



THE RELATIONSHIP BETWEEN INTERNET USAGE PREVALENCE, FAMILY DYNAMICS AND ADOLESCENT RESILIENCE: A COMPREHENSIVE REVIEW

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ABSTRACT

In the modern digital era, characterized by pervasive internet usage, understanding the complex relationship between online prevalence, family dynamics, and adolescent resilience is an essential area of study. Through the analysis of these variables, this review study seeks to comprehend how internet usage among adolescents affects their behaviour, mental health, family dynamics, parental involvement, and communication patterns. The research is done to shed light on the viable tactics for developing resilient behaviours in adolescents and enhancing family settings in the face of pervasive internet usage.

The recent study's findings and limitations have been carefully considered and closely scrutinized. The reason for the research gap has also been closely examined.

A variety of secondary sources, such as research journals, and other websites, were utilized to create the literature for this study. All of the research has been carefully reviewed and summarized. The selected articles were all up to date, from reliable publications, and relevant to the planned research.

Paper type: Review paper

KEYWORDS: Internet Usage, Family Dynamics, Adolescent Resilience, Technology Impact, Digital Culture, Parental Influence, Social Media Effects, Psychological Development.

1.INTRODUCTION

During the past few years, adolescents have been greatly influenced by the internet's pervasiveness. Adolescents are among the first to embrace the internet and adapt it to numerous aspects of their everyday lives, particularly to the tremendous development of technology. Adolescent socialization, communication, and education have all changed as a result of the widespread use of smartphones, social media, and internet entertainment. They are using the internet more frequently, whether for pleasure, social contact, or education. Geographical and socio-cultural obstacles are not valuable to this prevalence, which brings benefits as well as challenges, Zaheer Hussain et.al.(2018),[1].

The family is one of the most important factors in determining how adolescents develop psychologically. Adolescent resilience and competence in overcoming obstacles are greatly enhanced by positive reinforcement, open communication, and a supportive environment in a healthy family dynamic. Family dynamics include a wide range of elements, such as the family's structure, parent-child relationships, styles of communication, and the level of support and supervision given by family members, Myhr, G et.al.(2004),

[2]. Adolescents experience challenging situations throughout this developmental stage, including identity formation, social obligations, and academic pressures. These circumstances emphasize the need for resilience. Resilient teens can handle stress, respond in adaptive manners, and keep a positive attitude in the face of challenges, Dmitrieva, Julia Chen et.al (2014), [3].

The term "digital culture" describes a set of common attitudes, behaviours, and values that have been influenced by a society's widespread adoption of digital technology. It encompasses all of the ways individuals use technology and the internet to create, communicate, interact, and consume information. The adoption of digital tools, changes in online communication styles, the creation of new media, and the integration of technology into many aspects of daily life are all considered aspects of digital culture. It includes both the advantages—such as better connectivity and information availability, and the drawbacks, such as privacy issues, digital divisions, and how technology affects interpersonal relationships, Adriana M. Manago et.al.(2022),[4]. Social media effects include the results of using social media platforms on individuals, communities, and society as a whole—that can have both



positive and negative impacts. Examining how these factors relate to and influence each other's impact on an adolescent's developmental path and well-being requires an understanding of the intricate relationships that exist between family dynamics, adolescent resilience, and the prevalence of internet usage, Blair Paley.et.al.(2000),[5].

2. OBJECTIVES OF THE REVIEW

Studying the connections between family dynamics, adolescents' resilience, and the prevalence of internet usage is crucial for recognizing the complex factors influencing today's youth's developing surroundings. Digital connectivity is becoming a necessary aspect of adolescence, and it is closely linked to family dynamics and building resilience during this critical adolescent period. This review of the literature aims to clarify the body of knowledge that currently exists about these interrelated variables, revealing the complex dynamics that exist at the interface of technology, family dynamics, and adolescents' adaptive capacities. The following are the key objectives of the literature review:

- 1) To Identify the link between prevalence of internet usage and family dynamics
- 2) To identify the connection between the prevalence of internet usage and adolescents' resilience
- 3) To Examine social media's effect on the psychological development of adolescents
- 4) To identify the research gaps, contradictions, or rarely researched areas in the existing literature and provide a review of where further study is needed to improve the gaps of this study.

This study review was carried out using a systematic strategy. The researcher examined several online sources like Google

Scholar, Psy Net, and Z-library to locate appropriate studies on the relationships between adolescent resilience, family dynamics, and internet use. Research that satisfied predetermined criteria was included; those that didn't were eliminated. Once these studies were chosen, their quality was examined to ensure the accuracy of the data. Analysed data from both qualitative and quantitative studies methodically. This article comprises only peer-reviewed articles and books written in English with full text. By doing this, the researcher intended to find patterns and themes that help explain the intricate links between internet use, family influences, and adolescent resilience.

The present study attempts to review and analyse the relationship between internet usage prevalence, family dynamics, and adolescent resilience.

3. REVIEW OF LITERATURE

The exploration of the interrelationship between internet usage prevalence, family dynamics, and adolescent resilience represents a critical endeavour in understanding the multifaceted influences shaping the developmental landscape of today's youth. A study on social media overuse and bonding between parents and children, explains the indication that attachment anxiety is positively associated with problematic social media usage, whereas indicators of a secure relationship have a negative correlation with problematic social media use, Musetti, A .et.al.(2022),[6]. Even though technology makes it easier for parents to connect with children, a lack of parental relationships is still the factor that has the greatest impact on problematic internet use. Daria J. Kuss ,et.al,(2022),[7].

Table 1. Research Papers on the Prevalence of Internet Usage and Family Dynamics

Sl. No.	Area & Focus of the Research	The Outcome of the Research	Reference
1	Internet addiction in adolescents: Prevalence and risk (2013),Parental influences on adolescents' excessive use of the internet	In a self-report questionnaire that consists of the Compulsive Internet Use Scale and the Quick Big Five Scale, 3,105 adolescents in the Netherlands were found to have a potential Internet addiction, which represents 3.7% of the sample.	Daria J. Kuss.et al.(2013)[8]
2	Role of attachment and family functioning in problematic smartphone use in young adults(2022), Understanding attachment and family functioning in adolescent problematic smartphone use	Consistency and sophisticated functioning were the two factors that were most successful in predicting problematic internet or smartphone use.	Jimeno, M. V. et al. (2022). [9]
3	The Generalized Problematic Internet Use Scale 2: Validation and test of the model to Facebook use(2017), A Second validation and	Using a sample of 761 Portuguese teenagers; results found that people who prefer online social connections are more likely to use Facebook as a mood regulator and also show poor digital self-regulation.	Raquel.S.Assuncao. et.al.(2017),[10]



	assessment of the model on social network use in the generalized problematic internet use scale		
4	Toward a comprehensive theory of problematic Internet use: Evaluating the role of self-esteem, anxiety, flow, and the self-rated importance of Internet activities (2019), In the context of a comprehensive theory of problematic internet use, assessing the significance of internet activities regarding self-rated importance, anxiety, flow, and self-esteem	Adolescents' tendency for problematic Internet use diminishes with a greater priority placed on maintaining pre-existing social interactions with friends and family. The less problematic Internet use, the better one's sense of self-worth	Ho-Kyung Kim.et.al.(2009),[11]
5	Parental influences on excessive. Internet use among adolescents(2023), This study intends to shed further light on how parental practices, such as the use of different disciplinary strategies throughout a child's early adolescence, may contribute to excessive Internet use by using longitudinal data.	The results revealed several parental risk and protective factors related to excessive internet usage, including the kind and frequency of discipline from parents, the degree of conflict in the parent-child relationships, and styles of parenting that grant psychological autonomy.	Conor O'Reilly. et.al (2023),[12]

Table 2. Research Papers on the Prevalence of Internet Usage and Adolescence Resilience.

Sl. No	Area & Focus of the Research	The Outcome of the Research	Reference
1	The relation between resilience and problematic Internet use among youth(2021), The impact of resilience on 220 Australian youth's problematic internet use and how resilience scores varied depending on factors including academic achievement, extracurricular activities, and ethnicity.	Students who regularly participated in extracurricular activities scored higher on resilience measures than those who did not participate as often. Internet use is positively connected with low levels of spirituality and personal skills.	Dinc.M.et.al(2021),[13]
2	Internet use in Adults: The Role of happiness, Psychological Resilience, dispositional Hope, and Self-control and Self -Management (2023), Parents of children in primary and secondary schools were shown to have problematic internet use when it came to happiness, psychological	These results suggest that individuals' high levels of psychological resilience, hope, and happiness will decrease their problematic internet use. It has been found that problematic internet use and self-control and self-management have a significant indirect connection.	Ramazan Yilmaz.et.al (2023),[14].



	resilience, dispositional hope, self-control, and self-management.		
3	Psychological resilience and post-traumatic growth in disaster-exposed organisations: overview of the literature (2020),A comprehensive analysis of the literature using a qualitative approach to examine the elements that influence psychological resilience and the possible advantages of going through a disaster (post-traumatic growth) by looking at the research on workers in organizations that have experienced disasters.	Social support seemed to play a significant role in improving resilience: Individuals may be shielded from negative mental health effects by the support of their peers, superiors, and family members. who expressed satisfaction with their training connected to tragedies, and especially those who had received training specialized particularly for disaster situations, seem to be more resilient than untrained volunteers or underprepared employees.	Brooks.S.et.al,(2020) [15].
4	Resilience and Perceived Social Support Among School-Going Adolescents in Mangaluru.(2017),Assessment of the level of reported stress, perceived social support, and resilience among school-going adolescents in Mangaluru, Southern India, to identify gender disparities in these domains.	The sample is representative of teenagers in the mid-adolescent phase, as indicated by the group's mean age of 10-14 years. The adolescents' stress levels were moderate, and it can be triggered by phase-related concerns and other external circumstances. The period known as mid-adolescence has been suggested to be when most common adolescent problems usually occur.	Prabhu.et.al,(2017)[16]
5	Problematic Internet Use and Resilience: A Systematic Review and Meta-Analysis, (2023),A systematic review evaluates the association between problematic Internet use and resilience, including potential moderating factors such as participants' age and gender, the continent where the research was done, and other variables.	Important implications for preventing problematic internet use, a condition with significant negative consequences on mental and physical health, as well as significant associated economic spending. Furthermore, developing resilience through suitable training programs would benefit more than just reducing the possibility of problematic internet use; it would also improve mental and physical health and have a positive effect on other factors unrelated to problematic use of new technologies or addictions.	Sergio Hidalgo,et.al(2023), [17]

Table 3. Research Papers on the Social media's effect on the Psychological Development of Adolescents

Sl. No	Area & Focus of the Research	The Outcome of the Research	Reference
1	Social Media's Impact on Teenagers(2013),The article explores some of these factors, their effects, and possible adult interventions to raise awareness of and discourage adolescents' potentially harmful media-related activities.	The addictive desire to always be in contact with peer groups is more concerning since it seems to lower the influence of parents and other authority figures. Teenagers who use social media extensively also tend to experience negative effects on their physical and mental health.	Rahul Vasanth .et.al.(2013),[18]
2	Social media and adolescent development: Hazards, pitfalls and opportunities for growth. Clinical Social Work Journal (2014),How digital technology can impact adolescent development and what clinicians can do to support the positive and lessen the negative effects of this sometimes-	This study examines how the technology world can impact teenage development and what we, as clinicians, can do to encourage the positive and lessen the bad effects of this occasionally overwhelming but ongoing feature of modern life.	Barth, F.et.al ,(2014),[19]



	overwhelming but permanent feature of modern life.		
3	The Impact of Social Media on the Mental Health of Adolescents and Young Adults: A Systematic Review(2023),Empirical studies on adolescents' awareness of social media, especially as a source of information, or how they could use more wide-ranging modern media discourses to express themselves	Adolescents who use smartphones and social media are more likely to experience mental discomfort, engage in self-harming activities, and even consider suicide. By employing open, non-judgmental, and developmentally appropriate strategies, such as education and useful problem-solving techniques, clinicians can collaborate with youth and their families to lessen the risks associated with social media.	Abderrahman M. Khalaf.et.al,(2003),[20]

4. RESEARCH GAP

The systematic approach used in this study offers a strong framework for finding and evaluating significant information, however, some gaps in the research in this area still exist, which affects the comprehensiveness of the research. First of all, there is a noticeable lack of recognition concerning the chronological range of the reviewed material. Understanding the historical development of the relationships between internet use, family dynamics, and adolescent resilience is essential to placing recent findings in contrast. A clearer distinction between the variables within the studies selected would enhance this review's ability to convey the dynamic nature of these relationships. Including studies from other language origins would enhance the study's applicability to a wider range of cultural situations and lead to a more inclusive understanding of the interactions between the components studied.

5. ANALYSIS OF THE REVIEW

The most common internet activities among adolescents were social media engagement and high parental involvement positively correlated with lower instances of excessive internet use. Open communication within families was associated with better resilience scores among adolescents. Technology played a significant role in shaping digital culture, with emerging trends indicating a shift towards increased reliance on online communication and information sharing. Table 1 emphasizes the impact of family dynamics on online behaviour. The studies support the positive connection between higher levels of parental participation and fewer instances of excessive internet use. Table 2 presents the concept that adolescents who have higher resilience scores also have open communication within their families. All of the studies listed in Table 3 show that social media has a major impact on adolescents' identity formation and sense of self-worth, highlighting the necessity of paying attention to these impacts within the larger framework of psychological well-being. The comprehensive review of the studies by the researcher highlights the relationship between internet use, familial dynamics, and teenage resilience, highlighting the significance of bringing all of these aspects into consideration for an in-depth perspective.

Adolescents spend an excessive amount of time on social media and playing online games, which needs to be acknowledged. Adolescents being drawn to these activities makes logical sense, as research indicates that this is a widespread behaviour. To avoid the negative effects of excessive internet use, it's

crucial to understand the requirement of responsible online behaviour and to take necessary precautions.

The close relationship between parental involvement and a decrease in instances of excessive use of the internet emphasizes how important families are in influencing adolescent behaviour, Conor O'Reilly. et.al (2023),[12].

The relationship between improved resilience and open communication is consistent with ideas that underline the role that family support plays in enhancing the well-being of adolescents.

The acceptance of technology's significant impact on digital culture emphasizes the necessity of further study to modify approaches and guidelines. To effectively manage the changing world of adolescent internet interactions, schools, parents, and governments must have a thorough understanding of new trends, Barth, F.et.al.(2014),[19].

Concerns regarding the possible psychological effects are raised by social media's reported effects on identity formation and self-esteem. A primary focus for therapies meant to support teenagers' healthy psychological development should be directed to amplify positive experiences and reduce negative ones when they interact online. Ho-Kyung Kim.et.al.(2009),[11].

The various findings of the studies reviewed here point to a complex relationship between adolescent resilience, home dynamics, and internet usage. Targeted parental education initiatives, encouraging open discussion among families, and creating interventions that address the advantages and disadvantages of digital culture are a few effective tactics. These observations highlight the importance of a comprehensive strategy that involves families, educators, and legislators and adds to the larger conversation on teenage well-being in the digital age.

6. CONCLUSIONS

1. Active parental support and open communication are pivotal in shaping adolescents' internet behaviour and resilience.
2. Promoting digital literacy is very crucial for adolescents to navigate through digital culture effectively.



3. Encouraging a balanced approach to social media can mitigate potential negative impacts on self-esteem and identity formation.

4. Holistic support from society is essential for fostering healthy psychological development in adolescents in the digital age.

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