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The impact of parenting style on anxiety and gaming addiction among the young adults

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Abstract

Parenting style is a crucial factors in individual's developmental stages. A parent's pattern of interactions, attitudes, and methods for raising their child is known as their parenting style. In young adult, parenting style are important because it's negative transmissions are effected adolescence and adulthood. Different types of parenting style are associated with individual mental health specially anxiety. Parenting style are also changes behaviour, where individual's are engaged to spending a great deal of time with using mobile phone gaming which can lead gaming addiction. Individual with anxious and authoritarian and permissive parenting style reported high rating of gaming addiction. Hence, the present study examines the impact of parenting style on anxiety and gaming addiction among young adults. This study involved in 120 young adults aged between 18-26 years. To collect the data, following questionnaire are used: Perceived Parenting Style Scale (PPSS), Beck Anxiety Inventory (BAI) and Gaming Addiction Scale (GAS). The statistical analyses of the data have given an interesting insight about how anxiety, depression and gaming addiction are related to the parenting style.

Keywords: Parenting style, anxiety, gaming addiction, young adults

Introduction

Parenting practices are any clearly visible, particular actions that parents take to help their child socialize (Darling and Steinberg,1993) ^[1].

Fostering a democratic parenting approach and increasing parental acceptability in kids could help avoid or lessen test anxiety (Thergaonkar *et al.*, 2007) ^[2].

For females, secure attachment and fear of failure were favorably correlated with job exploration, but general anxiety and careless behavior were negatively correlated. For guys, exploring profession options was positively correlated with their fear of disappointing their parents. Though the relationship varied between boys and girls, attachment to parents, an authoritarian style, general anxiety, and fear of failure were all linked to job exploration satisfaction levels (Vignoli *et al.*, 2005) ^[3].

Research show that rejecting Parenting Style are responsible for anxiety (Ventola *et al.*, 2017) ^[4]. The findings are broadly consistent with earlier research: adolescents with authoritative parents had the highest outcomes, while those with unengaged parents were the least well adjusted, with permissive and autocratic styles producing intermediate effects. For the most part, this pattern was consistent across ethnic and sociodemographic categories. There was one exception, indicating that the association between parenting styles, particularly the unengaged style, and depressed symptoms may differ depending on gender or ethnicity. More research is needed to reproduce and explain this pattern using ecological factors, cultural norms, and socialization aims and practices (Radziszewska *et al.*, 1996) ^[5].

Few studies shows that, cognitive style plays a mediator role between negative parenting style and Anxiety, depression (Lata K McGinn *et al.*, 2005) ^[6]. An authoritative parenting style should be assessed for the occurrence of generalized anxiety symptoms (Kelly Romero-Acosta *et al.*, 2021) ^[7].

Authoritarian parenting style are important for prediction of Anxiety and there are significant relationship with both (Erozkan 2012) ^[8]. Parenting style and decipline has positive effects on social anxiety of children (Parvez and Irshad, 2013) ^[9]. Authoritative parenting style are negatively effect on adolescence anxiety (Nwufu *et al.*, 2017) ^[10].

The popularity of online gaming has grown significantly in recent years, and this has brought with it a host of issues because of overindulgence in the game. The International Classification of Diseases (ICD-11) draft 11th version includes the first definition of gaming disorder, both online and offline (Saunders *et al.*, 2017) ^[11].

An addiction to online gaming is defined as the frequent and continuous usage of the internet for gaming to the point as it significantly impairs or distresses a person's life (Rosendo-Rios *et al.*, 2022) ^[12].

The psychological challenges linked with incorrect internet use are gaining more attention, even while using the Internet for entertainment, education, and other everyday tasks is convenient. Excessive use, feelings of withdrawal when access is denied, and other detrimental psychological impacts, such as low academic success, tiredness, and social isolation, are all included in the clinical diagnosis of internet addiction (Block, 2008) ^[13].

Online game addiction is one type of internet addiction that is most commonly seen in teenagers and school-age children (Kim *et al.*, 2005; Kim *et al.*, 2008) ^[14]. Addiction to online games can have detrimental consequences on one's ability to work and study, as well as cause problems in interpersonal relationships and psychological well-being (Sublette and Mullan, 2012) ^[15].

In fact severity of online gaming addiction increase attention to the assessment and prediction of pathological gaming behavior which led to the Inclusion of IGD in DSM 5 (Eichenbaum *et al.*, 2015) ^[16].

A variety factor have been investigate as risk factor of game addiction those are social and family Environment (Mihara and Higuchi, 2017) ^[17]. In fact Mother Warmth are directly effect decrease the risk of pathological gaming uses (Ni *et al.*, 2017) ^[18].

Gaming addiction has significant relationship with parenting style, narcissistic personality and cognitive distortion (Arash Zandi Payam and Zeynab Mirzaeidoostan 2019) ^[19]. In Permissive Parenting style, children play online games in 2.5-4 hours every day (Warsah *et al.*, 2021) ^[20].

Objectives

This study is to find out the impact of parenting style on anxiety and Gaming Addiction.

Methodology

In study, a multistage procedure employed to understand the significant effects between Parenting Style on Anxiety and Gaming Addiction.

Site and Population

In this study, 60 female and 60 male individuals aged between 18 to 26 years are used. There are some general inclusion criteria that is aged between 18 to 26, area is urban those who are playing games on mobile phone. Similarly, there are some general exclusion criteria like individual who are less than 18 and more than 26 are not used, rural areas participants are not used.

Sampling Design

Purposive sampling technique was been used. The sample consisted of the people who met every requirement for every group member. The criteria for inclusion and exclusion taken into account while choosing a sample.

Tools and scale

In this study, self-administered questionnaires are used. Those are -

1. Perceived Parenting Style Scale (PPSS) – Divya and Manikandan, 2013. This is a five point Likert scale and it is consist of 30 items.
2. Beck Anxiety Inventory - Beck *et al.*, 1988. This scale is a self-report measure of anxiety with 21 items.
3. Gaming Addiction Scale – Yujie Lie *et al.*, 2000. It is a five point scale with 7 items which measure gaming addiction.

Ethical Issue

The respondents were informed about the consent of the study, further, informed consent from the respondents were taken before administration of the test.

Data collection and Analysis

The primary data was collected during February 15, 2024 to June 15, 2024. 60 female and 60 male individuals aged between 18-26 years participated are used. The Purposive sampling technique was used here. The aim of this study was to determine the impact of parenting style on anxiety, and gaming addiction.

Result

The analysis provides comprehensive summary statistics for three variables: parenting style, Anxiety and Gaming Addiction derived from a sample size of 120 Individual (60 female and 60 male). Individual's are aged between 18 to 26 years old and they are college students.

Table 1 shows the descriptive statistics for parenting style. In Authoritative parenting style, Mean score of male candidates is 35.33 (SD=6.26) and Mean score of female candidates is 35.52 (SD=5.56). In Authoritarian parenting style, Mean score of male candidates is 29.36 (SD=8.12) and female candidates mean score is 27.2 (SD=8.20). In Permissive parenting style, Mean score of male candidates is 30.9 (SD=7.44) and Mean score of female candidates is 28.3 (SD=7.79).

Table 2 shown Descriptive statistics for dependent variable, Anxiety and Gaming Addiction. In Anxiety, Mean score of male candidates is 20.28 (SD=13.64) and female's Mean score is 19.8 (SD=13.54). In Gaming Addiction, Mean score of male candidates is 19.85 (SD= 8.84) and Mean score of female candidates is 15.56 (SD=8.18).

Table 3 shows Pearson correlation for male candidates. In interpreting the results, there is no significant relationship between Authoritative parenting style and Anxiety ($r = -0.103$). On the other hand there is negative correlation between Authoritative parenting style and Gaming addiction ($r = -0.376$; $p < 0.01$). There is a significant relationship between Authoritarian parenting style and Anxiety and Gaming Addiction ($r = 0.576$; $p < 0.01$, $r = 0.682$; $p < 0.01$). Lastly, there is a significant and positive correlation found in Permissive parenting style and Anxiety and Gaming Addiction ($r = 0.567$; $p < 0.01$, $r = 0.619$; $p < 0.01$).

Table 4 shows Pearson correlation for female candidates. In interpreting the results, there is no significant relationship between Authoritative parenting style and Anxiety ($r = -0.026$) and Gaming addiction ($r = -0.059$). On the other hand, There is a significant relationship between Authoritarian parenting style and Anxiety and Gaming Addiction ($r = 0.602$; $p < 0.01$, $r = 0.464$; $p < 0.01$). There is a

significant and positive correlation found in Permissive parenting style and Anxiety and Gaming Addiction ($r=0.487$; $p<0.01$, $r=0.598$; $p<0.01$).

Discussion and conclusions

Parenting styles significantly impact children's emotional and psychological development, including their experience of anxiety. In Authoritative Parenting style parents set supportive and nurturing. And Children feel secure, understood, and supported. In Authoritarian Parenting Parents are strict, expect obedience, and show little warmth. Often it is linked to higher levels of anxiety.

Children may feel pressure to meet high expectations without adequate support. In Permissive Parenting parents are High responsiveness and low demands. It Can lead to higher levels of anxiety due to a lack of boundaries and structure. Children might feel overwhelmed by the lack of guidance.

Secure attachment, often found in authoritative parenting, fosters a sense of safety and confidence. Insecure attachment, common in authoritarian, permissive, or neglectful parenting, can lead to anxiety and fear of abandonment.

Authoritative parenting tends to produce adults who are emotionally stable and less prone to anxiety disorders. Authoritarian, permissive, and neglectful parenting styles can contribute to a range of mental health issues, including anxiety disorders, in adulthood.

Conversely, children's impressions of authoritarian parenting approaches are associated with increased anxiety levels (Wood *et al.*, 2003) ^[21]. Research on nervous people also point to a link between anxiety and overprotective or controlling parenting techniques and low levels of warmth or caring (Rapee, 1997) ^[22]. Previous research has demonstrated a strong correlation between children's anxiety symptoms and clinical anxiety disorders and their perception of their parents' psychological control (Barber *et al.*, 1994) ^[23].

According to a gender-based assessment of online game addiction, male teenagers are more likely than female adolescents to experience problems stemming from their online gaming, to feel more successful, or at the at least, to make money from those games. This result is consistent with several research in the literature that claim boys have more negative consequences from playing digital games than girls do. In permissive parenting style have a higher level of online gaming addiction than the children of authoritative parenting style and Authoritarian parenting style (Ozgur,2018) ^[24].

The child's impression of intention and the hostile rejection parenting style were found to be strongly correlated, according to a regression study. Previous studies have demonstrated a connection between the sensation of purpose and hostile or enraged conduct. The study's findings imply that a person's feeling of purpose could serve as a bridge between abusive parenting and rage or aggressive conduct. (Bardina and Wilson,1997) ^[25].

Additionally, positive relationships have been identified between neuroticism, parental rejection, and overprotectiveness and Internet addiction. There is an adverse relationship between extroversion, agreeableness, conscientiousness, openness to new experiences, and emotional warmth from parents and Internet addiction (Shivam *et al.*, 2021) ^[26].

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Table 4: Pearson correlation for female candidates

Parenting style	Anxiety	Gaming Addiction
Authoritative	-0.026	-0.059
Authoritarian	0.602**	0.464**
Permissive	0.487**	0.598**

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Appendix:

Table 1: Descriptive statistics for parenting style

Category	Authoritative parenting style		Authoritarian parenting style		Permissive parenting style	
	Mean	SD	Mean	SD	Mean	SD
Male	35.33	6.26	29.36	8.12	30.9	7.44
Female	35.52	5.56	27.2	8.20	28.3	7.79

Table 2: Descriptive statistics for Anxiety, Depression and Gaming Addiction

Category	Anxiety		Gaming addiction	
	Mean	SD	Mean	SD
Male	20.28	13.64	19.85	8.84
Female	19.8	19.54	15.56	8.18

Table 3: Pearson correlation for Male candidates

Parenting style	Anxiety	Gaming Addiction
Authoritative	-0.103	-0.376
Authoritarian	0.576**	0.682**
Permissive	0.567**	0.619**