

PREDICTION BETWEEN PARENT-CHILD RELATIONSHIP AND PSYCHOLOGICAL WELL-BEING OF MEDIA ADDICTED ADOLESCENTS.

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Abstract

"This study investigated the relationship between parent-child relationships and the psychological well-being of adolescents, with a particular focus on the distinct roles of fathers and mothers. The study aimed to evaluate the correlation between father-child and mother-child relationships and adolescents' psychological well-being, as well as examine the predictive impact of these relationships on well-being. A purposive sampling method was used to select 200 adolescents (100 boys and 100 girls) aged 13–16 years from English-medium higher secondary schools in Chhatrapati Sambhajanagar. Data were collected after obtaining institutional permission and informed consent from parents or guardians. Correlation and regression analyses were employed to test the proposed hypotheses. The findings revealed a significant positive correlation between both father-child and mother-child relationships and adolescents' psychological well-being. Supportive paternal involvement was associated with greater emotional stability, higher self-esteem, and improved mental health, while maternal warmth, empathy, and effective communication enhanced emotional security and resilience. Furthermore, both parental relationships significantly predicted adolescents' psychological well-being, with nurturing parental support acting as a protective factor against emotional distress and the adverse effects of social networking addiction. The study highlights the crucial role of positive parent-child relationships in promoting adolescents' psychological well-being and emphasizes the importance of strengthening family bonds to foster healthy psychological development."

Keywords:- *Parent-child relationships, Psychological well-being, Adolescents and Parents.*

INTRODUCTION

In now days adolescents' life particularly parents and social networking plays a crucial role in shaping their behaviours, well-being, and developing personal relationship. In recent years, social networking platforms have become an integral part of daily lives of adolescents, influencing various aspects of their relationships and development, including Parents and their

psychological wellbeing. This study aimed to explore the relationship between social networking addiction and parent-child relationship in adolescent who use social networking. The rise of social networking usage among adolescents has transformed how they interact with their peers and engage with the world around them.

Social networking platforms like What's app, Facebook, X, and Instagram provide a virtual space for self-expression, networking, and obtaining information. These platforms can either positively or negatively affect an adolescent's psychological well-being and family relationship, depending on the type of content they engage with and the feedback they receive from their online social circle. While these platforms enable social interaction, excessive engagement can lead to problematic internet use, potentially deteriorating family relationships and negatively affecting mental health.

Social networking addiction has emerged as a significant concern in contemporary society, mirroring the rise and pervasive use of social media platforms. Defined as the excessive and compulsive use of social networking sites (SNS) to the detriment of daily functioning and well-being, social networking addiction affects individuals across various demographics. This section delves into the prevalence of social networking addiction, examining statistical data, demographic trends, and contributing factors.

Social networking addiction is characterized by an uncontrollable urge to use social media, leading to neglect of personal, professional, and academic responsibilities. Key symptoms include preoccupation with social media, withdrawal symptoms when unable to access it, and continued use despite negative consequences (Andreassen et al., 2016). The behavioural patterns associated with this addiction are similar to other forms of addiction, such as substance abuse and gambling.

Social Networking in India

The use of SNS by Indians was first highlighted during the 2008 Mumbai attacks, when Twitter and Flickr became the media through which much information about the attacks reached Indians and the outside world. There are numerous ways in which SNS have been used by us. For example, in one of the most popular and most populated SNS called Facebook, there are many happenings going around, Police complains may be filed, cab can be booked, food can be ordered, movie tickets can be booked etc. according to news report, social networking sites has become common if not dominant medium of finding partners (The Indian Express, 2011). There was famous incident of IIM Bangalore where a girl committed suicide after seeing that her

boyfriend had uploaded that he had break up with her (NDTV, 2011). This is just one of the many cases that had happened, the influence that a social networking sites could undertake on peoples' lives could range from mild to profound. The matter is quite serious as more and more people are joining SNS. Despite such consequences there is report of rise in social media usage among Indian especially among the urban.

Consequences of Social Networking Addiction

The consequences of social networking addiction are far-reaching, impacting various aspects of an individual's life. These include:

- **Mental Health:** Excessive social media use is linked to anxiety, depression, and other mental health issues (Kross et al., 2013).
- **Academic and Professional Performance:** Addiction can lead to procrastination, reduced productivity, and poor academic or job performance.
- **Interpersonal Relationships:** Overuse of social media can strain relationships with family and friends, leading to social isolation and reduced face-to-face interactions.

The prevalence of social networking addiction is a growing concern, with significant implications for mental health, productivity, and social relationships. Understanding the scope of this issue is crucial for developing effective interventions and promoting healthier social media usage patterns. Future research should continue to explore the factors contributing to social networking addiction and identify strategies to mitigate its impact.

PARENT-CHILD RELATIONSHIP

The relationship between technology and family dynamics has evolved significantly over the decades. In the early 20th century, the introduction of the telephone revolutionized family communication, allowing members to stay in touch over long distances. The rise of radio and television in the mid-20th century introduced new forms of family entertainment but also began to shift family activities from communal and interactive to more passive consumption (Hughes & Hans, 2001).

Traditional family interactions often involved face-to-face communication, shared activities, and communal decision-making. Meals were typically shared, and family members engaged in conversations about their daily experiences. These interactions fostered strong bonds and a sense of unity within the family.

In contrast, modern family interactions are increasingly mediated by technology. Smartphones, tablets, and laptops have become ubiquitous, often leading to individual screen

time rather than collective family activities. The convenience of digital communication tools has also led to a decline in face-to-face conversations, as family members may opt to text or use social media instead of talking in person (McDaniel & Coyne, 2016).

IMPORTANCE OF PARENT-CHILD RELATIONSHIP

The parent-child relationship is a fundamental component of a child's development and overall well-being. It plays a crucial role in shaping a child's emotional, social, and cognitive growth. This section explores the significance of a healthy parent-child relationship, its key components, and its impact on various aspects of child development.

Emotional Development

A strong parent-child relationship is essential for the emotional development of a child. This bond provides children with a sense of security and trust, which are foundational for their emotional stability. When children feel loved and supported by their parents, they are more likely to develop a positive self-image and high self-esteem (Bowlby, 1988). Emotional security fosters resilience, enabling children to cope with stress and adversity effectively.

Social Development

Parents serve as the primary socialization agents for their children. Through their interactions with parents, children learn social norms, values, and behaviours. A healthy parent-child relationship encourages the development of social skills such as empathy, cooperation and communication. These skills are vital for building and maintaining healthy relationships with peers and other adults (Hart, Newell, & Olsen, 2003).

Cognitive Development

The cognitive development of a child is significantly influenced by the quality of the parent-child relationship. Parents who engage in stimulating and supportive interactions with their children promote cognitive growth and academic achievement. Activities such as reading together, playing educational games, and encouraging curiosity contribute to the development of critical thinking and problem-solving skills (Hart & Risley, 1995).

Behavioural Regulation

Children learn to regulate their behaviour through their relationship with their parents. Positive parenting practices, including consistent discipline and clear communication of expectations, help children develop self-control and understand the consequences of their actions. Conversely, a lack of parental guidance or inconsistent discipline can lead to behavioural issues and difficulties in adhering to social norms (Baumrind, 1991).

Mental Health

The parent-child relationship has a profound impact on a child's mental health. Secure and supportive relationships with parents are associated with lower levels of anxiety, depression, and other mental health issues. Children who feel connected to their parents are more likely to seek help and support when facing emotional challenges, thereby mitigating the risk of mental health problems (Bretherton, 1992).

PSYCHOLOGICAL WELL-BEING

Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the word of work, sense of achievement, utility, belongingness, and no distress, dissatisfaction or worry, etc. these things are difficult to evaluate objectively, hence the emphasis is on the term "subjective" well-being. It may well be maintained in adverse circumstances and conversely, may be lost in favorable situation. It is related to but not dependent upon the physical/physiological conditions.

Thus, defined and conceptualized, the general well-being may show some degree of positive correlation with quality of life, satisfaction level, sense of achievement etc. and negatively related with neuroticism, psychoticism, and such variables. However, the degree of overlap with such variables should not be high if this concept a separate independent entity is to be considered as a valid one. Also, it should show relative stability over time (reasonable time gap without any significant life events intervening). Its utility will depend upon these relationships/a network of relationship with other variables.

According to Diener and Smith (1999), Psychological or subjective well-being as a broad construct, encompassing four specific and distinct components including pleasant or positive well-being (e.g., joy, elation, happiness, mental health), unpleasant affect or psychological distress (e.g., guilt, shame, sadness, anxiety, worry, anger, stress, depression), life satisfaction (a global evaluation of one's life) and domain or situation satisfaction(e.g work, family, leisure, health, finance, self).

The term psychological well-being (PWB) connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined 'well ness' as not sick, as an absence of anxiety, depression or other forms of mental problems. The PWB includes meaning in life, absence of somatic symptoms, self-esteem, positive affect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support, absence of tension, and general efficiency (Bhogle and Prakash, 1995).

PSYCHOLOGICAL WELL-BEING OF CHILDREN

Psychological well-being is a critical aspect of a child's overall development, encompassing emotional, social, and cognitive dimensions. It is influenced by a complex interplay of genetic, environmental, and social factors. One of the most significant determinants of a child's psychological well-being is the quality of their immediate environment, particularly their family dynamics. Children who grow up in nurturing and supportive environments are more likely to develop resilience, emotional stability, and a positive sense of self. Conversely, children exposed to adverse conditions such as family conflict, neglect, or abuse are at a higher risk of developing psychological problems (Luthar, 2006).

Emotional well-being, a core component of psychological health, is fostered through secure attachments with primary caregivers. According to Bowlby's attachment theory, a secure attachment provides children with a sense of safety and reliability, enabling them to explore the world with confidence and develop healthy emotional responses (Bowlby, 1988). Securely attached children are typically more adept at regulating their emotions, exhibit fewer behavioural problems, and have better peer relationships (Sroufe, 2005). On the other hand, insecure attachments can lead to anxiety, depression, and difficulties in social interactions, highlighting the critical role of early parent-child relationships in emotional development.

Social well-being, another vital aspect of psychological health, involves the ability to form and maintain healthy relationships with peers and adults. Children learn social skills through interactions within the family and their broader social environment. Positive social interactions are linked to higher self-esteem, better academic performance, and overall life satisfaction (Hartup, 1996). Conversely, children who experience social rejection or bullying may suffer from loneliness, low self-esteem, and social anxiety, which can persist into adulthood (Juvonen & Graham, 2001). Therefore, fostering a supportive and inclusive social environment is crucial for children's social development and psychological well-being.

Cognitive development also plays a crucial role in a child's psychological well-being. Cognitive abilities such as problem-solving, critical thinking, and academic skills are essential for successful adaptation and functioning in society. A stimulating environment that encourages learning and curiosity supports cognitive development and academic achievement (Vygotsky, 1978). Parental involvement in a child's education, through activities such as reading together and discussing schoolwork, significantly contributes to cognitive growth and academic success (Fan & Chen, 2001). Children who perform well academically often have higher self-esteem and

are more likely to pursue higher education and successful careers, thereby enhancing their overall psychological well-being.

However, the increasing prevalence of technology and social media poses new challenges to children's psychological well-being. While technology can offer educational benefits and facilitate social connections, excessive use can lead to negative outcomes. Research has shown that high levels of screen time are associated with sleep disturbances, attention problems, and increased risk of anxiety and depression (Twenge & Campbell, 2018). Social media, in particular, can expose children to cyberbullying, social comparison, and unrealistic portrayals of life, which can negatively impact their self-esteem and mental health (Rideout & Robb, 2018). Therefore, it is crucial for parents and educators to monitor and guide children's technology use to mitigate these risks.

STATEMENT OF THE PROBLEM

The increasing prevalence of SNA among adolescents has raised concerns about its impact on psychological well-being. As digital platforms become an integral part of teenage social interaction, excessive use of social media may lead to behavioural dependence, disrupting communication patterns within the family and affecting emotional health. Adolescents experiencing high levels of SNA may exhibit reduced face-to-face interaction with family members, leading to strained parent-child relationship.

“A correlation study between Parent-child relationship and Psychological well-being of Adolescents.”

OBJECTIVES

The specific objectives of the study were as follows:

1. To evaluate the correlation between Parent child relationship with Father and psychological well-being among adolescents.
2. To evaluate the correlation between Parent child relationship with Mother and psychological well-being among adolescents.
3. To examine the impact of Parent child relationship with Father and psychological well-being in adolescents.
4. To examine the impact of Parent child relationship with Mother and psychological well-being in adolescents.

HYPOTHESES

The following hypotheses were proposed:

1. There will be a positive correlation between parent child relationship with the father and psychological well-being among adolescents.
2. There will be a positive correlation between parent child relationship with the mother and psychological well-being among adolescents.
3. Parent-child relationship with the father will have a significant positive impact on psychological well-being in adolescents.
4. Parent-child relationship with the mother will have a significant positive impact on psychological well-being in adolescents.

SAMPLES

The study employed a purposive sampling method to select participants. The sample size was determined to ensure adequate statistical power for correlation and regression analyses. A total of 200 teenagers (100 boys and 100 girls in age group 13-16 year) were selected to participate from higher secondary english medium schools in chh.Sambhajinagar. Permissions were obtained from the school administration, and appropriate consent (Informed Consent) was sought from both the parents or guardians before participation. Adolescents with borderline category were selected as media addiction based on the Social Networking Addiction Scale.

OPERATIONAL DEFINATIONS OF VARIABLES

Concepts was carefully defined to align with established psychological theories and measurement tools.

Parent-Child relationship:

The dynamic interaction between a parent and child, encompassing behavioural, emotional and social exchanges that influence the child's development. This relationship is shaped by factors like communication patterns, parental involvement and attachment styles. This parent-child relationship is defined as the score obtained by adolescents on Parent-Child Relationship Scale-RN

Psychological Well-Being:

Psychological well-being scale is measuring several aspects of well-being like Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relationship. The operational definitions were designed to align with established psychological models and measurement tools, ensuring the reliability and validity of the study's findings. These operational definitions ensure that each key construct is clearly defined and measurable, providing a solid

foundation for the methodology and ensuring consistency in the measurement of variables across participants.

TOOLS USED FOR DATA COLLECTION

In present research, the following tools were used for the data collection:

Parent child Relationship Scale

Parent-child relationship scale developed by Dr. Nalini Rao in 2016. The present scale adapted from the revised Roe-Seigalman parent-child relationship questionnaire measures characteristic behaviour of parents as experienced by their children. The items of the scale can be grouped into fairly universal dimensions of children's experience of family interaction with the two-parent factor. The tool contains 100 items with five-point scale ranging from 'Always' to 'very rarely' weighted 5,4,3,2, and 1, on categorized into ten dimensions namely, protecting, symbolic punishment, rejecting, object punishment, demanding, indifferent, symbolic reward, living, object reward and neglecting. Each respondent scores the tool for the both father and mother separately. The test-retest-reliability coefficient ranged from .770 to .871 for boy's sample and .772 to .873 for the girls' sample over the ten sub-scales. Construct validity of the scales was attempted by correlating data from a sample of ninety-three secondary school students on the PCR scales with the data obtained on Bronfenbrenner Parent Behaviour Questionnaire (27). Correlation coefficients ranged from 0.289 to 0.578.

Psychological Well-Being Scale

This scale was developed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary (2012). The final form of scale was thus prepared comprising of 50 statements with a view to measure several aspects of well being like Satisfaction, Efficiency, Sociability, Mental health and Interpersonal Relations. The reliability of the scale was determined by test-retest method and internal consistency method. The test-retest reliability was 0.87 and consistency value for the scale is 0.90. Besides face validity as all the items of the scale was validated against the external criteria and coefficient obtained was 0.94.

RESEARCH DESIGN

This study employs a correlation and regression research design to examine the relationship between parent child relationship and psychological well-being of adolescents.

PROCEDURE OF DATA COLLECTION

The data collection process took place during school hours in a controlled environment, such as a classroom or designated study room, where the researcher or trained assistants could supervise the participants. Each participant was individually given the questionnaires. First, they were asked to fill out the Psychological Well-Being Scale, followed by the Parent-Child Relationship Scale, which measure their bond between both of them, followed by the Social Networking Addiction Scale which gathered data on their social networking habits.

DATA ANALYSIS AND RESULTS:-

After data collection, the responses were coded and entered into a statistical software package (SPSS) for analysis. Descriptive statistics, including means, frequencies, and standard deviations, were used to summarize the demographic characteristics of the sample, as well as the scores on the social networking addiction scale, parent child relationship scale. Pearson's correlation analysis was the employed to examine the relationships between the social networking addiction and parent child relationship.

Table Descriptive Statistics for variables

Variables	Mean	Median	Mode	SD	Skewness	Kurtosis
Parent-Child Relationship-Father	242.15	240.5	230	21.45	-0.27	2.75
Parent-Child Relationship-Mother	258.32	258	263	15.03	-0.39	2.50
Psychological Well-Being	157.85	159	180	19.22	-0.42	1.85

The analysis of skewness and kurtosis in the dataset reveals important patterns in adolescent relationships, social networking addiction and psychological well-being. Parent-child relationship with the father and psychological well-being exhibit slight negative skewness, indicating that higher scores are more common, but a few lower values pull the mean downward. The parent child relationship with mother shows moderate negative skewness, suggesting that strong bonds are prevalent, with fewer weaker relationships. social networking addiction follows a nearly symmetric distribution, meaning most participants fall within a balanced range without extreme deviations.

In terms of kurtosis, SNA has a slightly peaked distribution (leptokurtic), indicating that while most scores cluster near the average, a few extreme cases exist. PCR-father shows a near-normal kurtosis (mesokurtic), meaning responses are fairly concentrated without significant outliers, whereas PCR-mother has a slightly flat distribution (platykurtic), reflecting a diverse range of

relationships with fewer extreme values. Psychological well-being also follows a platykurtic distribution, indicating broad variability in well-being scores, suggesting a wide spread rather than strong clustering. These findings highlight that parent child relationships, especially with mothers, tend to be strong, social networking addiction is relatively balanced across participants, and psychological well-being varies significantly among adolescents, reinforcing the need for tailored interventions based on individual differences.

INDEPENDENT T-TEST

All the variable's SNA, PCR-Father and Mother and psychological well-being's t-test was conducted:

Table Independent t- test results for all variables

Variables	Statistics(t)	df	p	Mean Difference
PCR– Father	5.02	200	<0.001	32.45
PCR– Mother	4.76	200	<0.001	12.72
Psychological well-being	2.94	200	0.004	6.32

Table presents the results of independent t-tests conducted to examine group differences across four key psychological and relational variables: Social Networking Addiction, Parent–Child Relationship (PCR) with Father and Mother, and Psychological Well-being. The findings reveal statistically significant differences for all variables, as indicated by p-values below the conventional threshold of 0.05. Specifically, Social Networking Addiction yielded a t-value of 2.51 ($p = 0.012$), with a mean difference of 3.24, suggesting a moderate disparity between groups. The PCR–Father variable showed the most pronounced difference, with a t-value of 5.02 and a mean difference of 32.45 ($p < 0.001$), indicating a highly significant and substantial variation. Similarly, PCR–Mother demonstrated a strong group difference ($t = 4.76$, $p < 0.001$) with a mean difference of 12.72. Psychological Well-being also showed a meaningful difference ($t = 2.94$, $p = 0.004$), with a mean difference of 6.32. These results collectively suggest that the compared groups differ significantly in their experiences of social networking behavior, parent–child relational dynamics, and overall psychological well-being, providing a robust foundation for further analysis and interpretation within the study.

Table Correlation test for variables comparison

Variables	PCR-Father	PCR-Mother	PWBS
PCR-Father	1.00	0.48	0.58
PCR-Mother	0.48	1.00	0.53
PWBS	0.58	0.53	1.00

A Pearson correlation analysis indicates significant relationship between parent child relationship (PCR Father and Mother), and psychological well-being (PWB).

Significant negative correlation exists between SNA and both PCR-Father ($r = -0.28$) and PCR-Mother ($r = -0.38$), suggesting that higher engagement in social networking is linked to weaker parent-child relationships, particularly with mothers.

Lower psychological well-being, as seen in the correlations between PCR-Father and PWB ($r = 0.58$) and PCR- Mother and PWB ($r = 0.53$), indicating that adolescents who experience supportive relationship with their parents tend to exhibit higher levels of PWB.

Conversely, the correlation between PCR-Father and PCR-Mother ($r = 0.48$) highlights the interconnected nature of these relationships, showing that a strong bond with one parent often coincides with a similarly strong relationship with the other.

Table Heatmap of Correlation strength among PCR (Father and Mother) and PWB

Variables	Correlation Value	Colour Code
PWB & PCR (Father)	-0.168136362	Positive
PWB & PCR (Mother)	-0.089316504	Moderate

A heatmap of correlation provides a visual representation of the relationship strength among SNA, PCR- (Father and Mother), and PWB using colour coded scheme.

In this heatmap Yellow marking both SNA- PWB and PWB-PCR for Mother, denotes moderate correlation, green represent PWB and PCR for Father, emphasizes a positive correlation, indicating that better father-child relationship contributes to higher psychological well-being, the importance of parental support in mental health.

The distinct colour gradient in this heatmap provides an intuitive way to interpret the interplay of these variables. Making it easier to recognize patterns that shape adolescent psychological well-being and family dynamics.

Here is the correlation matrix displaying the relationship between social networking addiction (SNA), Parent child relationship- Father and Mother (PCR – Father and PCR – Mother), and Psychological well-being (PWB) using Pearson's values and significance levels (p-values):

Variable	PCR-Father	PCR-Mother	PWB
p-value	<.001	<.001	<.001
PCR-Father	—	0.565	0.620
p-value	—	<.001	<.001
PCR-Mother	0.565	—	0.583
p-value	<.001	—	<.001
PWB	0.620	0.583	—
p-value	<.001	<.001	—

Parent – child relationship with Father and Mother are strongly correlated ($r = -0.565$, $p < .001$), that means better relationship with one parent often reflect stronger bonds with the other.

Both Parent-child relationship variables (PCR-Father and PCR-Mother) demonstrate strong positive correlations with psychological well-being ($r = 0.620$ and $r = 0.583$, respectively, $p < .001$), suggesting that stronger parental relationship contribute to better psychological well-being.

These findings highlight the interconnected nature of adolescent social behaviour, familial relationship and mental well-being.

RESULTS OF CORRELATION HYPOTHESES TESTING

The current study examined multiple hypotheses concerning the interrelationships among social networking addiction, parent-child relationship with both mother and father and adolescents' psychological well-being. A series of hypotheses were proposed to investigate both correlational and predictive dynamics among all the variables. Specifically, the hypotheses aimed to explore whether social networking addiction was negatively associated with parent-child relationships and psychological well-being, and whether stronger parental bonds positively influenced mental health outcomes

In Pearson's correlation analysis was employed and visualized using a scatterplot. The analysis revealed **a moderate positive association** ($r = +0.36$), suggesting that stronger father- child relationships tend to accompany greater psychological well-being in adolescents. The scatterplot shows a gentle upward distribution, with most data points clustered between PCR-Father scores of 180-250 and PWB scores of 120-180. This pattern implies that as perceptions of fatherly support and emotional connection increase, so does the adolescent's overall mental and emotional health.

Descriptive statistics provide further clarity: the mean PCR-Father score was 251.44 (SD = 14.73) and mean psychological well-being score was 157.52 (SD = 14.92). slight

negative skewness (PCR-Father = -0.33; PWB = -0.36) and moderate kurtosis (PCR-Father = 2.38; PWB = 2.42) denote relatively symmetrical distribution with some peakedness.

These findings support the hypothesis that adolescents with stronger paternal ties report higher psychological well-being likely due to increased emotional regulation, self-worth and interpersonal trust nurtured through such bonds.

Hence, Hypothesis 1, 'There will be a positive correlation between parent-child relationship with the father and psychological well-being among adolescents ($r = 0.36$)' is accepted. A positive maternal relationship is linked to higher psychological well-being in adolescents.

These findings validate all Five hypotheses, showing varied strengths association between Social networking addiction, Parent child relationship - Father and Mother and Psychological well-being as interpreted through Evan's correlation guidelines.

In association between perceived father-child bonding and psychological well-being of adolescents, categorized into low, average, and high relationship quality groups. A consistent positive trend is evident as PCR-Father scores increase so do PWB scores. Adolescents in the low bonding group (PCR-Father = 224.35) report the lowest psychological well-being (PWB = 137.10), while those in the average group (PCR-Father = 242.12) show moderate well-being (PWB = 156.02). The highest scores are observed in the high bonding group, with PCR-Father = 259.89 and PWB = 174.94. These findings suggest a strong positive relationship between the quality of father-child interaction and adolescent psychological health.

Hence, Hypothesis 2, ‘There will be a positive correlation between parent-child relationship with the mother and psychological well-being among adolescents ($r = 0.38$)’ is accepted. A strong mother-child relationship positively influences psychological well-being, confirming the protective role of parental support.

In this analyses the impact of perceived maternal bonding on adolescents’ psychological well-being through Pearson’s correlation and scatterplot visualization. The results revealed a **moderate positive correlation** ($r = +0.38$) suggesting that adolescents reporting stronger emotional ties with their mothers tend to experience higher psychological well-being. As observed in the scatterplot, the majority of data points lie between PCR-Mother scores of 200-300 and PWB scores of 120-180, forming a mild upward trend. While not perfectly linear, the concentration of points in this zone reinforces the statistical association between positive maternal relationships and grater emotional health.

Descriptive statistics enrich this interpretation: the average PCR-Mother score was 258.32 (SD = 15.03) and the psychological well-being mean was 157.52 (SD = 14.92). slight negative skewness (PCR-Mother = -0.39; PWB = -36) and moderate kurtosis (PCR-Mother = 2.50; PWB = 2.42) suggest fairly symmetrical distributions with some peakedness.

Hence, Hypothesis 3, ‘Parent-child relationship with the father will have a significant positive impact on psychological well-being in adolescents ($B = 0.194$, $\beta = 0.077$, $t = 2.52$, $p = 0.012$)’ is accepted. A strong father-child relationship improves psychological well-being in adolescents.

In the illustrates the relationship between perceived mother-child bonding (PCR-Mother) and psychological well-being (PWB) of adolescents, categorized into low, average, and high groups. A clear upward trend is observed: as PCR-Mother scores increase, corresponding PWB scores also rise. Adolescents with low maternal bonding (PCR-Mother = 22.25) exhibit the lowest psychological well-being (PWB = 137.10), while those with average bonding (PCR-Mother = 257.09) show

moderate well-being (PWB = 156.02). The highest scores in both PCR-Mother (287.93) and PWB (174.94) are found in the high bonding group. These results suggest a strong positive association between the quality of the mother-child relationship and adolescent psychological health.

Hence, Hypothesis 4, ‘Parent-child relationship with the mother will have a significant positive impact on psychological well-being in adolescents ($B = 0.258$, $\beta = 0.083$, $t = 3.11$, $p = 0.012$)’ is accepted. Maternal support plays a crucial role in maintaining adolescent’s psychological well-being.

DISCUSSION:-

PARENT – CHILD RELATIONSHIP (PCR – Father & PCR – Mother)

Parental relationships play a crucial role in adolescent well-being. the analysis reveals a strong positive correlation between PCR – Father and PCR – Mother ($r = -0.565$, $p < .001$), indicating that strong relationship with one parent often reflect stronger bonds with the others. This suggests that parental support tends to be cohesive, where warmth and involvement from one parent likely enhance the relationship with the other. Both parent – child relationship variables exhibit strong correlations with PWB (PCR – Father: $r = 0.620$, $p < .001$; PCR – Mother: $r = 0.583$, $p < .001$), demonstrating that strong parental connections significantly contribute to better psychological health among adolescents. This highlights the importance of nurturing parental bonds in fostering emotional resilience and well-being.

PSYCHOLOGICAL WELL-BEING (PWB)

Psychological well-being reflects an individual’s emotional, psychological and social health. The results indicates that higher SNA is associated with lower PWB, suggesting that excessive online engagement may contribute to poorer mental health outcomes. Strong relationships with parents are positively linked to higher PWB, emphasizing the role of family support in maintaining emotional stability. Adolescents who report better parent – child relationship tend to exhibit higher well-being scores, the effect of strong familial connections against stress and negative mental health outcomes.

Overall, the findings underscore the interconnected nature of digital behaviours, parental relationships, and adolescent well-being. while excessive social networking usage may weaken family bonds and lower psychological well-being, strong parent-child relationships serve as a protective factor, enhancing emotional health. These results highlight the importance of balanced digital engagement and sustained parental involvement in promoting adolescent development.

Predictors of the variables

The regression analysis provides crucial insights into the predictors of social networking addiction, Parent-child relationships – Father and Mother, and Psychological Well-being,

highlighting the interconnected nature of adolescent digital behaviours, family relationship, and mental health outcomes.

The findings reveal that adolescents with better parental connections and higher emotional stability tend to have lower engagement in social networking platforms. This aligns with existing literature suggesting that adolescents who receive emotional support from their caregivers are less likely to develop compulsive digital habits. The findings underscore the importance of parental involvement in moderating adolescent screen time and encouraging balanced digital usage to prevent excessive dependence on social networking.

The predictive relationship between parent-child relationship and psychological well-being further support the notion that family bonds play a critical role in shaping adolescent emotional resilience. It suggests that adolescents with positive father-child interactions also tend to have stronger relationships with their mothers, the complementary impact of parental involvement on adolescent development. That supportive parental relationship contribute to greater emotional stability and psychological well-being in adolescents.

The most notable finding is that PWB is highly influenced by digital behaviours and familial relationship. Adolescents with higher parental support exhibit improved emotional regulation, lower stress levels, and greater overall well-being, highlighting the need for structured intervention to strengthen familial connections as a mean to enhance adolescent psychological health.

The findings emphasize the critical role of family relationship in shaping adolescent behaviour and well-being. Parental involvement may serve as a buffer against the potential negative effects of excessive social networking. Greater emotional resilience and reducing psychological distress. Future research should explore moderation effects, investigating whether the strength of parental bonds influences the degree to which social networking addiction impacts well-being. interventions that promote balanced digital habits, family engagement, and mental health resources may further enhance adolescent development ensuring sustainable well-being in the digital age.

Conclusions:-

Following Conclusions were highlighted in present study:-

1. The quality of the relationship between adolescents and their fathers showed a positive correlation with psychological well-being. Supportive paternal interactions contributed to greater emotional stability, self-esteem, and overall mental health.
2. A positive correlation was also found between the mother-child relationship and adolescents' psychological well-being. Maternal warmth, understanding, and consistent communication played a vital role in fostering emotional security.

3. A strong and nurturing relationship with the father positively impacted adolescents' psychological well-being. Paternal involvement served as a protective factor against emotional distress and digital overuse.
4. The mother–child relationship also significantly enhanced psychological well-being. Maternal support and empathy were crucial in buffering the adverse effects of social networking addiction.

Limitations:-

Before generalizing the findings of the study, following limitations must be taken into consideration as:

- 1.This study was undertaken to restricted area of Chh.Sambhajinagar city. The sample size of study was relatively small.
2. The effect of only few personal variables on Parent-Child Relationship and Psychological Well-Being has been studied.
- 3.The limitation of any paper-pencil test such as social desirability response biases and basic human tendencies could have been affected the responses. Hence, this study is not free from all such biases.
- 4.In the statistical analysis, we are comparing the mean score for the group as a whole by summarizing across the group as a whole, we inevitably lose some information about individuals.
- 5.The children are selected from schools. Age range is from 13 to 16 years.

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