

Examining Internet Addiction of Early Adolescents in terms of Parenting Styles

Ön Ergenlerin İnternet Bağımlılık Düzeylerinin Ebeveynlik Stilleri Açısından İncelenmesi

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Abstract. The aim of the current study was to examine Internet addiction levels of early adolescents in terms of parenting styles. The sample of the study consisted of 382 parents (285 mother/ 97 father; Mean_{age} = 38.9, SD_{age} = 5.81, range: 29-57) whose children attended a secondary school in Denizli/Turkey. In line with purpose of the research, the study was conducted utilizing the cross-sectional design. Pearson correlation analysis was used to determine the relationships between the investigated variables and multiple regression analysis was conducted to explore whether parenting styles predicted Internet addiction. The findings of the study showed that Internet addiction was negatively and significantly associated with proactive parenting, positive reinforcement, warmth, supportiveness, and broadband positive parenting styles; it was positively and significantly associated with hostility, lax control, physical control, and broadband negative parenting styles. The study findings indicated that parenting styles had a predictive role in early adolescents' Internet addiction level.

Keywords. Parenting styles, Internet addiction, early adolescents

Öz. Mevcut çalışmanın amacı ön ergenlerin internet bağımlılık düzeylerini ebeveynlik stilleri açısından incelemektir. Araştırmanın katılımcı grubunu Türkiye/Denizli'de bir ortaokula devam eden yaşları 11-14 arasında değişen ön ergenlerin ebeveynleri oluşturmaktadır (285 anne/ 97 baba; Ort.yaş = 38.9, S.d.yaş = 5.81, aralık: 29-57). Araştırmanın amacı doğrultusunda çalışma ilişkisel tarama modeli ışığında yürütülmüştür. Araştırmada değişkenler arasındaki ilişkilerin tespit edilmesi için Pearson korelasyon analizi ve ebeveynlik stilleri bağımsız değişkenin internet bağımlılığı bağımlı değişken üzerindeki yordayıcı rolünün ortaya çıkarılmasına dönük ise çoklu regresyon analizi kullanılmıştır. Araştırma sonucu internet bağımlılığının proaktif ebeveynlik, olumlu pekiştirme, samimi ilişki, destekleyici yaklaşım ve kapsamlı olumlu ebeveynlik stilleri ile negatif yönde; düşmanlık, düşük kontrol, fiziksel kontrol ve kapsamlı olumsuz ebeveynlik stilleri ile ise pozitif yönde anlamlı ilişki içinde olduğunu göstermiştir. Ayrıca, araştırma bulguları ebeveynlik stillerinin ön ergenlerin internet bağımlılık düzeyindeki yordayıcı rolünün varlığını ortaya koymuştur.

Anahtar Kelimeler. Ebeveynlik stilleri, internet bağımlılığı, ön ergenler

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INTRODUCTION

It has not been difficult for individuals to adopt the Internet that was met about fifty years ago. In this process, the Internet has not only entered into individuals' lives but has also become a way of life that affects every aspect of their lives (Fuchs, 2007). The Internet has increased its effect on individuals by firstly providing a new way of communication between people, then helping them quickly to search the information, and meeting their fun, autonomy, and social needs in particular (Wong, Yuen & Li, 2015). Accordingly, the prevalence of the Internet in both Turkey and the world has been constantly on the rise. According to Internet World Stats, the number of Internet users worldwide was around 300 million in 2000, around 1.5 billion in 2009, and over 4 billion in 2018, in one sense, more than half of the world's population has got the Internet access (IWS, 2018). In Turkey, it was seen that the proportion of households with the Internet access was 30 per cent in 2009, 60 per cent in 2014, and 80.7 per cent in 2017. According to Turkish Statistical Institute (April 2018), about eight of every ten households (82.8%) in Turkey have the Internet access (TSI, 2018). We see that the rising acceleration rate concerning the number of Internet users in Turkey is congruent with the number of mobile and Internet subscriber. It was seen that the number of mobile subscribers was around 15 million in 2000, around 62 million in 2010, and around 80 million in 2018 and the number of Internet subscribers was around 1.5 million in 2000, around 14.5 million in 2010, and around 73.7 million in 2018 (TSI, 2018a). The fact that the Internet has strongly entered into individuals' lives through mobiles and tablets in both the world and Turkey has brought with many problems. Perhaps, the most important of these is Internet addiction.

Internet addiction is described as overuse of the Internet leading to impairment of an individual's psychological state, as well as their occupational or scholastic and social interactions (Young, 1998; 2004). Internet addiction which is defined as a technological addiction is an impulse control disorder (Griffiths, 2000). Internet addiction including the symptoms such as loss of control, withdrawal, high tolerance is a subjective distress and functional impairment (Shapira et al., 2003; Shaw & Black, 2008). In the same time, the facts that Internet addiction is viewed in the category of gambling and drug addiction and studies are conducted to enter Internet addiction into DSM-5 underscore

the importance of this problem (American Psychiatric Association, 2012). Given the findings related to the prevalence of Internet addiction, it is not surprising that there is an increasing interest in the construct of Internet addiction in the psychology and psychiatry literature especially over the last two decades. A meta-analysis study of the studies from 31 countries found that the prevalence of Internet addiction in general population was 12%. This study demonstrated that the highest prevalence of Internet addiction was found in the Middle East (10.9%) and the lowest prevalence was found in Western and Northern Europe (2.6%) (Cheng & Li, 2014).

Given studies in the domestic and foreign literature examining whether the prevalence of Internet addiction differs according to development period and age range; it is seen that the prevalence rate of Internet addiction is the highest among adolescents (Kuss et al., 2013; Wu et al., 2016a). The Internet which offers individuals a unique living space by removing the physical and interpersonal barriers of the world has become a social, entertainment and academic tool especially for adolescents in the modern world and has become an indispensable part of daily life (Mak et al., 2014). Adolescents are vulnerable to Internet addiction because of an elevated biological sensitivity (Chambers, Taylor, & Potenza, 2003) and psycho-social immaturity (Cauffman & Steinberg, 2000). Adolescence also appears to be a developmental period including a population at risk of developing Internet addiction due to variations in developing individuals' cognitive controls (Casey et al., 2005) and border-setting skills (Liu & Potenza, 2007). Because the Internet life offers opportunities for adolescents to establish new relationships with other people, to belong to a group, to freely express themselves, to fulfill their needs, and to engage in risky behaviors, they may want to spend more time on the Internet (Ögel, 2014).

Although the prevalence rate of Internet addiction in the general population differs in different cultures and regions; it is worth noting that the finding that the highest rate is in the adolescent population does not differ. A study of 11.956 adolescents from 178 different schools in 11 European countries found that the average Internet addiction rate was 4.4% (Durkee et al., 2012). In the study that examined the prevalence rate of Internet addiction among 6.468 Chinese adolescents whose ages ranged from 10 to 18 in Asian culture, the prevalence rate was calculated as 26.5% (Xin et al., 2018). Another study

conducted by Lau, Gross, Wu, Cheng, and Lau (2017) in Hong Kong showed that the prevalence of Internet addiction in 8286 early adolescents was 11.81%. Clearly, it will not be wrong to say that the inconsistencies in methodology and sampling make it difficult to determine prevalence rates accurately. Given the studies that are conducted in Turkish adolescent population, it is noteworthy that the prevalence rate of problematic Internet use varies. In the study conducted by Öztürk, Ekinci, Öztürk, and Canan (2013) in adolescents aged 14-17; it was observed that Internet addiction rate was 6.6%. Sasmaz et al.'s (2014) study of university students found that the prevalence rate was 9.3% for females and 20.4% for males. A study examining Internet addiction rate of 1175 high school students found that the rate was 7.1% (Cam & Nur, 2015). In the different study, this prevalence rate was determined as 23.2% among university students (Balci & Gülnar, 2009). In addition to these, it is seen that Internet addiction rate is 9.7% in the study of Canan et al. (2012), 5% in the study of Ak, Koruklu, and Yılmaz (2013), 1.3% in the study of Akdağ (2014), and 2% in the study of Aslan and Yazıcı (2016).

Internet addiction-also referred to as problematic Internet use, has a negative role in the multifaceted development of adolescents. Internet addiction is associated with a variety of negative outcomes such as poor academic performance (Zhang, Qin, & Ren, 2018), sleep deprivation (Choi, Cho, Lee, Kim, & Park, 2018), low physical activity (Choi et al., 2009), substance use (Fisoun et al., 2012), suicidal ideation (Kurt, 2015), and depression (Lau et al., 2018). On the other hand, there are many factors that have the potential to predict Internet addiction. Among these, the literature has particularly emphasized the predictors such as personality traits and socio-demographic characteristics (gender, living environment), psycho-social problems (low self-esteem, social anxiety, negative peer relationships, loneliness), behavioral factors (addiction), Internet-related specific behaviors (Internet usage intensity, playing online games), and academic factors (low academic achievement) (Esen & Siyez, 2011; Jiang, Huang, & Tao, 2018; Lai & Kwan, 2017). Previous studies have also demonstrated that another factor that plays a role in adolescents' Internet addiction is family context (e.g., parental loss, parental separation, familial SES) (Lai & Kwan, 2017; Wu et al., 2016).

Family has the central role in individuals' multidimensional development. Parents directly or indirectly play a role in their children's psycho-social, cognitive, physical, and academic development (Sümer, Gündoğdu-Aktürk, &

Helvacı, 2010). Considering the literature, studies investigating the relationship between parents' attitudes and behaviors and their children's developmental characteristics have found a high level of significant correlation between them (Huver et al., 2010; Pekyürek, 2018). Sümer et al. (2010) examined 34 studies focusing on parental attitudes and behaviors in Turkish culture. In this research, it was found that different parental attitudes, behaviors, and approaches had different effects on children's development. Theoretical and empirical studies focusing on children and adolescents' personality, socio-emotional, and cognitive development can not overlook parents' attitudes and behaviors towards their children. Accordingly, the literature indicates that the family factor may not only play a preventive role by preventing adolescents from engaging in maladaptive experiences such as substance use and unsafe sexual activity but can also lead adolescent individuals to adopt these negative behaviors (Franca & Frio, 2018; Obando, Trujillo, & Trujillo, 2014). At the same time, children's Internet addiction development is also shaped by family context (Wang & Qi, 2017; Yu, Kim, & Hay, 2013). Parenting styles are the most important factor among the familial variables that play a role in adolescents' Internet addiction (Siomos et al., 2012). Given that parenting styles have gained ample research attention from various scientific disciplines such as psychological counseling, psychology, psychiatry, and health services, it is clear that the importance of parenting styles on Internet addiction (Wu et al., 2016).

It is clear that parents' attitudes and approaches have a predictive role in their children's Internet addiction development (Kılıç, 2018; Önay, 2014; Wu et al., 2016). A study investigating the relationship between Internet addiction and parenting styles among high school students has indicated that the Internet addiction is negatively associated with democratic parenting and positively associated with authoritarian and protective parenting styles (Önay, 2014). A meta-analysis research of 79 adolescent studies carried out between 2003 and 2017 found a significant relationship between parenting styles and Internet addiction (Li et al., 2018). In this study, the relationship between parenting styles and Internet addiction was found to be the strongest among early adolescents who attended secondary school. In the study conducted by Taylan and Işık (2015), it was seen that the risk rate for Internet addiction among early adolescents was 30.7% and was higher than high school students. It can be said

that the early adolescent development period poses a risk for unhealthy Internet use. Early adolescence is characterized by socio-emotional, cognitive, pubertal, and academic changes and constitutes the first part of adolescence. Early adolescence is a period in which individuals discover themselves, tend to establish their social network, and tend to behave far more impulsively. This period also includes the increased socialization, involvement in romantic relationships, and willingness to engage in risky behaviors (Steinberg, 1996). A study indicated that sensation-seeking increased from age 10 to 15 years, then decreased, and remained stable during late adolescence and emerging adulthood (Steinberg et al., 2008). Some studies showed a significant positive relationship between sensation-seeking and Internet addiction (Ko et al., 2007; Lin & Tsai, 2002).

The Internet is an important opportunity for early adolescents to fulfill their needs. In this process, as mentioned above, the risk of Internet addiction also increases due to factors such as psycho-social immaturity, an elevated biological sensitivity, and lack of setting bounds (Cauffman & Steinberg, 2000; Liu & Potenza, 2007). In the same time, with the transition to secondary school, early adolescents spend more time on the Internet to achieve their academic targets. In the light of these explanations, in the developmental period in which adolescents often spend less time with their parents and parent-child conflict may be higher than during other age periods (Steinberg, 1996), it is important to explore the familial predictive and preventive factors on Internet addiction. The study conducted by Gomez, Harris, Barreiro, Isorna, and Rial (2017) in adolescents aged 12-17 demonstrated an evidence relating to the predictive role of parenting styles in Internet addiction. The significant relationship between parenting styles and Internet addiction among early adolescents is seen in Turkish culture as well (Altıntaş & Öztapak, 2016), as in American, Western, and Asian cultures (Gomez et al., 2017; Li, Lei & Tian, 2018). The current study examining Internet addiction level of early adolescents ages 11 to 14 in terms of parenting styles in Turkish culture may contribute to our growing knowledge base about this relationship. Also, it is seen that studies investigating the relationship between the parenting styles and Internet addiction in Turkish adolescents are based on the same parenting styles: democratic, authoritarian, and protective/demanding. The current study based on the broadband positive and negative parenting measures that was

developed from Schaefer's (1959) theoretical conceptualization is valuable by differing from prior studies.

In the light of these explanations, the aim of the current study was to examine Internet addiction levels of early adolescents in terms of parenting styles. Based on the aim of the study, the two hypotheses were postulated: (H1) Internet addiction is significantly and positively associated with hostility, lax control, physical control, and broadband negative parenting styles. (H2) Internet addiction is significantly and negatively associated with proactive parenting, positive reinforcement, warmth, supportiveness, and broadband positive parenting styles.

METHOD

In line with the purpose of the research, the current study was conducted utilizing the cross-sectional design.

Study Group

The sample of the study consisted of 382 parents (285 mother/ 97 father; Mean_{age} = 38.9, SD_{age} = 5.81, range: 29-57) whose children attended a secondary school in Denizli/Turkey. In terms of education, 22.8% of parents graduated from university or higher, 31.7% graduated from high school, 25.9% graduated from secondary school, and 19.6% completed elementary school. Early adolescents' age ranged from 11 to 14 (Mean_{age} = 12.7, SD_{age} = 1.07). Of the early adolescents, 95 (24.8%) were 5th graders, 102 (26.7%) were 6th graders, 93 (24.4%) were 7th graders, and 92 (24.1%) were 8th graders.

Ethical Statement

All procedures performed in studies involving human participants were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.

Data Collection Tools

Parent-Child Internet Scale. Parent-Child Internet Addiction Scale (Eşği, 2014, adapted from the original version by Young, 1998) is a 20-item measure

of early adolescents' Internet addiction, rated on a 6-point Likert scale (0 = 'does not apply' to 5 = 'always'). Higher scores indicate higher level of Internet addiction. This scale consists of four subscales: social loneliness, uselessness, deprivation, and difficulty to control. If score is higher than 80 children are categorized as Internet addicted, if the score is between 79 and 50 they are categorized as children with limited symptoms, and if the score is lower than 49 children is categorized as average user. In the adaptation study, according to the confirmatory factor analysis, the scale has acceptable fit indexes: [χ^2 /sd= 2.694; GFI = .91; CFI = .97; NFI= .97; AGFI= .92; RMSEA = .024; RMR= .043]. In the adaptation study, the Cronbach alpha coefficients of the scale were 0.94 for social loneliness, 0.85 for uselessness, 0.89 for deprivation, 0.91 for difficulty to control, and 0.91 for the total scale (Eşği, 2014). The Cronbach alpha coefficients of the current study were calculated to be 0.76 for social loneliness, 0.79 for uselessness, 0.82 for deprivation, 0.86 for difficulty to control, and 0.94 for the total scale.

The Multidimensional Assessment of Parenting Scale. The Multidimensional Assessment of Parenting Scale (MAPS) (Karababa, 2019, adapted from the original version by Parent & Forehand (2017) is a 34-item measure of parenting styles, rated on a 5-point Likert scale (1= never to 5= always). The scale comprises seven sub-dimensions (proactive parenting (6 items; e.g., "I avoid struggles with my child by giving clear choices."), positive reinforcement (4 items; e.g., "If my child cleans his room, I will tell him/her how proud I am."), warmth (3 items; e.g., "My child and I hug and/or kiss each other."), supportiveness (3 items; e.g., "I listen to my child's ideas and opinions."), hostility (7 items; e.g., "I argue with my child."), lax control (7 items; e.g.; "I feel that getting my child to obey is more trouble than it's worth."), and physical control (4 items; e.g.; "I spank my child when I am extremely angry.")). In the adaptation study, the Cronbach alpha coefficients of the scale were 0.85 for proactive parenting, 0.83 for positive reinforcement, 0.77 for warmth, 0.82 supportiveness, 0.86 for hostility, 0.83 for lax control, 0.86 for physical control, 0.87 for broadband positive parenting, and 0.85 for broadband negative parenting (Karababa, 2019). The Cronbach alpha coefficients of the current study were calculated to be 0.85 for proactive parenting, 0.81 for positive reinforcement, 0.77 for warmth, 0.82 supportiveness, 0.86 for hostility, 0.83 for lax control, 0.85 for physical control,

0.86 for broadband positive parenting, and 0.84 for broadband negative parenting.

Process

The current study intended to examine the relationship between the parenting styles and early adolescents' Internet addiction levels. The sample of the study consisted of 382 parents (285 mother/ 97 father) whose children attended a secondary school in Denizli/Turkey. Informed consent was obtained from the participants. Before the data collection, the participants were informed about the study's aim and process. Participation was anonymous and voluntary.

Data Analysis

IBM Statistical Package Social Science (SPSS) version 23.0 was used to conduct the data of the study. Pearson correlation analysis was used to explore the bivariate correlations between parenting styles and Internet addiction and the multiple regression analysis was conducted to examine whether parenting styles predicted adolescents' Internet addiction.

FINDINGS

The descriptive statistics, the correlations between the investigated variables, and the multiple regression analysis result were presented in this section.

Table 1. The correlations between parenting styles and Internet addiction, and the descriptive statistics

Variables	Internet Addiction	Mean	S.d.	Kurt.	Skew.
Internet addiction	1	20.20	4.71	.87	.99
Proactive parenting	-.16**	24.62	4.44	.33	-.79
Positive reinforcement	-.31**	17.03	3.22	1.52	-1.30
Supportiveness	-.50**	13.21	4.06	1.59	-1.11
Warmth	-.28**	13.01	2.11	.11	-1.00
Hostility	.41**	13.58	4.63	.49	.65

Lax control	.22**	13.29	5.06	1.44	1.05
Physical control	.37**	5.00	1.06	1.12	1.91
Broadband positive parenting	-.40**	67.87	9.00	-.78	.34
Broadband negative parenting	.44**	31.87	8.92	1.04	1.86

**p< .01, *p< .05

Given that the skewness and kurtosis statistics of the research variables are between +2 and -2, the data of the study support the assumption of normal distribution (Kim, 2013). Considering the correlations results, it was seen that Internet addiction was negatively and significantly associated with proactive parenting ($r = -.16, p < .01$), positive reinforcement ($r = -.31, p < .01$), warmth ($r = -.28, p < .01$), and supportiveness ($r = -.50, p < .01$) parenting styles; it was positively and significantly associated with hostility ($r = .41, p < .01$), lax control ($r = .22, p < .01$), and physical control ($r = .37, p < .01$) parenting styles. Also, it was concluded that Internet addiction was negatively and significantly associated with broadband positive parenting ($r = -.40, p < .01$) and was positively and significantly associated with broadband negative parenting ($r = .44, p < .01$).

Table 2. The result of the multiple regression analysis

Dependent Variable	Predictor Variables	B	Std. Error	Beta	t	Tol.	VIF
Internet Addiction	Proactive Parenting	-.25	.18	-.07	-1.445*	.795	1.257
	Positive Reinforcement	-.52	.26	-.10	-2.012*	.768	1.302
	Supportiveness	-2.49	.36	-.35	-6.880**	.656	1.524
	Warmth	-.36	.37	-.05	-.974	.781	1.280
	Hostility	.79	.18	.22	4.391**	.723	1.383
	Lax Control	.26	.14	.08	1.867*	.925	1.081

Physical Control	.84	.40	.10	2.095*	.708	1.412
F= 29.364**, R= .60, R ² = .355, Durbin W.= 1.939						

**p< .01, *p< .05

Given the analysis result in Table 2, it was found that parenting styles were a significant predictor of early adolescents' Internet addiction and explained 36% of the total variance concerning the Internet addiction approximately (R=.60, R²=.36, F_(7,374)= 29.364, p<.01). Considering the regression coefficients and t statistics, it can be stated that proactive parenting ($\beta = -.07$; p < 0.05), positive reinforcement ($\beta = -.10$; p < 0.05), and supportiveness ($\beta = -.35$; p < 0.01) parenting styles contribute to the total variance explained negatively; and hostility ($\beta = .22$; p < 0.01), lax control ($\beta = .08$; p < 0.05), and physical control ($\beta = .10$; p < 0.05) parenting styles contribute to the total variance explained positively.

DISCUSSION, CONCLUSION AND SUGGESTIONS

The aim of the current study was to examine internet addiction level of early adolescents in terms of parenting styles. The findings of the study showed that Internet addiction was negatively and significantly associated with proactive parenting, positive reinforcement, warmth, supportiveness, and broadband positive parenting styles; it was positively and significantly associated with hostility, lax control, physical control, and broadband negative parenting styles. Parenting styles have been also found to predict Internet addiction. The current findings are congruent with the literature by verifying the hypotheses of the current study. Empirical studies have demonstrated considerable evidence that parenting styles play an important factor in the development of Internet addiction. For example, a study involving 1783 students aged 11-18 years found that adolescents who tended to perceive their parents as more punitive, rejective, and overprotective might be at the risk of developing Internet addiction (Zhang et al., 2019). Likewise, the study conducted by Gomez et al. (2017) in adolescents ages 12 to 17 supports the role of parents in the early adolescents' Internet addiction by indicating that the effect of parent participation is greater for younger adolescent population than older ones.

Familial factors are an important variable that plays a role in adolescent Internet addiction. It has been reported that adverse conditions such as family conflict, fragmented family structure, negative family climate, low family functionality, and low family income are associated with adolescent Internet addiction (Niaz et al., 2005; Wu et al., 2016). According to Siomos et al. (2012), the most important familial factor influencing adolescents' level of Internet addiction is parenting styles. In the meta-analysis study conducted by Li et al. (2018), it was seen that there was a significant relationship between parenting styles and Internet addiction among early adolescents. Considering the literature, it is seen that parents' attitudes and approaches are significant predictors of early adolescents' level of Internet addiction (Chou & Lee, 2017; Gomez et al., 2017; Taneri & Tiryakioğlu, 2015).

In the current findings, it was seen that proactive parenting, positive reinforcement, and supportiveness parenting styles were negative predictors of Internet addiction, and hostility, lax control, and physical control parenting styles were positive predictors of Internet addiction. In one sense, it is noteworthy that the negative parenting styles increase early adolescents' levels of Internet addiction while the positive parenting styles decrease early adolescents' levels of Internet addiction. Considering the literature, we see that it is consistent with the current finding. A meta-analysis study of 79 studies investigating the relationship between parenting styles and Internet addiction in the Chinese population found that the strongest predictive role of parenting styles on Internet addiction was in early adolescents (Li et al., 2018). Also, in this study, it was concluded that the Internet addiction was negatively related to positive parenting styles and positively related to negative parenting styles. A study supporting the current research finding was conducted by Taneri and Tiryakioğlu (2015) to examine the relationship between parenting styles and the problematic Internet use among 7th and 8th graders in TRNC. In this research, it was seen that as the attitude of protective and authoritarian family increases and the democratic family attitude decreases, the problematic Internet use also increases.

In the current study, it was seen that the negative parenting styles had a positive predictor role in early adolescents' Internet addiction levels. Wang and Qi's (2017) study of secondary school students supports the current finding by demonstrating that authoritarian parenting style contributes to their the problematic Internet use. Negative parenting styles such as rejection, hostility,

and physical control may put adolescents at higher risk for Internet addiction (Park, Kim & Cho, 2008; Yu, Kim & Hay, 2013). Parenting is the most important predictor of the quality of parent-adolescent relationship (Steinberg, 1996). It is not expected that there will be a positive interaction between the parents who neglect their children, do not have positive feelings towards them, and use physical control, and their children. Accordingly, low satisfaction with family functioning and parent-adolescent conflict are positively associated with adolescents' Internet addiction (Say & Durak-Batıgün, 2016; Zhang et al., 2019). It is possible that individuals, who do not have a positive communication with their family and exposure to parental negative reactions, prefer to move away from their parents, thus spend more time on the Internet. Parent-adolescent conflict is an experience that contributes to adolescent Internet addiction (Yen, Yen et al., 2007). Young (1997) suggests that individuals who do not receive necessary positive attention from parents and do not have positive family climate see the Internet as an escape point and are more exposed to the negative effects of the Internet. In addition, the Internet is an opportunity for individuals whose emotional needs are not met by their parents. Prior studies have indicated that early adolescents perceiving high social support from their parents have lower level of Internet addiction (Isık & Ergun, 2018; Mo et al., 2018).

In the current study, it was seen that parenting style that had the highest contribution to Internet addiction was the supportiveness. After the supportiveness, other parenting styles that have a positive predictive role in early adolescents' Internet addiction are proactive parenting and positive reinforcement. Given that the positive parenting styles lead to the healthier family climate (Steinberg, 1996), it is more likely that adolescents who feel better about themselves in their family and have positive attitudes towards their parents may prefer the engagement in family activities than the Internet in their leisure time activities. The current findings indicated that warmth parenting style did not have the predictive effect on early adolescents' Internet addiction. Contrary to this finding, the literature has demonstrated that there is a negative relationship between parental warmth and children's Internet addiction (Chou & Lee, 2017). This difference may result from fact that parental warmth can lead to the permissive behaviors.

Early adolescence is a developmental period including the increased socialization, involvement in romantic relationships, and willingness to engage in risky behaviors (Steinberg, 1996). The Internet creates an opportunity for adolescents to meet their needs. A study found that adolescents' perceptions of the relevance of reduced nonverbal cues and controllability encouraged their feelings of disinhibition, which in turn increased their online self-disclosure (Schouten, Valkenburg & Peter, 2007). When the satisfaction of the needs for academic and fun are also incorporated in these experiences, the link between adolescent and Internet increasingly become strong (Wu et al., 2016a). Rather than the attempt to eliminate the bond between individual and the Internet, it is more important and significant that parents control the process between adolescent and the Internet and direct them to healthier activities by monitoring their children (Wang, Bianchi & Raley, 2005). Given that the quality relationship between parents and their children takes a preventive role in adolescent Internet addiction (Say & Durak-Batgün, 2016; Yu, Kim & Hay, 2013), it can be expected that positive parenting styles contribute to the desired link between adolescent and the Internet. Gomez et al.'s (2017) study of adolescent found that the lowest level of Internet addiction was in the group with the highest parental control and the lowest parent-adolescent conflict. In this context, the current study showed that the positive parenting styles were negatively related to early adolescents' Internet addiction level. Children of parents who encourage their children to express their ideas and opinions, respond to positive child behavior with praise, rewards, or displays of approval, and display child-centered appropriate responding to anticipated difficulties are more likely to use the Internet at the desired level. Consistent with this assumption, the study examining the relationship between parental attitudes and early adolescents' problematic Internet usage indicated that problematic Internet usage was negatively associated with democratic parental attitude and positively associated with authoritarian and protective/demanding parental attitudes (Altıntaş & Öztürk, 2013).

The literature has indicated that parenting styles may have a stronger effect on early adolescents' Internet addiction than middle and late adolescence (Gomez et al., 2017; Li et al., 2018). Therefore, the supportive attitude of parents may cause early adolescents to spend less time on the Internet by leading them to more engage in family activities. Otherwise, it is also likely that the negative parental approaches such as hostility, lax control, and physical control may lead

early adolescents to want to spend more time on the Internet as an escape from their parents. In a study investigating the relationship between early adolescents' Internet addiction level and the Internet parental attitudes, it was seen that the highest rate of Internet addiction was among early adolescents who perceived as authoritative and permissive their parents' Internet attitude (Ayas & Horzum, 2013).

In the current study that examined the relationship between parenting styles and Internet addiction among early adolescents, the findings indicated that Internet addiction was negatively and significantly associated with proactive parenting, positive reinforcement, warmth, supportiveness, and broadband positive parenting styles; it was positively and significantly associated with hostility, lax control, physical control, and broadband negative parenting styles. It is important to note that this study had some limitations while interpreting the results of this study. First, the study's findings are limited to data from 382 parents whose children attending a secondary school in Turkey/Denizli. Testing the relationships between the variables in the research with different sample groups and different research methods is important in terms of the reliability of the results. The imbalance of the distribution between the mother and father (285 mothers and 97 fathers) among the participants can be also considered as a limitation of the current study. The current study has a cross-sectional design in nature. Thus, it is difficult to make causal relationships. Lastly, the data of the current study were collected via self-reported questionnaire, which may constitute a common method bias. The current research result showed that parenting styles had a predictive role in early adolescents' Internet addiction levels. Practically, this result may shed light on more effective interventions aimed at reducing and preventing internet addiction among early adolescents. First, parenting styles seem as a viable target for interventions aimed at preventing and reducing early adolescent Internet addiction. Therefore, from the preventive perspective, school professionals should aim to improve parents' positive parenting styles by conducting seminars, parents training activities, and psycho-education works. From intervention perspective, identifying students who are confronted with negative parental reactions and treating this parent-child conflict may prevent Internet addiction.

In conclusion, this study might be helpful for parents to rethink about their parenting styles and improve their positive parenting behaviors and for professionals to provide effective intervention and prevention programs in order to reduce early adolescents' dependence on Internet.

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Author Contributions / Yazar Katkıları

Ali Karababa as the sole author of the current study is responsible for the whole study.

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Genişletilmiş Türkçe Özet

Giriş: Bireylerin yaklaşık elli yıl önce tanıştığı interneti benimsemesi hiç de zor olmamıştır. Bu süreçte internet sadece bireylerin yaşam alanlarına girmekle kalmamış aynı zamanda kişilerin hayatlarının her bir noktasını etkileyen bir yaşam biçimi haline gelmiştir (Fuchs, 2007). Hem dünyada hem de Türkiye’de tablet ve cep telefonlarının da etkisi ile internetin bireylerin yaşamlarında daha fazla yer edinmesi beraberinde birtakım problemleri de getirmiştir. Bunlardan belki de en önemlisi internet bağımlılığıdır. İnternet bağımlılığı, internette geçirilen süreye her geçen gün daha fazla ihtiyaç duyulması, interneti kullanma isteğine engel olunamaması, internetsiz geçirilen zamanın birey açısından bir öneminin olmaması, bireyin internette yoksun kaldığında huzursuzluk, sinirlilik, aşırı gerginlik gibi tepkiler vermesi ve bireyin aile, sosyal ve iş hayatının giderek kötüleşmesi olarak ifade edilir (Young, 1998; 2004). İnternet bağımlılık oranının gelişim düzeyine veya yaş aralığına göre farklılaşıp farklılaşmadığını araştıran yurt içi ve yurt dışı literatürdeki araştırmalar incelendiğinde; internet bağımlılığı yaygınlık oranının en yüksek olduğu gelişim dönemi ergenlik olduğu görülmektedir (Kuss ve arkadaşları, 2013; Wu ve arkadaşları, 2016a). İnternet bağımlılığı ergenlerde düşük akademik performans (Zhang, Qin ve Ren, 2018), uyku yoksunluğu (Choi ve arkadaşları, 2018), düşük fiziksel aktivite (Choi ve ark., 2009), madde kullanımı (Fisoun ve arkadaşları, 2012), intihar düşüncesi (Kurt, 2015) ve depresyon (Lau ve arkadaşları, 2018) gibi birçok fiziksel, duygusal, akademik ve psiko-sosyal problem ile ilişkilidir. Literatür ergen internet bağımlılığının aile bağlamına hassas olduğunu göstermektedir. Ebeveynlik stilleri ise ergenlerin internet bağımlılığında rol oynayan ailesel değişkenler arasındaki en önemli faktördür (Siomos ve arkadaşları, 2012). Türk popülasyonundaki ergen bireylerde internet bağımlılığı ile ebeveynlik stilleri arasındaki ilişkinin aynı ebeveynlik tutumları (demokratik, otoriter, koruyucu-istekçi) temelinde incelendiği görülmektedir. Mevcut çalışmanın, Schaefer’in (1959) ebeveynlik stilleri teorik kavramsallaştırması doğrultusunda Parent ve Forehand (2017) proaktif ebeveynlik, olumlu pekiştirme, samimi ilişki ve destekleyici yaklaşım olmak üzere dört boyutu barındıran kapsamlı olumlu ebeveynlik ve fiziksel kontrol, düşük kontrol ve düşmanlık boyutlarını içeren kapsamlı olumsuz ebeveynlik boyutu olarak iki ana bant üzerinde geliştirdikleri ebeveynlik stilleri yapısı ile incelenmesi araştırmanın olumlu bir gücü olarak değerlendirilebilir. Bu bilgiler ışığında, bu çalışmanın amacı ön ergenlerin internet bağımlılık düzeylerini ebeveynlik stilleri açısından incelemektir.

Yöntem: Bu Araştırmanın katılımcı grubunu Türkiye/Denizli’de bir ortaokula devam eden yaşları 11-14 arasında değişen ön ergenlerin ebeveynleri (285 anne ve 97 baba) oluşturmaktadır. Çalışma ilişkisel tarama modeli ışığında yürütülmüştür. Çalışmada Aile-Çocuk İnternet Bağımlılık Ölçeği ve Çok Boyutlu Ebeveynlik Stillerini Değerlendirme Ölçeği (Ebeveyn Formu) kullanılmıştır. Araştırmanın veri seti SPSS .23

programı aracılığı ile test edilmiştir. Araştırmada değişkenler arasındaki ilişkinin tespit edilmesi için Pearson korelasyon analizi ve ebeveynlik stilleri bağımsız değişkenin internet bağımlılığı bağımlı değişken üzerindeki yordayıcı rolünün ortaya çıkarılmasına dönük ise çoklu regresyon analizi kullanılmıştır.

Bulgular: Analiz sonuçlarında, internet bağımlılığının proaktif ebeveynlik, olumlu pekiştirme, samimi ilişki ve destekleyici yaklaşım ebeveynlik stilleri ile ise negatif yönde; düşmanlık, düşük kontrol ve fiziksel kontrol ebeveynlik stilleri ile ise pozitif yönde anlamlı ilişki içinde olduğu görülmüştür. Ayrıca, internet bağımlılığının kapsamlı olumlu ebeveynlik ile negatif, kapsamlı olumsuz ebeveynlik ile ise pozitif yönde, anlamlı ilişki içinde olduğu bulgusuna ulaşılmıştır. Regresyon katsayısı ve t değerleri incelendiğinde, proaktif ebeveynlik, olumlu pekiştirme ve destekleyici yaklaşım ebeveynlik stillerinin negatif yönde; düşük kontrol, düşmanlık ve fiziksel kontrol ebeveynlik stillerinin ise pozitif yönde ön ergenlerin internet bağımlılığına ilişkin açıklanan toplam varyansa anlamlı düzeyde katkı sağladıkları görülmüştür.

Tartışma, Sonuç ve Öneriler: Mevcut araştırmada olumlu ebeveynlik stillerinin ön ergenlerin internet bağımlılık düzeylerini düşürürken; olumsuz ebeveynlik stillerinin ise internet bağımlılık düzeyine pozitif yönde katkı sağladığı dikkati çekmektedir. Literatür incelendiğinde mevcut araştırma bulgusunu destekleyici nitelikte bir tablo karşımıza çıkmaktadır. Li ve arkadaşları (2018) tarafından Çin popülasyonunda ebeveynlik stilleri ile internet bağımlılığı arasındaki ilişkiyi araştıran 79 çalışmanın katılımı ile bir meta-analiz çalışması gerçekleştirilmiştir. Araştırma sonucunda, ebeveynlik stillerinin internet bağımlılığı üzerindeki en güçlü yordayıcılık rolü ön ergenlerde görülmüştür. Ayrıca, araştırmada internet bağımlılığının olumlu ebeveynlik stilleri ile negatif, olumsuz ebeveynlik stilleri pozitif yönde anlamlı ilişki içinde olduğu bulgusuna ulaşılmıştır. Ergen-ebeveyn arasındaki olumsuz etkileşim ergen internet bağımlılığı ile pozitif ilişki içindedir (Say ve Durak-Batıgün, 2016). Ailesi ile olumlu bir iletişime sahip olmayan, onlardan olumsuz tepkiler gören bireylerin ailesinden uzaklaşmayı tercih etmesi olası bir durumdur. Bireyin boş zamanlarında ailesi ile vakit geçirmeyi tercih etmek yerine internette zaman geçirmeyi tercih etmesi daha yüksek olasılıklıdır. Young (1997) ebeveynlerinden yeterli ve gerekli ilgiyi, desteği görmeyen, olumlu bir aile iklimine sahip olmayan bireylerin interneti bir kaçış noktası olarak gördüğünü ve internetin olumsuz etkilerine daha fazla maruz kaldığını ifade etmiştir.

Sonuç olarak, bu çalışma ebeveynlerin ebeveynlik tarzları hakkında yeniden düşüncelerine ve olumlu ebeveynlik davranışlarını geliştirmelerine ve profesyonellerin ergenlerin internete bağımlılığını azaltmak için etkili müdahale ve önleme programları sağlamasına yardımcı olabilir.

Ethical Statement

In the writing process of the work titled "**Examining Internet Addiction of Early Adolescents in terms of Parenting Styles**", the scientific, ethical and citation rules were followed, there was no falsification on the data collected, the "Turkish Psychological Counseling and Guidance Journal Editorial Board" had no responsibility for all ethical violations, and all the responsibility belongs to the authors. I undertake that it has not been sent to another academic publishing medium for evaluation.

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