

## How Facebook Influences Parent-Adolescent Interactions: A Study on Interpersonal Dynamics

**Syeda Urwa Bukhari**

Lecturer (Department of Mass Communication)

Minhaj University, Lahore, Pakistan

Email: urwabukhari44@gmail.com

### Abstract

*In today's digital age, the growing prevalence of social networking platforms, particularly Facebook, among teenagers has significantly impacted their relationships with parents. This study utilizes a qualitative approach to examine Facebook's effect on interactions between parents and adolescents, with a specific focus on interpersonal connections. Data collection was conducted through a survey guide distributed to 20 parents, aligning with a qualitative methodology. The research is anchored in the Uses and Gratifications Theory, which provides a strong basis for exploring these relational dynamics. By adopting this qualitative method, the study seeks to address existing gaps and limitations in prior research. The collected data are processed using the Statistical Package for the Social Sciences (SPSS) program. The study's results indicate that adolescents, often deeply engaged with Facebook, feel less compelled to interact with their parents, instead building closer ties with online peers. This frequent use of Facebook is highlighted as a key factor that potentially weakens parent-adolescent bonds. Parents also report that high Facebook activity among teenagers negatively affects their relationship.*

**Keywords:** Adolescent Behaviour, Facebook Usage, Interpersonal Relationships, Parent-Adolescent Interaction, Social Media Impact.

### 1. Introduction

With the rise of modern communication technologies, Facebook quickly became one of the most widely used social networking sites in the early 21st

## Parent-Adolescent Interactions

century. It attracts users across different age ranges, with a notable following among adolescents. These young users often turn to Facebook to foster online connections, dedicating more time to the platform than to interactions with parents, family members, and other personal relationships. As a result, Facebook has become an essential, nearly inescapable element of their daily lives.

Social networking sites rank among the most popular media platforms, enabling people to connect, establish online relationships, and share information easily with a broad audience. Facebook, as the most widely used social networking platform, has seen rapid global growth. According to statistics, it boasts 2.60 billion active users, with 1.73 billion logging in daily (Aboulhosn, 2020).

Social media applications have integrated into the daily habits of internet users. Facebook, one of the leading social networks, receives over 1.5 billion visits each day, with adolescents making up a large portion of its user base. They use Facebook for interacting & communicating with their online circle. They want to share each moment on Facebook. They always connect them with their online friends even they rely on their online relationships. Due to their excessive usage of Facebook they get close with their virtual circle as compare to their interpersonal relations (Roth, 2019).

According to Smith and Caruso (2010) found that Facebook usage is extremely common among college students, with studies showing a 97% usage rate. This high level of engagement has weakened their bonds with parents, as students tend to share every personal detail with their Facebook friends, relying on them as their most intimate and reliable source. This study helps parents understand the reasons behind the weakening of their relationship with their children and provides techniques for strengthening their bond with children who excessively use Facebook.

Facebook users are increasing rapidly and their interest in Social Media Sites is spreading day by day, Social Media Sites has become a significant major substance in the communication world. Mostly researches on Social Media Sites are generally cause of problems among adolescents like self-confession, privacy destructions, and the major interpersonal relations. Adolescents spend their most of the time on Facebook rather than their parents and family (Burler et al., 2011).

Internet connectivity has significantly transformed people's lives, particularly their interactions. Studies have examined the impact of Internet technology on social networks and interpersonal relationships. Platforms like Facebook offer young people the opportunity to strengthen their existing relationships, build virtual connections, and form new friendships online. For most young people, using the Internet has become an essential part of their daily lives (Diaz et al., n.d).

The researcher observed through a review of the literature that Adolescents spend a significant portion of their day on Facebook, engaging in activities such as chatting with friends, sharing updates, and participating in online communities. This extensive use has led to a shift in how they perceive and manage their relationships. Online friendships often take precedence over real-life interactions, leading to a decrease in quality time spent with family members. The convenience and immediacy of Facebook make it an appealing alternative to traditional forms of communication, further entrenching its role in adolescents' social lives.

## **2. Objectives**

- To explore the primary motivations for Facebook usage among adolescents and how these motivations influence their communication patterns with parents.
- To explore how Facebook usage affects the dynamics of interactions between parents and adolescents, focusing on pinpointing particular aspects that lead to relational tension.
- To analyse the frequency of Facebook usage among adolescents and its correlation with changes in parent-adolescent relationship dynamics, including communication, trust, and emotional bonding.

## **3. Research Questions**

**RQ1:** What are the main reasons adolescents use Facebook, and how do these reasons affect their communication patterns with their parents?

**RQ2:** How does Facebook usage influence the quality of interactions between parents and adolescents, and what specific aspects of their relationship may experience strain?

## Parent-Adolescent Interactions

**RQ3:** In what ways does the frequency of Facebook usage among adolescents relate to shifts in the dynamics of parent-adolescent relationships, including aspects like communication, trust, and emotional connection?

### 4. Hypotheses

**H1:** Adolescents primarily use Facebook for social interaction and entertainment, and these motivations lead to decreased direct communication with their parents.

**H2:** Increased Facebook usage among adolescents negatively impacts the quality of parent-adolescent interactions, particularly in areas such as shared activities and face-to-face communication.

**H3:** Higher frequency of Facebook usage among adolescents correlates with a decline in parent-adolescent communication, trust, and emotional bonding.

### 5. Literature Review

Prinstein et al. (2020) observed a significant increase in adolescents' use of digital media over the last ten years. Epidemiological studies indicate that adolescents currently dedicate more time to connecting with friends through electronic platforms than they spend sleeping, in school, or engaging in face-to-face interactions with peers. Consequently, researchers examining adolescent development have increasingly turned their attention to digital media, which encompasses smartphones, texting, online gaming, and social media apps.

Rousseau et al. (2019) conducted a research on the mutual relationship between behaviors aimed at maintaining friendships on Facebook and the level of closeness adolescents feel towards their friends. Researcher examined that Social Media Sites especially Facebook gives a friendly platform to adolescents to maintain their positive relationship with their friends. Researchers explored that adolescents feel close with their friend due to the usage of Facebook. Results of the study showed that behaviors on Facebook that help maintain relationships and their impact on adolescents' closeness with friends. depended on their usage of time. Facebook relationship

maintenance behaviors maintained positive relation among adolescents and their online friends.

Due to the revolution and modernization of Social Media Sites, face-to-face communication and interpersonal relations have shifted towards technology and virtual interaction. People now use computers and social media for their interactions. The new techniques and innovations in social media constantly affect interpersonal relationships and the way individuals interact worldwide. Researchers have found that people who spend excessive time online tend to allocate less time to communicating with parents, family, and other interpersonal relationships, often preferring online interactions instead (Turnbull, 2010).

Shafer (2017) found that teenagers need different forms of social support from their parents, including virtual and digital assistance. When teenagers feel irritated or overwhelmed by social media, it becomes essential for parents to be more attentive to their needs. Because of their heavy social media usage, adolescents often view their online relationships as very close. Consequently, parents should work to strengthen their connections with their teens by understanding their social media expectations and offering suitable support.

Nabawy et al. (2016) found that excessive technology usage was a major factor contributing to weakened bonds between adolescents and their parents. The study sought to investigate the connection among adolescents' technology usage and the social interactions of their parents. The results indicated a significant correlation between adolescents' technology usage and their social interactions with their parents. The study concluded that parents should be informed about the internet and social media to better understand and monitor their adolescents' technology use. This knowledge will help parents navigate technological challenges and improve communication, thereby reducing online issues between adolescents and their parents.

Rhodes et al. (2015) investigated the impact of Facebook usage on college students' interpersonal skills through a cross-sectional approach. Researchers analyzed how Facebook engagement influences interpersonal

## Parent-Adolescent Interactions

abilities, focusing on a sample of undergraduate students enrolled in a nutrition course at a public university in the northeastern United States. Using a survey method for data collection, the researchers found that college students tended to have informal relationships with Facebook and prioritized their Facebook usage over developing interpersonal skills. The results indicated that students were more focused on their online interactions rather than cultivating their face-to-face communication abilities.

Vlachopoulou and Boutsouki (2014) conducted research on Facebook usage among adolescents in Greece, focusing on how extraversion influences Facebook use. The study examined teenagers (ages 12–14) and explored the impact of individual characteristics and social peer influence on their use of Facebook. Using a survey method, the researchers collected data from 567 teenagers in Greece. The findings revealed that high levels of Facebook usage were strongly associated with increased extraversion and peer group pressure. Teenagers were highly engaged with Facebook primarily for two reasons: to follow trends and to maintain contact with their friends.

Currie (2014) discovered that adolescents are among the most frequent users of technology and are quick to adopt new innovations like the internet, smartphones, and social networking sites. The study aimed to investigate how technology usage affects the relationships between adolescents and their parents and families. Data were gathered from 114 parents of adolescents aged 11 to 18 through an online survey. The findings indicated that parenting practices and dimensions of parent-adolescent relationships, such as hostility and connectedness, play a crucial role in adolescent development. However, the technology usage of both adolescents and their parents did not enhance these relationships. Additionally, adolescents' reliance on technology was linked to lower social skills and more behavioral issues. Overall, the study concluded that technology negatively affects parent-adolescent relationships.

Przybylski and Weinstein (2013) investigated the impact of mobile communication technology on the quality of in-person conversations. Research explored how recent advancements in communication technology, such as mobile phones, have enabled people to connect over long distances but may also impact in-person interactions. The researchers conducted two

experiments to assess the effects of the presence of mobile communication devices. In both experiments, they found that these devices negatively affected closeness, connection, and the quality of conversations. The results indicate that the presence of mobile phones can interfere with human relationships, particularly when individuals are discussing personally meaningful topics.

Liu et al. (2013) investigated how excessive internet use among adolescents might affect their interactions with their parents, potentially weakening these relationships. The study aimed to explore parental awareness, attitudes, and actions regarding their adolescents' use of Facebook, the world's largest social network. Data were collected from 195 Israeli parents, both Jewish and Arab, with adolescents above and below the official Facebook registration age of 13. The researchers employed various analyses, including correlations and regressions. The findings revealed that parents generally had low levels of awareness, involvement, and monitoring of their adolescents' Facebook usage.

Ahn (2012) explored that we are living in a fast-paced era where social networking sites are being used to rapidly stay informed about global events. Teenagers, in particular, quickly grow tired of using the same features and seek new dimensions on these platforms, such as Facebook. They use Facebook for entertainment and to stay updated about their social circles and the technological world.

Kanter et al. (2012) explored how parents adding their adolescents as friends on Facebook influences the parent-child relationship and perceptions of parental privacy invasion. Research found that adolescents who valued a high-quality relationship with their parents tended to prioritize them on Facebook. Using an experimental group method and simple random sampling for data collection, the researchers discovered that when parent-child relationships were conflicted, greater awareness of parental privacy invasions regardless of whether the parent was a Facebook friend negatively affected the adolescents' satisfaction with the relationship.

Junco (2012) investigated the connection between Facebook usage, participation in Facebook activities, and student engagement. Earlier studies

## Parent-Adolescent Interactions

faced limitations in evaluating Facebook usage and measuring engagement. This research employed a 19-item scale derived from the National Survey of Student Engagement, in addition to assessing the time students spent preparing for class and engaging in co-curricular activities. The findings indicated that overall Facebook usage had a negative impact on student engagement, although it was positively linked to the time spent on co-curricular activities. Additionally, some activities on Facebook had a beneficial effect on engagement, while others were associated with negative outcomes.

Hertlein (2012) observed that the internet increasingly merges the lines between online and offline relationships. This study examined how technology influences family dynamics. The researcher discovered that the norms governing interactions with online peers had various negative effects on daily life, especially regarding interpersonal relationships. It was found that online interactions detracted from personal goals and performance, while also heightening the risk of internet addiction.

Huisman et al. (2012) investigated the impact of technology on family dynamics by interviewing four families about their use of technology at home. The study found that families often experience conflict regarding the appropriate use of technology and the amount of time spent on electronic devices. While all families used a variety of devices for different purposes, disagreements arose over the role of technology in their lives and the immediate access to information it provides. Additionally, the families discussed the impact of social media on their children. Despite the study's limited sample size, the findings suggest that families continue to struggle with the integration of technology into their home lives.

Carr (2011) explored the notion that the benefits of new technology and innovations come with significant downsides. Adolescents spending extensive time on smartphones, computers, and various video games often find their attention consumed by these devices, potentially contributing to a decline in interpersonal relationships with their parents. Social networking sites have fundamentally altered how adolescents connect, learn from their social circles, and engage with the world, presenting new challenges for parents, researchers, and teachers. To mitigate these challenges, parents can support and guide their



adolescents in using social sites positively, emphasizing the potential benefits while also educating them about the drawbacks. By providing ongoing guidance, parents can help their children harness the power of the internet in a constructive and responsible manner.

Kuss and Griffiths (2011) explored the relationship between online networking and addiction. Their research highlights that it is now almost impossible to find individuals without mobile and innovative devices in their hands. Their findings suggest that today's adolescents possess very low media literacy and often lack the skills to navigate media responsibly. Many young people perceive social networking sites as their personal space, behaving as they wish, which can lead to numerous health issues and relationship problems due to excessive use.

Turnbull (2010) noted a study examining the interpersonal interactions of youngsters and baby boomers. While both groups engage in interpersonal communication, modern technological innovations have made it much easier to do so. However, youngsters now prefer connecting through messaging, which negatively impacts their interpersonal relationships.

Stabile (2010) investigated how early adolescents use social networking sites to sustain friendships and explore their identities. The research concentrated on the ways in which this age group employs digital technology for communication, uncovering a significant prevalence of such use. The results revealed that adolescents show a diminished interest in face-to-face interactions, opting instead to share their every move, thought, and intention with friends online. Additionally, the study emphasized that parents frequently remain unaware of their children's activities on digital media.

Richards et al. (2010) researched the relationship between adolescents' screen time and their attachment to parents and peers. They found that adolescents, being frequent users and early adopters of technology like the internet, smartphones, and social media, struggle to detach from these technologies. Unlike previous generations who encountered technology later in life, today's adolescents are born into the digital age and feel socially compelled to stay connected. As a result, they spend significant time on these

devices, making technology central to their daily lives. The study concluded that high screen time usage among adolescents is associated with lower attachment to their parents and peers.

Due to the revolution and modernization of Social Media Sites, face-to-face communication and interpersonal relations have shifted towards technology and virtual interaction. People now use computers and social media for their interactions. The new techniques and innovations in social media constantly affect interpersonal relationships and the way individuals interact worldwide. Researchers have discovered that individuals who spend rampant amount of time online frequently allocate less time to communicating with parents, family, and other interpersonal relationships, often preferring online interactions instead (Turnbull, 2010).

## **6. Theoretical Framework**

### **6.1 Uses & Gratifications Theory**

This study examines the effects of social media, particularly Facebook, on parent-adolescent interactions by examining how new technologies, such as social media, influence and potentially replace traditional forms of communication and relationships. Uses and Gratification Theory (UGT) provides a valuable framework for understanding these dynamics. UGT centres on the concept of “what people do with media,” emphasizing active user engagement in selecting media that meets their needs and gratifications.

#### ***6.1.1 Uses & Gratifications Theory: Overview***

Uses and Gratification Theory (UGT) examines how individuals proactively seek out media to fulfill specific needs and desires. In contrast to earlier theories like the Magic Bullet Theory or Hypodermic Needle Theory, which regarded audiences as passive recipients of media messages, UGT suggests that users are active participants who consciously select their media consumption based on their requirements.

Originally, UGT was focused on traditional media such as radio, newspapers, and television. However, its applicability has grown with the rise of the Internet and social media, providing insights into how users obtain satisfaction from digital interactions and content (Griffin, 2012).

### **6.1.2 Applications of UGT in Social Media Research**

**6.1.2.1 Gratifications Sought and Obtained.** UGT helps to analyse why adolescents use Facebook by identifying the gratifications they seek, such as social interaction, entertainment, information, and personal identity. These motivations can influence their interpersonal relationships, including their interactions with parents.

**6.1.2.2 Patterns of Usage.** The theory allows for the examination of how different patterns of Facebook usage affect parent-adolescent relationships. For instance, if adolescents use Facebook primarily for social interaction, this might impact their face-to-face communication with parents.

**6.1.2.3 Impact on Interpersonal Relationships.** By applying UGT, the study can assess how the gratifications obtained from Facebook influence the quality of parent-adolescent relationships. For example, does the need for social validation on Facebook affect conflicts or understanding within the family?

**6.1.2.4 Parental Engagement.** Investigate how parents' understanding and engagement with their adolescents' Facebook usage affect their relationship. Does parental involvement on Facebook enhance or deteriorate the relationship?

### **6.1.3 Literature and Theoretical Background**

**6.1.3.1 Historical Context.** UGT has evolved from its application to traditional media to include digital and social media. Early research focused on passive media consumption, but recent studies explore how active media use meets specific needs and desires (Raacke, 2008).

**6.1.3.2 Current Understanding.** Recent research highlights that adolescent use social media for various needs, including social interaction, entertainment, and information seeking. According to Wang et al. (2012), UGT helps explain why adolescents are drawn to social media and how it fulfills their needs.

**6.1.3.3 Motivations for Social Media Use.** Sevuk (2013) and Chasombat (2018) identify that users choose media based on their desires, such

as relaxation, excitement, and social interaction. UGT suggests that social media, like Facebook, provides these gratifications and influences users' relationships.

### ***6.1.4 Application to Facebook***

Tanta et al. (2014) detail how Facebook and other social media satisfy needs for companionship, social interaction, and personal identity. This understanding is crucial for analyzing how Facebook usage affects adolescents' relationships with their parents.

This research applies Uses and Gratification Theory to understand how Facebook influences the relationships between adolescents and their parents. By examining the gratifications sought and obtained through Facebook, the study will reveal how social media impacts traditional communication and relationships within the family. This framework will help explain why adolescents may prioritize virtual relationships over face-to-face interactions and provide insights into improving family dynamics in the digital age.

## **7. Method**

The researcher employed a qualitative method for the study, using survey to collect data. A questionnaire was utilized as a tool for gathering information from parents. Qualitative research is a scientific approach aimed at gaining an in-depth understanding of complex social phenomena, including beliefs, opinions, behaviours, and social perspectives. According to Mack (2005), qualitative research is valuable for exploring these nuanced aspects of social life. Akhtar (2014) emphasizes that qualitative research is designed to delve into the meaning and understanding of complex social conditions, often through detailed case studies.

### **7.1 Sample Size**

Survey was conducted with 20 parents for this research. This sample size was chosen to provide a range of insights into how Facebook usage affects parent-adolescent interactions.

## 7.2 Questionnaire

For this study, the questionnaire included 21 questions. The first two questions focused on demographic information, while the remaining questions were designed to investigate how Facebook usage impacts the interpersonal relationships between adolescents and their parents.

## 8. Findings

Table presents the results of a structured questionnaire in which 21 questions were asked. A total of 20 parents ( $N = 20$ ) of adolescents were randomly selected for the interview. Two of the questions were demographic, while the remaining 19 questions revealed a consistent issue: adolescents who use Facebook tend to spend less time with their parents.

**Table 8.1** *Frequencies in Percentage*

S. No.	Questions	N	Yes	No
1	Internet at home	20	100	100
2	Parents FB Account	20	70	30
3	Adolescents FB Account	20	100	0
4	Daily Activity	20	100	0
5	Information & learning	20	45	55
6	Access	20	35	65
7	Interaction with Adolescents FB friends	20	30	70
8	FB usage along parents	20	25	75
9	In touch with you	20	50	50
10	In touch with friends	20	100	0
11	Multiple attractive features	20	100	0
12	Expending relation	20	100	0
13	Domestic work	20	35	65
14	Decreasing Face to Face communication	20	100	0
15	Don't like to communicate	20	100	0
16	Personal Matter	20	75	25
17	Share information	20	10	90
18	Discuss their Facebook activities	20	30	70
19	Decreases family time	20	100	0

## Parent-Adolescent Interactions

### **Question No. 1: Do you have Internet at home?**

The data reveals that all 20 parents (N = 20) who participated in the survey reported having internet connectivity at their homes. This indicates that internet access is universally available among the respondents, making it a common factor that may influence their adolescents' usage of social media like Facebook.

### **Question No. 2: Do you have a Facebook account?**

The data indicates that 70% of the parents (N = 20) surveyed have a Facebook account, while 30% do not. This suggests that the majority of parents are familiar with the platform, potentially providing them with insights into their adolescents' Facebook usage and its impact on family dynamics.

### **Question No. 3: Do your adolescents have a Facebook account?**

The data shows that 100% of parents reported their adolescents have Facebook accounts, and they spend more time on Facebook than with their parents. This suggests social media is a major part of their lives, potentially weakening family communication. The shift may reduce parental influence and create challenges for maintaining strong family bonds. Balancing social media use with family time is important for healthier relationships.

### **Question No. 4: Is Facebook a part of your adolescent's daily activity?**

The data reveals that 100% of parents reported their adolescents use Facebook daily. This indicates Facebook is a daily habit for all adolescents in the sample, highlighting its strong influence on their routine and social interactions. Daily use suggests a significant reliance on the platform for communication and entertainment.

### **Question No. 5: Is Facebook the best source of information and learning for adolescents?**

The data shows that 45% of parents believe Facebook is a good source of information and learning, while 55% disagree. This indicates a split opinion among parents, with a majority not seeing Facebook as an effective

educational tool, while nearly half view it positively for gaining information and learning.

**Question No. 6: Do you have access to your adolescent's Facebook account?**

The data shows that only 35% of parents have access to their adolescent's Facebook account, while 65% do not. This indicates that a majority of parents do not monitor their adolescents' Facebook activities, suggesting potential gaps in oversight and communication regarding online behaviour.

**Question No. 7: Do you know or have interaction with your adolescent's Facebook friends?**

The data shows that only 30% of parents know or interact with their adolescent's Facebook friends, while 70% do not. This indicates that a large majority of parents are not familiar with their children's online social circles, potentially impacting their ability to understand and monitor their adolescents' online interactions.

**Question No. 8: Does your adolescent like to use Facebook while with you?**

The data shows that only 25% of parents said their adolescent likes to use Facebook while with them, whereas 75% said their adolescent does not. This suggests that most adolescents prefer to use Facebook independently rather than engaging with it during family time.

**Question No. 9: Does Facebook usage keep your adolescents in touch with you?**

The data shows that 50% of parents agree that Facebook helps keep their adolescents in touch with them, while 50% disagree. This indicates a divided opinion on whether Facebook effectively maintains communication between parents and adolescents.

## Parent-Adolescent Interactions

### **Question No. 10: Does Facebook usage keep your adolescents in touch with their friends?**

The data shows that 100% of parents agree that Facebook helps their adolescents stay in touch with their friends. This indicates unanimous recognition of Facebook's role in maintaining adolescents' social connections.

### **Question No. 11: Do the multiple attractive features of Facebook cause adolescents to spend a lot of time on it?**

The data shows that 100% of parents agree that Facebook's features cause adolescents to spend a significant amount of time on the platform. This suggests that all parents acknowledge the platform's engaging elements contribute to prolonged use by their children.

### **Question No. 12: Does Facebook usage help your adolescents to expand their online relationships with their Facebook friends?**

The data shows that 100% of parents agree that Facebook helps adolescents expand their online relationships. Additionally, parents noted that adolescents spend considerable time with online friends and less with them. This highlights Facebook's role in increasing adolescents' online social networks while potentially reducing face-to-face family interactions.

### **Question No. 13: After joining Facebook, have adolescents reduced their help with domestic work?**

The data shows that 35% of parents agree that adolescents help less with domestic work after joining Facebook, while 65% disagree. This indicates that a majority of parents do not see a significant impact of Facebook on their adolescents' participation in household chores.

### **Question No. 14: Is Facebook usage among adolescents decreasing face-to-face interaction with you?**

The data shows that 100% of parents agree that Facebook usage decreases face-to-face interaction with them. This indicates a unanimous concern among



parents that time spent on Facebook negatively impacts direct communication and interaction with them.

**Question No. 15: Do adolescents prefer not to communicate with you during their Facebook usage time?**

The data shows that 100% of parents agree that adolescents do not like to communicate with them while using Facebook. This suggests a consensus among parents that adolescents prefer to keep their online and offline communications separate.

**Question No. 16: Do adolescents usually share personal matters with their Facebook friends rather than with you?**

The data shows that 75% of parents agree that adolescents share personal matters with Facebook friends, while 25% disagree. This indicates that a majority of parents believe adolescents are open about personal issues with their online friends.

**Question No. 17: Are adolescents willing to share information with you about their online friends?**

The data shows that 10% of parents agree that adolescents share information about their online friends, while 90% do not. This indicates that a large majority of parents believe adolescents do not disclose details about their online friends.

**Question No. 18: Do your adolescents discuss their Facebook activities with you when they are offline?**

The data shows that 30% of parents agree that adolescents discuss their Facebook activities with them offline, while 70% disagree. This suggests that most parents feel adolescents do not share details about their online activities during offline conversations.

### **Question No. 19: Does Facebook usage decrease family time?**

The data shows that 100% of parents agree that Facebook usage decreases family time. They noted that adolescents spend more time on Facebook rather than with their family and prefer virtual interactions over family engagement.

Parents expressed concerns about Facebook usage among adolescents, indicating that it negatively affects their interpersonal relationships with their children.

### **9. Discussion**

This study aims to investigate how Facebook influences interactions between parents and adolescents, focusing on interpersonal dynamics. With the rise of Facebook usage, adolescents are dedicating a significant amount of time to fostering online relationships. This research explores the different ways in which Facebook usage impacts their interpersonal relationships with parents, as well as the overall effect of the platform on these familial bonds.

#### **9.1 Hypothesis Testing**

**H1: Adolescents primarily use Facebook for social interaction and entertainment, and these motivations lead to decreased direct communication with their parents.**

Parents have observed that adolescents primarily use Facebook to connect with new people and establish online relationships. They believe their children feel a stronger bond with their online friends than with their parents and family. This shift in focus has a considerable effect on the parent-adolescent relationship, as communication with parents and siblings diminishes while adolescents allocate more time to engaging with friends on the platform. Despite their busy schedules, adolescents consistently choose to interact on Facebook, deriving enjoyment and comfort from their connections with online friends.

**H2: Increased Facebook usage among adolescents negatively impacts the quality of parent-adolescent interactions, particularly in areas such as shared activities and face-to-face communication.**

Parent's notice that the effects of Facebook usage on adolescents differ based on how frequently it is used. Excessive Facebook use generally has a detrimental impact on the quality of interpersonal relationships between adolescents and their parents, resulting in reduced connectivity and interaction. Significant distinctions exist among heavy, moderate, and light users, with evidence showing a decrease in face-to-face communication with parents among those who engage with Facebook frequently. Adolescents are observed to be more willing to share their feelings and personal issues with their online friends rather than with their parents.

**H3: Higher frequency of Facebook usage among adolescents correlates with a decline in parent-adolescent communication, trust, and emotional bonding.**

The study indicates that excessive use of Facebook among adolescents can weaken their familial bonds, as online connections frequently take priority over in-person interactions. Those who are heavy Facebook users tend to prioritize virtual relationships, resulting in a decline in the quality of their family interactions. Conversely, adolescents who use Facebook less frequently maintain stronger interpersonal relationships with their families (Ozad, 2014).

The research points out notable differences in online and offline interactions between heavy and light users. Heavy users prefer online engagement, leading to decreased family time and negative perceptions of adolescent Facebook usage among parents. The findings underscore that while Facebook allows for the growth of online relationships, it often compromises the strength of connections with parents. Adolescents recognize that they participate less in family activities and prefer spending time with their online friends.

Interview findings indicate that the appealing features of Facebook lead adolescents to spend substantial time on the platform rather than with

## Parent-Adolescent Interactions

their parents. Although Facebook helps adolescents build their online social networks, it reduces face-to-face interactions with their families. Overall, excessive Facebook usage is identified as a significant factor in decreasing family interactions and impacting the quality of parent-adolescent relationships, highlighting a concerning trend in how social media influences family dynamics.

### **10. Conclusion**

This study provides a comprehensive examination of the ways in which Facebook use affects parent-adolescent interactions, with an emphasis on the dynamics of their relationships with others. As a result of preferring online contacts with peers above family time, teenagers who use Facebook frequently tend to communicate less directly with their parents. Significant effects of this change on the quality of parent-adolescent interactions include a decline in in-person communication, a weakening of emotional ties, and a decline in trust.

### **11. Limitations**

- Although Facebook usage affects various aspects of the parent-adolescent bond, this research focuses specifically on its impact on their interpersonal relationships.
- A significant limitation is that Lahore, a vast city in Pakistan, is not fully represented by this study. The sample is primarily drawn from 20 parents.
- Due to time and pandemic constraints, data was collected from just 20 parents.
- The COVID-19 pandemic necessitated on-call interviews with parents, limiting the scope and comprehensiveness of the study.
- The ever-evolving nature of Facebook means that its long-term effects are still relatively unknown and continuously developing.
- While this research focused on the relationship between parents and their adolescents, similar studies could explore bonding in other relationships, such as with siblings, friends, educators, and spouses.

## 12. Recommendations

- Explore additional social media platforms and advanced mobile applications to assess whether they have unique or similar impacts on users' interpersonal relationships.
- Utilize a higher-quality sample with a wider age range, diverse occupations, and different cultural backgrounds to better represent the population, facilitating a more comprehensive analysis among various groups of Facebook users.
- Implement strategies to verify the reliability of the information and perspectives shared by respondents.
- Include interviews with adolescents regarding their relationships with siblings, friends, and teachers, in addition to their parents, to achieve a more holistic understanding of their social dynamics.
- Examine the personalities of users to gain deeper insights and explanations about their interactions and relationships.
- Broaden the scope of research to analyze young people's preferences for different social media applications for various purposes or to explore the use of unconventional communication channels.

## References

- Aboulhosn, S. (2020). Facebook stats every marketer should know in 2020. Sprout Social. Retrieved from <https://sproutsocial.com/insights/facebook-stats-for-marketers/>
- Ahn, J. (2012). Teenagers' experiences with social network sites: Relationships to bridging and bonding social capital. *Information Society*, 28(2), 99–109. <https://doi.org/10.1080/01972243.2011.649394>
- Akhtar, M. I. (2014). Research design. *Research in Social Science: Interdisciplinary Perspectives*, 68–84.
- Askham, J. (2011). Interview guide. *In Identity and Stability in Marriage* (pp. 199–205). <https://doi.org/10.1017/cbo9780511898112.011>

## Parent-Adolescent Interactions

- Burler, E., McCann, E., & Thomas, J. (2011). Privacy setting awareness on Facebook and its effect on user-posted content. *Human Communication, 14*(1), 39–55.
- Carr, D. (2011). Keep your thumbs still when you're talking to me. *New York Times*. Retrieved from <http://www.nytimes.com/2011/04/17/fashion/17TEXT>
- Chasombat, P. (2015). Facebook effects on interpersonal communication: Study on Thai young adults. Master of Arts Thesis, Communication Arts and Innovation. <https://doi.org/10.14456/ppm.2015.1>
- Currie, M. (2014). Parenting in the technology generation: Exploring the impact of technology on adolescents and their parents. Honors Thesis, The University of Queensland.
- Diaz, L. B., Thompson, C., & Degennaro, D. (n.d.). Leisure and technological influences. 1–63.
- Griffin, E. (2012). A first look at communication theory. New York: McGraw-Hill.
- Hertlein, K. M. (2012). Digital dwelling: Technology in couple and family relationships. *Family Relations, 61*(3), 374–387. <https://doi.org/10.1111/j.1741-3729.2012.00702.x>
- Huisman, S., Edwards, A., & Catapano, S. (2012). The impact of technology on families. *International Journal of Education & Psychology in the Community, 2*(1).
- Junco, R. (2012). The relationship between frequency of Facebook use, participation in Facebook activities, and student engagement. *Computers & Education, 58*(1), 162–171.
- Kanter, M., Afifi, T., & Robbins, S. (2012). The impact of parents “friending” their young adult child on Facebook on perceptions of parental privacy invasions and parent-child relationship quality. *Journal of Communication, 62*(5), 900–917.

- Kuss, D. J., & Griffiths, M. D. (2011). Online social networking and addiction—a review of the psychological literature. *International Journal of Environmental Research and Public Health*, 8(9), 3528-3552.
- Liu, S. H., Yin, M. C., & Huang, T. H. (2013). Adolescents' interpersonal relationships with friends, parents, and teachers when using Facebook for interaction. *Creative Education*, 4(5), 335-339.
- Nabawy, G. El, Moawad, A., Gad, G., & Ebrahim, S. (2016). The relationship between use of technology and parent-adolescent's social relationship. *Journal of Education and Practice*, 7(14), 168–178.
- Özad, B. E. (2014). My parents are my friends' friends on Facebook. 2012–2014.
- Pornsakulvanich, V. (2018). Excessive use of Facebook: The influence of self-monitoring and Facebook usage on social support. *Kasetsart Journal of Social Sciences*, 39(1), 116–121. <https://doi.org/10.1016/j.kjss.2017.02.001>
- Prinstein, M. J., Nesi, J., & Telzer, E. H. (2020). Commentary: An updated agenda for the study of digital media use and adolescent development – Future directions following Odgers & Jensen (2020). *Journal of Child Psychology and Psychiatry and Allied Disciplines*, 61(3), 349–352. <https://doi.org/10.1111/jcpp.13219>
- Przybylski, A. K., & Weinstein, N. (2013). Can you connect with me now? How the presence of mobile communication technology influences face-to-face conversation quality? *Journal of Social and Personal Relationships*, 30(3), 237–246. <https://doi.org/10.1177/0265407512453827>
- Raake, J., & Bonds-Raake, J. (2008). MySpace and Facebook: Applying the uses and gratification theory to exploring friend-networking sites. *Cyber Psychology and Behavior*, 11(2), 169–174.

## Parent-Adolescent Interactions

- Rhodes, D., Sniatecki, J., Rocco, M., & Todd, L. (2015). Interpersonal skills and Facebook® use among college students. *Health Educator*, 47(1), 9–15.
- Richards, R., McGee, R., Williams, S. M., & Welch, D., Hancox, R. J. (2010). Adolescent screen time and attachment to parents and peers. *Archives of Pediatrics and Adolescent Medicine*, 164(3), 258-262.
- Roth, P. (2019). Offizielle Facebook Nutzerzahlen für Deutschland (Stand: März 2019). Retrieved from [https://allfacebook.de/zahlen\\_fakten/offiziell-facebook-nutzerzahlen-deutschland](https://allfacebook.de/zahlen_fakten/offiziell-facebook-nutzerzahlen-deutschland)
- Rousseau, A., Frison, E., & Eggermont, S. (2019). The reciprocal relations between Facebook relationship maintenance behaviors and adolescents' closeness to friends. *Journal of Adolescence*, 76, 173–184. <https://doi.org/10.1016/j.adolescence.2019.09.001>
- Sevuk, T. (2013). The influence of Facebook on interpersonal communication. Master's Thesis, Eastern Mediterranean University. Retrieved from <http://i-rep.emu.edu.tr:8080/jspui/bitstream/11129/1496/1/SevukTolga.pdf>
- Shafer, L. (2017). Social media and teen anxiety: How parents can help their kids navigate the pressures. Harvard Graduate School of Education. Retrieved from <https://www.gse.harvard.edu/news/uk/17/11/social-media-and-teen-anxiety>
- Smith, S. D., & Caruso, J. B. (2010). ECAR study of undergraduate students and information technology (Research Study, Vol. 6). Boulder, CO: EDUCAUSE Center for Applied Research.
- Stabile, B. B. (2010). Stem cells, cloning, and political liberalism. *World Medical & Health Policy*, 2(1), 293–307. <https://doi.org/10.2202/1948-4682.1018>
- Tanta, I., Mihovilović, M., & Sablić, Z. (2014). Uses and gratification theory: Why adolescents use Facebook? *Medijska Istrazivanja*, 20(2), 85–110.



- Turnbull, C. (2010). Mom just Facebooked me and dad knows how to text. *The Elon Journal of Undergraduate Research in Communications*, 1(Spring), 5-16. Retrieved from <http://www.elon.edu/docs/eweb/academics/communications/research/01TurnbullEJSpring10.pdf>
- Vlachopoulou, E., & Boutsouki, C. (2014). Facebook usage among teenagers – The effect of personality and peer group pressure: An exploratory study in Greece. *International Journal of Internet Marketing and Advertising*, 8(4), 285-299.
- Wang, L., Zhou, R. J., & Huang, L. Z. (2011). Research of maximum capacity of grid-connected photovoltaic power station based on the “box” set robust optimization. APAP 2011 - Proceedings: 2011 International Conference on Advanced Power System Automation and Protection, 1, 507–511. <https://doi.org/10.1109/APAP.2011.6180454>