

**Social Media Use and the Parent-Child Relationship, including the moderating role of
Gender**

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Foreword

I hereby present to you my Master's Thesis *Social Media Use and the Parent-Child Relationship, including the moderating role of Gender*. This thesis was written for my Master's Degree in Clinical Child, Family and Education Studies at the University of Utrecht. In order to learn as much as possible and to gain knowledge about a wide variety of topics, I am happy to have been able to write a thesis about a topic that was pretty unknown to me. Never before have I studied the use of social media by adolescents. It has given me insight into several aspects of everyday activities so many of us, including me, use. This has made writing the thesis an interesting and very educational process.

I would like to thank the following people, without whose help and support this thesis would not have been possible. First, I like to show my gratitude to my supervisor Mariët van der Molen for her suggestions, encouragements and guidance in writing the thesis. I want to thank Dian de Vries for her feedback during the first few months of this school year, and I would like to thank Inge van der Valk for her willingness to be my second assessor. I also want to thank my parents and sister for their constant support during the time I studied. Finally, I want to thank my boyfriend in particular. I want to thank him for all his patience, his feedback, his encouragement, and for always being there for me.

I look back with satisfaction on the passed few years, during which I learned a lot about the field that interests me so much. I am looking forward to the years to come, in which I hope to apply all my gained knowledge.

Marlynn Belderbos

Enschede, June 2019

Abstract

Background: The central aim of this study is to explore whether social media use of adolescents is related to parent-child relationship quality, as well as to assess whether the gender of the child moderates this relationship. The need for this research comes from a lack of literature regarding the relation between adolescent social media use and the parent-child relationship, while social media use has seen a vast increase over the latest years. *Method:* A school-based survey was conducted among 440 adolescents aged 12 to 19 ($M = 14.86$, $SD = 1.79$, 53% male). *Results:* The current study shows that there is no relation between social media use and father-child relationship quality, but a positive relation between social media use and mother-child relationship quality. Furthermore, the relation between social media use and father-child or mother-child relationship quality is not moderated by the gender of the child. *Conclusion:* The findings of this study indicate that frequent adolescent social media use is related to high mother-child relationship quality. This may be possible because mothers generally spend more time with their children, and thus can be more involved in their children's social media use, which could lead to higher mother-child relationship quality. However, additional research is needed to examine what factors explain or moderate this positive relation, so that interventions based on these factors may also positively influence the relation between social media use and the father-child relationship.

Keywords: Social Media Use; Parent-Child Relationship; Father-Child Relationship; Mother-Child Relationship; Gender; Adolescents

Introduction

In today's society, social media play an important role in children's lives (O'Keeffe & Clarke-Pearson, 2011). More than half of all adolescents use any form of social media, such as Facebook or Instagram, daily (Smith & Anderson, 2018; Wennekens, Van Troost, & Wiegman, 2016). The use of these online communication services can be related to positive consequences, like making new friends and higher self-esteem for users who receive positive comments (Burke, Marlow, & Lento, 2010; Chou & Edge, 2012; McDaniel, Coyne, & Holmes, 2012). However, social media use can also be related to negative consequences, like jealousy and lower self-esteem for users who receive negative comments (Brooks, 2015; Burke et al., 2010; Chou & Edge, 2012). In addition, social media use also has the potential to negatively impact the quality of interpersonal relationships, such as the parent-child relationship (McDaniel, Galovan, Cravens, & Drouin, 2018; Stockdale, Coyne, & Padilla-Walker, 2018). This is because media use in parent-child relationships can be associated with, for example, fewer parent-child interactions (McDaniel & Radesky, 2018; Radesky et al., 2014; Radesky et al., 2015). However, these studies focused on parental digital media use, instead of adolescent social media use. As far as currently known, no studies have examined the relation between adolescent social media use and the quality of parent-child relationships. Even so, it is plausible that the negative aspects of parental digital media use also apply to adolescent social media use, since the latter can also lead to, for example, fewer parent-child interactions. In order to minimize the potential negative impact of adolescent social media use on parent-child relationships, it is important to gain further knowledge regarding the relation between these two factors, as well as to examine what other factors may moderate this relation.

Social Media Use

Social media consist of online communication services such as Facebook, Instagram and Twitter (Obar & Wildman, 2015; Rideout et al., 2015; Wennekens et al., 2016). These online communication services enable users to express themselves and to share information in a networked environment (Obar & Wildman, 2015). While digital media focus on traditional informational use, social media focus on connecting, communicating, and interacting with other people through messaging or social networking sites (Correa, Hinsley, & Zúñiga, 2010).

Among adolescents, older teens are more likely to use social media than younger teens. Around 82% of teens aged 14-17 use social media, compared to 55% of teens aged 12-13 (Lenhart, Purcell, Smith, & Zickuhr, 2010). Within these age groups, boys and girls use social media equally (Barker, 2009). However, when looking at specific types of social media, there

do seem to be some gender differences (Lenhart et al., 2010). For example, the social network site Twitter is slightly more used by girls. In addition, the purpose of social media use seems to differ. Boys focus more on information seeking and forms of entertainment, like online gaming. Contrary, girls seem more interested in the relational aspects of social media, like maintaining contact with their friends (Barker, 2009). In conclusion, even though there do not seem to be any gender differences in frequency of social media use, there are differences in types and purpose of social media use.

Parent-Child Relationship

It is important to examine the different relationships within the family system, such as the parent-child relationship, because family functioning and individual functioning are related to one another (Crane, Ngai, Larson, & McArthur, 2005; Titelman, 2014). Throughout the years, several studies have examined how parent-child relationships develop when the child reaches adolescence. The results of these studies are somewhat conflicting. Before 1970, researchers thought that all adolescents had to disengage from their parents, causing lots of parent-child conflicts and lowering the parent-child relationship quality, in order to become an healthy adult (Steinberg, 1990). However, later studies showed that the mental health of adolescents was actually found to be better in families with close, nonconflictive parent-child relationships (Josselson, Greenberger, & McConochie, 1977; Rutter, Graham, Chadwick, & Yule, 1976). A possible explanation for this discrepancy is that the older studies drew their conclusions based on observations with families of psychologically troubled adolescents, and generalizing them to the population as a whole (Steinberg, 2001). Nevertheless, the relationship between parents and adolescents can differ depending on several factors. For example, the friction between parents and adolescents of the same sex seems more intense (Steinberg, 2001). Moreover, the age of adolescents also seems to influence the parent-child relationship and the amount of conflicts they might have. Studies have shown that the quality of this relationship differs depending on whether the adolescent is in early, middle or late adolescence (Steinberg, 2001; Steinberg & Morris, 2001). Last, media use of parents can also have an effect on the quality of parent-child relationships (Stockdale, Coyne, & Padilla-Walker, 2018).

Media Use and the Parent-Child Relationship

Unfortunately, no studies examining the relation between adolescent social media use and parent-child relationships were found. Research regarding this subject focused on the consequences of adolescent social media use on individual development (e.g., Brooks, 2015), but not on the possible effects on parent-child relationships. As far as currently known, studies

that did focus on the relation between media use and parent-child relationships, examined the role of parental digital media use. The results of these studies suggest that parental digital media use around children is associated with fewer parent-child interactions, lower responsiveness to wishes of the child, and more hostility in response to child bids for attention, causing the quality of the parent-child relationship to lower (Hiniker et al., 2015; McDaniel & Radesky, 2018; Radesky et al., 2014; Radesky et al., 2015). Furthermore, problematic media use of mothers, like being unable to resist the urge to check the device, is associated with externalizing and internalizing behavior of children. Problematic media use in the father-child relationship was not associated with externalizing or internalizing behavior (McDaniel & Radesky, 2018). A possible explanation for this discrepancy is that children regulate their behavior and emotions differently with their mothers and fathers (Lunkenheimer, Olson, Hollenstein, Sameroff, & Winter, 2011). Therefore, they may have different reactions to changes in maternal versus paternal responsiveness (McDaniel & Radesky, 2018).

As previously mentioned, research on the relation between adolescent social media use and parent-child relationships was not found. However, it is plausible that the aforementioned aspects of parental digital media use also apply to adolescent social media use. It is not unlikely that frequent adolescent social media use also leads to, for example, fewer parent-child interactions or lower responsiveness to requests from parents.

Gaps in knowledge

Studies examining the relation between media use and parent-child relationships focused on the use of digital media by parents (e.g., McDaniel & Radesky, 2018). However, the predominant social media users are young adults; three-quarters of adult users are under 25 years of age (Lenhart et al., 2010). Since so many adolescents use social media, it seems likely not only the use of media by parents, but also the use of media by adolescents is related to the quality of parent-child relationships. Moreover, existing research focused on the use of digital media in general, like gaming or watching television (Stockdale et al., 2018), but not specifically on the use of social media. To fill this gap in existing knowledge, the current study does explicitly focus on the use of social media by adolescents themselves.

The aforementioned studies showed that parental digital media use plays a role in the development of parent-child relationships (e.g., McDaniel & Radesky, 2018). It is plausible that this also applies to adolescent social media use. Since the parent-child relationship is an important relationship for individual functioning (Crane et al., 2005), it is important to further

examine if adolescent social media use is related to this relationship, and thereby filling the gaps in existing knowledge.

Current study

The central aim of this study is to explore whether social media use of adolescents is related to parent-child relationship quality. As previously mentioned, boys and girls differ in types and purpose of social media use (Barker, 2009; Lenhart et al., 2010). Therefore, it is possible that the gender of the child moderates this relation, which will also be examined in the current study. The parent-child relationship will be separated in the father-child relationship and the mother-child relationship. These relationships will be examined separately, because it is possible that the relation between adolescent social media use and father-child relationships differs from that with mother-child relationships. This is because children regulate their behavior and emotions differently with their mothers and fathers (Lunkenheimer et al., 2011). Based on recent research suggesting that parental media use and parent-child relationship quality are negatively related to one another (e.g., Hiniker et al., 2015), two hypotheses are composed. Hypothesis 1a: Frequent social media use is related to low father-child relationship quality. Hypothesis 1b: Frequent social media use is related to low mother-child relationship quality.

Regarding the moderating role of gender, several studies found that boys and girls differ in types and purpose of social media use (e.g., Barker, 2009). Based on these differences, the relation between adolescent social media use and the parent-child relationship can be moderated by the gender of the child. Moreover, research has shown that the friction between parents and adolescents of the same sex seems more intense (Steinberg, 2001), which could also influence the relation between the two main factors. Based on these results, two hypotheses are composed. Hypothesis 2a: The gender of the child moderates the relationship between social media use and father-child relationship quality. Hypothesis 2b: The gender of the child moderates the relationship between social media use and mother-child relationship quality.

Method

Participants

The sample included 440 adolescents, aged 12 to 19 years ($M = 14.86$, $SD = 1.79$), (53% male, 47% female). The majority of the participants has a Dutch ethnicity (98%). The distribution of the level of education of the participants was: 50.9% higher level of education, 33.9% middle level of education, and 15.1% lower level of education.

Procedure

The data used for this study come from a convenience sample, existing of one wave in 2016. The participants were recruited by eight graduate students who approached different high schools throughout various provinces in the Netherlands. The included schools gave permission to participate in the study, and the selected classes were designated by the school board. Before participation, the adolescents and parents were informed about the purpose and procedure of the study. Afterwards, the adolescents were provided active informed consent, and the parents were given the opportunity to retract participation of their child. Adolescents who provided informed consent completed a 30 minute paper-pencil questionnaire. The questionnaires were constructed by Dr. H. Vossen from the Department of Pedagogical and Educational Sciences from the University of Utrecht.

Measures

Social Media Use. An adapted version of the *Multidimensional Scale of Facebook Use* (MSFU) was used to measure social media use (Frison & Eggermont, 2016). The MSFU consists of ten items on a 8-point Likert scale, regarding the frequency of engaging in activities on social media. The items were rephrased so they would refer to social network sites in general, instead of only focusing on Facebook. Statements such as “How often do you post a picture?” are included in the questionnaire, with eight response options ranging from never (1) to all day long (8). A total Social Media Use score was calculated by averaging the ten items by which this variable was measured. A high score indicates high frequency of social media use. The minimum score for this variable is 10, and the maximum score is 80. Cronbach’s Alpha was $\alpha = .88$, which can be considered adequate for research purposes (Allen, Bennet, & Heritage, 2014).

Parent-Child Relationships. The quality of parent-child relationships is measured by using the *Network of Relationships Questionnaire – Relationship Qualities Version* (NRI-RQV; Buhrmester & Furman, 2008). The NRI-RQV consists of ten subscales, with five positive features (e.g., emotional support) and five negative features (e.g., conflict). The parent-child relationship is measured with 48 items on a 5-point Likert scale. There are 24 items regarding the father-child relationship and 24 items regarding the mother-child relationship. Statements such as “How often does your father/mother cheer you up?” are included in the questionnaire, with five response options ranging from never (1) to always (5). A total score of the quality of the Father-Child Relationship and the Mother-Child Relationship was calculated by averaging the 24 items by which these variables were measured. Negatively scaled questionnaire items

were reversed, so that higher scores indicate high parent-child relationship quality. The minimum score for both variables is 24, and the maximum score is 120. Both variables include all ten subscales of the NRI-RQV, as parent-child relationship quality is defined by both positive and negative features. Cronbach's Alpha for the Father-Child Relationship was $\alpha = .80$, and Cronbach's Alpha for the Mother-Child Relationship was $\alpha = .77$, which can both be considered adequate for research purposes (Allen et al., 2014).

Covariates. Research has shown that the relationship between parents and adolescents can differ depending on whether the adolescent is in early, middle or late adolescence (Steinberg & Morris, 2001). Furthermore, the degree of social media use seems to depend on age as well, since older teens use social media more often than younger teens (Lenhart et al., 2010). Based on these results, age is included as covariate and is measured continuously in years.

Statistical analyses

Prior to performing the analyses, the assumptions of normality, linearity, ratio of cases to predictors, outliers, multicollinearity, and homoscedasticity were assessed, and found to be supported. First, stem-and-leaf plots and boxplots indicated that each variable was normally distributed, and free from univariate outliers. Second, inspection of the normal probability plot of standardised residuals as well as the scatterplot of standardised residuals against standardised predicted values indicated that the assumptions of normality, linearity, and homoscedasticity of residuals were met. Third, relatively high tolerances for all predictors in the regression model indicated that multicollinearity would not interfere with the ability to interpret the outcome of the analyses. Last, according to Tabachnick and Fidell (2013), the sample size used should at least contain $104 + k$, where k is the number of independent variables. With a sample size of $N = 440$ and three independent variables, this assumption is met.

In addition, before interpreting the results of the analyses, the descriptive statistics of Social Media Use, the Father-Child and Mother-Child Relationship, and Gender will be calculated, as well as the bivariate correlations between these variables. However, since these correlations do not control for confounding influences, such as the age of the child, other analyses will be used to test the hypotheses. Consequently, Age will be controlled for in all analyses. A partial correlation analysis will be conducted in order to examine the relation between Social Media Use and the Father-Child and Mother-Child Relationship. In this analysis, Social Media Use is the independent variable, and the Father-Child Relationship and Mother-Child Relationship are the dependent variables. The partial correlation analysis will be

carried out twice; once regarding the Father-Child Relationship and once regarding the Mother-Child Relationship. Last, the moderating role of Gender on the relation between Social Media Use and the quality of father-child and mother-child relationships will be studied by using a standard multiple regression analysis. In this analysis, Social Media Use is the independent variable, the Father-Child Relationship and the Mother-Child Relationship are the dependent variables, and Gender is the moderator variable. The multiple regression analysis will be carried out twice; once regarding the Father-Child Relationship and once regarding the Mother-Child Relationship.

Results

Descriptive statistics and correlations

The sample sizes, means, and standard deviations of all variables are shown in Table 1. The bivariate correlations are presented in Table 1 as well. These correlations show that more Social Media Use is related to higher mother-child relationship quality. Furthermore, high father-child relationship quality is related to higher mother-child relationship quality. Regarding the gender of the child, there is a significant positive relation between Gender and Social Media Use, which means that girls use social media more than boys. Moreover, there is a significant positive relation between Gender and the Mother-Child Relationship, which indicates that girls experience higher mother-child relationship quality than boys. As to the age of the child, there is a significant negative relation between Age and the Mother-Child Relationship, which means that a higher age is related to lower mother-child relationship quality.

Table 1

Bivariate correlations, sample sizes, means, and standard deviations of all variables

Variable	1.	2.	3.	4.	5.	<i>N</i>	<i>M</i>	<i>SD</i>
1. Social Media Use		.08	.25**	.28**	-.04	414	3.91	1.42
2. Father-Child Relationship			.43**	.03	-.07	396	2.92	0.40
3. Mother-Child Relationship				.31**	-.11*	399	3.12	0.36
4. Gender ¹					-.02	437	-	-
5. Age						434	14.86	1.79

Note. ¹0 = boy, 1 = girl.

* $p < .05$. ** $p < .01$.

Social Media Use and the Parent-Child Relationship

The partial correlation analysis tested hypotheses 1a and 1b, which stated that frequent social media use is related to low father-child and low mother-child relationship quality. The results demonstrate a non-significant correlation between Social Media Use and the Father-Child Relationship, $r(371) = .08, p = .142$. This indicates that there is no relation between Social Media Use and the Father-Child Relationship. Therefore, hypothesis 1a is rejected.

On the other hand, a significant positive correlation was found between Social Media Use and the Mother-Child Relationship, $r(374) = .24, p < .001$. The effect of r is considered medium (Allen et al., 2014). After partialling out age, 6% of the variability in the Mother-Child Relationship could be accounted for by the variability in Social Media Use. This correlation indicates that adolescents who report more frequent social media use also report higher levels of mother-child relationship quality. Based on this result, hypothesis 1b is rejected.

Social Media Use, the Parent-Child Relationship, and Gender

The last two hypotheses, 2a and 2b, stated that the gender of the child moderates the relation between social media use and father-child and mother-child relationship quality. A multiple regression analysis was used to test these hypotheses. The results regarding the Father-Child Relationship are presented in Table 2. In combination, Social Media Use, Gender, and Age accounted for a non-significant 1% of the variability in the Father-Child Relationship, $R^2 = .01, \text{adjusted } R^2 = .00, F(4, 369) = 1.35, p = .25$. There is no significant moderating effect of Gender on the relation between Social Media Use and the Father-Child Relationship. Thus, hypothesis 2a is rejected.

Table 2

Unstandardised (B) and standardised (β) regression coefficients, and squared semi-partial correlations (sr²) for each predictor in a regression model predicting father-child relationship quality

Variable	B [95% CI]	β	sr ²
Social Media Use	0.01 [-0.03, 0.05]	0.03	.00
Gender	-0.12 [-0.38, 0.14]	-0.15	.00
Social Media Use * Gender	0.03 [-0.03, 0.09]	0.18	.00
Age	-0.02 [-0.04, 0.01]	-0.07	.00

Note. Dependent variable: Father-Child relationship quality. $N = 374$. CI = confidence interval.

* $p < .05$. ** $p < .01$.

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The results of the multiple regression analysis regarding the Mother-Child Relationship are presented in Table 3. The variables Social Media Use, Gender, and Age accounted for a significant 14% of the variability in the Mother-Child Relationship, $R^2 = .14$, adjusted $R^2 = .13$, $F(4, 372) = 14.62$, $p < .001$. However, there is no significant moderating effect of Gender on the relation between Social Media Use and the Mother-Child Relationship. Therefore, hypothesis 2b is rejected.

Table 3

Unstandardised (B) and standardised (β) regression coefficients, and squared semi-partial correlations (sr^2) for each predictor in a regression model predicting mother-child relationship quality

Variable	B [95% CI]	β	sr^2
Social Media Use	0.04 [0.01, 0.07]*	0.15	.01
Gender	0.14 [-0.07, 0.36]	0.20	.00
Social Media Use * Gender	0.01 [-0.04, 0.06]	0.07	.00
Age	-0.02 [-0.04, -0.01]*	-0.11	.01

Note. Dependent variable: Mother-Child relationship quality. $N = 377$. CI = confidence interval.

* $p < .05$. ** $p < .01$.

Discussion

The central aim of this study was to explore whether adolescent social media use is related to parent-child relationship quality, as well as to assess whether the gender of the child moderates this relationship. Until now, nothing was known about the relation between adolescent social media use and parent-child relationships. Research regarding this subject examined the role of parental digital media use instead of adolescent social media use. Considering the strong growth in social media use of adolescents (e.g., Smith & Anderson, 2018), it is important to examine if, and to what extent, adolescent social media use is related to parent-child relationship quality. Furthermore, since the gender of the child could influence the parent-child relationship and the amount of conflicts they have (Steinberg, 2001), and since boys and girls differ in types and purpose of social media use (e.g., Barker, 2009), it is relevant to explore whether the gender of the child moderates the relation between the two main factors.

Social Media Use and the Parent-Child Relationship

Contrary to what was hypothesized based on previous research (e.g., Hiniker et al., 2015), adolescent social media use was not related to low father-child or low mother-child

relationship quality. Instead, frequent social media use was related to high mother-child relationship quality. An explanation for the discord between literature and the current study is that the literature was based on parental digital media use, and not on adolescent social media use. Parental media use is associated with lower responsiveness and more hostility, causing the quality of the parent-child relationship to lower (e.g., Hiniker et al., 2015). If adolescent social media use is not associated with lower responsiveness or more hostility, it would make sense that adolescent social media use and parent-child relationship quality are not (negatively) related. It is plausible that parents set up rules about their child's social media use, for instance no use during dinner. If the child obeys these rules, social media use would not lead to lower responsiveness, at least not during family routines. Moreover, since not only adolescents but also parents use social media more often (McDaniel & Radesky, 2018), it is possible that children share their experiences with their parents. When parents are actively involved in their children's social media use, through processes like recommending social network sites and co-using, it has positive outcomes for family communication (Lee & Chae, 2007), which could positively influence parent-child relationships.

An explanation for the discrepancies in the findings for fathers and mothers in this study could be related to cultural factors. In the Netherlands, where this study was conducted, mothers are generally more involved in the lives of their children (Al Sabbah et al., 2009; De Vries, Vossen, & Van der Kolk, 2018). This is because mothers tend to work less and therefore spend more time with their children. Furthermore, if parents are divorced, children are more likely to live with their mothers (De Vries et al., 2018). As a result, mothers can be more involved in their children's social media use, and children may report more positive features in the mother-child relationship.

Social Media Use, the Parent-Child Relationship, and Gender

Based on previous studies (e.g., Barker, 2009), it was hypothesized that the gender of the child moderates the relation between social media use and father-child or mother-child relationship quality. However, the gender of the child did not moderate this relation; the relation between social media use and father-child or mother-child relationship quality is the same for boys and girls. A possible explanation for the absence of a moderating role is that, since boys and girls mostly differ in types and purpose of social media use (e.g., Barker, 2009), these factors might not adjust the quality of parent-child relationships. However, the current study did not take types and purpose of social media use into account. Therefore, future research is

needed to fully exclude the role that types and purpose of social media use play in the relation between social media use and parent-child relationship quality.

Strengths, limitations, and future research

There are several strong aspects of this study. First of all, the study is innovative. The studies so far examined the relation between parental digital media use and parent-child relationships; this is the first study focusing on adolescent social media use. Therefore, the current study advances knowledge about how adolescent social media use is related to parent-child relationship quality. Second, a relatively large sample was used, which increases the reliability of the research. About the same number of boys and girls were included, and the participants originated from different parts of the Netherlands. This increases the generalizability of the current study and its results. Last, all assumptions of the analysis were met, which increases the power of the study.

Beside strengths, this study also contains some limitations that future research can improve on. First, because of the cross-sectional nature of the used data, no conclusions can be drawn about the direction of the effects. Longitudinal research is needed to examine whether social media use predicts mother-child relationship quality or vice-versa. Subsequently, the participants were recruited by using a convenience sample. The systematic selection error that comes with a convenience sample lowers the representativeness (Field, 2013). In addition, as the current sample is ethnically rather homogenous, it is questionable if the results generalize to samples with other ethnicities. Therefore, research with more diversity in terms of ethnicity is needed to test if the findings of this study generalize to other populations. Last, more research is needed to understand the mechanisms behind the relation between social media use and the mother-child relationship. This study indicates that frequent social media use is related to high mother-child relationship quality, but not why this is the case. Future research should therefore investigate why adolescents who use more social media experience higher mother-child relationship quality. Studies may want to examine the notion that mothers generally spend more time with their children, and thus can be more involved in their children's social media use.

Conclusion

Although parental digital media use is negatively related to parent-child relationship quality, the current study shows that this does not apply to adolescent social media use. On the contrary, adolescent social media use is positively related to the mother-child relationship. More specifically, frequent social media use is related to high mother-child relationship quality. Pending future longitudinal research, social media use may positively influence the mother-

child relationship. If this is the case, knowing what factors explain or moderate this positive influence can be a promising starting point for interventions to also positively influence the father-child relationship. Furthermore, interventions aimed at these factors may also reduce the negative effects of parental media use on parent-child relationships. However, future research is needed before such recommendations can be made confidently. In addition, more research is necessary to confirm these findings in other countries, to determine in which situations and among which adolescents the relation between social media use and parent-child relationships may be stronger or weaker. Nevertheless, the current study offers evidence that adolescent social media use is positively related to the mother-child relationship. Researchers, practitioners, and parents should aim to understand and try to replicate this positive relation.

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