

The influence of family factors on mobile phone addiction among minors

Yuanxiaodi Liu^{1,*}

¹Music Education College, ShenYang Conservatory of Music, Liaoning, P.R. China

Abstract. Since 2007, the China Internet Network Information Center (CNNIC) has been investigating the online behavior of Chinese youth. Until 1 December 2022, CNNIC released the "Research Report on the Internet Usage of Minors in China in 2021" which shows that the Internet penetration rate among minors is 96.8%, which this means that minors can no longer live without access to the internet. With the advancement of technology and the development of the internet age, smartphones are also coming into the homes of families. Some minors have also fallen into the problem of mobile phone internet addiction as a result. In daily life, all aspects influence the level of addiction to mobile phones among minors. Moreover, family factors play a key role in the development of minors; good family factors contribute to the healthy development of minors. Through data collection and analysis of previous studies, this study analyzes the effects of different factors on the degree of mobile phone addiction among minors in terms of family environment, family atmosphere and family parenting style in this paper. The conclusion is that the worse the family factors are, the more addicted the minor is to mobile phones. Having a good family element is also key to helping minors prevent mobile phone addiction. A good family element can help minors to redirect their attention to life and help them to solve or face problems that arise during their development, and this will reduce the chances of minors becoming dependent on mobile phones and developing an internet addiction to them.

1. Introduction

With the development and popularity of the Internet era, the Internet has entered people's daily lives and at the same time influenced their spiritual lives. People are increasingly dependent on the Internet for entertainment, communication and social information. The advent of the Internet is a double-edged sword. It brings people convenience and pleasure, but also much trouble. People can become confused between the real world and the virtual world by using the Internet for long periods of time, immersing themselves in the virtual world and affecting their normal standard of living, especially for minors in their formative years (6-12years) [1]. Compared to adults, minors' ability to control and regulate their thoughts and feelings and behaviors is more likely to be unstable due to external factors. Different living environments have a significant impact on the use of mobile phone networks by minors. With a good home environment and the right parental guidance, mobile phones can help minors progress in their studies. Conversely, minors who are addicted to the novelty of the internet tend to place the satisfaction they lack from real life on the internet, which can lead to involuntary and compulsive internet use in the

long term. This excessive use of the internet can affect minors' studies and social life and even cause some physical damage. However, different family factors also influence the extent of mobile phone addiction among minors in some ways and addressing the influence of family factors on mobile phone addiction among minors is the origin of this paper.

Previous studies have focused mainly on how to deal with youth Internet addiction, the measures that should be taken and the causes of youth mobile phone addiction, lack of research on the impact of family factors on minors' mobile phone internet addiction. Therefore, this study will look at the impact of different family factors on the level of Internet addiction among minors, find out the reason, and hopefully address the issue of mobile phone addiction due to family structure, family environment and family parenting styles. Accurately recognize and understand the current state of mobile phone addiction among minors by accurately recognizing and understanding the current situation of mobile phone addiction among minors, this article hopes to help minors gradually address their addiction from a family perspective and slowly return their attention to their daily lives and studies.

* Corresponding author: TAKYEE@stu.sqxy.edu.cn

2 Mobile phone addiction among minors

2.1 Overview of mobile phone internet addiction

Mobile phone internet addiction, also known as mobile phone internet dependence, is a heavy psychological dependence on mobile phones for internet access, using them regardless of the occasion and spending so much time and energy on the mobile phone network and there is no way to go about normal daily life. The cessation of mobile phone use can be emotionally unstable, creating a sense of psychological loss and causing some damage to life and psyche.

2.1.1 Causes of mobile phone addiction in minors

In everyday life, many external factors can make minors dependent on mobile phone networks. For example, if they cannot find something of interest in real life, they will go to the mobile network to find something that will interest them - playing games, watching videos, chatting online, and more. This mobile phone addiction stems from a lack of connection with the kid throughout the growing up era due to parental neglect, the youngster will express himself or herself on the phone and discover a "soulmate" on the mobile phone with whom they can communicate and chat about things. Discord in the family and negative parental attitudes also contribute to mobile phone addiction among minors, and the tension caused by disharmony in the family can easily lead to anxiety among minors. They become addicted to mobile phones because they want to escape from reality and become immersed in the internet. Parents have a negative attitude towards the amount of time minors spend on their mobile phones - adopting simple supervision measures and overly restricting their use. This stirs up curiosity and rebelliousness in minors, perhaps leading them to lie and conceal, for example, to gain access to their mobile phones.

2.1.2 Dangers of mobile phone addiction for minors

Long-term use of mobile phones and addiction to mobile phone networks can be harmful to minors psychologically,

physically and in their social relationships. Psychologically, minors are immature in their thinking and have less self-control and are easily attracted to undesirable content on mobile phones, for example, seeing images of violence, which in turn leads to thoughts of imitation and even induces violent crime. This has a negative impact on the psychological development of minors. Long-term use of mobile phones can also weaken the will power of minors, who gradually become lazy and depressed, lose interest and become addicted to the virtual world, affecting normal school life and external social skills, which can lead to psychological or mental disorders in serious cases [2,3]. Physically, Long periods of looking at mobile phone screens and excessive eye use can cause more serious vision problems in minors. Lack of exercise due to prolonged head-down mobile phone use can lead to cervical spondylosis and insomnia, while lack of sleep and poor mental state can affect minors' learning and daily life the next day [4]. However, mental thoughts and the state of health of the body directly influence social relationships, and inevitably people communicate with each other in their daily lives together. Minors who have been addicted to their mobile phones for a long time in a closed state are prone to psychological problems. Without close contact and face-to-face communication with parents and friends, cognitive regulation decreases, thus reducing the minor's level of communication and leading to the eventual loss of the ability to communicate with people in a normal way [4].

2.2 Family environment

The family environment consists of family structure, parenting style, family resources, parents' literacy level, and more. The family environment determines the environment in which minors grow up. A good growing-up environment brings quality education to minors and helps them to solve better the problems that arise in their growth period.

2.2.1 Influence of family structure on the level of mobile phone addiction among minors

Table 1. Statistics on family structure differences and the extent of Internet addiction among youth [5].

Family structures	Severe internet addiction	General level of internet addiction	Mild Internet addiction	No internet addiction	Total
Complete families	2.5%	5.1%	42.6%	49.8%	100%
Single-parent families	5.5%	11.8%	42.8%	39.95	100%
Remarried families	5.2%	12.1%	44.6%	38.1%	100%
Families of left-behind children	6.7%	14.9%	48.2%	32.2%	100%
Orphans	7.5%	17.1%	44%	31.4%	100%

Different family structures have different degrees of influence on the education of minors, and this article will focus on three areas: intact families, single-parent families and reconstituted families. Based on the data on family structure differences and the level of Internet addiction among young people, the analysis is as follows [5]. Children from intact families account for the smallest proportion of severe Internet addiction and the largest proportion of no Internet addiction. Illustrates that minors with intact families are less likely to have mobile phone addiction. Most intact families pay close attention to the emotional and psychological state of their children's development and pay more attention to communication and daily interaction with their children and are very active in the company and care of their children. Children will find pleasure in real life and will not spend much time on their phones. Table 1 shows that children from single-parent and remarried families are more likely to develop mobile phone internet addiction behaviour compared to children from intact families. Parents in single-parent families must work and take care of their minors on their own, and inevitably neglect to care for and communicate with their minors as they grow up in the process. Without proper guidance and education, minors who do not feel valued in real life choose to find a sense of identity through the internet. Minors in remarried families, whose parents have formed new families again, may be negligent in caring for their feelings and psychological thoughts, making them feel neglected, isolated and reluctant to communicate with others, and may then choose to escape reality and immerse themselves in the mobile phone network.

2.2.2 Influence of parents' literacy level on the level of mobile phone addiction among minors

There is an inevitable link between high parental qualifications and the educational attainment of their children. Usually, the higher the education of the parents, the higher the literacy level. Children who are born into a family of books are more likely to have a love and habit of reading as they are nurtured by their family environment from an early age. More educated parents are also more focused on guiding their children from an early age to reduce their exposure to mobile phones as much as possible. According to CGSS data, as high parental qualifications lead to high income, they are more likely to provide a better learning environment and living

conditions for their children, giving them more opportunities to learn about different interests and experience a diverse lifestyle and avoiding children choosing to play games or engage in online activities that take up too much of their spare time. At the same time, in such cases, one parent can choose to work and the other accompanies the child, so that the parent's personal education can better guide the child at different stages of his or her development [6]. Avoid children developing psychological problems in their formative years, escaping from real life and immersing themselves in the virtual online world, which in the long term leads to mobile phone internet addiction.

2.3 Family atmosphere

Family atmosphere refers to the mood and ambiance of the home environment. It exists objectively in every family and affects minors who are in the process of physical and psychological development and development. A good family atmosphere makes minors more optimistic, cheerful and positive. Therefore, a harmonious and happy family atmosphere is a favorable way to ensure the healthy development of minors.

2.3.1 Influence of family climate on the level of mobile phone addiction among minors

Different family climates have different effects on minors' mobile phone internet addiction during their growing up. According to Table 2, the proportion of minors with serious Internet addiction is the lowest and the proportion of those without Internet addiction is the highest in a harmonious family atmosphere. A more interactive and harmonious family allows minors to feel the warmth of the family and focus more on family life rather than spending much time on their mobile phones. Minors who are in a cold family atmosphere because of low family interaction and lack of communication. When minors cannot vent their desire to communicate in real life, they devote a lot of energy to their mobile phones to release their desire for expression and gradually become dependent on them. Families that fight a lot can create tension in family relationships for minors. At the same time, minors who do not receive adequate parental care may also lack a sense of security, this leads to minors finding mental satisfaction in their mobile phones and increases the chances of their mobile phone addiction.

Table 2. Statistics on differences in family climate and the level of Internet addiction among youth [5].

Family atmosphere	Severe Internet addiction	General level of internet addiction	Mild Internet addiction	No internet addiction	Total
Harmony	2.2%	5.4%	31.6%	60.8%	100%
Occasional quarrels	5.7%	11.6%	43.2%	39.8%	100%
Cold	6.4%	13.4%	45.1%	35.1%	100%
Frequent quarrels	6.9%	15.7%	48.2%	31.2%	100%

2.4 Family Parenting Style

American psychologist Diana Baumrind proposed two dimensions of family parenting styles, that is, demandingness and responsiveness. Demandingness refers to whether parents establish appropriate standards for their children's behavior and insist that their children meet these standards. Responsiveness refers to the degree of amiable acceptance of the child and sensitivity to the child's needs. Based on these two dimensions, parenting styles can be divided into four categories: authoritarian, authoritative, permissive and neglectful.

There is a strong link between parenting styles and mobile phone addiction in minors. Firstly, the authoritarian parent demands unconditional obedience from the minor. This type of parenting is not equal for parents and minors. Minors raised in authoritarian parenting styles are more likely to display negative emotions and behaviors such as anxiety and withdrawal [7]. Authoritarian parents may appear to be concerned that the negative effects of mobile phone networks may be detrimental to the development of minors, so they do not allow their children too much access to them. This arouses the curiosity and rebelliousness of minors and makes them want to learn more about the mobile phone network. It is also due to strict undemocratic parents that minors become stressed and will choose to relax on the mobile phone network, which eventually leads to the development of mobile phone addiction.

Authoritative parents make reasonable demands on the minor, set appropriate goals, place appropriate limits on the minor's behavior and are based on respect and understanding of the minor. At the same time, the authoritative parent will show love for the minor and listen carefully to the minor's ideas. Minors who grow up with this type of parenting have high self-confidence and better self-control and are least likely to be prone to mobile phone internet addiction. Because of the democratic parenting style and the preservation of the minor's knowledge and awareness of curious things, they will be guided by their parents to use the mobile phone network properly and will not be addicted to it. Instead, the mobile phone will be a powerful tool to help them learn or understand the diversity of the world.

The indulgent parent is very concerned about the minor, taking care of the minor in every way and over-fulfilling the minor's wishes. Minors brought up in this way are often immature, willful, self-centered and have little self-control. After being exposed to the mobile internet, they are easily attracted to the novelty of mobile phones and their poor self-control can lead them to become addicted to it. Minors raised by permissive parents tend to be highly dependent on their parents, and those whose parents do not exercise controlled discipline over their mobile phones can develop a serious mobile phone addiction after prolonged use.

The neglectful parent has a cold attitude toward the minor. Most of these parents are busy with their work and show less concern for the minor, as well as showing no love or expectation. Children brought up in this way lack normal communication with their parents and long for

their parents' care and attention and tend to develop a withdrawn personality [7,8]. Because of the lack of parental attention, minors lack a sense of presence in real life. In order to get the desired sense of presence and the inner satisfaction, minors will spend more time in the virtual world, where they get the feeling of being valued, and slowly become addicted to it, turning into mobile phone internet addiction.

3. Solutions

In life, parents should always pay attention to the daily status of minors, communicate more with them and understand their real thoughts about playing with mobile phones, try to understand and integrate into the lives of minors, give the care to make them feel warm, and give some help and proper guidance when needed [9]. Fundamentally reduce the dependence of minors on mobile phones. Parents take their minors out for more sports and real-world activities in their spare time, for example, visiting parks and taking part in parent-child activities. Visits to the park and contact with nature can be an effective distraction to develop more interests. Participation in parent-child activities enhances bonding with minors and avoids communication barriers. Based on the research explored in this paper, parents are recommended to study like authoritative parents. They give respect to minors, have enough communication with them, understand their psychological thoughts better, and can better help them prevent mobile phone addiction. Schools should do more to strengthen the ideological education of minors, change their immature and erroneous views and cultivate a positive mindset. Regular psychological counseling is organized for minors so that they can identify their own problems, accept them, improve them [9], and improve their self-discipline. Some schools may also choose to create platforms for interaction with parents, using the "home-school cooperation" method, to facilitate communication between parents and the school, to better interpret the minor's behaviors and to improve the parents' understanding of the minor. The "home-school cooperation" platform allows the school and parents to work more closely together and clarify the responsibilities of both parties [10].

4. Conclusion

This article focuses on three aspects of family environment, family climate and parenting style that have some influence on underage internet addiction. It proves that minors with intact families, high levels of parental attention, and a harmonious family atmosphere and parents with higher levels of literacy have lower levels of mobile phone internet addiction. The family is inextricably and deeply linked to the development of the minor and is fundamental to the development of the minor's personality. This article hopes to shed some light on the lives of minors' families, to pay close attention to their lives, to change their dependence on mobile phones through family factors, and to bring more of their attention

back to the real world. Although this paper combines analysis with the solid literature available, the ideas presented so far remain at the theoretical level and need to be strengthened at the practical level. Future research could be further coupled with a more targeted quantitative and qualitative approach in the form of questionnaires for a more detailed and accurate investigation.

References

1. Y.H. Wang, C.X. Yao, L. Wang, Journal of Handan University. *An Analysis of the Current Situation of Mobile Internet Addiction among College Students and a Study of Its Psychotherapy and Prevention*. 108-109 (2020)
2. Q. Gao, Y.Q. Liu, Q. Ye. etc., Modern Preventive Medicine. *Analysis of internet addiction and its influencing factors among middle school students in Liaoning province* (2020)
3. W.F. Lee, X.Q. Jia, G.Y. Lee, Q.L. Zhang, Psychological Development and Education. *The Effect of Parenting Style on Mobile Phone Addiction: The Chain Mediating Effect of Self-control and Sensation Seeking*. (2021)
4. J.L. Fan, X.Y. Xu, Green Vision. *Research on the causes, harms and educational strategies of the formation of Internet addiction in teenagers*. 34-35 (2016)
5. Y. Deng, Central South University. *Research on the present situation and monitoring mechanism of teenagers' internet addiction*. 20-21 (2012)
6. S.J. Zhou, Q.Y. Lee, L. Z. Cui, Education & Economy. *Parents' Academic Qualifications and Children's Education Empirical Study: Based on Microscopic Data of CGSS*. 31(2018)
7. J.S. Wang, Z. Yan, K. Lee etc., Academic Symposium, *Overview of Family Parenting Method Research and Impact on Youth Internet Addiction Behavior Proceedings of the First National Online Addiction*. (2010)
8. Y.H. Xue, Shandong Youth League School Journal. Youth Research. *Research on the Impact of Family Parenting on Youth Online Behavior*. (2013).
9. Z.M. Shi, Y.H. Wang, G.Y. Lee, X.Y. Yang, Journal of the Hebei University of Engineering (Social Science Edition). *Analysis of the current situation of college students' mobile internet addiction and research on psychotherapy and prevention* (2019)
10. X.M. Xu, China's New Communication. *Discussion on the five-year home-school cooperative education model of higher vocational schools under the background of "Internet"*. (2021)