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A Correlational Study on Social Media Involvement and Parental Relationship among Students of Asia Pacific College

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Abstract: Social media sites such as Facebook, Twitter, Instagram and YouTube play a vital role to adolescents in this generation, as these help them to maintain connection, social interaction to the people around them and entertainment as well. Despite the convenience that social media bring into millennials, their increasing time consumed in social media sites serve as the rise of parent-child relationship problem due to the teenagers' improper usage of social media through posting their personal issues on their respective social media accounts, involving in risky social media activities, etc. In line to this problem, this study aims to investigate the relationship between social media involvement of the students and their relationship with their parents that will determine if the adolescents' time spent in social media does affect their relationship with their parents. To determine the relationship of adolescents' social media involvement and parental relationship, the researchers used the Social Networking Time Use Scale (SONTUS) that measures the time they spent on social media and self-constructed test, Parent-Child Relationship Scale were administered to the 286 college students (ages 16 to 23) from Asia Pacific College in Magallanes, Makati City. Using the Pearson's correlation coefficient, positive weak correlations indicates that there were no significant correlations found between the level of social media involvement and parental relationship of the college students. Findings of the study indicate that as the students involve themselves in social media sites, their relationship with their parents is not affected.

Key Words: Social Media ; Parental Relationship ; Social Media Involvement ; SONTUS Scale ; Parent-Child Relationship Scale

1. INTRODUCTION

1.1 The Problem and It's Background

One of the usual activities of children and adolescents nowadays is the use of social media. Popular social networking sites like Facebook, Twitter, and Instagram, the well-known video site-YouTube, and blogging sites are all examples of social media. These social media sites are medium of social interaction, communication and entertainment for the youths which has been immensely growing due to the fast-paced demand and consumption on smartphones, computers and other gadgets. Social

media may play a vital role in broadening the social connection and enriching the technical skills of adolescents, but the risks of using it cannot be overlooked. In a 2010 global research by Universal McCann entitled, "Power to the People- Wave 3," it has been found out that Philippines was the top among other countries with 83.1% Filipinos belonging to social networking sites and it was also the Filipinos who became top users who frequently share photos and videos to their social media sites. Apparently, the growing numbers of social media users are students or those Filipinos aged 15 to 24 years old. With these research findings, it is alarming that many Filipino youths are currently



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engaging themselves in social media: posting a massive variety of content, updating statuses, and uploading and sharing of photos and videos. By being more active and spending a lot of time in social media, a great part of this generation's social and emotional development occurs on the Internet and on their smartphones or gadgets. Due to absorption in their social media sites, open communication with parents starts to diminish. Social media nowadays become also a tool for posting the problems and sharing emotions that they are going through. Due to this habit, the privacy or the things that must be shared and remain within the members of the family, especially with parents has also declined. Many parents may feel comfortable that their children are properly using online applications and websites but they find it difficult to relate to the rapid development in information technology and to their technologically-inclined children due to their insufficient technical abilities. On the side of parents, social media seems to be a hindrance for them to talk to their child face-to-face. Because of this technological trend, parents nowadays do not know the interest of their children until they post it on social media. Also, they do not know on how they can find time to have a better communication and to spend more time with their children. In the past BBS, an online meeting place wherein users communicate with a central system where they could download files or games and post messages to other users, is the online communication that were used. In the early computer days, technology has constrained the BBS but, when the Internet was invented, BBS became popular on the years '80s up to '90s. Aside from BBS, the pioneer of the Internet was American Online or AOL. In AOL, members created searchable "Member Profiles" where the members could list details about themselves and this became a feature of many social media sites today. As the real Internet boomed, Yahoo and Amazon begun selling and buying of PCs became a trend. There was a rise of different social networking sites in 1990s such as Classmates.com and SixDegrees.com. And in 2000s, social networking sites became a hit to the adolescents because of Friendster, LinkedIn and MySpace which both launched on 2003, and the most popular today, Facebook (Monte, 2013).

Social media sites comprise of social networking sites such as MySpace, Facebook, and Twitter, video sites like YouTube, and blogging sites.

Communication which was once done only by means of face-to-face communication or physical contact and connection were now changed due to Social Media and Internet. Individuals particularly adolescents, are spending many of their hours a day connecting and communicating with their friends online using their computers, smartphones, and other gadgets to share their daily lives and acquire new information. Due to excessive use of social media, many of the students often neglect other aspects of their lives such as their academic life and time with their family. Parents and their children no longer have personal conversations because their children are immersed with their technological devices, and they sometimes prefer to talk to their parents through text messages or Facebook messages. Social media plays a big change in dealing with others: sometimes, it is beneficial because we can still get attached to the people who were far away from us (Quan-Haase, 2010). But the problem here is that, even if the important people in the life of that person is nearby, millennials nowadays still prefer to be in-touch to their social networking sites. The essence of socializing and having a face-to-face interaction was also lessening (Keller, 2013). Thus, according to Booth (2013), a professor at the University of Chicago, the interpersonal relationships we have with other people already starts to diminish. Due to the college students' absorption in technology, social media brings disadvantages to their relationship with their parents because the millennials nowadays are more inclined to posting and sharing things that might affect them. Thus, the privacy of information that must be addressed first to the family, specifically the parents, has a declined, as they keep on publicizing the things that they should not share to others. They keep on giving personal information about themselves, on what is happening around them. Thus, even the problems that they are experiencing are also posted online, by sharing statuses about how they feel, reasons behind their struggles, and other more in-depth explanation of their problem. Another thing that causes the separation with the parents is the online game absorption of college students, information overload such as, web surfing for more than an hour, and even having cyber-sexual and cyber-relationship addiction. These are the non-sense things that makes them more technologically inclined, also it heightens the not-so-good relationship they have with their parents (Young, 2010). Because of these, separation within the members of our family, college students



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nowadays have already forgotten the essence of communication with their parents.

1.2 Theoretical Framework

Most of the parents in this generation still impose a traditional type of parenting: they will inspect the activities of their children from time-to-time and being strict on the things that they must do. There are parents who are still doing this because they are being protective of their children and they are still treating their adolescent child as a “baby”. For some parents, no matter how old their child is, they are still “cute and little” babies in their eyes. Due to the extreme love of parents to their children, adolescence might also be an excessive-dependent to their parents. This type of relationship is under John Bowlby’s Attachment theory.

Attachment theory pertains to the deep emotional bond of one person to the other (Ainsworth, 1973; Bowlby, 1969). This type of relationship provides an explanation behind the parent-child relationship that emerges and influences the child’s development (Bowlby, 1958). Establishing this type of relationship is all right, but not in excessive way because this might contribute to the immaturity and lack of independence of an individual, even if excessive detachment is also not good (Seltzer, 2009). This is what other parents feel right now. They feel that their children are already detached from them, just because they are more interested in spending their time to other activities rather than bonding with them. This type of the so-called “detachment” of adolescence seems to be a painful feeling on the side of parents.

In the Detachment Theory of Parenting Adolescence, the detachment of children to parent starts from ages 9-13, throughout the adolescent stage. At this moment in their journey to adolescent life, parents must teach their child to have self-independence, especially a sense of responsibility, for them to practice good decision-making. The problem in this detachment parenting among adolescents starts to arise, as the adolescents, specifically college students, are making impulsive decisions on their lives. The best example of this in our time is the adolescent’s improper and excessive usage of social media.

The increase use and accessibility of technology today allows adolescents to engage and interact with their friends online using their cell

phones/smartphones, computers, and other gadgets. Specifically, social media sites are being used by the students every day to share their daily activities, post pictures and videos, and express themselves through statuses in Facebook or tweets in Twitter. One theory that may explain the reason of the students in using their social media is the Uses and gratifications theory. Sangwan (2005) asserts that users of media are active and goal-oriented and therefore they will be motivated to choose a medium that best gratifies their needs. (Luo, 2011; Sangwan, 2005). The primary function of uses and gratification theory is to explain how psychological needs can shape people’s reasons to use a medium to fulfill their needs. (Roy, 2009; Rubin, 1994). Hence, based on this theory, when people, specifically the students feel happy using social media and the connection they feel when they are communicating with their friends satisfy their need for socialization, this leads the students to become more inclined to use social media.

When adolescents use their social media, they sometimes don’t think appropriately on the variety of contents they share to the public. Based on the Detachment Theory of Parenting Adolescence, the detachment and freedom from of the parents to their children may result in the disorganization of their children’s personality. Adolescents tend to be impulsive and irresponsible when it comes to making decisions. Another worse contribution of this detachment to the relationship of parent-adolescent is the negative attitude of the students against the parental authority. As they thought to themselves that they have already a sense of freedom and to think that their decisions are right, they tend to question their parents in terms of imposing discipline to them. Thus, letting their parents know that their “rules” are not helpful for them, they have the tendency to do risky things, which they know will not be good for them, yet they are still engaging to those risky activities (Pickhardt, 2013).

Detachment of children to their parents is crucial to be able to understand. Elders take this separation as an issue, because they associate this separation as a neglect to their caregivers, specifically to parents. But what essential thing that elders cannot see is that, this detachment is also a part of their development, and it is just normal. According to John Bowlby’s Attachment Theory, the attachment of child and parent has an impact on the child’s later development (Bowlby, 1969/1982, 1988). The bond that the child and parent have will be



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maintained, yet there will be changes. Due to the emergence of modernization, adolescents, specifically college students, tend to explore on their own way and to find their new interest or leisure (i.e. social media sites) when they are separated with their parents (i.e. when their parents are working at the office). But like what is stated in the theory, the attachment is still present in their later development, if the parents will let know their children that they are just here for them, to lean on, and to support them.

In Bowlby's Attachment and Loss, he stated that responsive caregivers must establish a secure base for their children. Moreover, the child must know that they have someone to depend on and there is someone who will nurture them. If this dependability is present, the child will have confidence and they will feel that they are safe, for their survival to learn things on their own. Meaning, in this modern time, if the parents still have this type of good bond/attachment to their children, they can still guide their children in their exploration to the things that they do, especially in the usage of social media; if the proper guidance for the students nowadays was established, the students do not have to isolate themselves as they do some things on their own and they will know the pros and cons on the things that they explore in different social networking sites. But the neglect of this proper guidance is the starting to arise: thus, the heightened stage of detachment begins. As the separation continues, children tend to neglect and they are emotionally detached from their caregivers. The interpersonal relationship with parents progressively diminishes. Thus, children become no longer upset when their parents are there on their side. Even if their interpersonal relationship with others is present, they have this superficial and lack of warmth personality, because of the detachment they have with their parents.

1.3 Review of Related Literature

Social Media Involvement

Over the last decade, social media has transformed people's thinking about relationships and connections with others and the influences and persuasive power of online communities on how people think, organize, and act politically. Since the beginning of the Internet and the creation of social media sites like Facebook, Friendster, MySpace,

LinkedIn, YouTube, Twitter, and other similar applications, people's ways of communicating began to change. Unlike the communication function of other online technologies, social media connects people in ways that is the same to traditional feelings of connections, belonging, loosely defined memberships, exchange of feelings and ideas, and the reporting of experiences and actions. Shirky (2010) suggested that social media technology has suddenly lowered the costs of collaborating, sharing, and producing: thus, providing revolutionary new forms of interaction and problem-solving.

Across the United States, the use of social media varies greatly by age with older generations participating less often than younger ones. Although older generations are struggling to keep pace with the younger generations, recently there are 11% of adults over 30 reported to be engaged online in activities such as blogging, and 22% of Internet users over 50 reported being engaged in social networking sites (Madden, 2010). On the other hand, younger generations are still the greatest users of social media. Among users with ages 18-29, 86% are actively engaging in social networking sites (Lenhart, Purcell, Smith, & Zickuhr, 2010) compared to 61% of users 30-49 years old, 47% of users 50-64 years old, and with 26% only of users over 65 years of age (Madden, 2010).

Gender is the only significant demographic variable affecting social media use since there is some differences between men and women usage. One study found out that women are more likely than men to have a personal profile on Facebook, but men are more likely than men to sustain a profile on LinkedIn. Also, both men and women were more likely to use social network sites frequently if they had college experience (Lenhart, Purcell, Smith, & Zickuhr, 2010).

It's not just the young people who are more inclined in technology, but even the older ones. Thus, for the older people, usage of social media will be helpful for them to be still updated on the trends in the society so that they can still catch up despite of their age. In one research, Perez (2011) has operationally defined internet usage as an ability of the people to adopt, access and use internet for a huge variety of seeking information. He also found out that majority of the participants in his study acknowledged internet that give more convenience in their daily living. Thus, it was shown that older



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people's exposure to computer and internet consumption can proactive their attitude towards learning on the current societal changes.

In the Philippines, social media use has become a very common feature of most Filipino's daily lives. In 2015, the data of the Social Media and Digital Stats in the Philippines from Third Team Media shows that the Philippines remains as the "Social Media Capital of the World". Out of more than 100 million population in the country, 44 million are Internet users and 40 million of them are active social media users. Recently, the 2016 data on Social Media and Digital Stats in the Philippines, the percentage of social media penetration has increased from 40% in 2015 to 47% in 2016. This data means that social media continues to be an essential part in the lives of Filipinos who have increased access to the Internet via their mobile phones and electronic devices (Castro, 2016). In the article by Digital Marketing Philippines, from the 40 million active social media users, 65% of them are teenagers and young adults, and 81% of them access their accounts daily (Gregorio, 2013).

Students' Social Media Involvement

Traditional-aged college students have involved social media technology in their everyday lives. For this generation, social media technology is a primary means of communication information seeking and a central component of their identity and community building. In a 2008 interview, Professor of Psychiatry at UCLA, Dr. Gary Small, suggests that "digital natives" or the young people born in the world of cellphones and laptops, text messaging and tweeting, spend an average of more than eight hours a day exposed to digital technology.

On a recent national poll completed by Harvard Institute of Politics (2011), over 90% of students at four-year colleges reported having Facebook profiles. In an additional study, usage is strongest among first-semester freshmen and sophomores among such students at four-year institutions (Junco, 2011). In a more recent survey of a proportional national sample of 456 four-year accredited U.S. Institutions, 100% reported using some form of social media, with Facebook (used by 98%) and Twitter (used by 84%) (Barnes & Lescault, 2011). Another recent survey of social and digital communications conducted by Common Sense Media (2012) use by 1030 adolescents ages 13-17, it was

found that 90% had used some form of social media, with texting (87%), social network sites (e.g., Facebook; 83%), email (77%), and instant messaging (63%).

With the current statistics on the adolescents as the primary users of social media, there are researchers and professionals who have demonstrated the reasons why young adults tend to use social media more often than adults or older people. In one article, Hajirnis (2015) wrote that children and teenagers find social media useful to develop their own identity, to seek significance and validation through receiving "likes" to share content of self-expression such as artwork, music, and political views, and to serve as a place to "hang-out" with friends and stay connected with them to not miss out anything.

Children and adolescents are affected by their absorption in social media in numerous ways. There are researches that focused on the profound effects that social media has on the social relationship of the young adults. One way that social media is changing how young adults interact with their network of relationships is when the relationship of others is visible to many in Facebook, this results in a loss of privacy within personal relationships (Strickland, 2014). Also, although using social media is used by the adolescents in keeping up with the lives of their friends, it has been shown that monitoring others' activities on social media can lead to negative relationship outcomes such as online and offline relational intrusion (Lyndon, Bonds-Raacke, & Cratty, 2011).

Previous research findings have demonstrated that young people tend to use social media to maintain already existing offline relationships. A study of 251 adolescents indicated that adolescents primarily use social networking sites to connect with people they know offline and demonstrated moderate overlap in closest online and offline friends, suggesting that social media is used to strengthen offline relationships (Reich, Subrahmanyam, & Espinoza, 2012). In addition, a study of 110 college students, comprised mostly of Latina/os and Asians/ Asian-Americans, revealed that students tend to use social networking sites to keep in touch with and make plans with family and friends (Subrahmanyam, Reich, Weichter, & Espinoza, 2008; cited in McLean & Syed, 2015).



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Parental Roles in the Family

Before the rise of modernization when the time that Filipinos learn how to familiarize themselves with technology, for them to be able to widely socialize with others, their ancestors already taught them how they should mingle to the people around them. In the Philippines, Belen T.G. Medina said in her book *"The Filipino Family"* published in year 2015, she stated that parenting roles and responsibilities vary in the later years. In Philippine tradition, the culture of Filipinos in terms of parenting exists unambiguously. Being a parent is a lifetime commitment. As the parents grow older, they become wiser as their responsibilities multiply as well. They become more hands-on and firm in raising their children, because they will be the children's primary source of life as they provide the physiological, safety, financial and emotional support that they need to survive. Parents are also the role model of the youth: not only because they are the authority in the family, but because they set a good example of moral values that they should learn for them to become better individuals. They were looked up by the adolescence in a sense of establishing nobility of character, handling difficult responsibilities, and having a holistic perspective in life. Parents also serve as a mediator whenever there is a conflict that family members experience to have reconciliation. They also act as their primary guidance counselors, in which they give advices on the path that their children should choose for them to have a better life, since they were the first one who are being consulted when it comes to the choices and decisions they make, and they will be there for their adolescent children until they grow mature and choose their life on their own. For them, seeing their adolescent children to grow, to mature, and to have a sense of independence is a fulfillment for them as a parent and they will not stop guiding them through adulthood.

In the article of Lian Peña Alampay (2014) entitled "Parenting in the Philippines," as the parents set more ground rules to their teenagers, the more they feel that they don't have independence to decide for their own. This suggest that as they face their journey to young adulthood, the cognitive function and disposition of Filipino adolescence continue to progress as they practice to think about their choices and decides for what they wanted, since their sense of autonomy starts to arise (Darling et.al.,

2005; cited in Alampay, 2014). It was said that the mothers, as the Filipino family's concept "ilaw ng tahanan," they were expected to be the one that every young people must follow in terms of setting rules and moral lessons, since it is their role to raise their children as a good model of the society. However, the perception of Filipino youth's authority within the family shows that they mostly see the dominance of their fathers rather than mothers. Hence, as the dominance of authority within the family is being more practiced than building harmonious relationship, it was shown that adolescence feel lack of communication and emotional support with their fathers (McCann-Erikson, Philippines 2006; NFO Trends, 2001; Parreñas, 2006; cited in Alampay, 2014). According to the Christian Family Movement, in the book entitled "The Filipino Family" by Belen Medina (2015), having family encounter, sharing their thoughts, experiences that they have for the day, listening to the burden that the children have and showing love and compassion will be a good practice for them to discover the strengths and weaknesses that they have: therefore, it will be helpful for the parents to show their support for their children and guide them to the right choices that they should made. Thus, the youth would never feel that they are not alone.

The role of parents in socialization of the youth today seems to be more accountable, due to the rapid existence of risky activities in which the millennial youth today are the victims most of the time. In this generation, we can say that the adolescents tend to be more impulsive in their behavior and making decisions for themselves. In the book *"The Filipino Family,"* socialization is a process wherein an individual exercise the norms, moral values and attitudes in the society where that person belongs (Medina, 2015). Being with your family is one of the most likeable environment that everyone could have, as the harmonious relationship you planted from one another will lead to growth and development of themselves: thus, this type of family will be a role model of society (Boyden, 1993; cited in Medina, 2015).

Parental Relationship

Family is the fundamental unit of our society. In the family, people learn so many things that may affect the behavior that they will portray in their environment. Together with their family



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members, they will learn more about the norms, moral values, ethical standards, traditions, beliefs and socialization: these are the factors that shape their culture. From the traditional practices of parenting styles up to this modern time, they would determine the way how young people raised by their parents will be a reflection or a background of how they will behave, socialize and react in the changes of the society, as they know the other environmental factors that contribute to the present behavior that young people have. In this body of literature, the researchers will look at the transition of Filipino culture in terms of nurturing children, and based on what young people have gained or learned from the old folks, they will see how it affect their attitude and behavior, as they build harmonious relationships with the people surrounding them. Also, the researchers will see how the bond or relationship they have with their parents will change as the time goes by, brought by the societal changes that affect their character and the way they deal with the authority.

In a research study conducted by Rachel M. McLaren and Alan Sillars entitled "Hurtful Episodes in Parent-Adolescent Relationships: How Accounts and Attributions Contribute to the Difficulty of Talking about Hurt" published in year 2014, they gathered participants ages 13-17 years old and their parents. There were 35 mother-daughter, 47 mother-son, 7 father-daughter and 6 father-son who participated in the study, to attest the conflict between parents and adolescence that usually arises during their adolescent development because of some issues that this period face (Branje, Laursen, & Collins, 2013; Noller, 1995; cited in McLaren & Sillars, 2014) such as teenager's individuality and their parents' securing socialization to their children (Bengtson & Kuypers, 1971; Meichenbaum, Fabiano, & Fincham, 2002.; Noller, 1995; cited in McLaren & Sillars, 2014). Hurt refers to the emotional pain from being rejected or being undervalued by the people around him (Vangelisti, 1994; cited in McLaren & Sillars, 2014). This pain might damage the interpersonal relationships we have, especially our strong bond within the family (Vangelisti, 1998; cited in McLaren & Sillars, 2014). It was shown in this research that the parents seem to experience extreme hurt than their adolescent child, as the result of their disassociation with them (Mills et.al., 2002; cited in McLaren & Sillars, 2014). As the researchers proposed intervention, they refer "sense

making as the ground for resolving conflicts that teens have with their parents. Sense making plays a major role, which promotes closeness and understanding within the family: moreover, it encompasses empathy and communication process as the main domain for this intervention to be more effective (Mills & Piotrowski, 2009; cited in McLaren & Sillars, 2014).

Parent and child relationship is different than all other relationships. Dr. Keith Crnic, Professor and Chairman of the Psychology Department at Arizona State University has extensively studied parent-child relationship in most of his career. For Dr. Crnic, parent-child relationships develop over time, influenced by child characteristics, parent characteristics, and the contexts in which families operate. These factors mix together in unique ways to create incredible diversity in the qualities of those relationships. (Farber, 2016). One of the factors that affect the relationship of the parent and their children is the emotion. Emotion plays an important role in the development and path of parent-child relationships. Children's emotions affect parental behaviors and parental emotions affecting children's development and behaviors. The regulation of emotion is especially critical in parent-child relationships, for parents as models, and for children as a core developmental competence. Another important factor is attunement. This involves the dynamic and complex patterns of sensitive mutual understandings and interactions between children and their parents. Dr. Bornstein noted, "when interaction with caregivers fall out of attunement by becoming mistimed or mismatched, children and parents both experience distress" (Coburn, Crnic, & Ross, 2015).

One of the fundamental factors that plays a vital role in parent-child relationship is communication. Communication involves listening, availability, understanding, mutual respect and emotion. It establishes and maintains relationship between parents and children, makes interaction between parents and their children effective and strong, and it significantly contributes to creating understanding and mutual acceptance between parents and children. Ngai et al. (2013) asserted that communication is very important especially if parents want to find better ways of conveying important life values to their children. In an experiment conducted by Ngai et al. (2013), it was



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revealed that parent-child communication contributes more to children development than parental supervision and parental care. Another study by Patricia-Luciana (2011) found out that the time spent with the child influences communication between parents and children in a positive way, particularly when the parents allotted adequate time to their children.

Even parents and their children communicate, the discussions between them are limited only to school problems and do not extend to the children's feelings or wishes. It is important to note that lack of involvement in children's lives can lead to weaker and more superficial parent-child interaction, thus, generating complex problems for the child's future (Hesanmi & Popov, 2015). Adolescents may disclose less to their parents because they think that sharing their personal experiences may be less acceptable. This suggest that reduced self-disclosure in adolescent is a part of the developmental process of separation and individuation in which the parents and the adolescent both plays a major role. One of the factors that affect a child's self-disclosure is parental acceptance. It is a degree to which parents are accepting and responsive of their children's behavior. If parents are not unresponsive and rejecting to their child, especially when their child disclose personally to them, their child will surely feel that he/she is being accepted and loved by their parents. Children's self-disclosure enable parents to know more about them and helps in building an atmosphere of trust and honesty towards each other (Pathak, 2012).

Furthermore, part of the parental commitment to their children and adolescents is to be a source of support to depend upon. There are two levels of parental support- primary and secondary support. Primary support provides the bedrock of the parent/child relationship because it is emotionally sustaining, contributing much to the strength of attachment by which the child feels secured and this support never loses importance no matter how their children grow. While the secondary support should be given more selectively depending upon the age and special needs of the child (Pickhardt, 2011). As their children grow, parents must not give too much support to their children that can hinder them from being independent, self-supporting, and self-reliant. However, parents must continue the love, the listening, the encouraging, and the other acts of

primary support to sustain their emotional attachment to their children.

Social Media Involvement in Relation to Parental Relationship

A huge transformation of our society is one of the major factor that affects the personality and development of an individual. Especially to the youth in this time, they are the ones who are easily get prone and react rapidly to the changes happening around them. In fact, the survey from recent statistical demographic report of the National Statistics Office (2013) reveals the level of smoking was 19.7% of young adults, 36.7% for drinking and 3.9% of young people admit that they were using drugs. A prime example of this is social media. As the usage of social networking sites continuously dominate the lives of young people today, this not only results to a diminish bond that they have with their parents, but also this is already a starting point for them to easily engage in the activities that might result to having an undesirable behavior such as cyberbullying, cyber-sexual activities, online harassment, identity theft, premarital sex until they learn different vices such as drinking, smoking and drug dependence rooted from the worse decisions that the youth face today. Adolescents are engaging themselves in these kinds of behaviors due to the reasons that they want to feel grown up and prove to the world that they are mature enough and to be accepted to their respective affiliated groups (Medina, 2015). Based from the survey reported by the Young Adult Fertility and Sexuality, from 23% of youth aged 15-24 at year 2002, it reaches its value in year 2013 with 32% of the youth who were engaged in premarital sex.

It is indicated in the Child and Youth Welfare Code (1976) as cited in Belen Medina's book "*The Filipino Family*" published in 2015, the parents are morally and legally bound to their responsibility to teach their children on how they must act to the society where their children belong. It is authorized in the code that they should give their child affection, companionship and to understand their behavior and the problems that they have, as this may help their children to have a good contribution in their society as good citizens. Inconsistence of nurturing their child in terms of providing their physiological, psychological and holistic (spiritual/moral values) needs may result to problematic behavior, delinquency and anti-social behavior as well (Belsky,



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cited in Eshleman,1997; cited in Medina, 2015). In the present time, where confidentiality and privacy divulged due to the modernize way of communicating and following the people we encounter in our daily living brought by social media, the issue of respecting ownership and invasion of lives that may ruin the life of younger people progressively heightens as time goes by.

In the article entitled “Is technology creating a family divide?” written by Jim Taylor, he mentioned studies that suggested the impact of children’s involvement in technology, such as texting and playing video games, to children’s relationship with their parents. One study found out that when parent arrived home after work, their children are so immersed in their phones and gadgets that the parents were greeted only 30 percent of the time and was totally ignored 50 percent of the time. He also mentioned that the new technology offers children independence from their parents’ involvement in their social lives, with the use of mobile phones, instant messaging, and social networking sites. With this, children see this technological divide between themselves and their parents as freedom from over-involvement and intrusion on the part of their parents’ lives. On the other hand, parents perceive this as a loss of connection to their children and an inability to keep up with their children’s safety and over-all health (Taylor, 2013).

As parents, they must guide adolescence in using social media accounts. In a newsletter magazine of “*The Brown University Child and Adolescent Behavior Letter (CABL)*” published in the year 2015, a professional psychiatrist named Aditi Hajirnis, wrote an article entitled “*Social media networking: Parent guidance required*”, he reported that 60 percent of 13-17 years old adolescence spend more than 2 hours a day, consuming their multiple social networking sites. Their most preferable social media sites as a tool for communication are Facebook and Twitter. These new social venues may satisfy their social needs, yet it may also lead them to dangerous online activities (Hajirnis, 2015). It is shown in the article the several dangers of the youth in using social media. Many Facebook users who are under 11 years of age are creating profiles and not giving their correct date of birth. Because of this, many children are prone in seeing, reading, and being involved in adult content and inappropriate behaviors. One of the greatest concerns associated

with online technologies today is the issue of revealing too much information. The risk of revealing too much information are increased chances of online harassment or cyberbullying, increased chances of being located at your home or wherever you are, and identity theft. They should explain to them the benefits and consequences of using social media and the importance of privacy to minimize their exposure of personal information. Parents must discuss those issues to their children appropriately. As the parents discuss these to young people to reprimand them, they should not throw unkind words to them, just because it’s part of their discipline to them. Moreover, it might evoke emotional pain for adolescence to be more resistant to listen and follow what is right for them.

In this modern time, we cannot just say that technology, specifically social networking sites will just bring harm to the lives of the people. We all know how technology brings convenience and benefits to obtain our needs, even keeping-in-touch with someone whose far-away from us. Based on a journal article by Mirca Madianou and Daniel Miller (2012) entitled “*Polymedia: Towards a new theory of digital media in interpersonal communication*,” having technology answers the demand of people in maintaining their communication with their families who were far away from them. Polymedia simply refers to the people’s consumption of different communication that would seem to be affordable for them, for their interpersonal relationships would still occur and be portrayed. It’s not only internet where they can fulfill their social needs, but also through mobile phones, smartphones, or even in a telephone (Parreñas, 2005; cited in Madianou & Miller, 2012). Today, in typical urban setting, having a social media account for lower-middle class society like Instant Messaging (IM), Yahoo!, Skype; especially with the help of webcam so that they can see and talk to their love ones and feel their presence in a short time (Madianou & Miller, 2012).

In a research conducted by Dr. Florence Undiyaunde, she studied about the impact of social media on children, adolescents and families. She found out that using social media becomes a risk to adolescents more often than adults. The risks include cyberbullying and online harassment, sexting, Facebook depression, and defective social relationship. Children spending countless hours on the internet, spend very limited time with family and



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friends. This weakens the family bond and limit interactions with actual people. These children already missed out real interaction with different relatives which results in distorted social skills and limited real-life social network leading to social isolation (Undiyaundeye, 2014).

Aside from satisfying social gratification, social media can also be a tool for the parents to maintain their communication with their children through adding or following them into their different social network accounts; but this seems to be more difficult for them, as adolescence nowadays often custom or private their videos, photos and statuses they post on their accounts; they will just select people who have permission to see what they post on their sites. Jeffrey Child and David Westermann indicated in their research entitled *“Let’s be Facebook Friends: Exploring Parental Facebook Friend Requests from a Communication Privacy Management (CPM) Perspective”* published in 2012, they gathered 235 participants in this study with their biological parents or parental figure (i.e. guardian) that requested to add them on Facebook. 90.2% of young adults think that their biological father or father figure, while as 94% of young adults think about their biological mother or mother figure. They conducted this study to assess the relationship that young adults have with their parental authority to determine how young people would respond to their parent’s friend requests (Hawk et.al, 2009; Petronio, 1994; cited in Child & Westermann, 2013). The widespread popularity of Facebook dominated young adults ages 18-22 to connect with their close friends and acquaintances (Pempek, Yermolayeva & Calvert, 2009; cited in Child & Westermann, 2013). Parents who send friend request in their young adult children may see it as a privilege for them to have an access on their child’s account. But for young adults, they see it as a threat as they feel difficulty on how to respond to accept the request of their parents (Petronio & Jones, 2006; Petronio, Jones & Moore, 2003; cited in Child & Westermann, 2013). It is a dilemma for them to add their parents or parental figure on Facebook because they think that they will just invade their privacy of sharing information they want. The Computer Privacy Management theory (CPM) simply explains the benefit of having an effective management of their private accounts, as this protects the ownership rights of the person on the information that she has and everything that the person posts on Facebook (Petronio, 2002; cited in

Child & Westermann, 2013). It also helps the individual to make decisions first and follow the privacy rules before that person post something on his account (Child & Petronio, 2011).

Although there are recent studies suggesting that social media involvement creates a gap between the relationship of parents and their children, there are also studies that assert the benefits of having similar communication channels in a parent-child relationship. In a study entitled *“Dad Doesn’t Text: Examining How Parents’ Use of Information Communication Technologies Influences Satisfaction Among Emerging Adult Children,”* Schon (2014) found out that connection via phone, email and social media websites can boost relationship satisfaction. In this study, the researchers recruited 367 participants between the ages of 18 and 29. The participants completed a survey that asked them about how they communicated with their parents, how often they used technology and how satisfied they were with the relationship that they had with their parents. Communication channels included phones, cell phones, texting, instant messaging, Snapchat, email, video chat, social networking website and online gaming sites. Overall, the average number of communication channels that the participants used with their parents was three. For each additional form of communication that adult children used with their parents, there was an increase in their relationship satisfaction level. The team added that parents who have basic communication competency, which is the ability to speak clearly with their children, had better relationship satisfaction and might not necessarily benefit from adding more communication channels. However, other parents could improve their relationship with their adult children by adding more forms of communication. In addition, Schon (2014) said, “If you are only using one or two technologies to communicate, adding a third might hit the sweet spot for relationship satisfaction. If you realize you are not the best communicator and you don’t have the best relationship with your child, adding another channel, such as Facebook or email, might improve the relationship.” Furthermore, there is a study by Khan (2011) entitled, *“Duration of Adolescent Technology Use and Closeness with Parents”* that found out that there are no significant correlations between total hours spent on technology such as cell phones, videogames, and computers per day and closeness to parents.



1.4 Objective and Scope of the Study

This paper emphasized the effect of social media to students by examining the association between their involvement in social media and their relationship to their parents. Moreover, this paper elaborated what age, gender, year level, and how many hours per day the students use social media sites are more inclined in using social media. Addressing the possible association of the level of involvement in social media on parental relationship of the students is essential for it will help to nurture the parent-child relationship, as well as managing the time of the students in using social media. Since the researchers had an awareness of the heightened disadvantages of social media sites to students when it comes to their parental relationship, the researchers aimed to conduct a study that will prove if the students nowadays particularly those in college are actively involving in social media and have a harmonious or not harmonious relationship to their parents. The researchers aimed to found out whether male or female, which age group, and year level of college students are more prone in using social media and have a healthier relationship to their parents. Lastly, the significance of the connection of students' level of involvement in social media to their level of parental relationship were also intended to be found out. By attaining answers to the researchers' aims, it will be beneficial for them to construct an intervention that will tackle the possible relationship problems that students have with their parents as well as helping students effectively manage their time in doing leisure activities such as using of social media sites and bonding with their parents.

2. METHODOLOGY

Figures and tables should be referred to in the text. They should be centered as shown below and must be of good resolution. Where equations are used, adequate definition of variables and parameters must be given, as shown in the example below.

$$W_i + \sum_j r_{ij} = S_i \quad (\text{Eq. 1})$$

where:

- W_i = unused portion of energy source (i)
- r_{ij} = energy supplied from source (i) to demand (j)
- S_i = quantity of energy source (i)

3. RESULTS AND DISCUSSION

Results should be discussed thoroughly but concisely in this section with the aid of figures and tables whenever necessary.

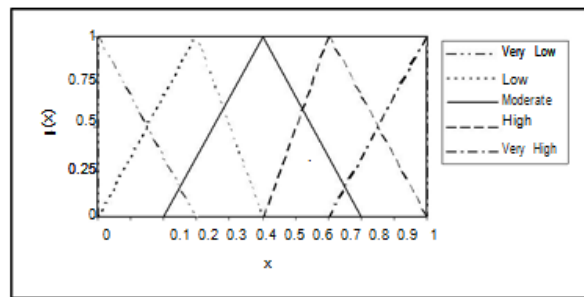


Fig. 1. Captions should be 9 pt. Century, "Tight" Text Wrapping

Text within tables should use 9 pt. Century font, as shown in the example below. Tables should as much as possible occupy only one column page. Table headings should be re-indicated for catenated tables.

Table 1. Sample table format

Energy Resource	Emission Factor (t CO ₂ /TJ)	Available Resource (TJ)	Expected Consumption (TJ)	Emission Limit (10 ⁶ t CO ₂)
Coal	105	600,000	1,000,000	20
Oil	75	800,000	400,000	20
Natural Gas	55	200,000	600,000	60
Others*	0	>400,000		
Total		>2,000,000	2,000,000	100

Citations should be in this format, APA style (Adamo, 1980; Chen and Hwang, 1992; Tan et al., 2005). They should be listed at the end of the paper in alphabetical order.

4. CONCLUSIONS



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Our world has evolved through the fast pace of changes brought by the technology and different trends. One of the trends that changes our society for the past years is our medium of communication through different social networking sites. Since the social media has emerged and continuously dominate the lives of people, there has been a stigma established regarding social media brought by some parents who believe in a traditional way of socializing and maintaining a healthy relationship with their adolescent child, as they always say to their child that it will just let you to be involved and get addicted to different social media activities, until you lose focus in your studies and diminish interest in leisure activities. Social media can be defined in two ways: this can harm you, or enhance your interaction and maintain a nourishing relationship with the people around you. Based on the findings, social media does not always bring harm to teenagers and to the people around them. Furthermore, this will be more convenient to them to maintain connection and contact to their parents when they are not around. Thus, connection of adolescents to their parents through social media does not only maintains a healthy relationship, but also a part of the continuous guidance of parents to their children. Despite the positive outcome revealed by using social media in relation to maintain a healthy relationship with their parents, there are still some other areas that need action. First, this study was based on a correlational analysis, and thus the researchers cannot conclude a causal relationship between social media involvement and parental relationship of the students. There could also be a possibility of a third variable that is associated with the connection between social media involvement and parental relationship. Since there is a positive weak correlation and a non-significant relationship between the two variables, future studies should take in consideration a longitudinal design and a more structured conceptual framework to examine causality. When it comes to the sample respondents or the college students, the future researchers should get a larger number of respondents that is not limited to those in college students. The researchers could get elementary or high school students who are also active social media users. Aside from age, gender, year level, and number of hours spent on social media per day, a demographic profile on civil status, religion, or nationality may be included to know if being single or in a relationship, or having a

different nationality has significant difference between other groups. For the test instruments that were used in this study, the scale that were used in measuring the social media involvement of the respondents contains of 11-point scale that made the respondents had difficulty in answering, and the researchers had a hard time in using the scoring and interpretation of the social media scale due to the different facets that were not included in the results, so it is suggested that a questionnaire with a fewer scale and an easier scoring and interpretation could be constructed.

As for the parent-child relationship intervention that the researchers would want to implement, although the result of the study was not a negative relationship between the social media involvement and parental relationship, it was observed that there are some students who do not have a high parental relationship when they were individually scored. To promote a harmonious relationship of the college students with their parents, schools can implement a weekly activity that captures the interest of the students. By this, it could be a good avenue not only for school but for the whole community to find an enjoyable and stress-free leisure activities to vent out the stress that students feel, instead of exhausting themselves in social media. In relation to parental relationship, for the adolescents who are still living with both of their parents, creating an annual family program in the school will be helpful to promote healthy parent-child relationship for adolescents to express their desires, thoughts and emotions towards their parents. Emphasizing parent-child relationship is important for the continuous development of adolescents, since it is a crucial stage of their life. Proper support and guidance for the students is essential to mold them to have a well-adjusted personality until their journey in adulthood.

Furthermore, substantial analysis and exploration of students' relationship with their parents would never be easy, since some of the students are not living with both of their mother and father: either one of their parents are working as an OFW, their fathers might be with the army assigned to different provinces, or both of their parents live in the province and they are just sent here to Manila to study. Stressing these implications are important to have a better understanding behind the quality of relationship they have with their parents.



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