



# Parental Monitoring on Child Internet Addiction



by Dr Bahadorani

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Parental monitoring plays a crucial role in mitigating internet addiction among children and adolescents. This topic has garnered significant attention due to the increasing integration of the internet into daily life and the potential adverse effects of excessive internet use.

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# The Role of Parental Monitoring

Parental monitoring is a significant factor in preventing internet addiction in adolescents. Studies indicate that active and supportive parental monitoring can decrease tendencies towards internet addiction by encouraging participation in family and outdoor activities, which serve as protective factors against excessive internet use<sup>4</sup> <sup>7</sup>. Additionally, providing parents with specific information about their children's internet use can effectively reduce internet usage by 6-10%<sup>5</sup>.



# Parental Influence and Mediation

The quality of the parent-child relationship significantly influences the effectiveness of parental mediation. Positive father-child relationships, in particular, can enhance the protective effects of parental behavioral control and reduce the negative impacts of psychological control on internet addiction<sup>9</sup> <sup>10</sup>. Moreover, parental mediation, including active discussions and monitoring, is associated with reduced internet addiction levels, especially in primary school adolescents<sup>9</sup>.



# Challenges and Limitations

Despite the benefits of parental monitoring, there are challenges in its implementation. Some digital interventions, such as parental control apps, face limitations in functionality, usability, and cultural compatibility, which can hinder their effectiveness<sup>3</sup>. Additionally, the presence of deviant peer affiliations can mediate the relationship between parental monitoring and adolescent internet addiction, suggesting that peer influences also play a critical role<sup>2</sup>.



## Recommendations for Prevention

To effectively combat internet addiction, interventions should focus on enhancing digital literacy for both children and parents, promoting healthy digital habits, and encouraging real-world activities over online engagement<sup>6</sup>. Family counseling programs should also aim to help parents model constructive digital habits and engage in productive discussions about internet use with their children<sup>1</sup>.



## Recommendations for Prevention

In conclusion, while parental monitoring is a key strategy in preventing internet addiction, its success depends on the quality of the parent-child relationship, the integration of supportive family activities, and the consideration of peer influences. Future interventions should address these factors to enhance their efficacy and accessibility.





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