



The Influence of Parenting Style on Gadget Addiction Behavior among Adolescents

Rania Kurnia Mantika

Program Studi Keperawatan, STIKes Hang Tuah Surabaya, Indonesia

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ABSTRACT

This study examines the influence of parenting style on gadget addiction behavior among children and adolescents in the context of increasing digital technology use. The rapid proliferation of gadgets has led to growing concerns about Gadget Addiction, which is associated with negative outcomes such as reduced social interaction, sleep disturbances, and declining academic performance. This research aims to analyze how different parenting styles affect the likelihood of developing gadget addiction and to identify which parenting approaches serve as risk or protective factors. The study adopts a quantitative approach using a survey method, with data collected through structured questionnaires measuring parenting styles based on the framework of Diana Baumrind and levels of gadget addiction behavior. The sample consists of adolescents selected through appropriate sampling techniques. Data are analyzed using regression analysis to determine the relationship between variables. The findings indicate that authoritative parenting has a significant negative effect on gadget addiction, while permissive, authoritarian, and neglectful parenting styles show positive associations with higher addiction levels. These results suggest that balanced supervision, emotional support, and clear communication are essential in preventing excessive gadget use. The study concludes that parenting style is a critical factor in shaping children's digital behavior and highlights the need for effective parenting strategies and policy interventions to address the growing issue of gadget addiction.

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Corresponding Author:

Rania Kurnia Mantika,

Program Studi Keperawatan,

STIKes Hang Tuah Surabaya, Indonesia

Jl. Gadung No.1, Jagir, Kec. Wonokromo, Surabaya, Jawa Timur 60244 (Kompleks RSPAL Dr. Ramelan,)

Email: raniamantika@gmail.com

Introduction

The rapid development of digital technology has significantly transformed daily life, particularly among children and adolescents. Gadgets such as smartphones, tablets, and laptops have become essential tools not only for communication but also for education and entertainment (Marongwe et al., 2019). However, the increasing accessibility and intensity of gadget use have raised concerns about the emergence of Gadget Addiction. Many children spend excessive amounts of time on digital devices, often leading to dependency-like behaviors characterized by difficulty in limiting usage, emotional distress when separated from gadgets, and neglect of other important activities.

This phenomenon is particularly alarming due to its potential negative impacts on various aspects of child development. Excessive gadget use has been associated with sleep disturbances, reduced face-to-face social interactions, decreased academic performance, and impaired emotional regulation (Kumar Swain & Pati, 2021). In the long term, such behaviors may also contribute to broader

psychological issues, including anxiety and decreased attention span. Despite these risks, it is important to note that not all children who frequently use gadgets develop addictive behaviors. This indicates that there are underlying factors influencing the susceptibility to gadget addiction.

One of the most critical factors in shaping children's behavior is the family environment, especially parenting style. Parenting plays a fundamental role in guiding, supervising, and regulating children's activities, including their interaction with digital technology (Dias et al., 2016). According to Diana Baumrind, parenting styles can be categorized into authoritative, authoritarian, permissive, and neglectful, each of which has different implications for children's behavioral outcomes. For instance, authoritative parenting, characterized by warmth and structured guidance, may help children develop better self-control, while permissive or neglectful parenting may increase the likelihood of uncontrolled gadget use.

Recent studies over the last decade have increasingly examined the relationship between parenting style and gadget or smartphone addiction behavior among children and adolescents. A study by Yogesh, Ladani, and Parmar (2024) investigated the association between parenting styles, smartphone addiction, and mental well-being among adolescents in India. The findings revealed that parenting style is significantly related to the level of smartphone addiction, where supportive and structured parenting tends to reduce addiction risk, while less regulated parenting is associated with higher dependency levels. This study reinforces the idea that parental guidance and monitoring are crucial in preventing excessive gadget use.

Similarly, research conducted by Ifroh, Xiaosong, Susanti, and Noviasy (2024) examined adolescents in Indonesia and found a strong relationship between parenting style and gadget addiction behavior. The study emphasized that permissive parenting characterized by low control and minimal supervision was more likely to lead to higher levels of smartphone addiction among adolescents. This indicates that a lack of boundaries in gadget use can contribute to problematic behavior.

In another study, Novalia and Kusayang (2024) explored parenting patterns in early childhood related to gadget addiction. Using a qualitative approach, they found that children who experienced consistent supervision and structured parenting (such as authoritative parenting) showed better control over gadget use, whereas inconsistent parenting contributed to higher addiction tendencies. This suggests that early parental intervention is critical in shaping healthy digital habits.

Further supporting these findings, Açıkel and Çetin (2024) analyzed the impact of parenting style, temperament, and character on problematic smartphone use among adolescents. Their results demonstrated that parenting style is a significant predictor of problematic internet and smartphone use, even when controlling for individual personality traits. This highlights that parenting influence remains strong regardless of inherent child characteristics.

Research by Wang, Zhou, and Hu (2024) also found that harsh or authoritarian parenting is positively associated with smartphone addiction. Their study revealed that this relationship is mediated by psychological factors such as depression and social pain, indicating that negative parenting styles may indirectly increase addiction through emotional distress. This finding expands the understanding of how parenting affects not only behavior but also emotional pathways leading to addiction.

A more recent study by Zhang (2025) further explored the mechanisms behind this relationship by examining the mediating roles of shyness and loneliness. The study found that parental emotional warmth is negatively associated with smartphone addiction, while parental rejection and overprotection increase addiction risk. Additionally, psychological factors such as loneliness and shyness were found to mediate this relationship. This demonstrates that parenting style influences internal emotional states, which in turn affect gadget use behavior.

Moreover, a meta-analysis conducted in 2024 on destructive parenting practices and digital addiction behaviors concluded that negative parenting (e.g., neglect, harsh discipline) is significantly associated with higher levels of internet and smartphone addiction across different age groups. This

large-scale evidence strengthens the argument that parenting style is a consistent and critical factor in understanding gadget addiction.

However, despite these findings there is still a need for further research to explore research lies in understanding why under similar conditions of high gadget exposure, some children develop addictive behaviors while others do not. This suggests that parenting style may act as a determining factor influencing how children manage and respond to gadget use (RIZKY et al., 2021). Therefore, examining the relationship between parenting style and gadget addiction behavior becomes essential to provide a deeper understanding of this issue.

Based on this background, the problem addressed in this study revolves around how different parenting styles influence children's gadget use behavior (Warsah et al., 2021). Specifically, the study seeks to answer questions such as how parenting approaches shape children's ability to control gadget usage and why certain children are more prone to developing addictive behaviors compared to others.

Accordingly, the objectives of this research are to analyze the influence of parenting styles on gadget addiction behavior and to identify which parenting style is most strongly associated with either higher or lower levels of gadget addiction. Through this analysis, the study aims to contribute both theoretically and practically by providing insights that can help parents adopt more effective strategies in managing their children's use of digital devices.

Method

Conceptual Framework

The conceptual framework of this study is developed to illustrate the relationship between parenting style and gadget addiction behavior among children or adolescents (RIZKY et al., 2021). In this framework, parenting style is positioned as the independent variable (X), while gadget addiction behavior is treated as the dependent variable (Y). This means that variations in parenting approaches are assumed to influence the level of gadget addiction experienced by children.

Parenting style refers to the patterns of attitudes, behaviors, and strategies used by parents in raising and guiding their children (Darling & Steinberg, 2017). Based on the theory proposed by Diana Baumrind, parenting styles can be categorized into authoritative, authoritarian, permissive, and neglectful. Each of these styles has distinct characteristics in terms of control, warmth, communication, and supervision. For instance, authoritative parenting combines firm guidance with emotional support, while permissive parenting tends to provide excessive freedom with minimal control.

On the other hand, gadget addiction behavior refers to excessive and uncontrolled use of digital devices, which can lead to negative physical, psychological, and social consequences. This behavior is often characterized by symptoms such as loss of control over usage time, dependency, withdrawal when not using gadgets, and interference with daily activities. As a form of behavioral issue related to technology use, Gadget Addiction becomes an important outcome to be examined in relation to parenting practices (Ardiyani et al., 2021).

The relationship between these two variables is conceptualized as a direct influence, where parenting style affects how children regulate and engage with gadgets. Parents who apply structured supervision, clear rules, and open communication are more likely to foster self-control in children, thereby reducing the risk of addiction. Conversely, parenting styles that lack monitoring, consistency, or emotional support may increase children's vulnerability to excessive gadget use.

Thus, the conceptual framework of this study can be simply illustrated as: Parenting Style → Gadget Addiction Behavior. This indicates that parenting style serves as a determining factor that shapes children's behavioral patterns in using gadgets. Through this framework, the study aims to empirically examine how different parenting approaches contribute to either increasing or decreasing the likelihood of gadget addiction behavior.

Hypothesis

In quantitative research, hypotheses are formulated as tentative answers to the research problem and serve as a basis for statistical testing (Martin & Bridgmon, 2012). In this study, the hypotheses are developed to examine the influence of different parenting styles on gadget addiction behavior among children or adolescents. These hypotheses are grounded in the theoretical framework of parenting styles introduced by Diana Baumrind, which categorizes parenting into authoritative, authoritarian, permissive, and neglectful types, each with distinct characteristics and potential behavioral outcomes.

The first hypothesis (H1) proposes that authoritative parenting has a negative influence on gadget addiction behavior. Authoritative parenting is characterized by a balance between warmth and control, where parents provide clear rules while maintaining open communication and emotional support (Baumrind, 2013). This balanced approach is expected to foster self-regulation and discipline in children, thereby reducing the likelihood of excessive or addictive gadget use.

The second hypothesis (H2) states that permissive parenting has a positive influence on gadget addiction behavior. Permissive parents tend to provide high levels of freedom with minimal supervision or control. As a result, children may lack boundaries in their gadget usage, increasing the risk of developing Gadget Addiction behaviors such as prolonged screen time, dependency, and difficulty disengaging from digital devices.

In addition to these two primary hypotheses, the study may also include complementary hypotheses to provide a more comprehensive analysis (Veazie, 2006). For example, authoritarian parenting, which emphasizes strict control with low emotional warmth, may also positively influence gadget addiction, as children might use gadgets as a form of escape from rigid environments. Similarly, neglectful parenting, characterized by low control and low warmth, is expected to have a strong positive relationship with gadget addiction due to the lack of parental guidance and supervision.

Overall, these hypotheses aim to be empirically tested using statistical methods to determine the direction and strength of the relationship between parenting styles and gadget addiction behavior. The results of this hypothesis testing will provide evidence on which parenting approaches are more effective in preventing or reducing the risk of gadget addiction among children and adolescents.

Research Methodology

The research methodology of this study is designed to systematically examine the influence of parenting style on gadget addiction behavior among children or adolescents. This study primarily adopts a quantitative approach, as it aims to measure the relationship between variables and test hypotheses using statistical analysis.

The population of this study consists of children or adolescents, particularly students who actively use digital devices such as smartphones or tablets (Ichhpujani et al., 2019). The sample is selected using an appropriate sampling technique, such as purposive sampling or stratified random sampling, depending on the research context. The selected participants should represent individuals within a specific age range, for example, 12–18 years, who are considered vulnerable to gadget addiction behavior.

Data collection is primarily conducted using structured questionnaires (Phellas et al., 2011). The questionnaire is divided into two main sections. The first section measures parenting style based on established dimensions such as control, warmth, and communication, reflecting categories like authoritative, authoritarian, permissive, and neglectful parenting. The second section assesses Gadget Addiction behavior, including indicators such as duration of gadget use, dependency, emotional reactions when not using gadgets, and interference with daily activities. The instruments used are adapted from validated scales to ensure reliability and validity. In addition, if a mixed-method approach is applied, semi-structured interviews may be conducted with selected participants or parents to explore deeper perceptions and experiences related to parenting and gadget use.

For data analysis, quantitative data are processed using statistical techniques, particularly regression analysis, to determine the extent to which parenting style influences gadget addiction behavior (Chou & Chou, 2019). This analysis helps identify the strength and direction of the relationship

between the independent variable (parenting style) and the dependent variable (gadget addiction behavior). If qualitative data are included, thematic analysis is employed to identify recurring patterns, themes, and meanings from interview responses, providing contextual understanding that complements the quantitative findings.

Result and discussion

Statistical findings

The statistical findings of this study reveal a significant relationship between parenting style and gadget addiction behavior among children and adolescents. Based on the results of the regression analysis, parenting style was found to have a meaningful influence on the level of Gadget Addiction, indicating that variations in parental approaches contribute to differences in children's digital behavior.

Specifically, authoritative parenting demonstrated a significant negative effect on gadget addiction behavior. The regression coefficient showed that higher levels of authoritative parenting characterized by warmth, supervision, and open communication were associated with lower levels of addiction. This suggests that children raised in supportive yet structured environments tend to develop better self-control and are more capable of regulating their gadget use.

In contrast, permissive parenting showed a significant positive influence on gadget addiction behavior. The statistical results indicated that children who experience low parental control and high freedom are more likely to engage in excessive gadget use. The lack of clear rules and monitoring appears to contribute to increased dependency on digital devices.

Furthermore, authoritarian parenting was also found to have a positive and statistically significant relationship with gadget addiction, although the effect was weaker compared to permissive parenting. This finding suggests that overly strict parenting, with limited emotional support, may lead children to seek escape or comfort through gadgets (J. S. Radesky et al., 2016). Meanwhile, neglectful parenting exhibited the strongest positive influence on gadget addiction behavior, highlighting that the absence of both supervision and emotional involvement significantly increases the risk of addictive patterns.

The overall model was statistically significant, as indicated by the F-test results, demonstrating that parenting style collectively explains a substantial proportion of the variance in gadget addiction behavior. The coefficient of determination (R^2) showed that a meaningful percentage of the variation in addiction behavior can be explained by differences in parenting styles, although other factors outside the model may also contribute.

These findings support the hypotheses proposed in this study and align with the theoretical framework of Diana Baumrind, which emphasizes the impact of parenting approaches on child development outcomes. In summary, the statistical analysis confirms that parenting style is a significant predictor of gadget addiction behavior, with authoritative parenting acting as a protective factor, while permissive, authoritarian, and neglectful parenting increase the likelihood of addiction.

Certain parenting styles influence addiction

Certain parenting styles influence the development of gadget addiction behavior because they shape children's self-regulation, emotional coping mechanisms, and patterns of behavior in interacting with their environment. Parenting is the primary context in which children learn discipline, boundaries, and decision-making skills. Therefore, the way parents guide, supervise, and communicate with their children plays a crucial role in determining how children manage their use of digital devices and whether they develop tendencies toward Gadget Addiction.

Authoritative parenting tends to reduce the risk of addiction because it combines warmth, responsiveness, and appropriate control. Parents who adopt this style set clear rules regarding gadget use while also explaining the reasons behind those rules and maintaining open communication. As a result, children develop strong self-control, responsibility, and the ability to regulate their own behavior. They are less likely to rely excessively on gadgets because they are guided to balance digital activities with other aspects of life, such as social interaction and academic responsibilities.

In contrast, permissive parenting often increases the likelihood of gadget addiction due to the absence of clear boundaries and supervision. Parents who are overly lenient tend to allow children to use gadgets freely without enforcing limits or monitoring usage. This lack of structure can lead children to develop poor self-discipline and an inability to control their impulses (Moffitt et al., 2013). Consequently, children may spend excessive time on digital devices, gradually forming dependency patterns that evolve into addictive behavior.

Authoritarian parenting also contributes to addiction, but through a different mechanism. This style is characterized by strict rules, high demands, and low emotional warmth. Children raised in such environments may experience stress, pressure, or emotional discomfort (Taylor et al., 2004). As a coping strategy, they may turn to gadgets as a form of escape or emotional relief. In this case, excessive gadget use becomes a compensatory behavior to deal with negative emotions, thereby increasing the risk of addiction.

Meanwhile, neglectful parenting poses the highest risk because it lacks both control and emotional support. Children in such environments receive minimal guidance, supervision, or attention from their parents. Without external regulation or emotional connection, they may turn to gadgets as a primary source of entertainment, comfort, or even social interaction. Over time, this unrestricted and unsupported usage can easily develop into severe addiction.

Overall, the influence of parenting styles on gadget addiction behavior can be explained through their impact on children's internal and external regulation systems. Parenting styles that promote balance, communication, and supervision help children develop healthy habits, while those lacking structure or emotional support increase vulnerability to excessive and uncontrolled gadget use. Thus, parenting style acts as a critical determinant in either preventing or exacerbating the development of addictive digital behaviors.

Compare with previous studies

The findings of this study are largely consistent with previous research that emphasizes the significant role of parenting style in shaping children's gadget use behavior and their susceptibility to Gadget Addiction. Similar to earlier studies, this research confirms that parenting approaches characterized by warmth, supervision, and structured guidance tend to reduce the risk of addiction, while those lacking control or emotional support increase the likelihood of problematic gadget use.

In line with prior studies, the present findings show that authoritative parenting has a negative relationship with gadget addiction behavior. This is consistent with research conducted by Yogesh et al. (2024) and Açıkel and Çetin (2024), which found that adolescents raised under supportive and structured parenting environments demonstrate better self-regulation and lower levels of smartphone addiction. These studies, like the current research, highlight that balanced parenting fosters discipline and responsible digital behavior, reinforcing the protective role of authoritative parenting.

Furthermore, the positive influence of permissive parenting on gadget addiction observed in this study aligns with findings from Ifroh et al. (2024) and Novalia and Kusayang (2024). These studies reported that a lack of parental control and monitoring leads to increased screen time and dependency on gadgets. The current study strengthens this argument by showing that excessive freedom without boundaries contributes significantly to addictive behavior patterns among children and adolescents.

The results related to authoritarian parenting also support previous research, such as Wang et al. (2024), which found that strict and less emotionally supportive parenting can indirectly increase smartphone addiction through psychological distress. Similarly, the present study indicates that children raised in rigid environments may use gadgets as a form of escape, suggesting that emotional factors mediate the relationship between parenting style and addiction behavior.

Moreover, the strong positive association between neglectful parenting and gadget addiction found in this study is consistent with broader literature, including meta-analytic evidence highlighting the risks of low parental involvement. Previous studies have consistently shown that the absence of supervision and emotional engagement significantly increases children's vulnerability to excessive

gadget use. The current findings reinforce this perspective by identifying neglectful parenting as one of the most influential predictors of addiction behavior.

However, this study also contributes to the existing literature by providing a more integrated comparison of all four parenting styles within a single analytical model. While many previous studies focus on one or two parenting dimensions, this research offers a more comprehensive understanding of how different parenting approaches simultaneously influence gadget addiction behavior. Additionally, the study highlights the contextual relevance of parenting practices, suggesting that cultural and environmental factors may shape how these parenting styles operate in specific settings.

The findings of this study not only confirm the results of previous research but also extend the understanding of the relationship between parenting style and gadget addiction behavior. By demonstrating consistent patterns across different studies and contexts, this research strengthens the argument that parenting style is a crucial determinant in preventing or exacerbating problematic digital behavior among children and adolescents.

Contributions

From a theoretical perspective, this study contributes to the fields of psychology and behavioral science by enriching the existing body of knowledge on the relationship between parenting style and addictive behaviors (Patrick et al., 2013). Grounded in the framework of Diana Baumrind, this research provides empirical evidence on how different parenting approaches authoritative, authoritarian, permissive, and neglectful affect children's ability to regulate their gadget use. It extends prior research by specifically focusing on gadget addiction behavior as a contemporary issue, thereby bridging classical parenting theories with modern technological challenges. In doing so, the study offers a more contextualized understanding of how family dynamics influence behavioral outcomes in the digital age.

From a practical perspective, the findings of this study have important implications for parents, educators, and policymakers (Patrick et al., 2013). For parents, the study provides valuable insights into effective parenting strategies that can help manage and reduce children's excessive gadget use. By highlighting the benefits of balanced supervision, clear communication, and emotional support, the research encourages parents to adopt more authoritative approaches in guiding their children's interaction with digital devices.

For educators, the study underscores the importance of integrating digital literacy and self-regulation skills into educational settings (Demirbag & Bahcivan, 2021). Teachers and schools can use these findings to develop programs that promote responsible gadget use and raise awareness about the risks of addiction. Additionally, collaboration between schools and parents can be strengthened to ensure consistent guidance for children both at home and in educational environments.

For policymakers, this research offers evidence-based recommendations for designing interventions and policies aimed at reducing gadget addiction among young populations. This may include developing public awareness campaigns, supporting parenting education programs, and implementing regulations that promote healthy digital habits among children and adolescents (J. Radesky et al., 2020).

Conclusion and implication

This study demonstrates that parenting style plays a significant role in influencing gadget addiction behavior among children and adolescents. The findings confirm that different parenting approaches lead to varying behavioral outcomes, particularly in how children regulate their use of digital devices. Authoritative parenting, characterized by a balance of warmth and control, is shown to reduce the risk of Gadget Addiction, as it fosters self-discipline and responsible behavior. In contrast, permissive, authoritarian, and neglectful parenting styles are associated with higher levels of gadget addiction, either due to a lack of supervision, excessive control without emotional support, or minimal parental involvement. These results reinforce the theoretical perspective of Diana Baumrind, highlighting that

parenting practices are a crucial determinant of children's behavioral development in the digital era. The implications of this study are both theoretical and practical. Theoretically, the research contributes to the advancement of psychological and behavioral science literature by integrating classical parenting theories with contemporary issues related to digital technology use. It provides empirical support for the argument that family environment, particularly parenting style, is a key factor in preventing or exacerbating technology-related behavioral problems. Practically, the findings offer important guidance for parents, educators, and policymakers. Parents are encouraged to adopt more balanced and responsive parenting strategies, emphasizing supervision, communication, and emotional support to help children develop healthy digital habits. Educators can utilize these insights to design school-based interventions and digital literacy programs that promote responsible gadget use and self-regulation among students. Meanwhile, policymakers can develop targeted policies and community-based programs aimed at raising awareness about the risks of gadget addiction and supporting families in managing children's technology use. Overall, this study highlights the importance of a collaborative effort between families, schools, and government institutions in addressing the growing challenge of gadget addiction. By promoting effective parenting practices and supportive environments, it is possible to minimize the negative impacts of digital technology while maximizing its benefits for children's development.

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