How Parent-Child Problematic Internet Use Affect Procrastination among Adolescents: A Review of Theoretical Framework and Empirical Evidence

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Abstract: *The web is a technology which has become a huge part of people's day lives from adults as well as adolescents. Since decades ago, online connectivity has developed tremendously and it is available all over places including homes, offices, schools and travels. Nowadays, empirical studies report that adolescents with a strong tendency to be procrastination in which irrational task delay, especially susceptible to utilize Internet uses concurrently to various other responsibilities (e.g., during homework) due to insufficiently controlled way. The insufficiently controlled of internet use might be due to the bad brain health implications which the users have often been connected until become procrastination. The current study explored the significant evidence relating to Parent-Child PIU that impact to adolescent and procrastination including theoretical framework. The study also underlines adolescents with high levels of procrastination might have a heightened risk for bad outcomes that leads to insufficiently controlled the use of Internet.*

Keywords: Procrastination, Parent-Child Internet use, Adolescents, Theories

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1. Introduction

The use of the internet has grown exponentially worldwide in recent years by thousand percent and become a global largest network that decentralized structure by using invisible boundaries. Indeed, billions of people have the access to the internet which the numbers are equivalent to half of the worldwide population (Internet World Stats, 2017). Since decades ago, Internet revolution has shown tremendous growth through electronic devices and has change the way people communicate with each other, in gathering information needed and also in education (Lutz & Katajun., 2019). Recently, internet has drawn attention people around the world when many online networks started to shot up an unprecedented number of virtual 'audience' due to the pandemic situation, Corona virus 19 (Covid-19).

To date, the most popular football online games, 'FIFA 20' booms that make this situation keeps million people at home and give a serious 'crashing' in online traffic network. In depth, nearly every country around the globe was reported cases of Covid-19 infections. Latest news by United State and China reporters revealed that current situation had led many people too much spending their time screening their devices for internet purposes at home until become addicted. Despite the positive side on revolutionized internet across the globe, the prominent reasons to access make it people become massive usage till leads to a growing trend of Problematic Internet Use (PIU) and rise the prevalence rate (Cimino & Cerniglia., 2018).

2. Literature Review

2.1 Factor Affecting to Procrastination: A Parent-Child PIU Perspective

PIU has been in high prevalence rates as reported by many countries (Lutz & Katajun., 2019) The existence of smartphones and tablets has further made the scenario become more complicated until receive numerous attentions from both researchers and practitioners over the past few years (Zhou, Xiaomin, Cao & Zhang., 2018). Even previous studies revealed that this problem could be categorized as the same consumption and group of drugs and alcohol addicted (Anderson, Steen & Stavropoulo., 2017). In South Korea, PIU has currently considered as one of the most severe issues in Public Health (Hyunsuk, Hyeon, Seung, Hae, Marc, Sun & Hye., 2019). Meanwhile, China has also shown an epidemic increase in statistics of addicted internet usage's chart with half of the adolescents are considered as internet addicts in these few years (Zhou, Xiaomin, Cao & Zhang., 2018). In western countries, PIU had slowly coming to the researcher's attention when the statistics of internet usage shown an incredible growth not only in adults but it has been attacking adolescents especially in United State and many Asian Countries (Lopez., 2018).

Adolescents, who can be defined as someone in a stage to undergo from children to an adult that below the age of 10 to 18 years old (The United Nations Convention) are more often connected to the internet and having PIU as compared to those other ages (Jin, Wang & Lan., 2019). The recent advances in technology plays a predominant role in many adolescent lives by providing many traditional accesses to media in digital formats, including TV shows, music, books and movies. Furthermore, the access also exists in an interactive communication's form such as by online chat, social networking, blogs and instant messaging especially while using personal electronic devices. Basically, the amount of time spent when online surfing for adolescents is started to overtake the time spend during watching television (Cimino & Cerniglia., 2018).

An empirical study revealed that it is difficult to ascertain the exact daily online time for adolescent. Nonetheless, most of them have spent significant portion of their daily activities using technology without a big concern from the parent, especially working's parent after the percentage from conservative estimates, marked increases in adolescents' problematic internet from year to year (Kuo, Chen, Chang, Lee, Liu & Chen., 2018). Hence, it is not surprising when adolescent become overuse to this virtual world more easily when parents are not given close attention and monitor them deeply (Kim, LaRose & Peng, 2019). Moreover, another study shown an unexpected result when parent with high level of PIU have a positive relationship towards adolescent with PIU (Lam & Emmy, 2015). In other words, parents are the one who has influencing their children until become problematic in internet use. It is obvious that those parents are highly attracted with the internet before 'infectious' to their child. The 'infectious' of PIU were definitely given an impact to both parent and child especially in procrastination (Esther, Achmad, & Efi, 2018).

Nonetheless, previous studies have reported a significant relationship between PIU and procrastination (Geng, Han, Gao, Jou & Huang, 2018). Generally, procrastination can be defined as an inability to act or convert to the actual performance of an act. In other word, procrastination's situation can relate to someone started avoid or delay to complete the task. Procrastination have existed and become major problem for many years (Bisin & Hyndman, 2020). In the perspective of adolescent, procrastination suffers from major drawbacks, where it particularly leads to poor academic performance. This was mainly caused by an over indulgence of internet usage (Kandemir, 2014). In addition, adolescent would normally avoid

or delay any task to escape the actual world and have social and poor relations with surrounding. One study found that susceptibility to fun activities such as online surfing predicted procrastination among adolescent in millennial era (Hen & Goroshit, 2020). Most of them were attempting to become procrastinators in academic. Several studies also reported an increase growth annually towards people amid procrastination. Research has consistently shown that procrastination among adults lead to stress and further impact on family institution and work performance (Malikeh, Hadis & Mahmoud., 2011; Prem, Igic, Korunka, & Scheel, 2019)

2.2 Factors affecting Parent-Child PIU: A Theoretical Perspective

2.2.1 Theory of Attachment
Following the previous assumption from perspective of Parent-Child PIU in Procrastination, one of the main goals of this research is to clarify the theoretical condition of people with PIU. Indeed, starting from Theories of Attachment. Attachment theorists have created a model that focuses more on parent-child relationships based on depth of theoretical that has ethology, psychology including control systems (Bowlby, J., 2005) ; Ainsworth et al.,1978). The scholar, John Bowlby (1958) on that time was very interested in determining the nature, considerable and purpose of a child's tie to their parent. Even though the theory had its roots when observing clinically the children which had experienced severely compromised, disrupted or deprived caregiving arrangements, it's been applied as a model for normal and abnormal growth. Furthermore, this theory is actually concerned with fundamental issues of safety and protection as well; in psychological terms, it concentrates on the extent to which the partnership offers the children with protection against harm and with a sense of psychological security (Stodt, B., Wegmann, E., & Brand, M., 2016). The theory proposes that the quality of care offered to the kid, particularly has sensitivity and responsiveness, resulting to have a secure or insecure attachment. This concept makes use of the term pathway to help make explicit that early experiences do not have a subsequent development when to deterministic the manner (Bowlby, 1988). Insecure attachment it's not identified with disturbance and a secure attachment doesn't ensure against disturbance. Nonetheless, a specific form of insecure attachment in young children and infants has their own termed which is 'insecure dis-organized'. This termed is clearly linked to risk for psychopathology and is actually a marker of particular risk in the caregiving atmosphere (Lyons, R., 1996; Greenberg, 1999). The relationship in Attachment are internalized as well as carried forward to have an impact on expectations for some other important relationships.

2.2.2 Theory of Problem Behavior
Problem Behavior Theory is actually an organized, multivariate, social-psychological conceptual framework derived at the beginning from the fundamental concepts of expectation and value deeply in Rotter's (1954), social learning principle theory (Merton, 1957). The fundamental premise of this principle, all behavior is the result of person environment interaction, based on mirrors field theory perspective in social science (Lewin, 1951).

This kind of theory is actually defined as a problem, as a resource of concern, or as undesirable by the social authorized norms of conventional society and its institutions of authority. Furthermore, it is behavior that usually elicits some type of social balance response, whether minimal, such as a statement of disapproval, or even extreme, such as incarceration. The original formulation of what later came to be known as problem behavior theory was created originally in 1960s to guide a detailed analysis of alcohol abuse and other

problem behaviors in a tiny, triethnic society within south-western Colorado (Jessor, Graves, Jessor and Hanson, 1968).

Right after the initial application in the TriEthnic Research Project, in the late of 1960s, the framework was revised for a longitudinal review of this socialization of problem behavior among secondary school students and college students (Jessor & Jessor, 1977). In addition, the idea which is most commonly recognized as well as cited. In the next few decades, the same theory has been revised and extended by Richard Jessor and team. It was to begin with taken for the follow up analysis of the earlier cohorts of youth and adolescents to encompass the developmental phase of young adulthood (Jessor, Donovan & Costa, 1991). Specifically, the framework was expanded to ensure been able articulate the necessary social contexts of young adult life family members, job, and friends and to measure key properties of those contexts, like the stresses and satisfactions they're perceived to generate. Issue behavior principle was elaborated further for far more the latest exploration encompassing prosocial behavior, and health-compromising and health-enhancing behavior, along with problem behavior, in samples of adolescents from the United States and China for a study of tobacco consumption and problem drinking among college students. The most recent reformulation and extension of trouble behavior principle reorganizes the main constructs from the idea into safety elements as well as risk factors (Rudo-Stern, J. S., Mauricio, A. M., & Dishion, T. J., 2019).

In terms of conceptual structure is simultaneously comprehensive and complex. As current originally formulated, the theoretical framework included the three major components of explanatory variables including the perceived-environment process, the character process, and the behavior mobile phone. Every system is composed by variables that serve possibly as instigations by engaging or controls against involvement in trouble behavior. It balances both instigations and controls the degree of proneness for problem behavior within both systems (Chun, J., Yu, M., Kim, J., & Kim, A., 2020). Aside from that, Problem behaviors also include alcohol use, problem drinking, cigarette smoking, marijuana use, various other illicit drug use, general deviant behavior (delinquent behaviors along with other norm-violative acts), unsafe driving, and precocious sexual intercourse (Erdur & Baker, 2019). Involvement in any one issue behavior increases the probability of involvement in some other problem behaviors due to their linkages in the interpersonal ecology of youth with socially structured opportunities to study and also to practice them together and to the equivalent mental meanings and functions the behaviors may have (e.g., overt repudiation of traditional norms, or maybe expression of independence from parental control) (Augustyn, M. B., Loughran, T., Philippi, P. L., Thornberry, T. P., & Henry, K. L., 2020)

2.2.3 Theory of Planned Behavior (TPB)
The TPB is actually an extension theory that relating to the Theory of Reasoned Action (Fishbein and Ajzen, 1980). Based on the concept, the sturdiness of an individual's goal to do a specified behavior is actually the proximal determinant of this behavior which are at least partly underneath the person's control. Objectively, it is actually affected by mindset towards the behavior, a very subjective majority (perceived community pressure to do the behavior) as well as perceived behavioral command (Conner, M., 2020).

This theory also can predict behavior straight to the degree that perceived management accurately reflects real control. Underlying attitude, very subjective norm and are actually regarded as to be certain beliefs, called behavioral values, normative values as well as balance opinions respectively. Values salient to the person are actually conducted to figure

out the attitude of theirs, very subjective norm as well as PBC. Based on the concept, evolving behavior calls for changing these underlying opinions. Another method of changing behavior that's recommended by the principle is actually increasing real command across the behavior (Conner, M., 2020). Nevertheless, we're unaware of any TPB grounded interventions which have employed this method. The theory involves a selection of steps. The first element is actually defining the goal behavior and population. For instance, in a physical exercise intervention the target behavior might be identified as walking for a minimum of thirty minutes one day as well as the target public as sedentary adults aged. The next element is usually to determine the salient behavioral, normative and balance opinions with regard to carrying out the goal behavior in a sample from the target public (Middlestadt & Fishbein, 1989; Sutton, 2002).

The salient beliefs are the ones which very first show up to care about in reaction to standard open-ended issues. By far the most often reported beliefs are actually designated the modal salient opinions. The next thing is conducting a quantitative analysis utilizing a structured questionnaire including steps of the modal salient opinions to figure out which parts of the concept are actually probably the most important in influencing behavior and intentions in the target public. The related set of values is then examined to find out which specific beliefs best discriminate between non intenders and also intenders. These're selected as the main beliefs to focus on in the intervention (Yadav, R., & Pathak, G. S., 2017).

As outlined by the TPB, something that variations these important values in the ideal path will improve the probability of behavior shift. In training, as the latest systematic assessment has found (Conner, M., 2020), TPB based interventions has modify beliefs by providing details info. The pair of modal salient values might not properly symbolize the salient values held by people in the target public (Yadav, R., & Pathak, G. S., 2017). As a result, in an involvement which targets modal salient opinions, numerous people in the target team will be offered with info designed to replace beliefs which aren't salient to them. This might restrict the hold effectiveness of the intervention (Elias, T., Blaine, M., Morrison, D., & Harris, B., 2019).

A substitute approach is actually eliciting as well as target separately salient beliefs. Every person will get an alternative model of the treatment, the precise material based on his or maybe the own idiosyncratic set of her of salient beliefs. individually personalized interventions depending on the TPB are actually unusual though they're completely consistent with the idea which describes behavior at a private level (Paul, J., Modi, A., & Patel, J., 2016).

2.3.4 Theory of Cognitive Behavior

Cognitive Theory was first discussed in conditions of the cognitive concept of depression (Beck, 1979 ; Jarrett, R. B., Rush, A. J., Khatami, M., & Roffwarg, H. P., 1990) that perceives original life experiences as influencing the improvement of core values. Core beliefs are actually held to be at a quality of unconsciousness like that an individual isn't completely aware of their influence and significance on current cognitions, behaviors and emotions until their focus is actually drawn to this through treatment. Regarded as to be healthy personality traits, core beliefs are actually worldwide, rigid, complete statements which organize info and enable people to interpret information and experiences in personally significant ways (Mcleod, 2019).

Central opinions lead to the improvement of dysfunctional assumptions. It can certainly be conceptualized as 'the rules for living' in that they guide how experiences are actually interpreted as well as acted upon. They are deemed to be dysfunctional since they affect the interpretation of situations in a partial or even exaggerated way. In turn, impact the content of the most calculated representation of these underlying cognitive structures, automated thoughts. These ideas are described as programmed as they appear to come' out of the blue' as well as to be uncontrollable, attributes which are especially crucial in the treatment of mental health difficulties as they deliver the impression that the thoughts are facts and thus reluctant to change. They are typically negative in content and are actually deemed playing a job in the progress and maintenance of emotional health issues. Thus, cognitive theory is actually formulated in terms of cognitive structures at a variety of levels of conscious awareness influencing observable behavior (Fairburn, Jones, Preveler, Connor. and Hope, 1993)

Cognitive Behavior Theory works to change biased or dysfunctional cognitive processing. Initially, CBT seeks to be able to educate individuals about the reciprocal connection between thoughts, human feels, behaviors, and also to increase awareness of the automatic thoughts that occur in response to situations, interactions and events (Garner, D. M., Rockert, W., Davis, R., Garner, M. V., Olmsted, M. P., & Eagle, M.,1993). The accuracy of these ideas is next evaluated by examining the available research refuting or supporting them, and considering their utility in making it possible for someone to function adaptively in daily life. They are then changed accordingly. People are actually advised to test out and encounter new ways of thinking and behaving to find out if their current ideas and beliefs are manifest in truth and whether the feared consequences do occur (Hill, C. E., Hoffman, M. A., Kivlighan Jr, D. M., Spiegel, S. B., & Gelso, C. J., 2017).

Changes in behavior are actually marketed as different techniques of interpreting situations as well as events are actually encouraged, as well as alternative outcomes of experienced. Thus, working at the degree of aware mediating cognitions (automatic thoughts) is the very first type of approach in CBT. For cases of that have more long-term and need to enduring troubles, a greater focus is actually placed on the job of core beliefs (Poulsen et al., 2014).

3. Discussion and Conclusions

This paper is going to conclude by summarizing the current components in between PIU Parent-Child which often results to procrastination involving adolescents and to advise some of logical implication for empirical performance as well as further theory development. A common result from empirical research is: Parent PIU have significant to child PIU (1) Positive significant result between adolescent and procrastination (2) Parent Attachment leads to child PIU. This paper indicates an inclusion of one additional component that have been mentioned in this paper which is theories that can be relate between Parent-Child PIU and other elements that mentioned above. Using the listed theories, future researchers could describe and observed situation in more depth. It allows researchers to figured out how adolescent can become and categorize as PIU user interpret the problematic for going online and the real live context of the user.

Generally, it enables researcher to think something why a particular person spends so much time online without relying to speculation. This can be considered as a missing component in most research to date due to the fact that immediate effects models are actually restrictive by nature and don't let the researcher to think about the effect of various other variables and thus

masks underlying tasks which could be essential in detailing excessive use. In details, a discussion of whether adolescent with PIU may be affected by their parents or other reasons.

As with the listing theories, it is important to consider the empirical performance in addition to the theoretical contribution. Based on overall studies, it is suggested that researchers need to empirically investigate the relationship between parent-child PIU towards procrastination as general. By considering and thinking why the user is driven to go online in relation to their contextual and psychological reality, might be possible to figured out if individuals use the internet to deal or cope with distressing real world situations that could be happens in their family or school and provide the first step towards determining these situations at the exact time. Thus, it is needed that empirical research on other various patterns of distressed internet users and the patterns of behavior disorder for future research to remark the advanced phenomenon.

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