

# A Study on the Relationship Between Family Factors and Problematic Mobile Phone Use in College Students

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**Abstract:** Family factors are important factors influencing the formation of problematic cell phone use among college students. Paternal parenting style, maternal parenting style and family fitness have positive predictive functions. Family closeness has a direct negative predictive effect on problematic cell phone use.

**Keywords:** Father's parenting style; Mother's parenting style; Family intimacy; Family fitness; Mobile phone use

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## 1. Family factors and problematic cell phone use

College students with heavy academic tasks and great pressure need to face the pressure of making friends, taking the entrance examination for graduate school, and finding employment. It also comes from the pressure of the family environment, such as the divorce of parents, family poverty, and backward educational concept of parents, which will have a negative impact on them, resulting in psychological pressure, and then produce a variety of psychological and behavioral problems, including problematic mobile phone use. The problem behavior of college students mainly manifests in learning, emotion management, environment adaptation, interpersonal relationship, personality, discipline and so on, including easy to observe the behavior, but also includes not easy to observe the psychological distress, bad character characteristics; It includes anti-social behaviors such as sexual deviance, drug involvement and weak law-abiding concepts, as well as non-social behaviors such as selfishness and smoking. Suler(1996) believes that students who do not attach importance to study are likely to overuse the Internet, games and mobile phones because they have difficulty in gaining a sense of control and positive self-concept in reality. Based on problem behavior theory (Jessor et al.,1991), children and adolescents with incorrect supervision, monitoring of parents, and lower learning motivation are more likely to lead to addictive behaviors such as Internet and smartphone overuse, and problem behaviors including alcohol, cigarette, and substance use (Andrews & Duncan,1997). Many previous studies (Jang, 2011) compared smartphones with control groups on family variables such as parents' parenting styles, parent-child communication, school variables such as learning motivation, academic achievement, school adjustment, and peer variables such as friendship satisfaction. Foreign scholars (Olson,1983; Beard, 2001) studied the relationship between family closeness and Internet addiction, pointing out that close family relationships can provide emotional support for family members, meet the need for a sense of security, improve their physical and mental health, and reduce problem behaviors. Beard put forward the comprehensive theory of Internet addiction in 2001, pointing out that individual physiological, psychological and environmental factors are all influencing factors of Internet addiction, so family environment, including material and emotional, has an important impact on Internet addiction. Individuals in close family relationships have emotional support, ability and confidence to face crises and avoid Internet addiction.

## 2. Research process

The purpose of this study is to study the influence of individual family factors on the problematic mobile phone use of college students. The variables of family factors are as follows: father's parenting style, father's parenting style, family closeness and fitness. To explore the predictive effect of family factors on problematic cell phone use. Research hypothesis: positive emotion, negative emotion, anxiety, depression, loneliness and shyness can predict the problematic mobile phone use of college students. The research method is questionnaire survey. By stratified random sampling and the principle of convenient sampling, 1300 subjects were selected from seven universities, including Shandong University, Inner Mongolia University of Finance and Economics, Inner Mongolia University of Technology and Gansu University of Traditional Chinese Medicine, and 1189 valid questionnaires were collected. The measurement tools include: (1) The Parenting Style Evaluation Scale, co-compiled by Carlo Perris et al in 1980. The scale has 115 items and adopts a four-point scoring scale. (2) Family intimacy and fitness, compiled by Olson et al in 1982, includes two subscales: intimacy and adaptability. There are 30 items in the scale. spss21.0 was used for data analysis.

## 3. Research Results

In this study, family variables such as parenting style, family closeness, family fitness and problematic mobile phone use were selected for correlation and regression data analysis. First, the relationship between family factors and problematic cell phone use. The results showed that there were significant positive correlations between paternal and maternal parenting styles and problematic cell phone use ( $r=0.2330.660, p<0.01$ ). Family intimacy and family fitness were negatively correlated with withdrawal use, social use, negative influence and problematic cell phone use ( $r=-0.136 \sim -0.336, p<0.05$ ), but were not significantly correlated with other factors ( $r=-0.086 \sim 0.137, p>0.05$ ). The results show that there is a close relationship between family factors and problematic mobile phone use. Secondly, regression analysis of family factors on problematic mobile phone use: Based on correlation analysis, further explore the relationship between personality factors and problematic mobile phone use. Eysenck's personality traits and self-esteem were used as predictive variables, and problematic cell phone use was used as dependent variables. Gender and grade are important factors affecting the use of problematic mobile phones in college students. Firstly, gender, grade and origin of students are controlled, and hierarchical regression analysis is used. Paternal parenting style had a significant positive predictive effect on problematic cell phone use ( $\text{Beta}=0.272, t=1.359, p<0.05$ ), and maternal parenting style had a significant positive predictive effect on problematic cell phone use. ( $\text{Beta}=0.377, t=1.864, p<0.05$ ), family intimacy had a significant negative and positive predictive effect ( $\text{Beta}=-0.086, t=-0.746, p<0.05$ ). Family fitness had a significant positive predictive effect on problematic mobile phone use ( $\text{Beta}=0.221, t=2.027, p<0.05$ ). It can be seen from the analysis that family factors have a direct predictive effect on the use of problematic mobile phones by college students, and family factors have a direct impact on the use of problematic mobile phones by college students.

## 4. Conclusions and Suggestions

Based on the above research findings, father's parenting style, mother's parenting style, family closeness and family fitness have direct predictive effects on problematic cell phone use, and family factors are important influencing factors for the formation of problematic cell phone use among college students: (1) father's parenting style, mother's parenting style and family fitness have positive predictive functions; (2) Family intimacy has a direct negative predictive effect on problematic mobile phone use. As a kind of problem behavior, problematic mobile phone use needs timely intervention, especially from the family level to prevent and correct. Parents want to play the role of parents, understand the characteristics and laws of children's physical and mental development, understand the child's psychology and expectations, reasonably meet the child's mental and psychological needs, rather than blindly meet material needs, with a scientific education concept. Parents should also learn to manage their own emotions, should be the child's emotional supporters, handle the relationship between family members, create a good atmosphere of mutual understanding and care among family members, and promote the healthy development of children.

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