenting styles that encourage independence might protect against OGA but they may also make OSA and/or smartphone addiction worse by making the whole sample less likely to use support and less able to control themselves [4,18].

6. Implications for Parents and Professionals Working in Addiction Prevention and Treatment

Based on the evidence parenting styles can have a big effect on the development of both OSA and OGA and therefore caregivers and experts in OGAs and OSAs alongside how to treat them need to be aware of how parenting styles affect kids' behavior and take steps to promote good habits and actions. Parents can help keep their kids safe from OSA and OGA by using both authoritative and indulgent parenting styles [1]. Participation and acceptance are ways to spot these parenting styles in which these parenting styles are often associated with parents who are supportive, responsive and nurturing, and they can play a role in fostering self-control and discipline in children [1].

Moreover, the absence of discipline and self-control under permissive and neglectful parenting can lead to addiction [1]. Parents who practice these styles are more likely to be less involved and less responsive to their children's needs, which can result in the feelings of neglect and low self-esteem [1].

This information can help professionals from the field of OGAs and OSAs to develop more effective interventions for improving parenting skills and promoting healthy family relationships with the aim to reduce the risk of addiction [1]. Additionally, interventions for building self-control and discipline can help children overcome addiction [1].

7. Conclusion

Based on the existing studies, it can be concluded that parenting styles bring a great impact on OGA and OSA which can assist parents and caregivers to help their children develop healthy habits and

avoid addiction. Nonetheless, this study has found that parenting styles may not directly lead to the onset of both OGA and OSA or either one, the negative outcomes along with different parenting styles may pose negative effects on the children to induce the onset of OGA and/or OSA.

This thesis has provided a deeper insight into the relationship between parenting styles and technology-related substance addiction in this age of rapid technological advancement and shed new light on the importance of parenting stress, hours spent online and children with special needs which reveals that positive parenting styles are not always found to be significant.

This study has raised important questions about the nature of parenting styles are just one of the predictors and positive parenting styles do not always work on different types of internet/technology-related addiction. Different internet/technology-related addictions can lead to different severity mental health problems despite having a more positive parenting style. And it is crucial to note that even parenting style posing positive effect on certain internet-related addictions, might pose adverse effect on the other indirectly.

Several limitations need to be noted regarding the current studies. Cross-sectional studies limit the ability to capture the direct and indirect influence of parenting styles on adolescents' OGA and OSA and causality between the study variables could not be determined. Future research could benefit from longitudinal designs to track the development of OGA and OSA in adolescents over time. Most of the studies may have focused on a specific cultural or regional context and socioeconomic contexts, limiting the generalizability of the findings to other cultural settings. Future research could explore the impact of parenting styles on OGA and OSA across different cultural, geographical, and social-status contexts with larger and more diverse samples to enhance the external validity of the results. Some studies focus on conventional households and did not consider the impact of other types of family on parenting styles and their effects on behavioral outcomes. Further research should strive to be more inclusive and consider diverse family structures to provide a comprehensive understanding of the impact of PS.

This would be fruitful for further work on comparative studies across different age groups within adolescence with the use of comprehensive and validated measurement to provide insights into how the impact of OGA and OSA may vary during different developmental stages, ensuring the reliability and validity of the data. Researchers could consider incorporating multiple sources of data, such as self-reports, parental reports, and behavioral observations, to provide a more comprehensive understanding of the dynamics between parenting styles and adolescent technology use and avoid biases. Given the digital nature of gaming and Internet use, future research could explore the effectiveness of technology-based interventions for parents and children.

It is important to note that traumatic event may play a role in affecting internet-related addictions. Future studies could compare data collected before and after the pandemic periods. More research should be done on the correlation between internet addictions/smartphone addictions and OGA as well as OSA as it is not an all-or-nothing phenomenon of internet/technology-related addictions in this digital era.

References

- [1] Kaya, A., Türk, N., Batmaz, H., & Griffiths, M. D. (2023, January 10). *Online Gaming Addiction and Basic Psychological Needs Among Adolescents: The Mediating Roles of Meaning in Life and Responsibility*. *International Journal of Mental Health and Addiction*.
- [2] Aboujaoude, E., Kuss, D. J., Yao, M. Z., & Leung, L. W. (2021, December 16). *Editorial: Online Psychology Beyond Addiction and Gaming: A Global Look at Mental Health and Internet-Related Technologies*. *Frontiers in Psychology*, 12.
- [3] Lcsw, A. M. (2022, August 9). *The 4 Types of Parenting Styles and How Kids Are Affected*. *Verywell Family*. <https://www.verywellfamily.com/types-of-parenting-styles-1095045>

- [4] Serna, C., García-Perales, J., & Martínez, I. (2023, July 11). *Protective and Risk Parenting Styles for Internet and Online Gambling Addiction*. *Human Behavior and Emerging Technologies*, 2023, 1–12.
- [5] Nielsen, P., Favez, N., & Rigter, H. (2020, September). *Parental and Family Factors Associated with Problematic Gaming and Problematic Internet Use in Adolescents: a Systematic Literature Review*. *Current Addiction Reports*, 7(3), 365–386.
- [6] Haney, D. (2023, May 10). *The Psychology Behind Online Gaming Addiction - Trend Peri*. *Trend Peri*. <https://www.trendperi.com/the-psychology-behind-online-gaming-addiction/>
- [7] Hyun, G. J., Han, D. H., Lee, Y. S., Kang, K. D., Yoo, S. K., Chung, U. S., & Renshaw, P. F. (2015, July). *Risk factors associated with online game addiction: A hierarchical model*. *Computers in Human Behavior*, 48, 706–713.
- [8] Hartney, E. (2023, December 5). *What Is a Shopping Addiction?* *Verywell Mind*. <https://www.verywellmind.com/shopping-addiction-4157288>
- [9] Dicey, J. (2023, December 7). *Online shopping addiction: Causes & tips to stop*. *Allen Carr's Easyway*. <https://www.allencarr.com/how-to-get-out-of-debt/online-shopping-addiction/>
- [10] Correa, G. (2023, November 6). *Shopping Addiction Fueled By Online Shopping*. *Addiction Center*. <https://www.addictioncenter.com/news/2020/01/shopping-addiction-online-shopping/>
- [11] Dogan, H., Bozgeyikli, H., & Bozdas, C. (2015). *Perceived parenting styles as predictor of Internet addiction in Adolescence*. *International Journal of Research in Education and Science*, 1(2), 167-174.
- [12] Leary, M. R., Schreindorfer, L. S., & Haupt, A. L. (1995). *The role of low self-esteem in emotional and behavioral problems: Why is low self-esteem dysfunctional?*. *Journal of social and clinical psychology*, 14(3), 297-314.
- [13] Chen, I. H., Lee, Z. H., Dong, X. Y., Gamble, J. H., & Feng, H. W. (2020, December 6). *The Influence of Parenting Style and Time Management Tendency on Internet Gaming Disorder among Adolescents*. *International Journal of Environmental Research and Public Health*, 17(23), 9120.
- [14] Bozoglan, B., & Kumar, S. (2021, October 13). *Parenting Styles, Parenting Stress and Hours Spent Online as Predictors of Child Internet Addiction Among Children with Autism*. *Journal of Autism and Developmental Disorders*, 52(10), 4375–4383. <https://doi.org/10.1007/s10803-021-05324-x>
- [15] Chou, C., & Lee, Y. H. (2017, May 2). *The Moderating Effects of Internet Parenting Styles on the Relationship Between Internet Parenting Behavior, Internet Expectancy, and Internet Addiction Tendency*. *The Asia-Pacific Education Researcher*, 26(3–4), 137–146.
- [16] Ramsewak, S., Moty, N., Putteeraj, M., Somanah, J., & Nirmala, L. P. (2022, January 31). *Parenting style and its effect on eating disorders and substance abuse across the young population*. *Discover Psychology*, 2(1).
- [17] Hidaayah, N., Yunitasari, E., Kusnanto, K., Nihayati, H. E., Santy, W. H., Putri, R. A., & Rahman, F. S. (2022, June 25). *Parenting in the Prevention of Internet Gaming Addiction*. *Open Access Macedonian Journal of Medical Sciences*, 10(G), 731–738.
- [18] Li, Z. K., Shi, L. J., & Cai, X. L. (2022, December 14). *Smartphone addiction is more harmful to adolescents than Internet gaming disorder: Divergence in the impact of parenting styles*. *Frontiers in Psychology*, 13.