

# The Influence of Mother-Child Relationship on the Restriction Aspect of Internet Addiction among Teenagers that Implements Distance Learning

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## ABSTRACT

This study aimed to determine the influence of child-mother relations and the influence of child-father relations on adolescents who are active students at the Junior High School level in Bandar Lampung. The location of this research is a school location with the situation and status of the area, including the red zone with a distance learning policy with internet media during the Covid-19 pandemic. This type of research is quantitative, using the Bandung Family Relationship Test (TRK-B) scale for family relationship data and the Internet Addiction Test (IAT) scale. Data analysis was carried out using the partial regression method.

This research was conducted on 251 students of SMPX Bandar Lampung City with the application of distance learning using Internet media. The results showed that statistically, there was a partial relationship between family relations regarding restrictions on the level of internet addiction. Simple linear shows a significant correlation between the restriction aspect of the child-mother relationship variable and the level of internet addiction ( $r=0.300$ ,  $p=0.001$ ). The study's general conclusion is that there is an influence of mother and child relations in the aspect of restriction on the tendency of internet addiction in junior high school students in Bandar Lampung City with the application of distance learning during the Covid-19 pandemic.

Keywords: Mother-child relationship, aspects of restriction, internet addiction

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## Introduction

According to WHO, infected individuals with the virus experience infections in the nose, sinuses, and throat, feel weak and have a dry cough. Meanwhile, more severe cases can cause pneumonia, acute respiratory syndrome, kidney failure, and death. The determination of the status of the Coronavirus (Covid-19) as a pandemic and the disclosure of the symptoms and dangers of Covid-19 certainly affect government policies in all aspects, including in the field of education with the implementation of a distance learning system (PJJ) (Puspensos, 2020). This Distance Learning System (PJJ) has become mandatory in Indonesia, especially in areas with red, orange, and yellow zone status. The Minister of Education issued a circular 36962/MPK.A/HK/2020 concerning online learning addressed to all heads of primary, secondary, and higher education office heads. This policy is expected to fulfil children's rights

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to receive education services during the Covid-19 emergency period, protect education units from the adverse effects of Covid-19, prevent the transmission and spread of Covid-19, and ensure that there is still psychosocial support for educators, parents/guardians of students and students (Kompas.Com, 2020).

On the one hand, learning tools using internet access can facilitate communication and eliminate distance. However, on the other hand, using devices as the primary means of learning also negatively impacts children's physical, psychological, emotional, and social isolation and developmental conditions, leading to the impact of internet addiction. Other adverse effects include loneliness (Pontes, Griffiths, 2014), depression (Bhandari et al., 2017), and problems with academic achievement (Azeez, Dildar, 2014). According to the source of the Global Digital Report 2019: Hootsuite, We Were Social in January 2019, Indonesia ranked fifth in the world in terms of the duration of internet use with an average calculation of spending time online for 516 minutes or 8 hours 36 minutes per day. A web-based study conducted by the Department of Mental Health Sciences, Faculty of Medicine, University of Indonesia-Cipto Mangunkusumo Hospital (FKUI-RSCM) and the Faculty of Psychology, Atma Jaya Catholic University showed that the prevalence of adults experiencing internet addiction increased by 14.4 per cent and online duration increased by 52 per cent compared to before the pandemic and PJJ policy (Media Indonesia. 2020).

Specifically, Yen Yen, Chen, Chen, & Ko (2007) showed that low family functioning can predict internet addiction. Internet addiction can be influenced by internal factors, parenting style factors (Floros & Siomons, 2013), and family environment (Ahmadi & Saghafi, 2013). The results of Liu, Fang, Zhou, Zhang, and Deng (2013) showed that adolescents' good relationships with parents can be a protective factor against internet addiction in adolescents. The results of Ko et al. (2015) support the research of Liu et al. (2013) with the finding that the weakening of the relationship between adolescents and parents makes adolescents feel frustrated with their interpersonal relationships and replace them with the Internet to become more dependent on the Internet. Therefore, it is necessary to recognise, identify and examine the relationship between internal and external factors to the risk of internet addiction in adolescents who learn distance during the current Covid-19 pandemic.

## **Material And Methods**

The dependent variable in this study is the tendency of internet addiction in children with the application of distance learning during the Covid-19 pandemic. The independent variable in this study is family relations (children-mothers) regarding restrictions. Operationally, the family relationship in this study is the relationship between parents

(children-mothers and children-fathers) who live at home, and the relationship involves feelings, thoughts, ideas, and attitudes. This relationship will be explained through the scores obtained based on the subject's assessment of the relationship aspects on the Family Relationship Test-Bandung (TRK-B), namely, restriction. The higher the number of scores, the higher the category of child-mother relationships. Compulsive behaviour towards internet use where subjects tend to find it difficult to control their internet use. The indicators are; salience (thoughts dominated by internet use), mood modification (immediately feeling satisfied when able to use the internet), tolerance (progressive increase in internet use), withdrawal (feeling anxious when unable to access the internet), conflict (conflict arises between himself and the people around him due to excessive internet use), relapse (have tried to reduce the time to access the internet but always fails). Assessment of the number of scores will indicate the category of average, mild, moderate, or severe.

The data collection technique used in this study is a psychological scale with a Likert scale. This scale has two statements, namely favourable and unfavourable. The data collection method is quantitative using two psychological scales, namely the Family Relationship Test-Bandung (TRK-B) scale of the child-mother relationship dimension and the Internet Addiction Test (IAT) scale adaptation of the IAT scale from Prasojo (2018) who has tested the IAT using Indonesian to 514 respondents. The reliability test results are promising, with Cronbach's Alpha 0.895 and a lower correlation coefficient of 0.4.

Data analysis in this study uses linear regression analysis (linear regression method) to measure the influence between the independent and dependent variables. The relationship between family relations and the tendency of internet addiction in X junior high school students. The analysis was conducted with the help of the Statistical Product and Service Solution (SPSS) 22.0 for the Windows program.

## Results

The population in this study were students in junior high schools in Bandar Lampung City whose school areas were in the red zone, implementing Distance Learning (PJJ) policies using the internet, and students living at home with their parents. Total number of students are 504. The samples of this study were representatives of grades 7, 8, and 9 from SMP X Bandar Lampung City. Based on data from the school, the total student population can be seen in the following table.

Table 1: Total Student Population of SMP X in Bandar Lampung City

No	Gender	Amount
1	Male	281
2	Female	223
	<b>Totally</b>	<b>504</b>

Table 2: Total population distribution

Class	Student Distribution	Number of Students	Total
7	7A	32	191
	7B	32	
	7C	32	
	7D	32	
	7E	32	
	7F	31	
8	8A	32	190
	8B	32	
	8C	32	
	8D	32	
	8E	31	
	8F	31	
9	9A	32	123
	9B	31	
	9C	30	
	9D	30	

The number of samples refers to the table for determining the sample size according to Isaac and Michael, with an error rate of 5% so that a sample size of 251 students is obtained. The sampling technique in this study uses probability sampling with cluster sampling type, which is a sampling technique that divides the population into several clusters and then randomly takes one group from the population to be sampled. The sampling method is that students are divided into clusters based on their respective class codes (for example, 7. A, 7. B, 7. C, etc.), and a lottery is made based on the class code. The class code drawn in the lottery will be used as a research sample of 251 people.

### Instrument

The Internet Addiction Test (IAT), translated into Indonesian, is used to measure internet addiction. The reliability coefficient of the internet addiction scale analysed with SPSS is 0.890, and 3 items are invalid. The results of the above analysis then obtained a new sequence number. The distribution of the scale used to measure the child-mother relationship in this study is Test Relasi Keluarga Bandung (TRK-B). The reliability of the TRK-B scale is 0.954. There are seven cancelled items for child-mother relations. The following table analyses the results of the family relations scale:

Table 3. Analysis Results of Family Relationship Scale

Variable	Koefisiensi alpha Cronbach	N of items
TRK-B children- mother	0,954	66

### Data Analysis

Frequency Distribution of Internet Addiction Among Students of SMP X Bandar Lampung:

Table 4. Frequency of Internet Addiction

Valid	Frequency	Percent	Valid Percent	Comulative Percent
light	1	4%	4%	4%
Medium	81	32,3%	32,3%	32,7%
high	169	67,3%	67,3%	100%
Total	251	100	100	

Based on Table 3.13, it can be seen that the frequency of internet addiction in the mild category is one subject (4%), the moderate category is 81 students (32.3%), and the high category is 169 students (67.3%).

Table 5. Frequency of Family Relationship (Mother)

Valid	Frequency	Per cent	Valid Percent	Cumulative Percent
light	4	1,6	1,6	1,6
Medium	174	69,3	69,3	70,9
high	73	29,1	29,1	100
light	251	100	100	

Based on Table 3.18, it can be seen that the frequency of child-mother relationships in the low category is four subjects (1.6%), moderate 174 students (69.3%), and high as many as 73 students (29.1%).

### Result

Table 6 shows that the family relationship aspects of the TRK-B scale that affect internet addiction in SMP X students in Bandar Lampung City are aspects of restriction.

The child-mother relationship variable regarding restriction has a regression coefficient of 0.300 with a significance of 0.001 ( $p < 0.005$ ), meaning restriction significantly affects internet addiction. This restriction aspect is derived from binding theory, which emphasises the extent to which children experience or live with the mother as a normative figure. While the items of

this restriction aspect contain information to measure the extent to which children are limited by their parents, whether children feel their space is limited, and whether children think under the supervision of parents in doing everything. The higher the restriction score, the higher the parental authority in children's assumptions. This refers to the degree to which children experience control and tasks set by schools or teachers. The aspect of restrictions (firm rules) has a score in the low category. This lack of control from parents is then utilised by students to freely access the internet so that even though family relations are in the category of moderate relations (good), the level of addiction shows a high addiction category.

**Table 6. Results of simple regression relations of TRK-B scale aspects (child-mother)**

		Coefficients <sup>a</sup>				
		Unstandardised Coefficients		Standardised Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	33.512	7.665		4.372	.000
	restrictions	.747	.213	.300	3.500	.001
	affection	-.215	.269	-.108	-.800	.425
	sensitivity	-.161	.310	-.060	-.518	.605
	Justice	-.186	.175	-.081	-1.060	.290
	confession	.211	.226	.125	.936	.350
	trust	-.108	.190	-.049	-.567	.571

a. Dependent Variable: Internet Addiction

The results of this study are not in accordance with the theory of Ahmadi & Saghafi (2013), which states that the family environment is related to various problematic behaviours, one of which is internet addiction in adolescents. This study's results align with research by Fang, Zhou, Zhang, and Deng (2013), which states that mothers have more emotional roles by providing supervision of children's behaviour, feelings, and thoughts. This supervision is then related to the ability and duration of children to explore the world with internet access. Supervision also reduces the risk of children finding new social environments through the internet, which can lead to internet addiction. Research by Ko et al. (2015) also explains that living at home with mothers in Asia is a stronger factor in preventing adolescents from internet addiction than fathers. This is because mothers tend to control internet use in adolescents. Therefore, the quality of adolescents' relationships with fathers may not affect the level of internet addiction in adolescents.

Research by Liu et al. (2013) states that adolescents who have a good relationship with their mothers tend to access the internet less than those who do not. This is because mothers do much interact, nurture, talk, and provide control over adolescents' behaviour, emotions,

and thoughts. This study is also in line with Soffa (2019) that there is no significant relationship between the quality of adolescent relationships with fathers and internet addiction ( $p > 0.05$ ), and there is a substantial relationship between the quality of teenage relationships with mothers and internet addiction ( $P < 0.05$ ).

## Conclusion

Based on the results of research that has been conducted on 251 subjects (junior high school students in Bandar Lampung City), it can be concluded that there is a simple linear negative effect between aspects of family relations (aspects of restrictions by the mother) on the level of internet addiction in junior high school students X in Bandar Lampung City.

## Limitation and Suggestions

The limitation of this study is that it does not involve other aspects, such as adolescent self-esteem or coping mechanisms.

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