

Permissive Parenting Style and its Risks to Trigger Online Game Addiction among Children

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Abstract. The popularity of online games among children has become an interesting phenomenon to discuss. Nowadays, more children spend a lot of time playing online games in their computers or smart phones. Dealing with this condition, parents are required to give strong control and discipline treatment to their children. Typically, parents with permissive parenting style give less demanding treatment to their children. They tend to give more freedom or chances to their children to express their feeling or interests. Unfortunately, most parents with this dimension of parenting style do not monitor their children activities and provide less control to their children's behavior (Maccoby & Martin; in Shaffer & Kipp, 2010). In fact, parents' control and disciplinetreatment are obviously needed to shape the children's behavior and manage their habits, especially towards online gaming. When children are getting used to play online game without restriction, children may suffer from online gaming addiction which is indicated by their tendency to continue playing and ignore their social interaction and reality (Clark & Scott, 2009). Addiction to online games can be very dangerous as it causes the children to lose interest in doing other activities instead of playing online games, ignore their family and friends, and psychologically escape from the problems they have to solve (Young, 2009). Moreover, children may use online games as media to get sensation and satisfaction that they may not find in the real world (Padwa & Cunhingham, 2010). This study employs qualitative methods with purposive sampling technique. The respondents are children suffering online gaming addiction. The data was taken using interview guide. The results show that permissive parenting style implemented by parents affects children to suffer from online gaming addiction.

Keywords: permissive parenting, online gaming addiction

Introduction

The number of Internet users in Indonesia in 2013 reached 63 million people, and about 20% of them using internet for online gaming (Bisnis.com). Research conducted to 1,421 samples showed that the duration of surfing in the internet is greatly influenced by the application that the users use such as chatting application, surfing, blogging, downloads, social networking, and online games. Likely, online gaming is the most common reasons for people spending more time using internet and it influences their behavior compulsively (Rooij, Schoenmakers, Eijnden, & Mheen, 2010). Young (2009) found that most teenagers like online gaming and find it to be most interesting activities to do. This phenomenon results in addiction among teenagers.

Today, more teenagers are attracted and addicted to online gaming. Chou and Ting (2003) explain that addiction to the online games appears when people spend longer time to play the games and later on find pleasure in it. Choi, et. al. (2009) add that individuals who experience internet addiction spend about 3.5 hours a day to surf in internet networking sites. Meanwhile, Young (2009) argued that online gaming addiction is the fastest growing internet addiction experienced by children and teenagers which causes them to be more passive and less attracted to the other activities instead of online gaming. In other words, we can say that people suffering from online game addiction will typically indicated by their habit to spend longer time to connect in internet networking sites, to consider online gaming as the most interesting activity to do, and to neglect other social activities or interactions.

There are several factors which contribute to online gaming addiction among teenagers. Smart (2010) suggests some factors that can lead to online gaming addiction among teenagers including the insufficient attention and affection from the family, stress, lack of parental control, lack of activity, environment, and inappropriate parenting style implemented by their parents. It is clear that parenting style becomes one of the causes of children to experience online gaming addiction.

Addiction to Online Games

Clark and Scott (2009) explain that addiction to online games commonly appears when gamers feel the excitement and satisfaction towards the game and they strongly get desires to continue playing the games over and over without considering the reality in their surroundings. They become more engaged with the games, tell a lie about the use of the games, lose interest to do other activities instead of gaming, be away from family or friends and tend to use the game as a means to escape from the psychological burden they suffer (Young, 2009). Teens consider the online gaming as the best way to express themselves and find self-satisfaction which may not be found in their real world (Padwa & Cunningham, 2010).

Individuals are categorized to experience internet addiction when they take about 3.5 hours a day to interact with the internet networking sites (Choi, et al, 2009). Research conducted by Klassen and Kuzucu (2009) among 508 junior high school (Secondary School) students in Turkey showed that boys tend to be more difficult to stop their eagerness to online games than girls. Teens with online game addiction will neglect doing other activities instead of online gaming.

A study conducted by Kim, Jeong, and Zhong (2010) in South Korea during 2010, involving 593 respondents from high school students and their parents, found that low attention and parental controls may trigger the teenagers to experience online gaming addiction. Meanwhile, teenagers who get more intensive communication and parental controls do not suffer from online gaming addiction. One of the most contributing factors affecting children to be addicted towards online games is insufficient parental controls and affective treatment from the family member, especially parents (Smart, 2010).

Lee and Han (2007) suggest seven characteristics of individuals who are addicted to online games, namely:

- a. Psychological dependence, affirmative or negative mental state performed by individuals when neither they are playing online game or doing other activities.
- b. Daily life disorder, the level of individuals' abnormal behavior caused by online games.
- c. Interpersonal relationship toward online games, the level of interpersonal relationships dependence towards online games.
- d. Tolerance, the intensity or the frequency of playing online games.
- e. Negative behaviors and emotions, the level of negative emotions or incorrect behavior caused by online games.
- f. Mental disorders, the level of abnormal mental control caused by online gaming.
- g. Physical disorder, the level of abnormal health conditions caused by the online game.

Smart (2010) suggest six factors triggering children to be addicted to online games, namely:

- a. Having less attention or affection from the people nearby

It is undeniable that most children want to be loved and get affection from the people nearby, especially the family member. In most of the cases, family determines the children's happiness and behavior. Given attention from the family will make the children happy and perform good behavior. In vice versa, when children feel they get lack attention from their parents, they tend to perform negative behavior to attract their parents' attention. One of the possibilities is by becoming addicted to online games.

- b. Stress or depression

Depression may occur among children. There are some factors affecting children to experience stress or depression including the subjects they study at school or simply homework given by their teacher, lack of parental supervision, limited chances to express their feeling or to do their passion, and being socially neglected by their surroundings. As a result, most children frequently use online games as

media to release their stress and boredom. At first, children may simply play online games for fun. However, when children find the sense of pleasure and satisfaction towards online gaming, children will regard the game as the best way to avoid their problem. This causes the children to be addicted to online games.

c. Having less control from the people nearby

Parents sometimes want to show their love in so many ways. They may spoil their children by providing facilities that they want, such as buying a video game, providing wifi at home, and giving no restriction to play online games. Parents may inaccurately consider that granting all their children's wishes is the best way to show their love towards their children. Unfortunately, children who are accustomed to do anything that they want without any restriction or strict regulation may be excessively behaved. Consequently, this condition may trigger the children to become more addicted to online games.

d. Lack of positive activities

It is frequently found that most children nowadays do not have any preferences to do fun activities outside or have no play mates to share the fun with. Most children only stay at home for doing repetitive activities which leads to boredom. Consequently, children will likely try to find something which is considered to be more challenging. Therefore, when the children are introduced to online game and find pleasure in it, they tend to play the game over and over to reduce their stress or boredom. Here, the children will become more addicted to the games.

e. Environment

Children's behavior is not only formed due to the influence or education from the family. Frequently, environment also builds strong influence to the manner children perform. At school, for example, children's behavior will strongly be affected by their friends. Children tend to copy their friends' behavior as they are frequently exposed to it. Therefore, when children see their friends playing online game, children will be attracted to try as what their friends do.

f. Parenting Style

Each parent has their own beliefs on the best method to educate their children and implement their parenting roles. Different parenting styles will possibly contribute to different behavior and characters that their children may perform. Parents who give their children permission to play online games without clear control and restriction will cause the children to become addicted to online games.

Anderson, Gentile, and Dill (2012) suggested five dimensions affecting children playing online games, namely:

a. Amount of time Dimension

The amount of time allocated to play video games causes the children to become addicted. Moreover, a study conducted to investigate the effect of online game found that spending a lot of time playing video games may increase the risk of obesity (Berkey, et al., in Anderson, Gentile & Dill, 2012). This condition occurs as teenagers are consuming lots of snacks while playing online games. The longer the time the children spent for playing online games, the more depressed they become (Brasington, in Anderson, Gentile & Dill, 2012).

b. Content Dimension

This dimension refers to the content of online games that the children play with. It has strong influence to shape the children's behavior because children will possibly imitate anything that they see from the video. If the children play educative games, they learn more about education and find useful information that may help them at schools (Murphy, et al., in Anderson, Gentile & Dill, 2012), and if they play games designed to teach health content, they will learn and apply the concept of healthy life (Beale, Kato, Marin, Bowling, Guthrie, & Amp, in Anderson, Gentile & Dill, 2012), whereas if they play violent games, then they will learn of violent content and imitate the negative behavior.

c. Context dimension

The context of the game that the children play will greatly shape their behavior. When children are playing online games, there are two possible contexts that the children may be exposed to; learning

how to build teamwork or to imitate the violent behavior. If the context of the game requires the children to build solid team work to complete a mission, such of the game may teach the children to build cooperation with their peers. Whereas, if the context of the games shows negative behavior, it will possibly cause the children to perform aggressive behavior too.

d. Structure dimension

The structure of video games may lead to some effects on children's behavior. The structure of the game may provide useful information to support the children's academic achievement, particularly to understand visual information (Gibson, in Anderson, Gentile & Dill, 2012). Perception skills can be improved through practices (Green & Amp). Three-dimensional presentation on a flat screen can improve the ability to see space and form (Greenfield, Brannon & Amp in Anderson, Gentile & Dill, 2012).

e. Mechanics dimension,

This dimension refers to something that can be learned from practices using different types of video game depends on the controller (remote) used. Manual Controller (using our thumb to operate) for example, can improve soft-motoric skills. Meanwhile, a video game called golf, played by moving the hand using controller as if player hold a golf stick will help to train the children hard-motoric skills. Afterwards, video games skater with a balance board controller in it will improve the children balancing skill. The type of controllers can improve the children's visual-motoric coordination.

Parenting Style

Holden and Miller (Kail, 2010) suggests that parenting style is common dimension which covers personality traits representing aspects of consistent parents' behaviors, under different circumstances, and distinctive styles when they are interacting with their children. Benson and Haith (2009) explain that parenting style is a consistent parenting method using apparent interaction pattern implemented since the first year of childhood. Patterns of interaction consists of several elements that create an emotional climate when parents communicate with children (body language, tone of voice, as well as the quality of attention) and how parents be responsible for their children's development. Balter (2005) defines that parenting is the attitude of parents in parenting that can affect a child to do adjustment to the environment. Baumrind (Kail, 2010) suggests that parenting is a combination of the two dimensions, namely the dimension of warm and control, so that the combination of these two dimensions can make four types of parenting, covering authoritarian, authoritative, permissive and uninvolved parenting.

Maccoby and Martin (Shaffer & Kipp, 2010) argues that there are two important dimensions of parenting during childhood and adolescence, namely:

- a. Parental acceptance or responsiveness, which refers to the amount of support and affection that parents give to children. The parental acceptance or responsiveness dimensions cover several aspects, including:
 - 1) Respect, parents try to give praise, not criticism to children and support what children do.
 - 2) Response, for example, parents give and listen to advice and provide what the children want.
 - 3) Expressing positive affection, for example, parents show affection by giving a smile and a hug.
 - 4) Do not give corporal punishment, for example, parents do not spank their when they make mistakes.
- b. Parental demandingness or control, which is based on the regulation or supervision of parents to their children. Parental demandingness or control dimensions cover some aspects, namely:
 - 1) Applying consistent rules, rules given to the child should be consistent and equal, either imposed by father nor mother or guardian of the child.
 - 2) Being a leader, parents require children to obey social norms so that they will not be misbehaved.
 - 3) Keeping an eye on children, parents give supervision to their children's activities children.
 - 4) Giving penalties, giving penalties when children make mistakes.

Maccoby and Martin (Shaffer and Kipp, 2010) suggests that parents usually perform one type of parenting or combine two types of primary dimensional parenting. Two-dimensional type of parenting can generate four types of parenting style, namely:

Table I. type of parenting

		Acceptance/ Responsiveness	
		High	Low
Demandingness/control	High	Authoritative	Authoritarian
	Low	Permissive	Uninvolved

- a. **Authoritarian parenting**
It is a type of parenting in which parents implement very strict education patterns. Parents with this type of parenting will force the children to obey lots of rules, expect their children to be very obedience, and give no explanation to the children why such regulations need to be implemented. Parents will often rely on punishment, forceful tactic (without showing their love to their children) to make their children obedient. Authoritarian parents have no sensitivity towards their children's perspective. Instead, they dominate every decision making, expect their children to accept their words as law and respect their authority.
- b. **Democratic parenting (authoritarian)**
Parents with this type of parenting tend to give more flexible rules and reasonable demands to the children. Parents give reasons why rules should be obeyed and will ensure that the children can follow these guidelines. Parents with democratic parenting style will involve their children in making decision. They give control with rational democratic ways, so that children can receive the rules and respect them.
- c. **Permissive parenting style**
In this case, parents give little demands to their children and allow their children to freely express their feelings and encouragement. However, parents with this type of parenting rarely monitor the activities of their children or do stronger control over their children's behavior.
- d. **Uninvolved Parenting Style**
In this case, parents do not have emotional intimacy with their children. They are so overwhelmed with their own business and problems they have. As a result, they do not have much time or energy to interact with their children.

Research Methods

Sampling Technique

This study employs purposive sampling technique. Hadi (2004) explains that purposive sampling technique is a technique to determine sample based on the characteristics of the previously known populations. This sample is used to achieve certain goals. The study involved samples with the following characteristics:

- a. Males, ranging from 15 to 17 years old.
- b. Actively play online games for more than 4 hours per day

Method of Collecting Data

This study implements qualitative methods with phenomenological approach. Creswell (1998) describes phenomenology as a method for describing the meaning of life experiences of each individual about a concept or phenomenon. Researchers collected data from respondents' story in details and will be disclosed by researchers in accordance with the language and the subjects' point of view. The qualitative research is started from collecting data about the subjects' point of view, the general concept was created

as the finding of the study. This study aims to describe the perception of parenting style which can lead to addiction towards online games.

Results and Discussions

Based on the results of interviews with three subjects, it was obtained a description of parenting parents as follows:

Subject AL

No	Theme	Results of Interview
I	Family Background	<ul style="list-style-type: none"> a. Subject is the only child in the family b. His parents got divorced since the subject was at Junior High School c. Subject lives with his/her mother and grand mother d. His father lives out of town and he rarely visit the subject e. Hismother works in one of financial institutions.

Dimension of Parents' Parenting Style		Conclusion
2	Parental acceptance orresponsiveness	High acceptance orresponsiveness
	<ul style="list-style-type: none"> a. The Subject obtains some facilities like handphone, laptop, and wifi at home. b. The facilities are provided to avoid subjects going outside his house to play online games. c. Hismother made her join musical course, but it was stopped as the subject had no passion on it. Therefore, he spends more time at home. d. Subject feels that his mother is very kind woman as she provides facilities that he needs. 	
3	Parental demandingness orcontrol	Low demandingness or control
	<ul style="list-style-type: none"> a. Subject said that his mother give him some rules to play online game. He is forbidden to play the game until midnight. b. His mother will not give any control towards him while she is working, especially when she has to go out of town for business. c. His grandmother is more permissive. She lets the subject to play game online anytime he wants. 	

Subject RI

No	Theme	Results of Interview
I	Family Background	<ul style="list-style-type: none"> a. Subject is the second child in the family with three siblings b. His father and mother work

Dimensions of Parenting Style		Conclusions	
2	Parental acceptance orresponsiveness	<ul style="list-style-type: none"> a. Parents give the subject facilities including handphone and laptop. b. Parents give extra pocket money and most of it is used for playing online game in internet rental area. 	High acceptance orresponsiveness
3	Parental demandingness orcontrol	<ul style="list-style-type: none"> a. The advice is given to the subject only if he plays online game in a very long time. However, when his parents work, nobody will remind him to stop playing online games. b. Subject said that his parents always give monitoring when he is playing online games. They remind him to stop playing online game when the subject has played the game for a longer time and give him punishment if he neglects his parents command such us giving no pocket money for him. c. Subject said that he often break the rules and tells a lie to their parents. d. His parents cannot do monitoring sustainably as they have to work. 	Low demandingness orcontrol

Subject MT

No	Theme	Results of interview	
1	Family Background	a. Subject is the only child in the family b. Subject is under his grandparents' supervision. He lives with his grandparents c. His parents work out of town.	
Dimensions of parenting style		Conclusion	
2	<i>Parental acceptance or responsiveness</i>	a. Subject is given some facilities such as handphone and laptop to fulfill the subject's needs. b. His grandparents give him more freedom to do anything he wants. c. Subject is forbidden to play online games outside. Therefore, wifi is provided to allow subject playing online game inside the house.	High acceptance or responsiveness
3	<i>Parental demandingness or control</i>	a. Subject said that his grandparents are fairly permissive. They never get angry or prevent him playing online games as long as he plays it at home.	Low demandingness or control

The results of interviewing the subjects showed that their parents provide facilities for playing online games, but their parents tend to give low control or discipline toward their children's behavior. Maccoby and Martin (Shaffer & Kipp, 2010) said that parents with permissive parenting style tend to be less demanded, give their children more freedom to express their feeling and do their passion, implement less monitor to their children activities and rarely give control towards their children's behavior.

Xiuqin, et. al. (2010) mentions some factors affecting the teenagers to be addicted to online game, covering, the condition of the family with divorced parents, being loneliness, having less control from their parents and inappropriate parenting styles implemented. The aforementioned factors revealed that family, especially parenting style is one of the factors affecting children to be addicted to online games.

Children who are addicted to online gametypically have weak control towards themselves (Smart, 2010). This strengthens the results of study conducted by Morris, Wood, and Dunaway (2007), to 9 to 12 graders involving 1,122 samples of white American and 382 samples of Indian-American. The results of the study showed that individual's weakness in conducting self-control is frequently influenced by the parenting styles. In this case, parents tend to express their affection by giving anything that their children wants, supply their children needs excessively, and never warn or give punishment to their children when they do something wrong.

Conclusion and Suggestions

Conclusion

In summary, this study found that addiction towards online games is caused by permissive parenting style.

Suggestions

Based on the results and discussions of this study, some recommendations are made:

- a. It is suggested that subject should learn and implement time management when they are playing online games and find other positive activities to express his passion and desire.
- b. Parents are recommended to give more attention to their children, implement consistent discipline treatment, and guide their children to find other positive activities to express themselves and get their talent.
- c. For future researchers, it is suggested to give positive contributions to gain further understanding on the factors affecting children playing online games. Besides, it is also necessary to give appropriate intervention to decrease children addiction towards online games.

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