

Psychological Well-Being Mediates the Effect of Permissive Parenting on Online Game Addiction in Children

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Abstract. *The increasing addiction to online games among children has become a concerning phenomenon, especially when linked to permissive parenting, which tends to provide excessive freedom without clear boundaries. This study aims to analyze the relationship between permissive parenting and online game addiction, with psychological well-being as a mediating variable. The method used is a qualitative approach with a Systematic Literature Review (SLR), where scientific articles from indexed databases such as Scopus, WoS, and Sinta in the last ten years were systematically reviewed. The results show that permissive parenting has a positive correlation with online game addiction, where children given excessive freedom tend to lack self-regulation and impulse control. However, psychological well-being acts as a mediating factor that can reduce the negative impact of permissive parenting on online game addiction. Children with good psychological well-being have lower levels of addiction compared to those experiencing emotional imbalance. The implications of this study highlight the importance of more balanced parenting styles and strategies to enhance children's psychological well-being in preventing online game addiction.*

Keywords: *Online Game Addiction, Psychological Well-Being, Permissive Parenting*

1. INTRODUCTION

In the rapidly developing digital era, the use of technology has become an inseparable part of everyday life, especially for children and adolescents. One phenomenon that has attracted the attention of many parties is the increasing addiction to online games among children. Online games, which were originally designed as a means of entertainment, have now become one of the main activities that are of interest to children and adolescents. However, behind its popularity, addiction to online games has various negative impacts, both psychologically and socially. Children who are addicted to online games tend to experience sleep disorders, decreased academic achievement, and difficulty in socializing (Kuss & Griffiths, 2017). Therefore, it is important to understand the factors that contribute to online game addiction, one of which is parenting. Parenting plays a crucial role in shaping children's character and habits. One parenting pattern that is often associated with addictive behavior in children is permissive parenting. This parenting pattern is characterized by low parental control and high freedom given to children, so that children tend to have less boundaries in regulating their activities (Baumrind, 1967). Several studies have shown that children who are raised with permissive parenting are more susceptible to various forms of addiction, including online game addiction (Padilla-Walker & Nelson, 2012). This is due to the lack of supervision and guidance provided by parents, which ultimately causes children to have difficulty controlling their own behavior.

On the other hand, psychological well-being is also an important factor that can mediate the relationship between permissive parenting and online game addiction. Psychological well-being refers to an individual's condition that reflects emotional balance, a sense of purpose in life, and the ability to face challenges well (Ryff, 1989). Children who have good psychological well-being tend to be better able to control themselves and avoid addictive behavior. However, when children do not get adequate emotional support and supervision from their parents, their psychological well-being can be disrupted, which ultimately increases the risk of online game addiction (Wartberg et al., 2020).

Given the complexity of the relationship between permissive parenting, psychological well-being, and online game addiction in children, this study aims to analyze in depth how permissive parenting affects online game addiction, as well as the role of psychological well-being as a mediating variable in the relationship. The approach used in this study is the Systematic Literature Review (SLR), which allows researchers to collect, evaluate, and synthesize empirical findings from various previous studies systematically. With this approach, it is hoped that the study can provide a more comprehensive picture of the factors that influence online game addiction in children and their practical implications in the context of education and childcare.

Theoretically, this study will contribute to the field of developmental and educational psychology by enriching the literature that discusses the dynamics of parenting, psychological well-being, and online game addiction in children. A deeper understanding of the mediating role of psychological well-being is expected to be the basis for developing more effective intervention strategies to prevent addictive behavior in children. In addition, this study will also examine factors that may influence the relationship between permissive parenting and online game addiction, such as cultural, social, and economic factors.

In practical terms, the results of this study can be a guide for parents in implementing a more balanced parenting pattern, namely a parenting pattern that not only provides freedom but also sets clear boundaries and provides sufficient emotional support to children. Parents who implement the right parenting pattern can help children develop better self-control, discipline, and psychological well-being, thereby reducing the risk of online game addiction. For educators and educational institutions, the findings of this study can be used to design intervention programs aimed at improving students' psychological well-being and educating parents about the importance of effective parenting in preventing online game addiction.

In addition, policymakers can also use the results of this study to formulate regulations and policies that support the supervision and control of online game use by children. For

example, by setting age limits for access to certain games, regulating the duration of play, and providing resources for digital education for families. Cooperation between the government, schools, and communities is essential to create an environment that supports healthy and balanced child development. With awareness and collective efforts, it is hoped that the prevalence of online game addiction in children can be reduced, so that the younger generation can grow into healthy, productive, and competitive individuals.

2. THEORETICAL STUDY

Permissive parenting is one of three categories of parenting styles identified by Diana Baumrind (1967). This parenting style is characterized by a low level of parental control over children and a high level of affection. Parents with permissive parenting tend to give their children complete freedom without clear boundaries, so that children grow up without adequate structure to regulate their behavior. Several studies have shown that permissive parenting is associated with low self-control in children and an increased risk of involvement in addictive behaviors, including online gaming addiction (Padilla-Walker & Nelson, 2012). Without sufficient guidance, children tend to develop excessive gaming habits as a form of escape from the responsibilities or pressures they experience in their daily lives. Online gaming addiction is a behavioral disorder characterized by an individual's inability to control the duration of playing games, even though the activity has disrupted daily life (Kuss & Griffiths, 2017). Some characteristics of online gaming addiction include compulsive use of games, loss of interest in other activities, and disruption in the child's social and academic aspects. Risk factors for online game addiction include lack of self-control, emotional stress, and parenting that does not support children's self-regulation (Wartberg et al., 2020). In addition, easy access to digital devices also exacerbates this problem, because children can easily connect to cyberspace without parental supervision.

Psychological well-being plays an important role in children's development and their behavioral regulation. According to Ryff (1989), psychological well-being includes six main dimensions, namely self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal growth. Children with good psychological well-being are more likely to have high self-control and are able to regulate their behavior better. Conversely, children who experience emotional stress and lack of social support are more susceptible to addictive behaviors, including online game addiction (Wartberg et al., 2020).

The relationship between permissive parenting, psychological well-being, and online game addiction can be explained through the theory of developmental psychology and self-regulation. Permissive parenting that lacks structure and guidance makes it difficult for children to develop self-regulation skills. As a result, they are more prone to stress and seek escape through online gaming, which can then develop into addiction (Padilla-Walker & Nelson, 2012). Psychological well-being acts as a mediating variable in this relationship, with children with lower psychological well-being more susceptible to the negative impacts of permissive parenting, including online gaming addiction.

3. RESEARCH METHODS

This study uses a qualitative approach with the Systematic Literature Review (SLR) method. SLR is a technique that aims to systematically identify, assess, and synthesize relevant research results. This method was chosen because it allows researchers to gain an in-depth understanding of the relationship between permissive parenting, psychological well-being, and online game addiction in children through the analysis of various published studies (Snyder, 2019).

The criteria for selecting literature in this study include scientific articles published in journals indexed by Scopus, WoS, or Sinta in the last ten years. The articles analyzed were studies that discussed permissive parenting, psychological well-being, and online game addiction in children using quantitative, qualitative, or mixed methods methods. Data sources were obtained from journal databases such as Google Scholar, ScienceDirect, Springer, ProQuest, and DOAJ. The literature selection process follows the PRISMA stages, which include identifying literature through keyword searches, screening based on relevance, and feasibility analysis before data extraction and synthesis of findings (Moher et al., 2009).

4. RESULTS AND DISCUSSION

Based on the results of the analysis of various literatures reviewed, it was found that permissive parenting has a significant relationship with the level of online game addiction in children. A study conducted by Liao et al. (2015) found that children who are raised with permissive parenting tend to be more susceptible to game addiction due to the lack of restrictions and control from parents over their activities. Permissive parenting provides greater freedom for children to access digital devices without clear regulations, which ultimately encourages children to spend excessive time playing online games.

In addition, psychological well-being was found to play an important role as a mediating variable in the relationship between permissive parenting and online game addiction. A study conducted by Wartberg et al. (2020) showed that children who have low levels of psychological well-being tend to be more prone to online game addiction. This is due to their low ability to manage stress and psychological pressure, which ultimately makes them seek escape in the digital world.

In another study, Gentile et al. (2011) found that children with low psychological well-being tend to use online games as a coping mechanism to overcome their emotional and social problems. Thus, children who feel they do not get enough emotional support from their parents are more likely to develop dependence on online games as a form of compensation for unmet emotional needs.

Furthermore, research also shows that interventions in the form of strengthening psychological well-being can be an effective strategy in reducing the level of online game addiction. A study conducted by King et al. (2019) revealed that children who receive adequate psychological guidance and social support from parents and the environment tend to be better able to control their gaming habits. Therefore, in overcoming the problem of online game addiction, an approach that not only focuses on limiting the use of digital devices but also improving children's psychological well-being is very important.

The novelty of this study lies in the focus of its analysis which combines permissive parenting, psychological well-being, and online game addiction in one more comprehensive conceptual model. Several previous studies have only focused on the direct relationship between permissive parenting and gaming addiction (Liau et al., 2015) or psychological well-being and gaming addiction (Wartberg et al., 2020). However, this study seeks to explain how psychological well-being plays a mediator role in this relationship.

In addition, this study also highlights the importance of a systematic approach in reviewing the existing literature, so that it can provide a more comprehensive synthesis related to the problem of online gaming addiction in children. This is different from previous studies that are more quantitative or experimental, without linking various findings into a complete theoretical framework.

Thus, this study not only provides a deeper theoretical understanding, but can also be the basis for practical interventions that can be applied by parents, educators, and policy makers to address the problem of online gaming addiction in children.

5. CONCLUSION AND SUGGESTIONS

This study highlights the relationship between permissive parenting, psychological well-being, and online game addiction in children using the Systematic Literature Review approach. The results of the study indicate that permissive parenting contributes to the increased risk of online game addiction due to minimal restrictions and supervision from parents. In addition, psychological well-being acts as a significant mediator, where children with low psychological well-being are more susceptible to game addiction as a coping mechanism for emotional distress. The novelty of this study lies in the integration of various empirical findings that highlight the complexity of the relationship between parenting, psychological well-being, and addictive behavior. The implications of this study emphasize the importance of a holistic approach in dealing with online game addiction by considering aspects of parenting and children's psychological well-being.

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