

Parent Social Media Addiction and Adolescent Well-Being

Social media-addicted parents have less warmth and teens with lower well-being.



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Introduction

- Social media addiction: Frequent, uncontrolled social media use that results in significant impairment in one's ability to complete daily tasks (Ryan, 2014)
- Though social media addiction is not recognized in the DSM-5, social media has become hugely popular and an important aspect of the current context (Vannucci & Ohannessian, 2019). Many researchers have begun to investigate the consequences of problematic social media use (Caplan, 2010; Meerkerk et al., 2009).
- Social media addiction in parents can lead to negative outcomes in their teens and result in negative impacts to their parenting (Radesky et al., 2015).

Objective

- To assess the relationship between parent social media addiction, relationship satisfaction, their teens' well-being, and perceptions of parental warmth
- Explore the role of teen gender within this relationship

Method

Participants:

- 9th graders in the Southeastern U.S. (Mage =15.11, SD=.48)
- 234 mother-teen dyads and 69 father-teen dyads
- 52% female

Measures:

- Social media addiction at W1 (Andreassen et al., 2016)
- Parent relationship satisfaction with teens at W1 and W2
- Teen subjective happiness (Lyubomirsky & Lepper, 1999)
- Teen life satisfaction at W1 and W2 (Diener et al., 1985)
- Teen perception of parental warmth at W2 (Grolnick et al., 1998)

Analysis

- Correlation analyses between teen and parent measures
- Moderated Mediation in PROCESS (Hayes, 2012)
 - Links between parent SMA at Wave 1 and teen well-being at Wave 2, mediated by relationship indices and moderated by gender
 - controlled for teen social media addiction and W1 outcomes

Conclusion

- Social media addiction in both mothers and fathers negatively predicted their adolescents' well-being.
- Social media addiction also predicted lower teen perceptions of warmth in mothers addicted to social media.

Implications and Future Directions

- It is unlikely that social media will decrease in popularity in the near future. Thus, it may be true that establishing self-imposed limits for social media use may be helpful for some parents and better for their teens' development.
- Further research is needed to assess long-term consequences of parental social media addiction and potentially, develop accompanying intervention strategies.

	Parent SMA (W1)	Parental Relationship Satisfaction (W1)	Parental Relationship Satisfaction (W2)	Parental Warmth (W2)	Teen Happiness (W1)	Teen Happiness (W2)	Teen Life Satisfaction (W1)	Teen Life Satisfaction (W2)
Parent SMA (W1)	—	-.14*	-.15*	-.21**	-.04	.002	-.02	-.05
Parental Relationship Satisfaction (W1)	-.28*	—	.73	.42**	.23**	.30**	.17**	.31**
Parental Relationship Satisfaction (W2)	-.33*	.73**	—	.27**	.12	.28**	.12	.31**
Parental Warmth (W2)	-.026	.40**	.53**	—	.31**	.40**	.35**	.46**
Teen Happiness (W1)	-.31**	.28**	-0.10	.29**	—	.64**	.74**	.59**
Teen Happiness (W2)	-.28*	.29*	0.08	.34**	.64**	—	.55**	.76**
Teen Life Satisfaction (W1)	-.30*	.31**	0.02	.30**	.74**	.55**	—	.61**
Teen Life Satisfaction (W2)	-.36**	.34**	.25*	.49**	.59**	.76**	.61**	—

Values below the diagonal show paternal associations, values above the diagonal show maternal associations. Bolded values indicate significance. * $p < .05$, ** $p < .01$, *** $p < .001$.

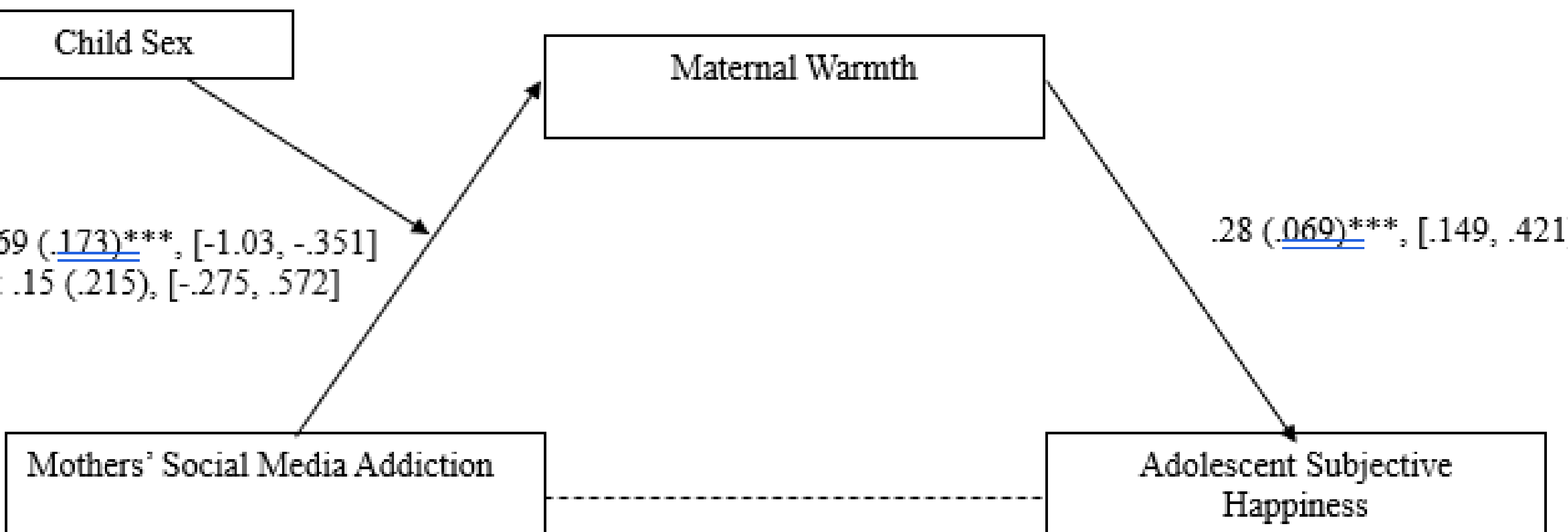
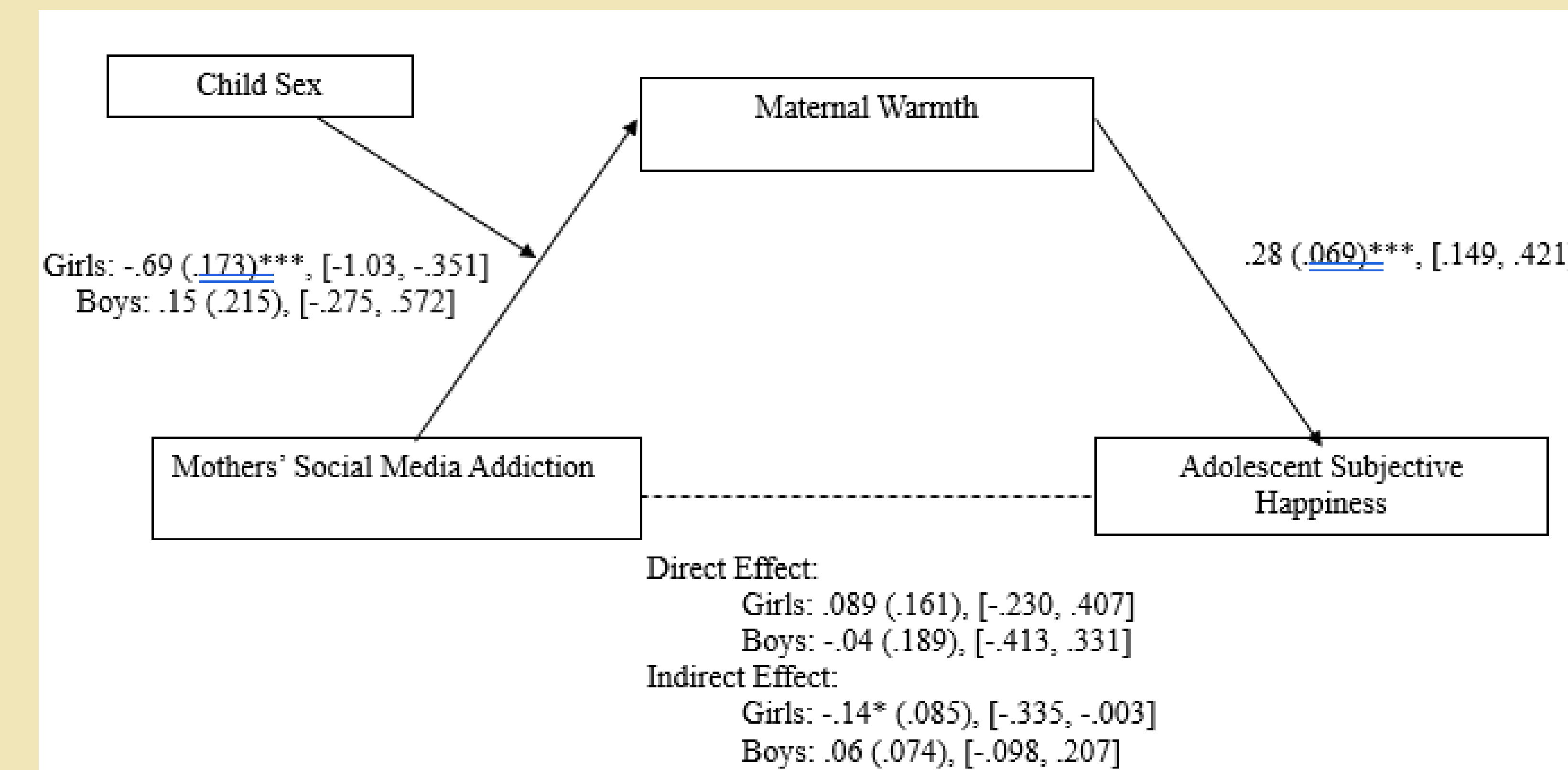


Figure 1. Mediation Model with Mothers Social Media Addiction, Maternal Warmth and Adolescent Subjective Happiness Moderated by Child Sex. Covariates were Time 1 Adolescent Subjective Happiness and Adolescent Social Media Addiction. Note. * $p < .05$, *** $p < .001$.

	Predicting Maternal Warmth			Predicting Adolescent Subjective Happiness		
	B (se)	t	LLCI-ULCI	B (se)	t	LLCI-ULCI
Mothers' Social Media Addiction (MSMA)	-.28 (.137)	-2.08*	[-.553, -.014]	.03 (.124)	0.21	[-.218, .270]
Teen Gender	-.38 (.182)	-2.07*	[-.737, -.017]	-.05 (.162)	-0.28	[-.366, .274]
MSMA X Teen Gender	-.84 (.276)	-3.04**	[-1.39, -.295]	.13 (.248)	0.52	[-.360, .619]
Teen Wave 1 Social Media Addiction	.007 (.106)	0.06	[-.202, .212]	.15 (.093)	1.60	[-.035, .334]
Teen Wave 1 Subjective Happiness	.21 (.069)	2.99**	[.071, .343]	.60 (.062)	9.70***	[.479, .724]
Maternal Warmth	—	—	—	.28 (.069)	4.13***	[.149, .421]
Maternal Warmth X Teen Gender	—	—	—	-.16 (.134)	-1.18	[-.431, .108]

Note. * $p < .05$, ** $p < .01$, *** $p < .001$.

Results

- Social media addiction in mothers did not directly predict teen well-being.
 - An indirect path between mother's SMA and teen subjective happiness was found through maternal warmth at Wave 2 for teen girls (but not boys).
- Social media addiction in fathers at Wave 1 predicted lower teen life satisfaction at Wave 2.
 - No moderation or mediation was detected.

Suggested Reading

Radesky, J. S., Kistin, C., Eisenberg, S., Gross, J., Block, G., Zuckerman, B., & Silverstein, M. (2016). Parent perspectives on their mobile technology use: The excitement and exhaustion of parenting while connected. *Journal of Developmental & Behavioral Pediatrics*, 37(9), 694-701.

Ryan, T., Chester, A., Reece, J., & Xenos, S. (2014). The uses and abuses of Facebook: A review of Facebook addiction. *Journal of behavioral addictions*, 3(3), 133-148.

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