International Journal of Early Childhood Special Education (INT-JECSE)
DOI:10.9756/INTJECSE/V14I5.581 ISSN: 1308-5581 Vol 14, Issue 05 2022

PARENTING STYLES, SYMPTOMS OF ANXIETY, SELF-ESTEEM & COPING STRATEGIES AMONG USERS OF SOCIAL MEDIA

Maryam Nazir [1] & Farhan Hashmi [2]

Maryam Nazir [1] - MS Clinical Psychology, Clinical Psychology Unit, Government College University, Lahore - marium.nazir2@gmail.com

Farhan Hashmi [2] - Lecturer, Clinical Psychology Unit, Government College University, Lahore - farhanhashmi@gcu.edu.pk

ABSTRACT: The present study was conducted to find out the role of parenting styles on symptoms of anxiety, self-esteem and coping strategies among users of social media. The sample consisted of 500 young adults as participants (287 males, 213 females) with the age range of 18-35 years. Convenient sampling was used for the collection of data from different institutes. Demographics of social media usage were used as screening questions. These tools were used to measure how excessive usage of social media affect people's symptoms of anxiety, self-esteem and coping skills and what is the role of parenting styles in response to these impacts. And to measure what style of parenting is more prevalent among social media users. Pearson product moment correlation, reliability analysis, independent sample t-test analysis, multiple linear regression analysis and one-way ANOVA were used in present study. The results indicate that permissive parenting style is more prevalent among social media users. Negligent parenting style is more prevalent among social media users with high symptoms of anxiety. Permissive parenting style is more prevalent among social media users with high self-esteem. Authoritative parenting style is more prevalent among social media users with effective coping skills. It was also observed that there were direct relationships among social media usage, symptoms of anxiety and self-esteem. It was also concluded that perceived parenting styles are more effective for last born child and for those who use coping strategies more. The finding of this study also shows that social media usage is high among rural areas and among unemployed due to which their anxiety symptoms are also high. The findings of study also concluded that emotional focused coping is high than problem focused coping and avoidant coping. It was also concluded that mostly used social media platforms are WhatsApp and Snapchat. The result also predict that self-esteem will be high with total parental control. This study will help individuals to engage in positive activities of social media usage so that they will not encounter any psychological issues due to excessive social media usage as well as to maintain their self-esteem. This study will also help what coping strategies are more effective for social media users and what type of parenting style is more effective for using coping strategies.
KEYWORDS: parenting styles, social media usage, symptoms of anxiety, self-esteem & coping strategies.

1. INTRODUCTION

In today's society, children and young adults spend much more time on social media without parental supervision. Social media enables individuals to have easily access to various types of information via internet. This easy access can be positive, for example, for educational purposes meanwhile, using social media in access can also trigger anxiety symptoms. It can be due to not giving proper time to studies or to family or friends. Moreover, using social media can also have impact on one's self-esteem; it can be positive or negative. Else that, when people use social media in excess and it started to have bad impact on their mental as well as physical health (not being able to concentrate properly on anything, feeling fatigue without doing anything, sleep disturbance, lack of appetite etc), the individual tried to lower his/her social media use. They tried to cut off themselves from social media by using different coping strategies. In that manner how much parent's support helps their children to overcome their issues related to social media? What parenting styles are more effective for social media users? What is the role of parenting styles on mental health as well as on coping strategies of social media users? How social media related to the anxiety symptoms and self-esteem. How social media users perceive their parents while they tried to lessen their use of social media? All these questions are related to this current study. Here we are going to do a research regarding these concerns. Parents play a vital role in development of child. The purpose of this research is to identify impact of parenting styles on mental health, specifically on symptoms of anxiety, self-esteem and coping strategies of social media users.

There are different styles of parenting that demonstrate how different parents raise their children. The most well-known parenting styles were based on the work of Diana Baumrind (1971). In her study, she had most focus on two aspects of parenting styles i.e., authority and affection. The degree to which parents attempt to manage or control children's behaviors in sensible way is termed as authority or demandingness. Affection or responsiveness refers to the extent to which love is expressed to a child and acceptance of the youngster's point of view (Baumrind, D.1989). Tay and Tam (2011) investigated the link between parenting styles and adolescent

children's coping abilities. The parenting approaches of 140 pupils in the survey study were found to be connected to teenage coping abilities. The ability of the teenagers to cope was found to be linked to the authoritarian paternal and authoritative maternal parenting. A set of techniques used by parents "to manage, oversee, or interpret media information for children" is referred to as parental mediation (Warren, 2001). Previous findings in the field of television studies identified three types of parental mediation: (1) restrictive mediation (i.e. parents attempting to impose rules on time and content to restrict and control children's media use), (2) active mediation (i.e. parent's conversations with their children would be include instructions or evaluation to explain or discuss children's use of digital media), and (3) co-use mediation (i.e. parents trying to enforcing rules on time and the content to limit and control children's media use) (i.e. parents sharing media activities with their children, driven by a mutual interest) (Gentile, Nathanson, Rasmussen, Reimer, & Walsh, 2014; Nikken &Jansz, 2006; Warren, 2001).

Social media, according to Kaplan and Haenlein (2010), is a set of apps that is founded on the conceptual and technological foundations of Web 2.0 that allow for the creation and exchange of user-generated content. The term "social media" has a lot of definitions (Fuchs, 2017). " The Internet-based and networked communication platforms that enables both private and public dialogue," according to Miekle (2016). The five systems cognitive-behavioral treatment assessment model proposed by Williams and Garland (2002) that illustrates how mental health problems are sustained by constant interaction between the surroundings, ideas, emotions, attitudes, and the bodily sensations (Williams and Garland, 2002). Regardless of the fact that everyone's experience is different, researchers developed this model to show how social media and social comparison might disturb psychological health. Though the usage of social media is not the source of the person's mental health issues, it can bring discomfort for those who think/use it in ineffective ways. It could also make individuals more prone to adopting upward social comparisons, which could lead to feelings of discontent. According to the Royal Society for Public Health in 2017, there are a variety of reasons why social media has been related to increased anxiety and depressed symptoms, bad body image, insomnia, and cyberbullying, but one of the most significant is greater social comparison. Social comparison is a type of sociological self-esteem in which we get our sense of self via comparing ourselves with the other people (Festinger, 1954).

According to the study, people who used Facebook the most had lower trait self-esteem than those who used it less or never. Wood and Scott (2016) investigated that the exposure to social networking sites for very short period of time can altered the state self-esteem. Participants showed lower state self-esteem and self-evaluations after being exposed to someone with a high activity social network. Receiving the favorable or negative criticism on social media platforms, according to Woods and Scott (2016), might affect the self-esteem of an individual. Object self-awareness theory, (Brown, J. D., 1993), predicts that the viewing one's social-networking profile will result in a reduction in self-esteem because social-networking profiles contain information about the self that is similar to that used to induce objective self-awareness (e.g., images, autobiographical information). In other words, looking at someone's Fb account should make one feel bad about themselves. According to the hyper-personal model (Gonzales & Hancock, 2010), social media users are continually connected to other people's carefully chosen and exaggerated online self-presentations, potentially lowering their self-esteem (Rosenberg & Egbert, 2011). For example, even if they have never met the other users in person, Facebook users assume that everyone else is happier and more successful than them (Chou & Edge, 2012). Social media may be both a stressor and a coping mechanism. It can be a source of the stress for users in the sense that when they come across the content of postings, they see that they are frightened of undesirable assessment, as well as an insalubrious affection to the accounts of the social media and as a consequence of the cyberbullying. Use of social media as a source of knowledge, a distraction, and a source of social support can all be the problem-focused coping strategies.

Objectives

- To find out the relationship of parenting styles with symptoms of anxiety, self-esteem and coping strategies of social media users.
- To find out the relationship between demographic variables and study variables.
- To find out which social media platform is mostly used.

Hypotheses

- There would be the relationship of parenting styles with social media use, anxiety symptoms of social media users, self-esteem and coping strategies of social media users.
- There would be the significant relationship among social media use and anxiety symptoms and self-esteem.

- There would be a correlation among perceived parenting styles and coping strategies of social media users.
- Females use coping strategies more as compared to males. Emotional-focused coping would be significantly high in females
- Social media usage would be high among people of rural areas as compared to urban areas.
- Social media platforms that mostly used would be Facebook and WhatsApp.
- The impact of parenting style would be more powerful for social media users when parents spend quality time with their children always in doing some activities.
- There would be the prediction of self-esteem on parenting styles.

2. LITERATURE REVIEW

The research literature on role of parenting styles on symptoms of anxiety, self-esteem and coping strategies among users of social media has been discussed here: The impacts of social media-based social comparison on self-esteem were investigated by Rose, Roberts, and Eckles (2014). The researchers looked at how often adults used Facebook, their self-esteem, and how much they concentrated on those who were better or even worse situated than them (upward and downward social comparison). People who utilized Facebook regularly were said to have poorer self-esteem. Bianchi (2005) and Radesky et al. (2014) both discovered similar links between social media use and the harmful behaviours. Neuroticism, low self-esteem, a lack of self-control, and engaging in unsafe activities, such as texting while driving, are all examples of these hazard behaviors. Primack et al., (2017) investigated how the number of social media platforms used influences anxiety and depressive symptoms in young individuals aged 19 to 32. When compared to individuals who used 0 to 2 social networking sites, those who used 7 to 11 SNS had a higher likelihood of suffering anxiety and the depressive symptoms. Furthermore, compared to nonusers, Facebook users exhibited higher worry about not checking in enough online, according to one study (Rosen, et. al., 2013). De Choudhury (2013) looked at Twitter users who had been diagnosed with clinical depression to see if social media activity may detect and lead to a diagnosis of major depressive disorder (De Choudhury, 2013). Thorisdottir, et al., (2019) conducted research on how teenage use of social media sites like Facebook, Instagram, and Snapchat has exploded in the recent decade and now penetrates their regular social lives. Although the active and passive social media use may have differing effects on emotional wellbeing, little is known about whether and to what extent either form of social media uses affects emotional discomfort in young people. The researchers used data from a population survey of Icelandic adolescents to conclude the occurrence of social media use and the connection among active and passive social media use and self-reported anxiety and depression symptoms. So after controlling for the time spent on social media, the data revealed that the passive social media use was linked to higher anxiety and depressed symptoms among the teenagers, but active social media use was linked to lower anxiety and depressive symptoms.

SairaYousaf (2015) investigated the link among self-esteem, parenting style, and the anxiety in females. 100 female students from diverse schools were chosen as a sample. Data was collected using the social interaction anxiety scale, parental authority questionnaire, Rosenberg's self-esteem scales, and a demographic sheet. The findings demonstrated a weak but not the significant link between social anxiety and the self-esteem. Furthermore, it was hypothesized that the low self-esteem can lead to greater anxiety in girls, as can an authoritative parenting style. The permissive parenting has an unfavorable relationship with social anxiety. On the other hand, both the Pessimistic and Authoritative parenting styles predict anxiety issues in teenagers. According to various researches, kindness, openness, and conversation with youngsters suggest that the action solutions would be adopted more when coping with the challenges. (1993, Herman & McHale). Adolescents who regard their parents as indulgent and inattentive employ a more cognitive coping style, whereas those who perceive their parents as warm and supportive employ a problem-focused approach. Lastly, a cognitive and emotional-focused coping style is related to parents' perceived firmness and alertness (Dusek&Danko, 1994). Active coping is positively associated with parental warmth perceived, however individuals who believe both mother and father to have an authoritarian and permissive parenting style demonstrate active coping with challenges. (Wolfradta, Hempelb& Miles, 2003). The impacts of social media-based social comparison on self-esteem were investigated by Rose, Roberts, and Eckles (2014). The researchers looked at how often adults used Facebook, their self-esteem, and how much they concentrated on those who were better or even worse situated than them (upward and downward social comparison). People who utilized Facebook regularly were said to have poorer self-esteem. Rosen et al. (2008) investigated the association between parenting styles and parents' knowledge of their children's social networking site (SNS) activity and parental SNS limit-setting. The findings of the study were comparable to those of Eastin et al. (2006), who found that the authoritative and authoritarian

parents are more likely than the negligent and permissive parents to impose limitations for SNS and computer use. Furthermore, the authoritative parents had the best comprehension of their children's social media profiles, and their children engaged in the fewest harmful social media behaviors, such as meeting up with their online pals in person.

3. METHOD

The study aims to understand how different parenting styles affects anxiety of those who persistently use social media, how different parenting styles affects self-esteem of those who persistently use social media and how different parenting styles affect coping strategies when they social media users use strategies to lower their usage of social media. To find out the relationship among parenting styles, symptoms of anxiety, self-esteem and coping strategies of social media users.

4. RESEARCH DESIGN

The correlational research design was used to find out the relationship among parenting styles, anxiety symptoms, self-esteem and coping strategies of social media users. This research design is mostly used to investigate the relationships among variables without the researcher controlling or manipulating any of them. Correlation measures the strength and/or direction of a relationship between two variables (or more). According to Kritsonis (1998), correlational research design is used to study the relationship between two or more variables. The direction of a correlation can be either positive or negative.

Sampling Strategies

The sample of this study would be the young adults who use social media excessively and due to persistently usage of social media they cannot focus on their other important activities which in turn affect their anxiety symptoms, self-esteem and coping strategies. The participants of the research were taken through convenience sampling technique. Using convenience sampling, researchers select people simply because they are "convenient" sources of data. According to Thomas W. 2017, the most prevalent type of non-probabilistic sampling is convenience sampling, which is commonly misunderstood. As the name implies, convenience sampling is a method that collects samples at convenient locations, such as a store or an Internet service.

Total 500 participants were taken, including both males (287) and females (213), from different universities and hostels who use social media in excess and due to their excessive usage, their lives somehow might be affected and how they perceive their parents while using social media i.e., what parenting styles affect their usage of social media. Following inclusion and exclusion criteria was taken into consideration to get desired sample.

Inclusion & Exclusion Criteria

The inclusion criteria of the sample would be the young adults, age range of 18-35. On the other hand, exclusion criteria would be the users of social media under age of 18 above age of 35.

Measuring Instruments

Parenting Styles (Abdul Gafoor, K &AbidhaKurukkan, 2014)

As described by Baumrind, Maccoby, and Martin, the items in the scale measure parental responsiveness and parental control as experienced by adolescent children. For both parents' involvement, all items were matched. They were required to answer the five statements in the following order, "always true", "almost true", "sometimes true, sometimes false", "almost false", and "always false". There was a score of five to one for each participant. At the beginning, the total score of either control or responsiveness was determined separately; there are no negative items on the scale. Half of the items in the scale represent responsiveness, and half represent control. Each parent's score was taken separately, and the total of each parent's scores was used to get the item's overall score. As a result, for each participant, the instrument generates six unique scores: mother's responsiveness, father's responsiveness, mother's control, father's control, parental responsiveness, and parental control. When a parent scores above the median in both responsiveness and control, he is categorized as authoritative. When a parent is rated low on both responsiveness and control (below the median), he is classified as a negligent parent. The parent is categorized as indulgent if he is high in responsiveness and low in control. A parent who rated as low in responsiveness and high in control, he is categorized as authoritarian parent.

GAD 7 (Spitzer and colleagues, 2006)

It is self-administered 7 items instrument that can be used as a screening measure of panic, social anxiety, and PTSD. It is self-administered scale and it takes 2-5 minutes to complete. It can be administered by using paper and pencil or it can also be administered online by using tablet or other electronic device. On a Likert scale of 0-3, respondents rate their experience of anxiety symptoms in the past 2 weeks. Scores are calculated by summing the items. 0 = not at all, 1 = several days, 2 = more than half the days, 3 = nearly every day

Brief Cope (Carver, C. S., 1997)
The Brief cope is a 28 item self-reported measuring instrument that is used to assess the effectiveness of different approaches to dealing with a stressful life event. Counselors use this scale to conclude how they respond to stressors in a helpful and unhelpful way. Scales can use three subscale scores for problem-oriented coping, emotional coping, and avoidant coping to identify a person's primary coping style. When interpreting the results, it is most helpful to look at the patterns of responses across the three subscales. Low scores on all subscales may imply one of two things:

- The respondent believes they do not have many stressors to deal with. That life, for example, is stress-free.
- An inability to reflect or a reluctance to reveal intimate information.
- The respondent's coping abilities are limited.

Self-esteem scale (Rosenberg, 1965)
There are 10 items on the Rosenberg Self-Esteem Scale (RSES) and each item is answered on a four-point scale - strongly agree (4) to strongly disagree (1). The total scores range from 10 to 40, with a lower total score indicating lower self-esteem. Respondents are asked to reflect on their current feelings in order to determine state self-esteem on the state self-esteem scale. Five of the items have positively worded statements and five have negatively worded ones. Approximately ten statements are presented, and a respondent must rate each statement based on how much they agree with it. Give "Strongly Disagree" 1 point, "Disagree" 2 points, "Agree" 3 points, and "Strongly Agree" 4 points. Sum scores for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem.

Demographics of social media usage
Demographics of social media usage used as screening questions, involve different types of questions regarding the use of social media. For instant, what social media people use mostly, how much time they spend on social media, does social media affect their lives etc. Moreover, demographics of social media involves questions regarding the role of parents in excessive usage of social media, for instant, does their parents spend quality time with them or help them to lessen the use of social media or do their parents use social media with them etc.

5. DATA ANALYSIS

SPSS version 22.0 was used to investigate the data and for result estimation. Different statistical techniques were applied i.e., descriptive statistics, correlation analysis, t-test analysis, one way ANOVA, and regression analysis.

6. FINDINGS

Table 1T-Test analysis for the comparison of gender differences with study variables.

	Male		Female				Cohen's d
Measures	*M*	*SD*	*M*	*SD*	*t(498)*	*P*	
SMU	28	4.4	27	4.4	2.0	.04*	-0.23
GAD	8.4	4.0	9.5	4.0	-2.5	.01**	0.27
BCS	68	11	72	11	-4.0	.00***	0.36
EFC	29	5.6	31	5.6	-4.5	.00***	0.36
PFC	20	4.3	22	4.3	-4.9	.00***	0.47

The table indicated significant results which shows that social media usage is high among males and coping strategies are used more by females as compared to males. Results also indicates that anxiety symptoms are high among females.

Table 2T-Test analysis for the comparison of residential areas

	Urban		Rural				Cohen's d
Measures	*M*	*SD*	*M*	*SD*	*t(498)*	*P*	
SMU	27	4.6	28	4.0	-2.1	.02**	0.23
GAD	8.5	4.4	9.5	4.4	-2.2	.02**	0.22

The table indicate significant results which shows that social media usage is high among rural areas due to which their anxiety symptoms are also high.

Table 3Correlation analysis to find out the relationship among variables

Variables	1	2	3	4	5	6
1. SMU	--	.06	.09*	-.14**	-.08*	-.04
2. GAD		--	.23	.18**	-.03	-.02
3.SES			--	-.05	.12**	-.09*
4. BCS				--	.16**	.16**
5. TPR					--	.90**
6. TPC						--

The table indicated that highly usage of social media will be significantly increase self-esteem and decrease coping skills. Self-esteem is correlated with parental response as well as coping strategies will also be high with parental response and parental control.

Table 4One-way ANOVA for observing which parenting style is more prevalent

	Authoritative (N=223)		Negligent (N=208)		Authoritarian (N=36)		Permissive (N=33)				
Variables	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*F*	*ρ*	n^2
SMU	27	4.1	27	4.7	27	4.9	28	3.9	.39	.75	0.02
GAD	8.6	4.5	9.1	4.1	8.8	5.7	8.9	4.1	.51	.67	0.03
SES	21	3.3	21	3.5	20	3.1	22	2.5	2.8	.03**	0.16
BCS	71	13	69	11	65	10	68	10	2.6	.04**	0.01

The table indicated that permissive parenting style is more prevalent among those who use social media excessively. The results also indicated that anxiety symptoms will be high when negligent parenting style is prevalent. Self-esteem will be significantly high with the prevalence of permissive parenting styles. Findings also showed that coping techniques would be more effective with the prevalence of authoritative parenting styles.

Table 5One-way ANOVA for maternal temperament with variables

	Very harsh (n=16)	Harsh (n=60)	Moderate (n=297)	Lenient (n=94)	Very lenient (n=33)

Variables	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*F*	*P*	n^2
SMU	29	4.7	26	4.8	28	4.4	28	4.1	26	3.3	4.1	.003***	0.03
GAD	10	4.0	9.6	4.6	9.0	4.3	8.3	4.3	7.3	5.1	2.6	.03*	0.02

The table indicates that maternal very harsh behavior leads towards high usage of social media. Due to which their anxiety symptoms are high.

Table 6One Way Analysis of Variance ANOVA to observe what social media do people use mostly with studied variables (N=500).

	Facebook (N=189)		Twitter (N=29)		Instagram (N=90)		WhatsApp (N=124)		Snapchat (N=11)		Others (N=57)				
Variables		*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*F*	*P*	n^2
SMU	25	4.4	25	4.1	28	3.9	30	3.3	29	3.8	28	3.7	23	.000***	0.20
BCS	68	12	69	11	67	11	73	12	73	13	72	11	3.9	.002***	0.04

The table indicates that mostly used platform on social media that people used mostly is WhatsApp. The table also indicates that people tried to overcome the use of platforms on social media are WhatsApp and Snapchat.

Table 7One Way Analysis of Variance ANOVA to observe the effect of spending time with parents doing some activity in terms of studied variables (N=500).

	Always (N=61)		Often (N=117)		Sometimes (N=185)		Rarely (N=104)		Never (N=33)				
Variables		*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*M*	*SD*	*F*	*ρ*	n^2
SMU	23	4.7	26	3.9	27	3.7	30	3.3	29	3.8	43	.000***	0.26
BCS	74	13	71	11	69	12	67	12	69	10	4.1	.002***	0.03

The table indicates that when parents do not spend quality time with their children, the usage of social media will be significantly high. The table also indicates that when parents spend some quality time with children always doing some other activities, it may overcome their excessive use of social media.

Table 8Regression Coefficients of Parental Control and Parental Response on Self-Esteem

Variable	*B*	B	SE	*P*	95 % CI
Constant					
Parental Control	-.03	-.21	.01	.03	[-.06, -.02]
Parental Response	.01	.09	.02	.33	[-.01, .04]
R^2	.02				
ΔR^2	.01				

Note. N=46, CI=Confidence Interval

Multiple regression analysis was performed to assess the predictive association of parental control and parental response on self-esteem. The results showed that parental control significantly predicted self-esteem (*B*= -.03, *p*<.05). However, parental response did not significantly predict self-esteem. R^2.02 showed that the independent variable i.e. parental control accounted for 2 % variance in the dependent variable i.e. anxiety.

7. DISCUSSION

This chapter accounts for discussion of results and outcome of the research analysis. As we know that social media is very common in today's era and everyone is using social media. Due to social media every individual have easy access to different sort of information and easily be in contact with people from different region. Although social media is very essential part of an individual but sometimes its excessive usage may badly affect an individual's mental health. This easy access can be positive, for example, for educational purposes meanwhile, using social media in access can also trigger anxiety symptoms. It can be due to not giving proper time to studies or to family or friends. Moreover, using social media can also have impact on one's self-esteem; it can be positive or negative. Else that, when people use social media in excess and it started to have bad impact on their mental as well as physical health, the individual tried to lower his/her social media use. They tried to cut off themselves from social media by using different coping strategies. In that context what type of parenting style is more effective for individuals that might help them to cope with these issues? The present research aims to find out the relationships between parenting styles, symptoms of anxiety, self-esteem and coping strategies of social media users. Data was collected from 500 participants, males *(f=287, %= 57.4)*, females *(f= 213, %=26.6)* who excessively used social media. The sample was divided into three age groups i.e., 18-23 *(f= 287, %= 57.4)*, 24-29 *(f= 133, %= 26.6)*, 30-35 *(f= 80, %= 16)*. Demographics also included socioeconomic status, education, occupation, birth order and residence. Other demographics included maternal, paternal temperament and relationship with parents. Demographics of social media usage play vital role in the present study to explore its excessive usage.

The reliability analysis for the social media usage, self-esteem scale, generalized anxiety disorder, brief cope scale, parenting styles of mother and father as well as subscales of brief cope scales i.e., problem focused coping, emotional focused coping and avoidant coping & perceived parenting styles' subscales i.e., responsive and control parenting styles of mother and father showed alpha values for all measures came out in acceptable range with very good reliability.

It was hypothesized that there would be the relationship among permissive parenting styles and excessive social media use. This hypothesis was proven to be right as the analysis of results proved that children of permissive parenting styles use social media excessively as compared to children of other parenting styles. This finding is consistent with our previous researches. According to Kylie Richter (2018) there is direct relationship among permissive parenting styles and internet addiction. Its mean that when permissive parenting style is higher, internet addiction will increase. Valcke et al. (2010) found that authoritative Internet parenting had the lowest child Internet use, followed by authoritarian Internet parenting with the second lowest child Internet use. They further reported the permissive and negligent Internet parenting with the highest child Internet use, in that order. Permissive parenting was the most prevalent parenting style used by parents as their Internet parenting style, according to Valcke et al. (2010).

It was hypothesized that there would be the relationship among negligent parenting styles and symptoms of anxiety of social media users. This hypothesis was proved to be right as the analysis of the results proved that children of negligent parenting styles have high symptoms of anxiety as compared to the children of other parenting styles. This finding is consistent with previous researches as a result of Kylie Richter's (2018) finding, a link between parenting styles and child social anxiety, it was hypothesized that parenting styles would be linked to fear of missing out (FoMO). Self-esteem was shown to be considerably adversely connected with both FoMO and social media abuse, while, FoMO was found to be strongly positively correlated with social media abuse, with negligent parenting style having the highest mean value for self-reported FoMO.

It was hypothesized that there would be the significant relationship among permissive parenting styles and self-esteem of social media users. This hypothesis was proved to be right as we can see from the results analysis that children of permissive parenting styles have high self-esteem. This study is not consistent with previous researches. Szkody, et al., (2020) concluded that maternal authoritative parenting was linked to greater levels of female self-esteem, which in turn was linked to less psychiatric issues in women.

It was hypothesized that there would be the significant relationship among parenting styles and coping strategies of social media users. This hypothesis was proved to be right as there is direct relationship among parenting styles and coping strategies. High responsive parenting styles of mother and father leads towards high use of coping strategies. Same as, high control of parenting styles of mother and father leads towards high use of coping strategies. Authoritative parenting styles is significantly correlated with coping strategies and neglectful parenting styles are inversely correlated with coping strategies of social media users. This study is also consistent with previous studies, according to a research, good communication, warmth and intimacy with children will predict high use of coping strategies to deal with these challenges. (Herman & McHale, 1993).

It was hypothesized that there would be the significant relationship among social media usage and symptoms of anxiety. This hypothesis was proved right as we can see in our results that with the increase in social media usage, anxiety symptoms will also be high. Previous researches are also consistent with our current study. Primack et al., (2017) assessed how the number of social media platforms used affects symptoms of anxiety and depression in young adults 19-32 years of age. In another research conducted by Thorisdottir, et. al., (2019) revealed that passive social media use was related to greater symptoms of anxiety and depressed mood among adolescents and active social media use was related to decreased symptoms of anxiety and depressed mood. Przybylski&Gladwell (2013) proposed that anxiety plays the mediator role among the relationship between unmet psychological needs and social media engagement.

It was hypothesized that there would be the significant inverse relationship among social media usage and self-esteem. This hypothesis was proven to be wrong as there was direct significant correlation among social media and self-esteem. Some of previous researches are not consistent with this study. It might be due to the reason most of the people get positive feedback from social media site and it helps them to boost their self-confidence, hence, it increases their self-esteem. But according to the previous researches, excessive usage of social media can be the reason of low self-esteem because of social comparison (Cramer, Song, &Drent, 2016). In another research it was claimed that people with low self-esteem rely on social media to improve their self-image which ultimately boost their self-esteem. It might be the reason of their excessive social media use (Andreassen et al., 2017). According to Vogel (2015), association among social media use and self-esteem revealed that those who use social media have low level of self-esteem. Festinger (1954) argued people have a tendency to make downward social comparisons with those who are worse off or less skilled than them, and this can raise their self-esteem. Conversely, upward social comparisons can reduce self-esteem, and are more likely with social media.

It was hypothesized that there would be a positive correlation among perceived parenting styles and coping strategies of social media users. This hypothesis was proven to be right as there was direct significant relationship among parenting styles and use of coping strategies. It was also proven from the previous researches. According to Wolfradta, Hempelb, and Miles (2003), adolescents who perceive their parents to be the indulgent and the negligent use a more cognitive coping method, on the other hand, those who perceive their parents to be warm and supportive are more prone to use a problem-focused coping strategy. Moreover, a cognitive and emotional-focused coping style is linked to the parents' perceived firmness and vigilance (Dusek&Danko, 1994). Active coping is positively associated with the parental warmth perceived, however individuals who believe both mother and father to have an authoritarian and permissive parenting style demonstrate active coping with challenges.

From the gender differences it was hypothesized that females used coping strategies more as compared to males. This hypothesis was proven to be right as we can see from the results analysis that females' usage of coping strategies is high than males. Maria Karatsoli (2020) conducted an online study to investigate women's and men's use of social media and the impact of shared content in the lead-up to any activity in a community. According to the findings, the impact of reviews and ratings, photos/videos, and expected transportation mode on activity planning is also gender dependent. Women and men are more influenced by photos/videos than by reviews and ratings (m=3.21 for women and 2.94 for men). Both of these components had a greater impact than the intended form of transportation. According to a meta-analysis (Tamres&Janicki, 2002), women were more likely than males to utilize emotion-focused (changing a response to a stressor) coping techniques rather than problem-focused coping strategies.

It was hypothesized that social media usage is high among people of rural areas as compared to urban areas. It was also hypothesized that due to excessive usage of social media, anxiety symptoms are also high among people of rural areas. This hypothesis was proven to be right as we can see from the results of analysis that social media use and symptoms of anxiety are high among rural areas than urban areas. In Pakistani culture, people in urban areas have busy schedule so they don't have much time to use social media. But in rural areas, people are not occupied with a lot of work so they use social media in excess. Another reason of this finding could be that people in rural areas don't have more opportunities to do job so they prefer to do online job. So when they spend much of their time on doing online job, social media might become the reason of their high symptoms of anxiety. Another reason of this finding could be that people in rural areas have upward comparison with people of rural areas because no outlets were available to them due to which they encounter symptoms of anxiety.

In terms of temperament, it was hypothesized that perceived maternal' very harsh behavior leads the child towards excessive social media use. It was also hypothesized that this excessive use ultimately leads them

towards high symptoms of anxiety. This hypothesis was proven to be right as we can see from the result analysis that scores of excessive social media use and anxiety symptoms are significantly high due to very harsh behavior of perceived parenting styles of mother. This study is not consistent with previous researches. Elsaesser (2017) concluded the importance of parents providing emotional warmth that may encourage adolescent exposure of social media activity.

In terms of parenting styles, it was hypothesized that emotional focused coping is significantly high than problem focused coping and avoidant coping. This hypothesis was proven to be right as we can see from the result analysis that scores of emotional focused coping are high than problem focused coping and avoidant coping. This study is consistent with previous researches. Billings & Moos (1981) showed that, generally, more problem solved strategies that were used are emotional based. They further investigated that women use emotion focused strategies to a greater extent.

It was hypothesized that mostly used social media platforms nowadays are Facebook and WhatsApp. This hypothesis was proven to be wrong. From the results analysis it was observed that usage of WhatsAPP has significantly high scores. Then the most frequently app used by people are Snapchat and WhatsApp. This study is consistent with previous researches. Today, 69% of the public uses some type of social media with the most popular being Facebook and Instagram (Greenwood, Perrin, & Duggan, 2016; Pew Research Center, 2017). Julie Owansuan, et al., (2020), conducted a study and the findings revealed that WhatsApp, Facebook and You tube are the mostly used social media apps by students as compared to the frequency of use of other social media platforms.

It was hypothesized that impact of parenting style is more powerful for social media users when parents spend quality time with their children always in doing some activities. This hypothesis is proven to be right as we can see from the result analysis that that impact of parenting style is more powerful for social media users when parents spend quality time with their children always in doing some activities. This study was consistent with previous researches. Jacquelyn (2019) concluded that working to promote quality family time away from technology is crucial. Managing time for the family that is free of using phones, TV, and the computers, such as family meals, game nights, and quality time chatting about one other's days, is crucial to learning to engage with each other face to face and modeling healthy communication and interpersonal interactions.

It was hypothesized that there will be the prediction of self-esteem on parenting styles. This hypothesis was proven to be right as we can see from the regression analysis that the self-esteem is significantly predicting variable of parental control but non-significantly predicting variable of parental response. This study was not consistent with our previous researches. Yang & Liang (2008) conducted a study and concluded that nurturing and supportive parenting styles enhance the self-esteem of their children.

8. CONCLUSION

The current study was set to find out the role of parenting styles on symptoms of anxiety, self-esteem and coping strategies among users of social media. The finding of our study indicates that permissive parenting style is more prevalent among social media users. Symptoms of anxiety of social media users will high with negligent parenting style. Self-esteem of social media users will be high when permissive parenting style is more prevalent. Authoritative parenting style is more prevalent among social media users with effective coping skills. It was also observed that there were direct relationships of social media usage with symptoms of anxiety and self-esteem. The finding of this study also shows that social media usage is high among males and among rural areas due to which their anxiety symptoms are also high. The findings of study also concluded that emotional focused coping is high than problem focused coping and avoidant coping. It was also observed that maternal "very harsh behavior" leads toward high usage of social media. It was concluded that when parents spend quality time with children, it overcome their use of social media. It was also concluded that mostly used social media platforms are WhatsApp and Snapchat. The findings of the study also concluded the prediction of high self-esteem with total parental control.

9. LIMITATIONS & SUGGESTIONS

There are few limitations and suggestions of present study.

- The present was purely quantitative, role of parenting styles on social media users' mental health should be explored qualitatively.

- The data for current study was gathered from different institutes of Punjab and students were very limited there due to vocations of Covid-19 Pandemic. Further researchers can gather data from different areas.

Implications

The present study will help influence the researchers to further focus on this phenomenon. This study will also help bringing awareness about what type of parenting style is more effective for individuals for the correct usage of social media. Correct usage of social media involves no physical as well as psychological issues. Seminars on awareness of parental mediation and social media usage should be conducted. This study will help individuals to engage in positive activities of social media usage so that they will not encounter any psychological issues due to excessive social media usage. This study will also help in social psychology as well as to maintain their self-esteem. This study will also help what coping strategies is more effective for social media users and what type of parenting style is more effective for using coping strategies.

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