

Роль семьи в формировании поведения подростка в Интернете: риски, надзор и цифровая грамотность

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Финансирование: это исследование финансируется Министерством образования, правительством Индии, в рамках Программы содействия академическому и исследовательскому сотрудничеству (SPARC), ИИТ Харагпур, в рамках Совместного индийско-российского исследовательского проекта по безопасному поведению в Интернете: исследования, обучение учителей, родителей и подростков (SPARC/2019-2020/P2388/SL).

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Аннотация. Семья играет ключевую роль в формировании интернет-поведения подростков, влияя на него через родительский надзор, семейную динамику и цифровую грамотность. В этой статье исследуется, как семья влияет на онлайн-привычки подростков. Исследования показывают, что сильная родительская привязанность и активное участие в онлайн-активности могут снизить риски киберзапугивания, интернет-зависимости и воздействия вредоносного контента. И наоборот, дисфункция семьи, снисходительный стиль воспитания и низкая финансовая обеспеченность повышают подверженность рискованному поведению в Интернете. В документе также подчеркивается важность цифровой грамотности как для родителей, так и для подростков, поскольку она повышает способность безопасно ориентироваться в онлайн-среде. Семьи, которые уделяют приоритетное внимание открытому общению и четким рекомендациям по использованию Интернета, как правило, способствуют более здоровому поведению подростков в Интернете. Кроме того, пандемия COVID-19 усилила потребность в эффективном семейном надзоре в связи с расширением онлайн-взаимодействия. В этом документе подчеркивается необходимость активного, осознанного подхода к вовлечению родителей в использование Интернета подростками, подчеркивающего баланс между самостоятельностью и руководством.

Таким образом, семья играет жизненно важную роль в формировании поведения подростков в Интернете посредством надзора, эмоциональной поддержки,

повышения цифровой грамотности и выработки четких руководящих принципов. Взаимодействие между динамикой семьи, влиянием сверстников и индивидуальными особенностями создает сложную среду, которая может либо защитить от интернет-зависимости, либо способствовать ее развитию. Поскольку цифровой ландшафт продолжает развиваться, крайне важно, чтобы семьи продолжали активно участвовать в воспитании у подростков здоровых привычек пользования Интернетом. Уделяя приоритетное внимание крепким семейным отношениям и обучая подростков необходимым навыкам навигации в онлайн-мире, семьи могут значительно снизить риски, связанные с чрезмерным использованием Интернета.

Ключевые слова: поведение в Интернете, подростки, семья, риски, надзор, цифровая грамотность

The role of family in shaping adolescents' online behaviour: Risks, supervision, and digital literacy

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Abstract. The family plays a pivotal role in shaping adolescents' online behaviour, influencing them through parental supervision, family dynamics, and digital literacy. This paper explores how family contribute to adolescents' online habits. Research shows that strong parental attachment and active engagement in online activities can reduce the risks of cyberbullying, internet addiction, and exposure to harmful content. Conversely, family dysfunction, permissive parenting styles, and low financial security are associated with a higher likelihood of risky online behaviours. The paper also highlights the importance of digital literacy for both parents and adolescents, as it enhances their ability to navigate online environments safely. Families that prioritise open communication and establish clear guidelines for internet use are more likely to foster healthier online behaviours in their adolescent children. Furthermore, the COVID-19 pandemic has underscored the need for effective family supervision as increased online engagement during this period has heightened the risks associated with internet use. This paper highlights the necessity of a proactive and informed approach to parental involvement in adolescent internet use, emphasising the balance between promoting adolescent autonomy and providing appropriate guidance. Ultimately, family dynamics, emotional support, and the promotion of digital literacy play key roles in shaping adolescents' online behavior. The interaction between these family factors, peer influences, and individual characteristics creates a complex environment that can either mitigate or exacerbate the risks of internet addiction.

As the digital landscape continues to evolve, it is imperative that families remain engaged and proactive in fostering healthy online habits among adolescents. By prioritising strong familial relationships and equipping adolescents with the skills to navigate the online world, families can significantly reduce the risks associated with excessive internet use.

Keywords: online behaviour, adolescents, risks, supervision, digital literacy

The role of the family in shaping adolescents' online behaviour is multifaceted, encompassing factors such as parental supervision, family dynamics, and the digital literacy of parents. Adolescents' online behaviour is deeply influenced by various socio-psychological and familial factors, with parental involvement being particularly critical. Studies have shown that parental neglect is associated with increased risks of negative online behaviours, including cyberbullying and exposure to harmful content (Tokareva 2012). A lack of parental supervision or engagement can lead adolescents to develop unhealthy online habits, often further exacerbated by peer pressure, isolation, and limited in-person social connections (Lawrence, 2021). In families where open communication and emotional support are lacking, adolescents may seek validation and interaction in virtual environments, making them more vulnerable to online risks, including victimisation and internet addiction (Patrakov 2019; Trumello et al. 2021).

Furthermore, financial insecurity and familial dysfunction are significant predictors of internet-related risks for adolescents (Lee et al. 2016). Families facing social challenges — such as economic instability, substance abuse, or permissive parenting styles — tend to have children who are more susceptible to engaging in harmful online behaviours. In many cases, especially in economically disadvantaged families, parents may lack both the resources and the knowledge necessary to effectively supervise their children's digital activities (Petruzelka et al. 2020). This underscores the importance of not only addressing the digital literacy of adolescents but also enhancing the familial environment to foster healthier online behaviours. The present paper aims to explore how family dynamics and related factors influence adolescents' online behaviour.

Parental involvement and adolescents' online behaviour

Research consistently shows that parental involvement and the quality of family relationships have a significant impact on adoles-

cents' online behaviours, including their engagement with risky content and their overall internet use (Gómez et al. 2017; Kalmus et al. 2015). When parents actively discuss online safety and establish clear guidelines for internet use, adolescents are less likely to engage in risky online behaviours. For example, a study (Güleç and Šmahel 2022) found that adolescents whose parents frequently addressed the reliability of online health information were more likely to utilise mobile health (mHealth) applications effectively, highlighting the importance of parental guidance in enhancing eHealth literacy.

Parental mediation strategies vary widely, reflecting different philosophies of parenting in the digital age. One such approach, 'free-range parenting', emphasises the need for a balance between surveillance and fostering autonomy in children (Banić 2024). As children's technological skills develop with age, parents often increase their supervision to mitigate the risks associated with greater online independence (Alkan et al. 2021). This dynamic is essential, as children face escalating threats in online environments, necessitating a proactive parental role to ensure their safety (Alkan et al. 2021; El-Asam et al. 2022). Furthermore, legal frameworks, such as the Children's Online Privacy Protection Act (COPPA) underscore parental responsibility in supervising children's online activities (Zhang-Kennedy et al. 2016).

Studies also indicate that adolescents who perceive strong parental attachment and support are less likely to develop internet addiction (Pellerone 2019; Awaluddin et al. 2019). This protective effect is attributed to the emotional warmth and guidance parents provide, which fosters a secure environment for adolescents to navigate the complexities of online interactions (Awaluddin et al. 2019). Conversely, low levels of parental monitoring are linked to increased problematic internet use, suggesting that a lack of awareness about children's online activities raises the risk of addiction (Kılınç 2019). This highlights the importance of active parental engagement in mitigating internet-related issues (Kılınç 2019).

While strong parental attachment and monitoring are critical in reducing the risks of internet addiction, parental attitudes toward technology further influence the nature of their involvement. Research indicates that parents who maintain a positive attitude toward the internet and actively participate in their children's online activities are more confident in supervising their children's internet use (Wong et al. 2015). This positive engagement fosters effective supervision strategies and a deeper understanding of the digital landscape, ultimately benefiting adolescents' online experiences.

Additionally, the influence of parental internet use on adolescents' online behaviour is an area of growing concern. Excessive internet use by parents can strain family relationships, potentially contributing to higher levels of internet addiction among adolescents (Ariyadasa et al. 2023). When parents model unhealthy online habits, it may create an environment where adolescents feel less supervised and are more likely to engage in excessive online activities themselves (Ariyadasa et al. 2023). This highlights the need for parents to be mindful of their own online behaviours and the potential impact on their children's digital engagement.

Family functioning and adolescents' online behaviour

The quality of family functioning also plays a critical role in shaping adolescents' online behaviour. Positive family dynamics, characterised by open communication and emotional support, serve as a protective buffer against engagement in harmful online activities. Research indicates that adolescents from well-functioning families are better equipped to assess risks associated with internet use, reducing their likelihood of developing internet addiction (Shek et al. 2018). In contrast, families with poor communication and high levels of conflict may inadvertently encourage risky online behaviours, as adolescents may seek validation and connection through online platforms (Lau et al. 2022).

The emotional climate within the family is another key factor influencing adolescents'

online behaviours. A supportive family environment marked by empathy and emotional closeness can help protect against the development of internet addiction (Awaluddin et al. 2019). Research has indicated that adolescents who experience high levels of family cohesion and emotional support are less likely to engage in excessive internet use (Neogi et al. 2022). This protective factor is particularly important during adolescence, a developmental stage marked by increased vulnerability to peer influence and external stressors (Neogi et al. 2022). Thus, fostering strong familial bonds can enhance adolescents' resilience, helping them better resist the temptations of excessive internet engagement.

In addition to direct supervision and emotional support, the establishment of clear rules and boundaries around internet use is crucial. Families that implement consistent guidelines regarding screen time and online activities tend to foster healthier online habits among adolescents (Putri et al. 2022). Research has shown that adolescents who adhere to family-imposed rules are less likely to develop problematic behaviours related to internet use (Putri et al. 2022). This structured approach not only promotes accountability but also encourages open dialogue about the challenges and risks associated with internet use.

The COVID-19 pandemic has further complicated adolescents' online behaviours, as increased online engagement has become a necessity for social interaction and education (Öztürk and Ayaz-Alkaya 2021). During this period, the role of the family in supervising and guiding internet use became even more critical. Families that maintained open communication and established clear expectations regarding internet use were better positioned to mitigate the risks associated with increased screen time (Öztürk and Ayaz-Alkaya 2021). Research indicates that children who perceive their parents as engaged and understanding during discussions about internet use are less likely to develop problematic online behaviours, such as excessive use or exposure to inappropriate content (Piguet et al. 2017). This situation under-

scores the importance of adaptability within family dynamics, as parents must continuously reassess their strategies for supervision and support in response to changing circumstances.

Finally, the impact of family structure and socioeconomic status on adolescents' online behaviour cannot be overlooked. Research shows that disruptions in family dynamics, such as divorce or economic hardship, can exacerbate adolescents' susceptibility to internet addiction (Lee et al. 2016). Stressful family environments often drive adolescents to use the internet as a coping mechanism for emotional distress (Kormas et al. 2011). Therefore, addressing underlying familial issues is essential to preventing problematic internet use among adolescents. Interventions aimed at improving family functioning and communication have been shown effective in reducing the risk of internet addiction, as they promote healthier coping strategies and emotional regulation (Lee et al. 2016).

Digital literacy and adolescents' online behaviour

Digital literacy education for both parents and children is essential in fostering resilience against online risks. Programmes aimed at raising awareness of online safety can empower families to create safer digital environments (Putra and Irwansyah 2024; Machmudah et al. 2022). Such initiatives not only enhance parental knowledge but also encourage discussions about internet safety within families, reinforcing the importance of supervision and responsible internet use (Dixon et al. 2019). Furthermore, the development of digital citizenship skills among children is increasingly recognised as a protective factor against online risks, underscoring the importance of integrating digital literacy into family life (Putra and Irwansyah 2024).

Adolescents with higher levels of digital literacy are better equipped to navigate online environments safely and responsibly. Parental involvement in fostering digital literacy — through discussions about internet use and modelling appropriate online behav-

iors — can significantly enhance adolescents' ability to discern credible information from misleading content (Kusumalestari 2023; Rodríguez-de-Dios and Oosten 2018). For example, research has shown that adolescents with strong digital literacy skills are more likely to engage in positive online behaviours and less likely to fall victim to online risks (Arrosyid and Romadlon 2019). This underscores the need for parents to actively participate in their children's digital education, equipping them with the skills necessary to navigate an increasingly digital world.

As the digital landscape evolves, equipping adolescents with the skills to navigate online environments safely becomes increasingly important. Schools and families can collaborate to enhance digital literacy, ensuring that adolescents are not only aware of the risks associated with internet use but also possess the skills to engage with technology responsibly (Chemnad 2023; Saleh 2023). This partnership is particularly important in the context of online learning, where parents often assume dual roles as both educators and supervisors, which can lead to increased stress and challenges in balancing these responsibilities (Khan et al. 2022). By integrating digital literacy into educational curricula and family discussions, parents can help their children develop a better understanding of internet use, thereby reducing the likelihood of addiction (Chemnad 2023). This proactive approach can empower adolescents to make informed decisions about their online activities, ultimately fostering healthier online habits.

Parents play an important role in guiding their children's internet usage, and their digital competence significantly influences the effectiveness of their supervision strategies. Research indicates that parents with higher digital skills are more likely to engage in active supervision of their children's online activities, particularly for younger children (Pons-Salvador et al. 2022). In contrast, parents with limited digital skills may struggle to effectively guide their children, potentially leading to gaps in supervision and increased

risks (Piguet et al. 2017). Studies further highlight the necessity for parents to be well-informed about the digital environment to promote safe online practices among their children (Wong et al. 2015). This relationship suggests that enhancing parental digital literacy is crucial for fostering safer online environments for children (Banić 2024).

In conclusion, the family plays a vital role in shaping adolescents' online behaviour through supervision, emotional support, the promotion of digital literacy, and the establishment of clear guidelines. The interplay

between family dynamics, peer influences, and individual characteristics creates a complex environment that can either protect against or contribute to internet addiction. As the digital landscape evolves, it is imperative for families to remain engaged and proactive in fostering healthy online habits among adolescents. By prioritising strong familial relationships and equipping adolescents with the skills to navigate the online world, families can significantly reduce the risks associated with excessive internet use.

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