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Impact of Social Media on Parent Child Relationship: Exploring Communication Barriers and Emotional Distance

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Abstract

This study examines the influence of digital media on familial interaction specifically on parent and child interaction, focusing on its impact on emotional connection, communication and family dynamics. Quantitative approach has been used to collect data, a structured questionnaire designed and through this data gathered from 101 participants. These findings expose multifaceted dynamics between family interaction and social media. Interestingly study reveal that social media has duality that it can be a tool for detachment as well as for attachment, it totally depends on the users either they take benefit from social media or destroy their life. This study illuminating the need for moderate usage of social media platforms and quality of familial interaction. When social media utilize in a positive way then family dynamics can be fixed and have no effect on familial interaction. It also offers insights for future research to investigate the social media influence on other factors as well and develop strategies to mitigating its possible risks.

Keywords: Parent child relationship, Emotional distance, Communication barrier, Family dynamics, Social media.



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1. Introduction

Social media become the most important part of majority of population by which they can create and share the content and they can participate in different social media activities (Carr & Hayes, 2015). In the digital revolution era, various changes occur in the communication patterns of family (Ramdhan et al., 2022). The use of social media has been increased in the recent decades (Pew Research Centre, 2018b). For the development of harmonious relationships family communication is the most important aspect (Pramono, 2020). Supportive families help members psychologically and also pay attention to their physical health. It will lead to prosperity of interpersonal interactions (Denny et al., 2014; Houltberg et al., 2011).

Digital devices like laptops, smartphones, computer and tablets help us to connect with world, but due to excessive use it effects our life negatively. It influences family communication (Mann 2016). The COVID-19 pandemic was main factor of high social media usage because online education was become common (Sulaiman, 2020). So parents gave their children access to personal smartphones (Sun et al., 2020). Misuse of Social media by parents and children reduce the interpersonal communication and creates conflicts in family relationships. Children feels emotionally distant, this all results in technoferece (McDaniel & Coyne, 2016).

Similarly, high adolescent social media use effects family dynamics and effect the interaction between parent and child (George et al., 2018). Children's privacy has been compromised because their parents post their stories and pictures on social media (Siibak & Traks, 2019). This all creates mess and emotional distance between parents and children. They feel communication gap between them (Lardinoix et al., 2023). This research exploring the communication barriers and emotional distance that is develop due to the social media misuse.

1.1. Statement of Problem

Despite the benefits of social media in education, economy and provide awareness of a lot of things, it has negative impacts on interpersonal lives. In the COVID-19 period parents provide their children smartphone for the study because online education became common. After that children start misuse of mobile. Due to social media parent-child relationship disturbs and face to face communication reduces. Children attach to media and feel emotional detachment with parents, they start sharing their feelings on digital platforms. This research discusses the influence of digital media misuse on parent-child relationship.

1.2. Significance of Study

This research examines the influence of media on family dynamics, how social media creates emotional distance and communication barriers. Complete understanding the issue how it effects family interactions. By analyzing main factors and their effects on familial bonds, this study gives different opinions to parents and policymakers to develop healthy digital media habits. Furthermore, this study also highlight that social media use must be balance so that this will leads to strong familial bond and fill emotional distance.

By tackling these challenges there will be a pleasant environment in home and children share a strong bond with family. They will interact with each other communication barrier will eradicate and they will connect emotionally. The trust issues between families will resolve. By this study parents and children came to know main problem and by tackling that they will make a strong bond and understand each other's emotions. They share their emotions on social media after knowing the problem they will share with each other without any hesitation. Lastly, the findings will help to develop strategies to enhancing the familial interactions.

Research Questions

1. Is social media really have a negative impact on familial interaction and emotional distance?
2. How social media excessive use develop emotional distance and communication barriers?
3. Does age and gender have a relation to emotional distance and communication barriers?
4. What type of strategies we should make to eradicate the communication barriers and emotional distance between parent and child?

Research Objectives

1. To identify the negative impacts of digital platforms on relationship of parent and child.
2. To identify factors that creates emotional distance in parent-child relationships.
3. To examine how social media, develop trust issues between families.
4. To develop strategies to enhancing the familial interactions.
5. To provide different insights to parents and policymakers to develop healthy digital media habits.

Hypotheses

1. Higher level of social media use creates emotional distance and communication barrier between parents and child that weak the family interaction.
2. Excessive time spend on social media creates misunderstanding between parents and child that effects their interaction.
3. Digital media reduces the direct conversation.
4. By following the strategies bond between families can become stronger.

2. Literature Review

Syahril et al. (2024) use the theory of Family Communication Patterns (FCPT) that describe the excessive use of the technology can affect the family communication. Due to technology Family communication patterns has been changed, it effects family communication positively as well as negatively. Families communicate by using social media but it develops physical distance. Excessive use of technology leads to technoference, face-to-face communication decrease and it damage the relationships. For healthy relationships face-to-face interactions and technology use must be balanced.

Rathore (2021) explore the Interpersonal relationships between parent and child. 384 participants were involved in the study and he used the time displacement theory. Questionnaire were filled by parents and children. After the data analysis it was exposed that more people (65%) believed that social media unites people while 35% were not agree with them. But 73% participants believe that due to social media face to face interaction decrease. So he concluded that social media has negative impact on their face to face interaction.

Başaslan (2022) discusses that the use of mobile phones has negative effects on family interactions and it raises conflicts among the family members, social isolation increases and families don't spend much time together and it leads to miscommunication and families can't spend much time together and then in the end some suggestions are provided that families must keep their mobiles on side and make some time for each other for direct interactions. Digital media usage must be controlled and monitored and students and youngsters must be made aware of healthy relationships with family and their advantages and how to maintain them.

Monga (2021) conducted a study on the use of mobile that change the family dynamics. The study involved 177 participants and a questionnaire was formed and statistical analysis were performed which showed the decrease of interactions in urban families by the use of mobile phones and families don't spend much quality time together because they are so busy in using their mobile phones. The playing time of children in grounds have significantly decreased and the youth is not motivated for their career and they have low aims due to the mobile phones.

Toran et al. (2024) illustrated that the relation of parent and child reshaped after the arrival of the technologies. For this cross-sectional survey used and the data gathered basically from 285 parents. He concluded that parent's digital behavior effects their bond with child. By the digital irresponsibility and negative role modeling disturbs the family dynamics. While the utilization of technology positively can improve their relation.

Sinaga et al. (2024) studied the social media influence on emotional attachment and the patterns of communication between child and their parents. Qualitative data analysis was done and collected the data from migrant students. After the analysis of data, it was concluded that due to social media the migrant student feels emotional connection with their parents and they want to meet their parents. While those who not communicate with their parents feel emotional distance. This study was novel approach to explore the technology as the emotional connector.

Procentese et al. (2019) studied that the perception of parents about the social media have an impact on the functioning of the family. A quantitative approach used for data collection, 227 parents fill the questionnaire. Those parents were selected whose children communicate with them with the help of WhatsApp and Facebook. He concluded that the family system does not effected by the social media but his perception deeply effect this. So, for the positive impact on family relationship the positive perception is important. The solution is that by programs spread awareness for the parents.

Capri et al. (2019) investigate the social media impact on the functioning of the family. A questionnaire was design for data collection. FACES IV scale were used and 80 families were selected for the study. The study reveals that family functioning will be better if parents and children develop a balance in social media usage while the family system will be disturbing if they use the media in in excessive amount. Research shows that families who use media excessively they have elevated levels of rigidity and detachment.

Fatunbi et al. (2022) explores the media impact on parent and child relation. For the data collection, he used the quantitative method and got the data from 200 students from Akinyele. He elaborates that digital media is now, become an important element of our daily life specifically in youth that take position in their social interaction by using Whatsapp Twitter Facebook. Youth in Akinyele involved in social activities under no parental supervision that cause misunderstanding with parents. He said, to overcome this problem parents should monitor their child social activities. Provide awareness to parents about digital Media and tell them about its negative effect and misuse.

Ehondor (2021) explores that social media has totally change the communication style and minimize the face to face interaction and also change their way to express their feelings or emotions. In past emotional expression was done by facial expressions voice tone and body gesture. Many research shows that social media suppress the authenticity of emotional interaction. For example, by sending about their feelings on text messages may lack the warmth that will be present when they convey through their physical appearance. But to overcome this problem stickers, emoji, were developed to fill the gap of face to face interaction. By sending emoji it

creates a sense of joy and engaging environment. But social media has many disadvantage like phubbing means ignore surroundings and prioritize Mobile phones.

Zhu et al. (2022) studied the association of social media misuse with parent-child relationships. The research showed mixed results that was affected by different factors. 110,000 participant's data from 75 studies analyzed and it exposed that there is a negative relation between internet misuse and parent-child relationships.

McDaniel (2020) studied that the invention of Mobile phone has change the way of communication but they raise a new challenge that is technoferece. Technoferece means technologies interference in interpersonal relationships specifically between children and parents. Many researchers study the impact of technoferece on development of children. One of the significant effect is on social and emotional development of children. When parents are busy in their mobile phones children feel loneliness and less secure. This cause aggression and anxiety in children (McDaniel & Radesky, 2018).

When parents busy on their mobile phones and not prioritize their children it causes their interaction bond weak. Research also show that low level of response and sensitivity of parents towards their child that is essential for children emotional well-being (McDaniel & Coyne, 2016). It can cause conflict between children and parents due to distraction of Mobile phones that cause arguments and further damage their relationship. We can overcome the effects of technoferece by making device free zones in homes, or making specific time for the use of mobile phones so that face to face interaction become possible.

3. Theoretical review

This study uses the different theories to explore the influence of media on family pattern. Used the combination of the theory of Uses and Gratification (UGT) and Family Communication Pattern Theory (FCPT).

IN 2002 the FCP theory was develop by Ascan Koerner and Mary Anne Fitzpatrick. The patterns of stable interaction between parents and children explains by FCPT (Koerner & Fitzpatrick, 2002). FCP theory mainly focused on family's discussion habits. (Koerner et al., 2017). Koerner and Fitzpatrick (2006) describes the styles of family communication. It includes four styles that shown in Figure 1. By these orientations we can explore the influence of media on family interaction.

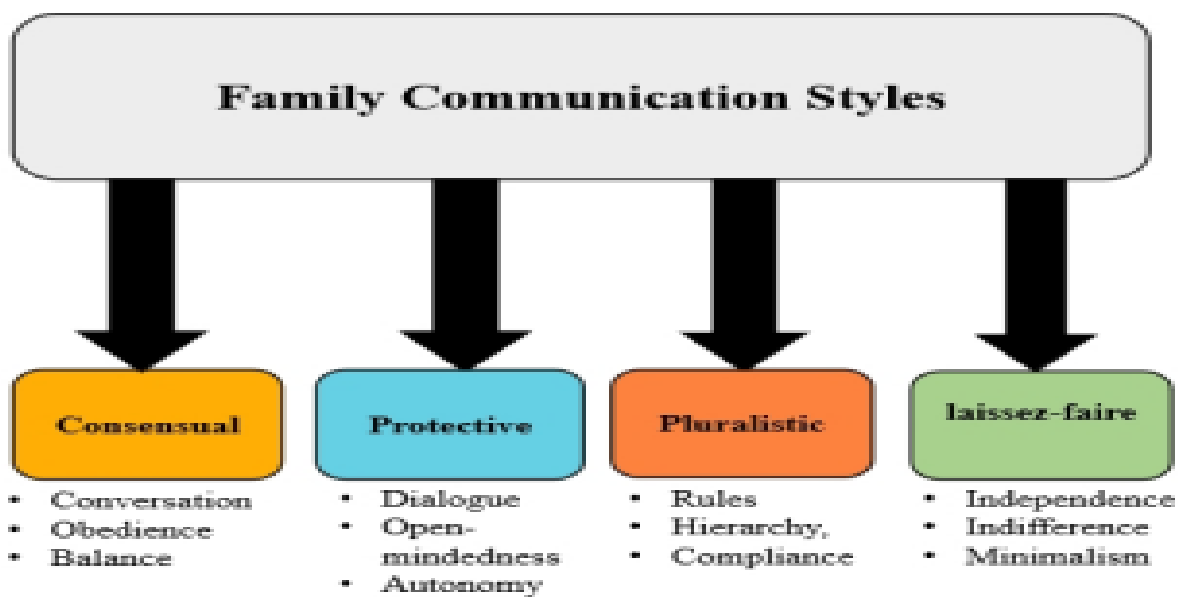


Figure 1: *Family Communication Styles*

This study use another theory Uses and Gratification Theory (UGT). Due to its relevance to digital media UGT used for the analysis of social media phenomena (Falgoust et al., 2022). It was developing in 1970s it provides the social theory that tells the reason why people choosing social media platforms. For the satisfaction of heir need people uses of social media. UGT explain the reason why they satisfy their needs (Katz et al., 1973). By using these theories, the study explore how social media change the family communication pattern and how it develops an emotional barrier between and parent and child.

4. Methodology

For the analysis of social media impact on parent-child relationships this study uses the quantitative research approach. A structured questionnaire design for the assessment of communication pattern between family and emotional distance. Data were collected with the help of questionnaire; 101 participants provide their data by filling the form. It includes demographic questions about their duration of media use, social media, why they use social media, their emotional attachment with their parents etc. We mainly target the university students. Likert-scale items were also included in it. Data collected by spreading the questionnaire through online platforms mainly by Google forms spread through WhatsApp and after collecting the data were statistically analyzed using SPSS software to determine accurate results. Through SPSS descriptive statistics, regression analysis to analyze the correlation between various family dynamics aspects and social media utilization has been done. Ethical guidelines were followed like informed consent and confidentiality.

5. Results and Findings

The data were collected from 101 respondents by using quantitative method with the help of questionnaire to examine the effect of social media on the relationship of parent and child. The age of the respondents varies from 15 to 31. Their study level is matric, Intermediate, Undergraduates and Graduates. 56 were males and 44 were female. After the collection of data, the data were analyzed on SPSS software. Following are results and findings of research that were analyzed by software.

5.1. Gender and Age Distribution

Data were collected from 101 respondents, the gender and age distribution of the respondents shown in the Figure 2.

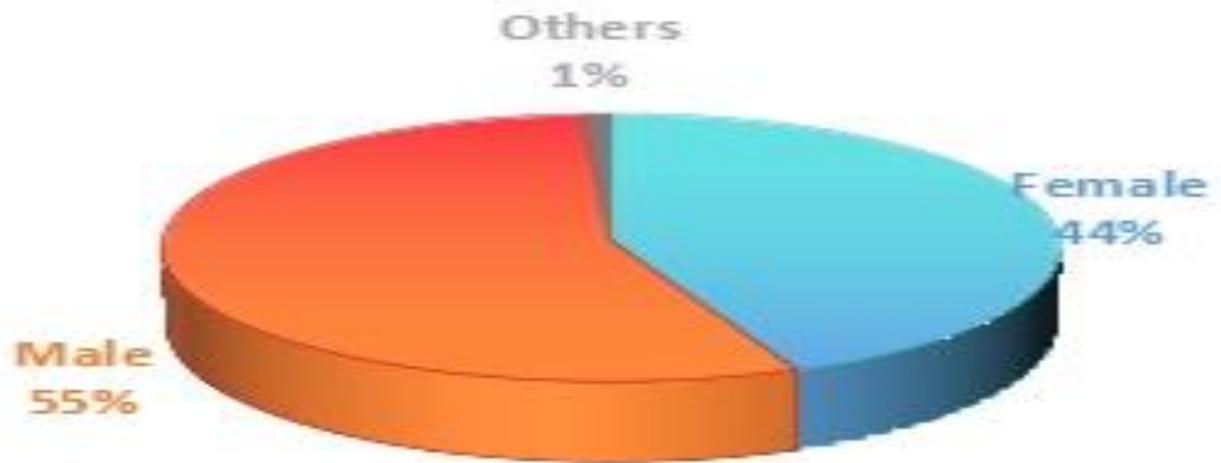


Figure 2a: *Gender of the Respondents*

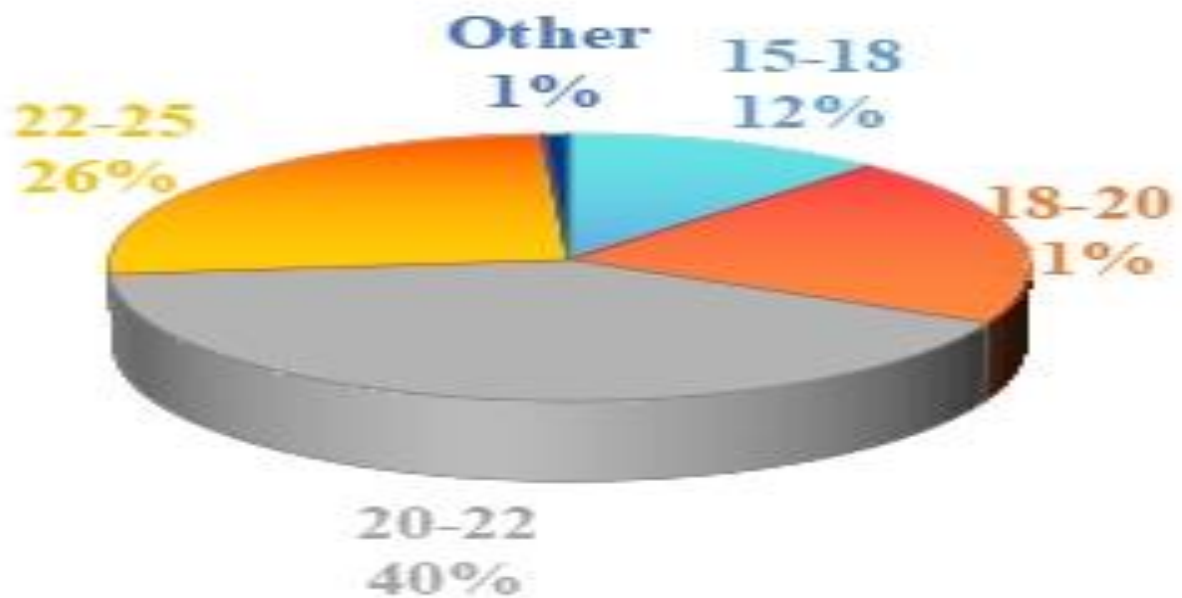


Figure 2b: *Age of the Respondents*

The above figures show that 55% male, 44% female and 1% were others. 12% are between age 15-18, 40% between age 20-22, 26% between age 22-25, 21% between 18-20 age and 1% choose other. Study level of respondents has been shown Figure 3.

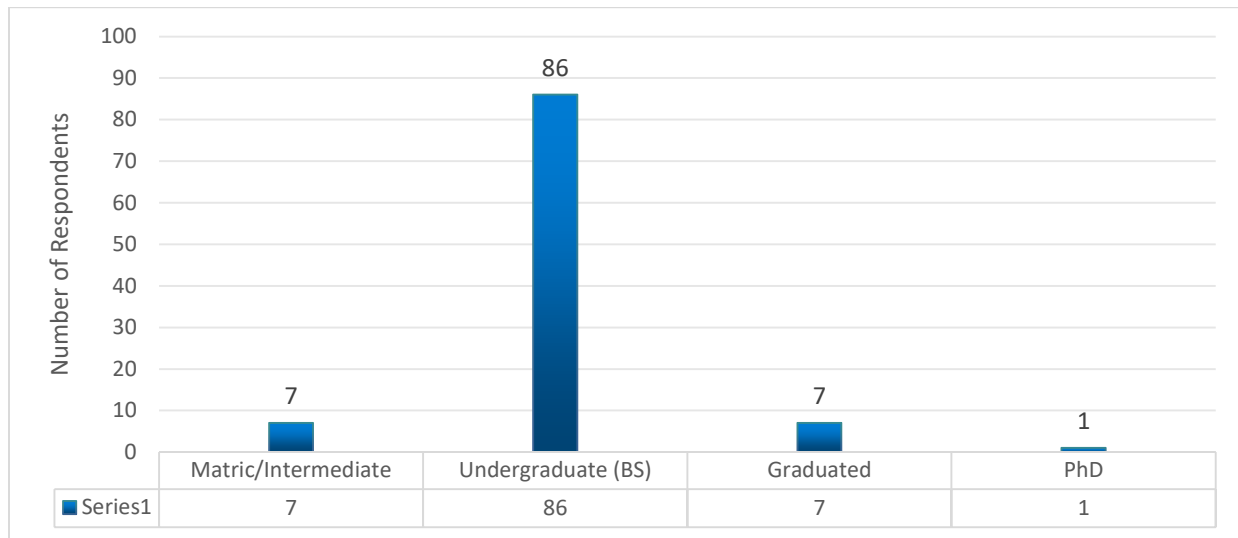


Figure 3: Study level of respondent

5.2. Descriptive Statistics

For the analysis of sample characteristics descriptive statistics has been measured for all variables. 101 respondents provide data by filling the questionnaire that was related to digital media usage and its effects on family dynamics. Gender, age, and Study level are statistical characteristics. The descriptive analysis of age, gender and study level shown in Table 1.

Table 1: Descriptive Analysis of Age, Gender and Study Level

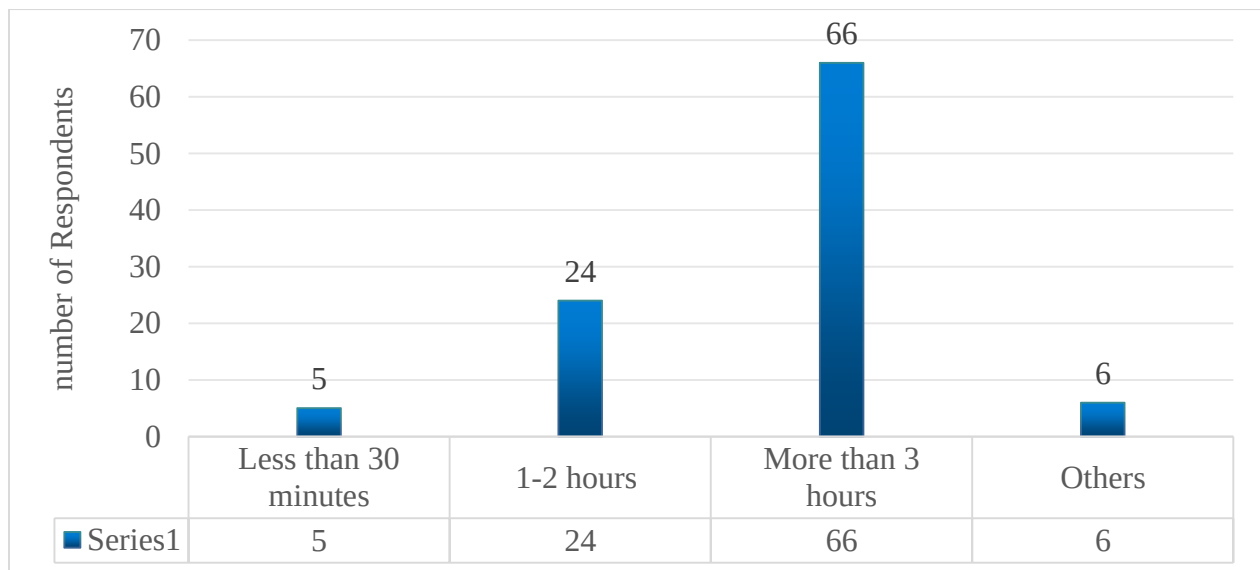
Variables	N	Range	Minimum	Maximum	Mean	Std.	Skewness	Kurtosis
Age	101	4.00	1.00	5.00	2.8317	0.98050	-0.368	-0.614
Study level	101	3.00	1.00	4.00	2.0198	0.42380	0.929	6.588
Gender	101	2.00	1.00	3.00	1.4752	0.54026	0.488	-0.979

Above table shows the mean score of age variable is 2.83 (SD = 0.98), and minimum and maximum range is from 1 to 5, maximum respondents were of age 20-22. Mean score of study level variable is 2.02 (SD=0.42) and the three-point scale is used to measure the gender and its mean score is 1.48 with the 0.54 standard deviation. It shows that male participants are higher in number.

Table 2: The Descriptive Statistics of the Variables

Variables	N	Range	Minimum	Maximum	Mean	Std.	Skewness	Kurtosis
Time spend on social media	101	3.00	1.00	4.00	2.7228	0.64990	-0.770	0.893
Monitor each other's activity	101	2.00	1.00	3.00	2.0495	0.63838	-0.042	-0.496
Media effect activity family	101	2.00	1.00	3.00	1.7426	0.83251	0.517	-1.365
Media reduce family time	101	2.00	1.00	3.00	1.5050	0.76972	1.124	-0.360
Media effect direct convo	101	2.00	1.00	3.00	1.5347	0.68650	0.914	-0.369
Share feelings on social media rather than face-to-face	101	2.00	1.00	3.00	1.7921	0.76573	0.375	-1.199
Effect of social media on quality of family conversations	101	4.00	1.00	5.00	3.1881	1.23055	-0.532	-0.685
Impact of media on trust between parents and child	101	2.00	1.00	3.00	1.9109	0.70851	0.129	-0.977
Hide social media activities from parents	101	3.00	1.00	4.00	1.7822	0.70148	0.508	-0.165
Media effect on emotional distance between family	101	3.00	1.00	4.00	1.6436	0.76921	1.117	0.922
Feelings share on social media personal conversation	101	4.00	1.00	5.00	2.6535	1.13521	-0.159	-1.231
Feel emotionally distant from your family due to social media	101	3.00	1.00	4.00	1.8317	0.76249	0.572	-0.210
Difficulty in emotionally connect with parents	101	3.00	1.00	4.00	1.7525	0.76689	0.593	-0.607

Above Table 2 shows the descriptive statistics of the variables and it shows the range, standard deviation and mean for each variable in the questionnaire. Data were collected of total time spend on social media, respondents gives response that shown in the Figure 4.

**Figure 4: Total time spend on the social media**

Above figure illustrate that, 5 respondent use media less than 30 minutes, 24 use for 1-2 hours, 66 use more than 3 hours and 6 were others. Response were collected for the spending time on social media impacts participation family activities or not respondent's response shown in the Figure 5.

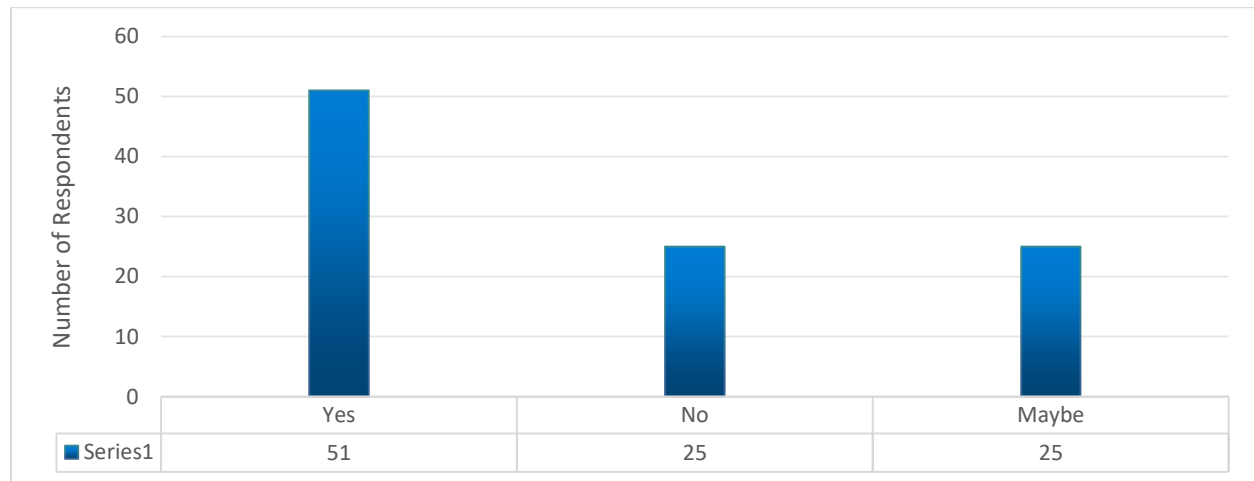


Figure 5: Time spent on social media effects participation in family activities

Above figure represents that 50% gives positive response while 25% shows negative and 25% shows maybe. Data collected that the time spend on social media reduce the time they spend with their family; the same respondents shows the response towards this approach that shown in the Figure 6.

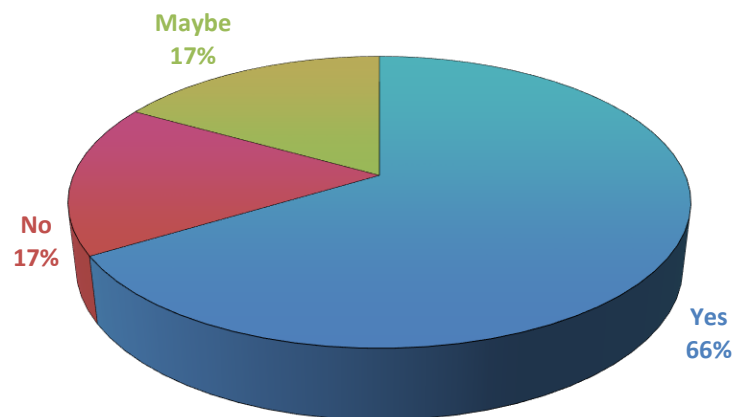


Figure 6: Time spend on social media reduce the time spend with family

The above figure represents that 66% respondents say yes while 17% say no and other 17% say maybe. Data collected that face to face communication with the family members decrease after using the social media platforms. The response shown in the Figure 7.

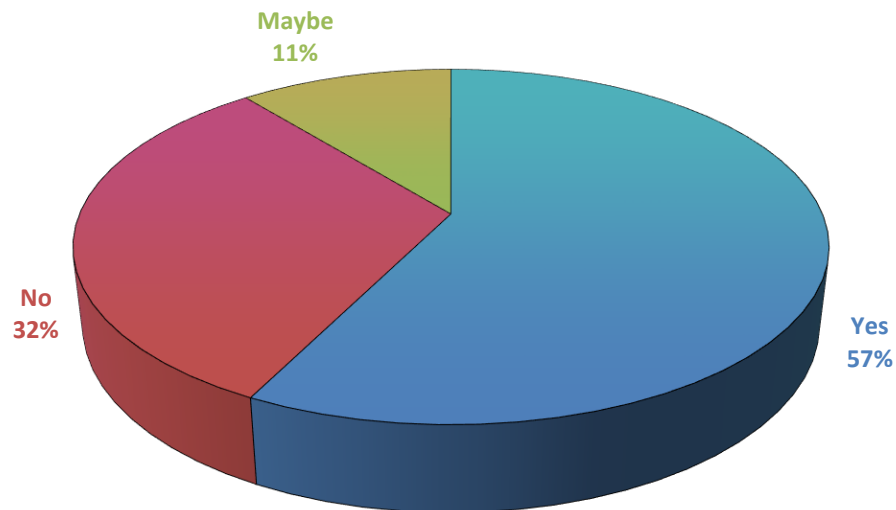


Figure 7: *Face to face Communication with the family members decrease after using social media*

Above figure illustrate that 57% individuals say Yes, 32% says No while 11% response to Maybe. A data was collected for the quality of conversation changed due to social media. The responses are shown in Figure 8; these are make on Likert scale.

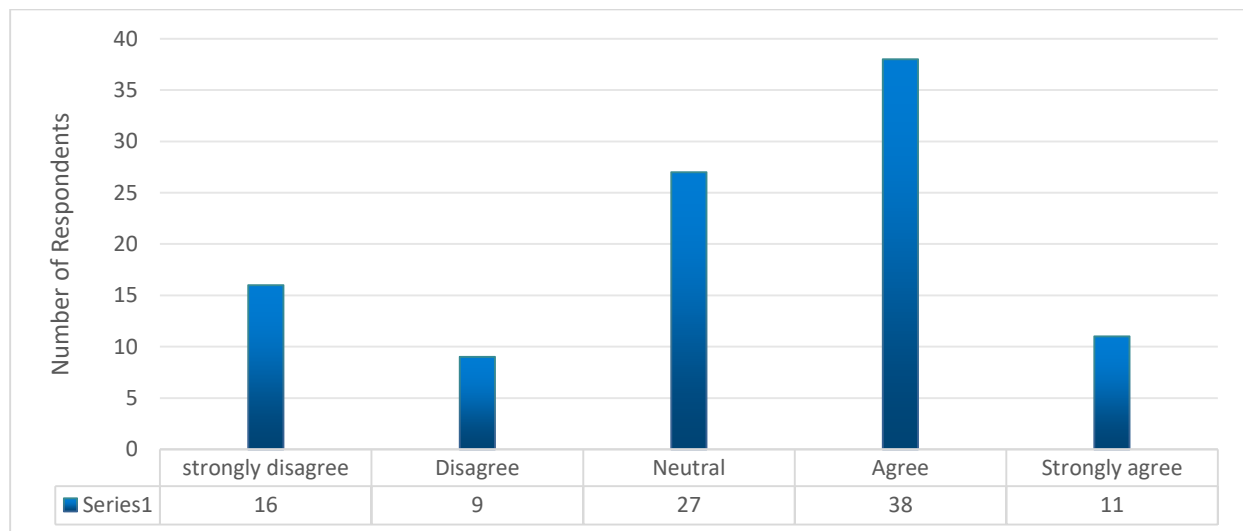


Figure 8: *Quality of conversation changed due to social media*

The data collected on the trust issue between child and parent due to social media shown in Figure 9. It shows the result that 30% gives response to yes, 49% say No while 21% say maybe and the responses to the ease of sharing thoughts and stress through social media rather than in person communication shown in Figure 10.

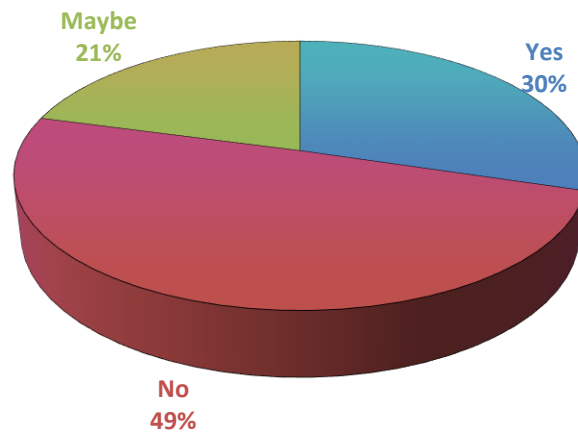


Figure 9: Social media usage impact level of trust between family and child

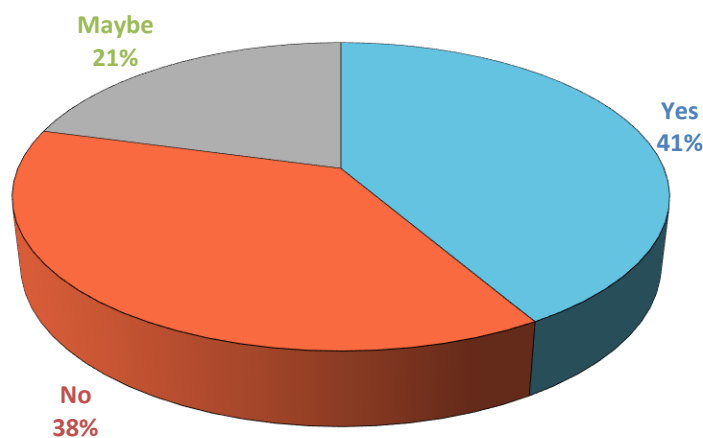


Figure 10: Easy to share feelings through social media rather than direct conversation

Above figure illustrates that 21% respondents say maybe, 38% say No while 41% say yes. A data collected on social media increase emotional distance between parents and child the responses. The respondents give response 51 (Yes), 38 (No), 9 (Maybe), and 3 (Other) shown in Figure 11.

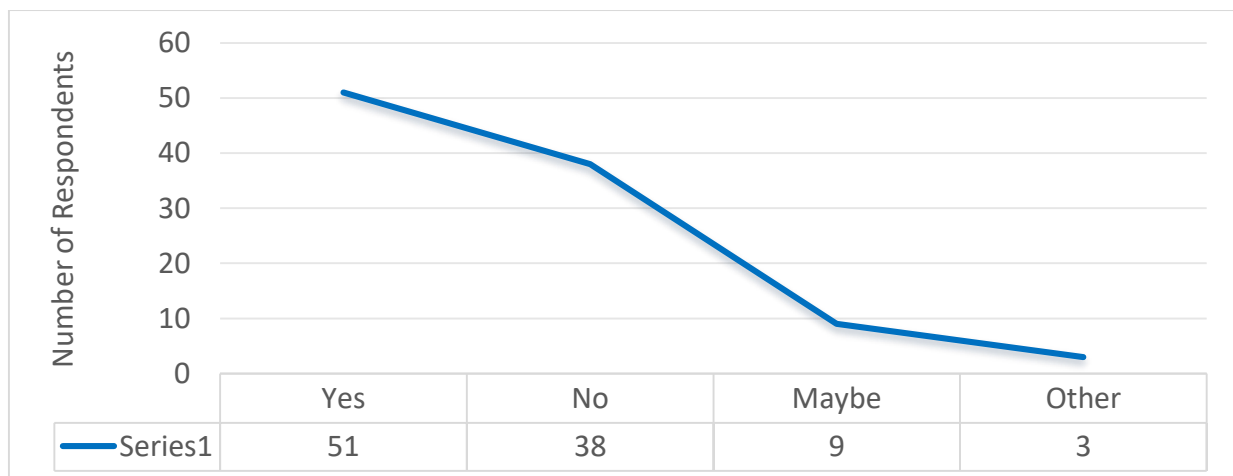


Figure 11: Social media increased emotional distance between parents and child

Data collected on that respondent feel difficult to connect with their parent's due to social media. The result shown in Figure 12.

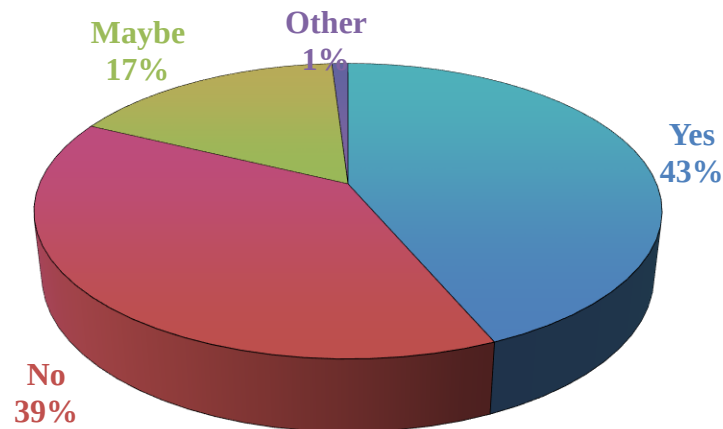


Figure 12: *Social media make difficult to connect parents emotionally*

Above figure shows the results that the respondents give responses 43% (Yes), 39% (No), 17% (Maybe), and 1% (Other).

5.3. Regression Analysis

To analyze the relation between different variables related to utilization of social media platforms, multiple regression analysis has been performed. The variables are family communication, Social media usage time, trust level, emotional dynamics and gender effect by the digital media. A correlation construct that have Pearson correlation to know the direction of relation, one tailed test and sample shown in Table 3.

Table 3: *Correlation between Different Variables*

Variables	Sig (1-tailed)	Pearson correlation	N(Sample Size)
Emotional distance increased & Share emotions on the social media	0.000	0.395	101
Hide social media activities & emotional distance	0.000	0.528	101
Trust level & Hide activities from each other	0.021	0.202	101
Change in quality of family communication & Emotional distance	0.306	-0.051	101
Family interaction quality & level of trust	0.337	0.42	101
Difficult to connect emotionally & emotional distance increased	0.000	0.528	101
Daily duration on social media & Interaction with family reduce	0.167	-0.097	101

Daily duration on social media & effect of media on family activities involvement	0.012	- 0.226	101
Hide activities from each other & feeling of emotional distance	0.017	0.211	101
Feeling of emotional distance & Change quality of family communication	0.306	-0.51	101
Change in quality of family communication & level of trust	0.337	0.042	101
Direct communication reduce after using social media & Emotional distance increased	-0.26	0.194	101

To analyze the relation between dependent variable age and different variables related to utilization of social media platforms, multiple regression analysis has been performed. The variables are family communication, Social media usage time, emotional dynamics and gender effect by the digital media. $p=0.018$, $F=2.121$, shows that the variance in age is 25.7%, explain by the other variables. Family communication quality and gender are shows as contributors. Unstandardized Coefficients, Standard Error, Standardized Coefficients, t value and p value shown in Table 4.

Table 4: Regression Analysis of Dependent Variable Age and Different Variable Related to Social Media Usage.

Model	Unstandardized Coefficients		Standardized Coefficients	<i>t</i>	Sig.
	<i>B</i>	Std. Error	Beta		
1(Constant)	2.062	0.698		2.95	0.004
Gender	-0.476	0.182	-0.262	-2.600	0.011
Time spend on social media	0.231	0.152	0.153	1.51	0.133
Monitor each other's activity	0.088	0.156	0.058	0.565	0.574
Media effect activity in family	-0.203	0.126	-0.172	-1.610	0.111
Media reduce family time	-0.218	0.149	-0.171	-1.460	0.147
Media effect direct conversation	0.212	0.167	0.149	1.269	0.208
Share feelings on social media rather than face-to-face	0.029	0.130	0.023	0.226	0.822
Effect of social media on quality of family conversations	0.186	0.080	0.234	2.317	0.023
Impact of media on trust between parents and child	0.062	0.145	0.045	0.425	0.672
Hide social media activities from parents	0.071	0.146	0.051	0.486	0.628
Media effect on emotional distance between family	-0.202	0.154	-0.158	-1.310	0.193
Feelings share on social media personal conversation	0.138	0.091	0.159	1.516	0.133
Feel emotionally distant from your family due to social media	0.167	0.172	0.130	0.970	0.335
Difficulty in emotionally connect with parents	-0.121	0.158	-0.095	-0.768	0.445

a. Dependent Variable: Age

Note: Above table shows the family dynamics and impacts of media on this.

ANOVA was performed to check the effect of different variables related to utilization of social media platforms on dependent variable age. 14 predictors related to social media effects used, Regression model shows age ($p=0.018$) shown in table 5.

Table 5: ANOVA Table of Regression Analysis

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	24.674	14	1.762	2.121	0.018 ^b
Residual	71.465	86	0.831		
Total	96.139	100			

5.4. Residual Analysis

The predictive accuracy of the model provides by residual analysis. The maximum predicted value is 1.1888 and maximum is 3.7741 with standard deviation of 0.49673. The residuals are vary from -1.77407 to 2.03850 with the 0.84537 standard deviation and the mean value is 0.000. The range of standardized residuals is from with -1.946 to 2.236 1.000 SD and 0.000 mean value and the range of standardized predicted value vary from -3.307 to 1.897 with 0.000 mean and 1.000 SD value. This shows that biasness in residuals is absent and the reliability of model support by the Table 6 that includes the range, mean and standard deviation of predicted value, residual, standardized residuals and standardized predicted value.

Table 6: Residual Analysis to Check the Predictive Accuracy of the Model

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	1.1888	3.7741	2.8317	0.49673	101
Residual	-1.77407	2.03850	0.00000	0.84537	101
Std. Predicted Value	-3.307	1.897	0.000	1.000	101
Std. Residual	-1.946	2.236	0.000	0.927	101

a. Dependent Variable: Age

A histogram was constructed for the regression model's assessment of normality assumption shown in the Figure 13. It shows a normal curve, with 0.927 SD and mean value of 0 (2.39-16).

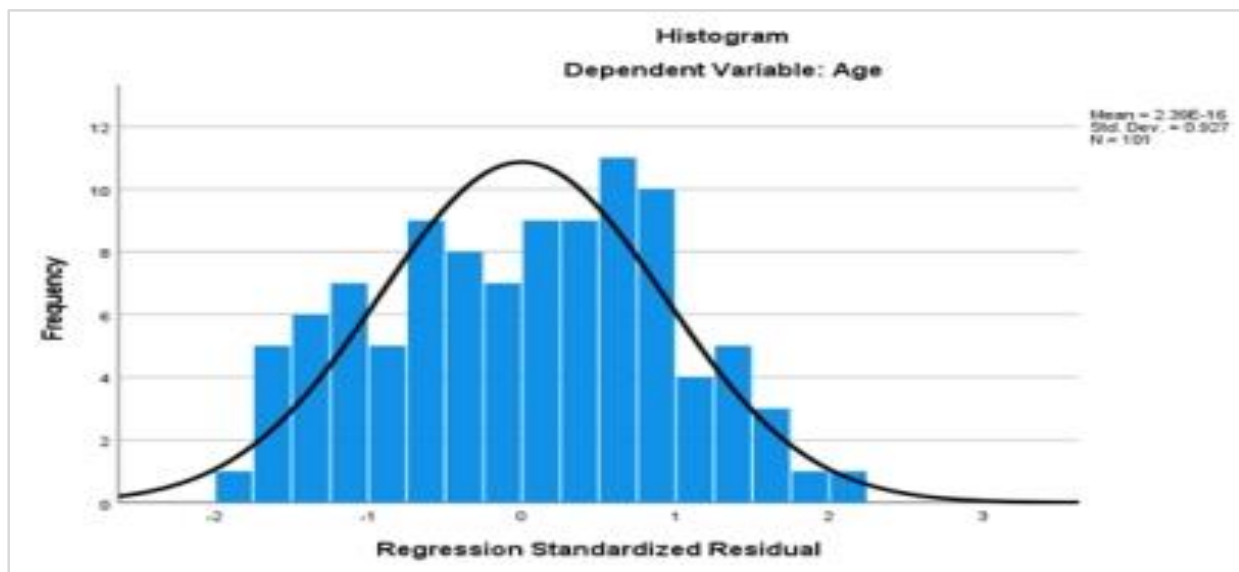


Figure 13: *Regression model assessment*

6. Discussion

The present study exploring the influence of social media on the family dynamics and also delve deep into the emotional distance and communication barriers. The results and findings presents the essential insights for this study, it also provides answer to the research questions. Social media disturbs the family dynamics. It connects family but as well as it increases the distance between them. Most of the participants used the social media more than 3 hours (Figure 3) it means that people are mostly delve into the online activities.

The results show correlation (Table 3) that by increasing use of social media the interaction with the family has been reduced, the p value < 0.05 prove that the relation is statistically significant when a person increases the usage of online platforms then we will only indulge in that and interaction most probably the face to face interaction and emotional distance with our peer family decreased. This finding is sync with the recent study by Mackay et al. (2022) he illustrate the concept of “Technoference”, he concluded that the families who used excess amount of social media they have a great amount of inflexibility and detachment. Due to all of this interpersonal interactions shattered. It strengthens the hypotheses that digital media reduces the direct conversation.

The findings disclose in the (Table 3) that by using the excessive amount of digital media the people feels difficult to attach emotionally with their parents ($p=0.00$) means the excessive use of internet increase the emotional distance between them. They more attached with their digital devices and cannot connects with their parents. They cannot share their feelings with their parents easily, it means that media platforms also damaged the people mentally, their mental level changed and even they cannot easily comfortable with their parents. They cannot share their stress or thoughts directly instead they think that sharing through digital media is easy than direct conversation. So, the results clearly strengthen the hypotheses that higher level of social media use creates emotional distance and communication barrier between parents and child that weak the family interaction.

The results show (Table 3) excess duration of digital media daily usage also effects the involvement in family activities. Whenever we use anything more it will always destroy something. So by the digital media our activities change and we more engage with the devices

rather than our family. These results matches with the study of Toran et al. (2024), who interpret that the familial dynamics reshaped after the arrival of the technologies and due to this the parent's bond with child has been effected. The gender has not any have any relation with media and family relations. They have low correlation, it means that on the familial dynamics female and male have faced same impacts. By this the prior studies who highlight the gender base conversation styles.

Shaping the children's internet use parents play a crucial role. By developing healthy behavior and by managing social media use parents can fix shattered family dynamics. One prominent finding was that some respondents feel easy to share their feelings on social media rather than direct conversation. It is highlighting a positive side of social media, especially for those who find direct conversation as a battle. So by using this approach family can start discussions about mental prosperity.

The findings reveal that by using social media the interaction with family members decrease it align with the study of Manga (2021) that the use of mobile that change the family dynamics. His study showed that the decrease of interactions in urban families by the use of mobile phones and families don't spend much quality time together because they are so busy in using their mobile phones. The playing time of children in grounds have significantly decreased and the youth is not motivated for their career and they have low aims due to the mobile phones.

Future research should use the longitudinal methods so that it can reveal that in what way these dynamics evolve with time. In addition to that more factors should be analyzed for example cultural factors, by exploring that it can be analyze that familial dynamics and social media impacts have a correlation with culture or not. May be it vary culture to culture and has various patterns. Moreover, societal influences should be exploring. Furthermore, researches should explore age groups, parenting styles and personality traits. Future researchers must focus on strategies that will develop a healthy habit for using digital platforms. Qualitative methods will give more data on to explore the root causes of observed trends. Policies should be developing like programs for digital detox and awareness camp on risk of misuse of digital media. For the stable digital behavior different apps should design for family evaluation.

7. Limitations

This study hooks up the significant insights, but some limitations also present. The data is self-reported so there may be some kind of response bias present and respondents overstated their experiences. Moreover, as this study use cross-sectional design there is some kind of restrictions to interpret the causation between family dynamics changes and digital media usage.

Conclusion

This study highlighted the diverse influence of digital media on familial interaction, exposing its double edged capability to both increase gap and connect family members. The findings expose that social media provides various routes for communication, decreases geographical gaps and sharing emotions as well as it disturbs the family dynamics and interaction patterns. It is noticed that family time has been reduced when the time duration on digital media increased, these both are negatively correlate with each other. Then in person talk decreases they feel them alone and face a lot of problems to connect emotionally with their loved ones. Meanwhile, digital platform's effects have variations, illuminating its double edge as both a tool as a detachment with the loved ones and attachment with the family members. These findings highlight the balanced and thoughtful digital media utilization within families to assure that social media obsession does not create the familial disconnection, trust issues, restriction to connect emotionally and face to face interaction must be preserved. Parents can play an integral role to set boundaries for utilization of digital platforms and healthy digital platforms use. In conclusion, this study providing perspectives about the family dynamics in the digital era and assist in increasing dialogue about technology's influence on the society. By mitigating the gaps awareness and propagating the strategies for optimal use of social media and families can seek to exploit its benefits while reducing its possible risks.

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