

# Research on the Relationship between Types of Parenting Styles and Internet Addiction among Adolescents

Mengjiao Liang, Xianglian Yu \*

Psychology Department, Education College, Jiangnan University, Wuhan City, Hubei Province, 430056, China

\* Corresponding author: Xianglian Yu (Email: psyyu@jhu.edu.cn)

---

**Abstract:** This paper focuses on the relationship between the types of parenting styles and teenagers' Internet addiction. Through theoretical analysis and literature review, it explores the influence mechanism of different parenting styles on teenagers' Internet usage behavior. Studies have found that the authoritative parenting style helps to curb Internet addiction among teenagers, while the authoritarian, indulgent and neglective parenting styles increase the risk of Internet addiction to varying degrees. This research not only enriches the theoretical system of family education and adolescent behavioral development, but also provides practical guidance for the prevention and intervention of adolescent Internet addiction.

**Keywords:** Parenting Style; Teenagers; Internet Addiction.

---

## 1. Introduction

### 1.1. Practical Significance

#### 1.1.1. Family Level: Optimize Family Education Practices

The parenting styles adopted by parents have a direct and profound impact on the behavior patterns and psychological development of adolescents. Gaining an in - depth understanding of the relationship between parental parenting styles and Internet addiction among teenagers is of great significance. This knowledge can serve as a valuable guide for parents in implementing scientific management strategies for their adolescent children. Specifically, it can assist authoritarian parents in re - evaluating and reducing their excessive high - pressure control mechanisms. For indulgent parents, it provides an opportunity to recognize the importance of establishing reasonable boundaries in their interactions with children. In the case of neglectful parents, it acts as a reminder to enhance their sense of family responsibility and actively engage in their children's lives. Meanwhile, authoritative parents are encouraged to continue leveraging their positive influence and effective parenting approaches. By making targeted improvements to parenting styles, it becomes possible to address the root causes and significantly reduce the risk of Internet addiction among adolescents. Moreover, such improvements can also foster a more harmonious development of parent - child relationships. For instance, once it is identified that authoritarian parenting styles are more likely to trigger rebellious forms of Internet addiction in adolescents, parents can adjust their communication methods. They can start to communicate with their children on an equal footing, listen to their opinions and feelings, and respect their autonomy. Through these changes, the likelihood of adolescents resorting to the Internet as a means of escape can be further minimized. [1]

#### 1.1.2. Schools and Educational Institutions: Improve Educational Intervention Strategies

Schools and school institutions can work together with families, schools and communities to carry out targeted

activities, such as lectures, to help parents master scientific parenting methods, and to formulate personalized intervention plans for students with a relatively high risk of addiction, thereby enhancing the effectiveness of the intervention.

#### 1.1.3. Social and Public Policy: Building a Supportive Environment

Provide a basis for the government to formulate relevant policies. Incorporate the guidance of scientific parenting methods into the community public service system, strengthen the supervision of online content, optimize the online usage environment for teenagers, and create a favorable atmosphere in which the whole society jointly pays attention to and solves the problem of teenagers' Internet addiction.

Preventing Internet addiction through the improvement of parents' parenting styles offers a comprehensive solution. By adopting more appropriate and effective parenting approaches, parents can guide adolescents to use the Internet in a rational and healthy manner. This not only helps them avoid the negative consequences of Internet addiction but also enables them to develop a wide range of healthy hobbies and positive living habits. For example, parents can encourage their children to participate in physical exercises, art activities, or volunteer work, which can not only enrich their leisure time but also cultivate their physical fitness, creativity, and social responsibility. In the long run, this holistic approach can ensure the all - round development of adolescents' physical and mental health, laying a solid and sustainable foundation for their future growth, academic pursuits, career development, and overall life success.

#### 1.1.4. Individual Teenagers: Ensure Their Physical and Mental Health Development

Internet addiction can exert a wide - ranging array of detrimental influences on multiple dimensions of adolescents, including their cognitive functions, emotional well - being, and social interaction capabilities. In the cognitive realm, it typically gives rise to a significant decline in attention span, making it increasingly challenging for adolescents to concentrate on academic tasks, extracurricular activities, or

even daily conversations. This diminished focus can further impede their information - processing speed and memory retention, ultimately affecting their academic performance and overall learning efficiency.

Regarding emotions, Internet addiction often triggers emotional instability. Adolescents may experience frequent mood swings, ranging from sudden bouts of irritability and anxiety when being restricted from accessing the Internet to a sense of emptiness and depression after prolonged online sessions. These emotional fluctuations not only disrupt their daily lives but also have a negative impact on their mental health, potentially increasing the risk of developing more serious psychological disorders over time.

In the social aspect, excessive immersion in the virtual world weakens adolescents' real - life interpersonal communication skills. They may become accustomed to the relatively anonymous and less face - to - face communication mode online, leading to difficulties in expressing themselves, understanding others' emotions, and building deep - seated relationships in real - world interactions. As a result, their social circles may shrink, and they could face challenges in adapting to social environments, such as school, family gatherings, or community activities. [2-3]

## **1.2. Theoretical Significance**

### **1.2.1. Enrich the Theory of Family Education**

This study reveals the internal mechanism by which parenting styles influence teenagers' online behaviors, providing a new perspective for understanding the relationship between the family environment and the behavioral development of teenagers

### **1.2.2. Deepen the Research on Teenagers' Online Behaviors**

This study systematically analyzes the relationship between different types of parenting styles and Internet addiction, which is conducive to deepening the understanding of the influencing factors of Internet addiction among teenagers, improving the theoretical framework of online behavior research, and promoting the development of theories in this field from single-factor analysis to multi-factor integration models.

### **1.2.3. Promote the Integration of Interdisciplinary Theories**

The Research Comprehensively applies theories from multiple disciplines such as psychology and sociology (such as social learning theory, attachment theory, and ecosystem theory) to explain the relationship between parental parenting styles and adolescent Internet addiction, promoting the cross-integration of theories from different disciplines in the research of family education and adolescent development, and providing new opportunities for the innovation and development of related theories.

## **2. Problem Raising**

### **2.1. To Provide a Basis for the Prevention and Intervention of Internet Addiction**

Clarifying the relationship between parenting styles and Internet addiction among teenagers is conducive to formulating targeted prevention and intervention measures. For teenagers in families with different parenting styles, personalized guidance and assistance can be provided based on their characteristics.

## **2.2. Promote the Mental Health Development of Teenagers**

Inadequate and inappropriate parenting styles have been identified as significant risk factors that can potentially lead adolescents to develop a variety of psychological problems. Among these, anxiety and depression are particularly prevalent. Adolescents growing up under such suboptimal parenting environments may constantly feel pressured, insecure, or emotionally neglected. These negative emotional experiences gradually accumulate over time, laying the groundwork for the emergence of psychological disorders.

What's more, these psychological problems do not exist in isolation; instead, they often interact with Internet addiction in a complex and bidirectional manner. On one hand, adolescents suffering from anxiety or depression may turn to the Internet as an escape mechanism, seeking solace, a sense of belonging, or distraction from their inner turmoil. On the other hand, excessive Internet use associated with addiction can further exacerbate their pre - existing psychological conditions. For example, long hours spent online may disrupt their sleep patterns, reduce real - world social interactions, and lead to a sense of disconnection from reality, all of which contribute to a worsening of anxiety and depression.

Studying the intricate relationship between poor parenting styles, psychological problems, and Internet addiction is of paramount importance. By delving deep into these connections, parents can gain valuable insights that enable them to make substantial adjustments to their parenting methods. This could involve transforming overly authoritarian or neglectful approaches into more nurturing, communicative, and authoritative styles. Through such changes, parents can actively work towards creating a harmonious, supportive, and understanding family atmosphere.

In this positive family environment, adolescents are more likely to feel valued, heard, and emotionally secure, which is conducive to the improvement of their mental health. As their psychological well - being is enhanced, the likelihood of them resorting to the Internet as a means of coping with psychological distress significantly decreases. In the long run, these efforts can effectively safeguard both the physical and mental health of adolescents and promote their all - round development, ensuring that they grow up to be healthy, well - adjusted, and resilient individuals capable of thriving in various aspects of life.

## **2.3. Enrich Theories on Family Education and Adolescent Development**

It can enrich and improve the existing theoretical system, provide new perspectives and bases for the theories of family education and adolescent development, and promote the further development of related theories.

## **2.4. Enhance the Overall Educational Level of Families and Society**

The research results can make parents pay more attention to the influence of their own parenting styles on their children, prompt them to constantly reflect on and improve their educational methods, and enhance the quality of family education. At the same time, schools should pay attention to family factors when carrying out educational work, and make joint efforts of families, schools and communities to promote the growth of teenagers.

### **3. Research Objectives**

**3.1. Systematically Sort Out the Types of Parenting Styles Classified by Parents and the Differences in Their Impacts on Teenagers' Internet Addiction;**

**3.2. Reveal The Psychological Mediating Mechanism by Which Parenting Styles Influence Internet Addiction;**

**3.3. Propose Prevention Strategies for Adolescent Internet Addiction Based on Parenting Style Intervention;**

### **4. Core Concepts**

#### **4.1. Parenting Styles**

Parents' educational styles represent a comprehensive set of behavioral patterns, methodologies, and overarching approaches that parents adopt throughout the intricate journey of raising and educating their children. This concept encompasses not only the specific actions and strategies employed during the educational process but also the establishment of a relatively stable and enduring educational atmosphere, as well as the shaping of the family environment in which children grow and develop. It is a multi - faceted construct that integrates various elements, including parents' deeply - held educational concepts, their day - to - day educational behaviors, and the unique interaction models they establish with their children. Each of these components plays a crucial role, collectively exerting a profound and far - reaching influence on the physical, mental, emotional, and social development of their offspring.

Among the most well - known theoretical frameworks is the one proposed by Diana Baumrind, an American psychologist renowned for her groundbreaking research on parenting styles. Baumrind identified four primary types of parents' educational styles, each with distinct characteristics and implications for child development:

**Authoritative style:** Parents who adopt an authoritative approach strike a delicate balance between setting clear and reasonable expectations for their children and providing them with an abundance of love, understanding, and respect. They firmly believe in the importance of establishing boundaries and guidelines to help their children develop self - discipline and a sense of responsibility. However, rather than simply imposing rules in an authoritarian manner, authoritative parents engage in open and honest communication with their children, actively listening to their thoughts, opinions, and feelings. They encourage their children to express themselves freely, fostering an environment where individuality is celebrated and creativity is nurtured. When children face challenges or difficulties, authoritative parents are readily available to offer support, guidance, and practical solutions, empowering their children to develop problem - solving skills and resilience. This style of parenting has been shown to have numerous positive outcomes, including the development of high self - esteem, strong social skills, academic success, and emotional well - being in children.

**Authoritarian style:** In contrast to the authoritative approach, authoritarian parents are characterized by their strict and rigid approach to parenting. They set high standards

and expectations for their children and demand absolute obedience without question. These parents often rely on punishment, criticism, and coercion as primary means of discipline, believing that strict control is necessary to ensure proper behavior. They tend to have a one - way communication style, rarely taking the time to listen to their children's perspectives or consider their feelings. As a result, children raised in authoritarian households may develop feelings of fear, resentment, and low self - esteem. They may also struggle with decision - making skills and independence, as they are not given the opportunity to explore their own interests and make choices for themselves. Over time, this style of parenting can have a negative impact on a child's social, emotional, and cognitive development.

**Permissive style:** Permissive parents take a more laid - back and lenient approach to parenting. They place a high value on their children's freedom and self - expression, often allowing them to make their own decisions and set their own rules. While they may offer love and support, permissive parents tend to have few expectations or boundaries for their children's behavior. They may avoid confrontation and discipline, believing that children should be allowed to learn from their own mistakes without interference. While this approach can provide children with a sense of autonomy and independence, it can also lead to a lack of self - discipline, poor impulse control, and difficulty following rules and regulations. Children raised in permissive households may struggle to develop the skills and responsibility necessary to succeed in school, work, and social relationships.

**Neglectful style:** The neglectful style of parenting is perhaps the most detrimental of all. Neglectful parents exhibit a significant lack of involvement in their children's lives, both emotionally and physically. They may be preoccupied with their own problems, work, or personal interests, leaving their children to fend for themselves. These parents provide minimal emotional support, guidance, or supervision, and may even be unaware of their children's needs, activities, or achievements. As a result, children raised in neglectful households often experience a range of negative outcomes, including poor academic performance, behavioral problems, low self - esteem, and mental health issues. They may also struggle to form healthy relationships with others, as they have not learned the necessary skills for social interaction and emotional regulation.

In conclusion, different parents' educational styles can have a profound and lasting impact on a child's development. By understanding the characteristics and implications of each style, parents can make more informed decisions about their parenting approach and strive to create a positive and nurturing environment that promotes the healthy growth and development of their children. Additionally, educators, psychologists, and other professionals working with children can use this knowledge to provide support and guidance to parents, helping them to develop more effective parenting strategies and improve the well - being of their children. [4]

#### **4.2. Internet Addiction among Teenagers**

Adolescent Internet addiction refers to a behavioral disorder in which teenagers become overly dependent on the Internet and lose their self - control during the process of using it, thereby having significant negative impacts on various aspects of their lives, including learning, daily routines, social interactions, mental and physical health. The specific manifestations are as follows:

**Cognitive Aspect:** Adolescents invest a vast amount of time and energy into the Internet, paying far more attention to the virtual world than to real - life situations. They may become so engrossed in online content such as games, videos, and social media platforms that they struggle to focus on their studies, daily chores, or face - to - face interactions. This excessive preoccupation with the Internet can distort their perception of reality, making it difficult for them to distinguish between virtual and real - world experiences. As a result, their cognitive development, including attention span, memory, and critical thinking skills, may be impaired, affecting their academic performance and overall intellectual growth.

**Emotional Aspect:** Many adolescents find that the Internet meets a series of emotional needs, such as a sense of satisfaction, belonging, and self - worth. In the virtual environment, they can easily connect with like - minded people, express themselves freely without the fear of judgment, and gain recognition and support. For example, in online gaming communities, they may feel a sense of camaraderie and achievement; on social media, they can receive likes and comments that boost their self - esteem. This emotional gratification leads to a strong dependence on the Internet, as they constantly seek to replicate these positive feelings. However, relying too heavily on the Internet for emotional fulfillment can cause emotional instability in real life. When they are unable to access the Internet or do not receive the expected responses online, they may experience feelings of anxiety, depression, and emptiness.

**Behavioral Aspect:** One of the most prominent signs of Internet addiction in adolescents is the excessive use of the Internet, with an inability to control the time and frequency of use. They often spend hours on end online, neglecting important real - life activities such as family gatherings, physical exercise, and social events with friends. They may stay up late at night surfing the Internet, sacrificing sleep, which in turn affects their physical health and daily functioning. Moreover, they may prioritize online activities over their schoolwork, leading to a decline in academic performance. Despite being aware of the negative consequences of their excessive Internet use, they find it extremely difficult to cut back or stop, showing signs of withdrawal symptoms such as restlessness, irritability, and mood swings when their access to the Internet is restricted.

Internet addiction poses a serious threat to the physical and mental health and normal development of adolescents. It can lead to a series of problems, including a significant drop in academic performance due to reduced study time and concentration, as they become more isolated from the real world, and a decrease in physical fitness as they engage in less physical activity. Given the far - reaching and potentially harmful effects of Internet addiction on adolescents, it is crucial that families, schools, and society as a whole pay close attention to this issue. By raising awareness, providing appropriate guidance and support, and implementing effective prevention and intervention measures, we can help adolescents develop healthy Internet - using habits and safeguard their well - being and future development.

## **5. Explanation of Phenomena from a Theoretical Perspective**

### **5.1. Social Learning Theory**

Individuals learn by observing the behaviors and

consequences of others (role models). Observational learning involves four processes. The first one is the attention process, that is, an individual's attention and perception of exemplary behaviors. Maintain the process and store the observed information in memory in the form of images or words; The replication process transforms the behavioral images in memory into actual behaviors; The motivational process, through reinforcement, stimulates individuals to exhibit the observed behaviors. For example, authoritative parents help teenagers build self-discipline awareness through reasonable demonstration and communication. The high-pressure control of authoritarian parents may trigger rebellious psychology among teenagers, who turn to the Internet to seek escape.

Social learning theory is widely applied in fields such as education, psychotherapy, and marketing, providing an important theoretical basis for explaining human learning and behavior. It has significant implications for understanding the behavioral development and education of teenagers. For instance, teenagers may learn some bad online habits by observing others' behaviors on the Internet. One may also become addicted to the Internet due to obtaining alternative reinforcement or self-reinforcement in it.

### **5.2. Attachment Theory**

Bowlby proposed that a secure parent-child attachment can enhance the emotional regulation ability of teenagers. The excessive protection of indulgent parents weakens the autonomy of their children, leading them to rely on the Internet to compensate for their insufficient real social skills. In neglectful families, teenagers seek emotional alternatives through the Internet.

### **5.3. Ecosystem Theory**

The ecosystem theory was proposed by American psychologist Yuri Braunfinbrenner. This theory emphasizes that individual development takes place in a complex ecosystem, which is composed of multiple interrelated levels and is divided into the micro system, the intermediate system, the outer system, the macro system, and the time system. The parenting style belongs to the micro system and directly affects individual development. Micro-systems are the environments in which individuals come into direct contact and interaction, including families, schools, peer groups, etc. The interpersonal relationships and interactions in these environments have a direct and significant impact on an individual's development. For instance, the parenting styles of parents in the family, the teaching methods of teachers in the school, and the interaction patterns among peers, etc., will all influence teenagers' use and attitudes towards the Internet.

The ecosystem theory provides a comprehensive and systematic perspective for studying Internet addiction among teenagers, which is conducive to comprehensively considering the influence of various environmental factors on teenagers' Internet usage behavior, thereby formulating more effective prevention and intervention measures.

## **6. Reveal the Psychological Mediating Mechanism by Which Parenting Styles Influence Internet Addiction**

### **6.1. Self-control**

#### **6.1.1. Authoritative Parenting:**

When parents adopt this parenting style, they will guide teenagers through reasonable rules and democratic

communication to help them develop good self-control ability. Enable them to better manage their online time and behavior when facing online temptations, and reduce the possibility of Internet addiction.

#### **6.1.2. Indulgent Parenting:**

Under this kind of parenting style, parents lack behavioral constraints on their children, resulting in insufficient development of self-control ability among teenagers. They may be more likely to indulge in unrestrained entertainment and socializing in the online world, thereby increasing the risk of Internet addiction.

#### **6.1.3. Authoritarian Parenting:**

If parents are overly strict and controlling, children will be in a state of depression for a long time. They may escape the pressure of reality by getting addicted to the Internet. At the same time, this kind of parenting style is not conducive to the cultivation of children's self-control ability, making it difficult for them to resist the temptation of the Internet.

### **6.2. Self-esteem Level**

#### **6.2.1. Authoritative Parenting:**

Parents giving their children respect and support helps children develop a higher level of self-esteem. Teenagers with high self-esteem are more confident in facing the challenges in life and will not overly rely on the Internet to meet their psychological needs, thereby reducing the chance of Internet addiction.

#### **6.2.2. Neglectful Parenting:**

When parents pay less attention to their children, the children tend to feel neglected and unloved, and their self-esteem levels are relatively low. In order to seek psychological compensation, they may look for recognition and a sense of belonging in the Internet, thereby increasing the possibility of Internet addiction.

#### **6.2.3. Authoritarian Parenting:**

If parents often criticize and blame their children, it will damage the children's self-esteem. Teenagers with low self-esteem may seek the realization of their self-worth on the Internet and are more likely to fall into Internet addiction.

### **6.3. Loneliness**

#### **6.3.1. Authoritative Parenting:**

The family atmosphere is harmonious and the communication between parents and children is good. Teenagers have a lower sense of loneliness. They are more willing to obtain emotional support from real family and social relationships rather than relying on the Internet. Therefore, the possibility of Internet addiction is smaller.

#### **6.3.2. Neglectful Parenting:**

Children lacking the company and care of their parents are prone to feelings of loneliness. To relieve loneliness, they may overly engage in online socializing and entertainment, thereby increasing the risk of Internet addiction.

#### **6.3.3. Authoritarian Parenting:**

When the parent-child relationship is rather tense, the child's sense of loneliness cannot be effectively alleviated. They may resort to the Internet to escape loneliness, which increases the risk of Internet addiction.

## **7. Contradiction and Criticism**

### **7.1. Limitations of the Research Methods:**

Most of the questionnaire survey methods adopted may

have subjective biases. Meanwhile, it is difficult to determine the causal relationship between parents' parenting styles and Internet addiction. It is impossible to clarify whether parenting styles lead to Internet addiction or whether Internet addiction affects parents' parenting styles.

### **7.2. Limitations of Variable Control:**

Teenagers' Internet addiction is influenced by multiple factors, such as personal personality, peer influence, family economic situation, and community environment. It is difficult to fully control these variables in the research, which may lead to inaccurate research results. Furthermore, the classification of parenting styles might be overly simplistic and fail to fully reflect the complex and diverse parenting behaviors in reality.

### **7.3. Limitations of the Sample:**

The research samples mostly come from specific regions, schools or groups, lacking representativeness, and the universality and generalization of the research results are limited. Moreover, the adolescent group is in a state of rapid development and change. There are differences among adolescents of different eras in terms of Internet usage and family environment, etc. The results of previous studies may not be applicable to current adolescents.

### **7.4. Limitations of Dynamics:**

The relationship between parenting styles and Internet addiction among teenagers may change over time, but some studies have not fully considered these dynamics. For instance, teenagers have different feelings and reactions to their parents' parenting styles at different growth stages, and the online environment is also constantly changing. These factors are difficult to be fully and accurately reflected in the research.

## **8. Prevention Strategies for Adolescent Internet Addiction Based on Parenting Style Intervention**

### **8.1. Strategies for Adjusting Parenting Styles**

#### **8.1.1. Strengthening of Authoritative Parenting:**

Guide parents to establish reasonable rules for Internet usage at home, such as setting daily online time limits and restricting the use of electronic devices during specific periods. During the process of formulating the rules, fully listen to the opinions of teenagers and encourage children to participate in discussions. At the same time, parents need to offer their children sufficient emotional support and respect, pay attention to their psychological needs in study and life, and give timely affirmation and rewards when children follow the rules to enhance their sense of self-efficacy and improve their self-management ability. [5]

#### **8.1.2. Improvement of Authoritarian Parenting:**

Help parents recognize the possible negative consequences of high-pressure control and learn to communicate with children about Internet usage issues in an equal and consultative manner. Reduce criticism and orders towards children, encourage them to actively express their purposes and feelings about going online, jointly explore solutions to the problem of Internet addiction, and gradually cultivate their autonomy and sense of responsibility.

### 8.1.3. Transformation of Indulgent Parenting:

Let parents clearly understand that excessive protection and indulgence are not conducive to their children's growth, and guide them to set appropriate behavioral boundaries. When children show excessive online behavior, one should not simply compromise and satisfy them. Instead, one should correct them gently but firmly, helping them learn self-restraint and cultivate their ability to solve problems independently.

### 8.1.4. Neglect Parenting Awakening:

Through publicity and education and other means, enhance parents' awareness of the importance of family education and strengthen their sense of family responsibility. Encourage parents to increase interaction and time spent with their children, take the initiative to understand their children's Internet usage, and offer care and guidance in life and study, so that children can receive sufficient emotional support at home.

## 8.2. Learn to Listen and Communicate

### 8.2.1. Guide Parents to Master Effective Communication Skills:

Such as active listening, using open-ended questions, etc. When communicating with children on topics related to the Internet, avoid preaching. Listen patiently to their experiences and gains in the online world, share your own viewpoints and experiences, and establish a communication model of mutual understanding and trust.

### 8.2.2. Enrich Family Activities:

Through these activities, the parent-child relationship can be enhanced, children's after-school life can be enriched, their dependence on the Internet can be reduced, and at the same time, more opportunities for communication between parents and children can be created.

### 8.2.3. Set a Good Example for Children

Parents play a pivotal role in their children's development, and one of the most effective ways to influence them positively is by setting a good example. By strictly abiding by the rules, parents not only demonstrate their commitment to discipline and order but also teach their children the importance of responsibility and respect for boundaries. Through their actions, parents convey the message that rules are not mere suggestions but essential guidelines that contribute to a harmonious and orderly society. As children observe their parents' unwavering dedication to rule-following, they are more likely to internalize these values and apply them in their own lives, fostering the development of self-discipline and a sense of integrity. This, in turn, helps children navigate the complexities of the world with confidence and makes them more likely to become responsible and law-abiding citizens in the future.

### 8.2.4. Social Support and Resource Integration

Communities and schools regularly organize parent training courses and lectures, inviting experts to explain scientific parenting methods and knowledge on preventing Internet addiction among teenagers, providing case analyses and practical guidance to help parents enhance their educational capabilities.

Build parent communication platforms, such as online communities and offline parent clubs, to facilitate parents in sharing experiences, communicating their concerns, and learning from each other on effective strategies for preventing Internet addiction. Meanwhile, professional forces such as psychological counselors and education experts are introduced to provide personalized guidance and assistance for families in need.

## Acknowledgments

Funding Statement: This research was funded by Hubei Provincial Department of Education 2024 Annual Provincial Education Science Planning Project (grant No. 2024ZX021), and Provincial Teaching and Research Project of Hubei Province Colleges and Universities (Grant No. 2023298).

## References

- [1] Chen Peichun, Liu Chuang & Li Zhihao. (2025). The Relationship between Adolescent Behavioral Self-efficacy and Mobile Phone Dependence: The Mediating Role of Parental Parenting Styles. *Chinese journal of healthy birth and heredity*, 33 (01), 228-231. The doi: 10.13404 / j. carol carroll nki CJBHH. 2025.01.027.
- [2] Tang Yuhan, Han Cijie, Wang Bochen, Jin Cancan & Zou Hong. (2025). Parental Parenting Styles and Internet Addiction among Middle School Students: The Mediating Role of Filial Piety Beliefs. *Research on Children and Adolescents*, (02),62-70.
- [3] Xie Hui. (2024). The Impact of Parental Parenting Styles on Short Video Addiction (Master's Thesis, Hainan Normal University). Master of <https://link.cnki.net/doi/10.27719/d.cnki.ghnsf.2024.000740>doi:10.27719/d.cnki.ghnsf.2024.000740.
- [4] Yang Xue.(2024). Research on the Relationship between Parenting Styles, Psychological Capital and Loneliness of Junior High School Students and Educational Countermeasures (Master's Thesis, Shaanxi University of Technology). Master of <https://link.cnki.net/doi/10.27733/d.cnki.gxslg.2024.000065>doi:10.27733/d.cnki.gxslg.2024.000065.
- [5] Wang Yufei. (2024). Research on the Relationship and Intervention between Parenting Styles, Academic Self-Efficacy and Self-control of Junior High School Students (Master's Thesis, Qinghai Normal University). Master of <https://link.cnki.net/doi/10.27778/d.cnki.gqhz.2024.000182>oi:10.27778/d.cnki.gqhz.2024.000182.