

The Impact of Social Media And Parenting Style on the Self-Esteem of Adolescents - A Review-Based Analysis

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Abstract- Purpose: The time adolescents spend on social media shapes their identities and worldviews. At the same time, a parent's approach to parenting can have a significant impact on their adolescent child's sense of self-worth and mental health. It is crucial to teenage well-being that we comprehend the intricate interplay of social media and parenting style on self-esteem. The purpose of this review is to synthesize and evaluate the literature on the effects of parenting styles and social media use on teenagers' sense of self-worth.

Design/Methodology/Approach: The thematic structure has been adopted based on the original research papers that have been included in this literature review. Systematic literature, resulting in the publication of 30 studies that focused on Social Media and Parenting Style on the Self-Esteem of adolescents. Systematic literature scrutiny was performed using the search words "social media" "social media usage" "parenting" "parenting styles" "self-esteem" "adolescents" and "students" in the electronic databases Research Gate, Google Scholar, PsycINFO, and Academia.

Findings/Result: The results show that using social media can have both beneficial and detrimental effects on young people's sense of self-worth. Exposure to cyberbullying and unrealistic expectations may lead to poorer self-esteem, whereas positive social interactions and support from online communities can boost self-esteem. Adolescents in the modern digital age face unique challenges, and it will be important to establish specific interventions and guidelines based on a thorough understanding of the hazards and advantages of social media, as well as the role of parenting in alleviating or exacerbating its impact.

Paper Type: Systematic literature review-based analysis.

Keywords: Social Media, Parenting Style, Self-Esteem and Adolescents

1. INTRODUCTION

1.1 Social media

Social media consists of interactive Internet-based applications, often referred to as Web 2.0

technologies, which enable the generation and exchange of content, ideas, interests, and various expressions within virtual communities and networks. [Kietzmann] The term 'Social media' or simply SM emerged initially in 1994 on Matisse, one of the online media environments in Tokyo, Japan, as one of the pioneer commercial internet era. This was the time when the first SM platforms were made and released leading to a drastic increased number of SM platforms and active SM users. This evolution has transformed social media into one of the most pivotal Internet-based applications. Social media has provided an opportunity for transforming the interaction which is no longer passive. It is often used in research as a blanket term covering multiple online platforms that include blogs, business networks, collaborative projects/enterprise social networks, forums, microblogs/blogging, photo sharing, product reviews, social bookmarking/tagging, and social games. As there exist various SM platforms, the application of social media does not only stop sharing vacation photos or promoting and marketing activities.[Aichner]

1.2 Parenting Styles

Every parent has their way of raising their children which includes their style of communication to guide the kids and provide the foundation to shape a child's morals, values, and behavior. The researchers have divided parenting styles into four major styles. This article will focus on those four parenting categories that are, authoritarian, authoritative, permissive, and uninvolved/ negligent. Each of these styles uses a different approach to parenting. It is very common for parents to identify one as the primary style along with a touch of characteristics from another. Also, to keep in mind, these styles can differ depending on context specifically.

- i. **Authoritarian Parenting:** In this parenting style, a parent builds a nurturing and strong relationship with the child and explains reasons why discipline is necessary. Discipline is looked upon in this model as a means of support rather than as punishment, whereby children take part in goal setting and expectations. This approach involves effective, consistent communication between the parent and the child. Consequently, such a parenting style nurtures a child to be confident, responsible, and able to self-regulate.
- ii. **Authoritative Parenting:** Authoritative parents bring up children with much warmth while establishing strong boundaries that give the children's actions meaning. Discipline is viewed as an instrument of encouragement, not punishment. Under this approach, children are also involved in goal setting, and parents communicate consistently and appropriately with their children. This type of parenting style usually produces the best results for children developing confidence, responsibility, and self-regulation. However, it requires patience and hardship on behalf of both the parent's and the child's part.
- iii. **Permissive Parenting:** These parents usually show unlimited love and warmth, and they put few or no demands on their children. There is no much ask for discipline but rather the approach is more friend-like than the conventional parental one. The children tend to get along with whatever is going on while they have very few rules and open communication. Usually, children brought up under a permissive parenting style have adequate self-esteem and reasonably developed social skills. Nonetheless, there is a possibility that they may display aspects of impulsive actions, selfishness, and difficulty in controlling themselves.
- iv. **Uninvolved/ negligent Parenting:** Uninvolved parents generally provide all the necessary material needs of the child and let them develop in any direction they wish since they do not interfere. They stay disconnected from the child's life and they have little or no specific discipline and limited communication. Parents' expectations are minimal, as their nurturing is usually very limited, or non-existent. Children,

who grow up in uninvolved/ negligent parenting environments often show high resiliency that got developed out of necessity due to absent parents. [Sanvictores]

1.3 Self Esteem

Self-esteem refers to a general appraisal of one's self-worth. It is generally seen as how one evaluates themselves, regardless of the specific words we use to describe. It is a psychological concept involving beliefs, feelings, and judgments a person holds for themselves, influencing how they perceive their abilities, value, and place in the world. There are different aspects of self-esteem, it includes how a person feels about their own skills, capabilities, and interpersonal relations (Murphy et al. (2005)). The three types of self-esteem can be defined as inflated, high, and low. Inflated self-esteem is also known as narcissistic self-esteem. People with such esteem have overly positive and magnified self-views that do not match their actual abilities and accomplishments. They usually have unrealistic and imposing self-concepts. They consider themselves as exceptional or more important than they truly are. People who suffer from such self-esteem may exhibit violent and aggressive behavior. (Piff, 2013) High self-esteem is considered to be positive self-esteem that is built on a solid foundation that helps one to feel psychologically balanced and happy with who they are. In contrast to that, low self-esteem can be linked to violence and aggressive behavior. One can also lack self-confidence, resulting in anxiety and depression. (Baumeister and Boden (1998))

2. OBJECTIVES

The objectives of this review paper are -

- i. Review of literature on The Impact of Social Media and Parenting Style on the Self-Esteem of Adolescents.
- ii. Identifying the research gap between social media, parenting style, and self-esteem of adolescents.
- iii. Identifying various research agendas related to Social Media and Parenting Style on the Self-Esteem of Adolescents using the focus group method.

3. MATERIAL AND METHOD

A systematic literature review was performed using the search words “social media”, “social media usage”, “parenting”, “parenting styles”, “self-esteem”, “adolescents” and “students” in the electronic

databases Research Gate, Google Scholar, PsycINFO, and Academia. The abstracts of the required papers were screened for relevant review of the literature. All applicable studies were included resulting in the publication of 30 studies.

4. RELATED WORK-BASED ANALYSIS:

Table 1: Social media usage of adolescents and the type of their parent's parenting style parenting

S.No	Name of the Author/Year/Country	Study Methodology design/ Sample size	Findings	Implications	Limitations
1	YanShu Sun (2023)	This study was done on the topic - The role of family on internet addiction: A model analysis of co-parenting effect. The sample consisted of 695 middle and high school students in Zhuhai. These students' responses were collected on self-report questionnaires of Internet Addiction and Parenting and were further statistically analyzed using Exploratory Factor Analysis.	Results of this study show that Internet Addiction is significantly related to Co-parenting patterns combined with strict and refuse parenting styles. The competing co-parenting pattern mixed with stricture and over-protection parenting styles strongly predicted children's Internet disorder. Gender moderated the impact of co-parenting on Internet addiction.	The study explores the association between co-parenting and Internet addiction in Confucian cultural backgrounds. The findings yield a better understanding of the co-parenting effect and provide instruction for defending against Internet addiction among the youth. The developed measurements of the co-parenting and theoretical model will contribute to the knowledge pool of Internet use, parent-child communication, family relationships, and youth study.	The study was done only in the Chinese Social context. A cultural mix approach would yield results that could be better generalized. [7]
2	Bar Shutzman & Naama Gershly (2023)	Researchers did a correlational study on Children's excessive digital media use, mental health problems, and the protective role of parenting during COVID-19. The sample consisted of 347 Israeli adolescents and parents who were assessed in terms of Digital media use, academic, social, emotional, and behavioral functioning, behavioral dysregulation, and parents' parenting practices.	This study found that Negative Parenting was positively correlated to Digital media use. Parent's low involvement with their child, elevated hostility and control towards them, and physical punishment led to higher levels of digital media addiction along with heightened emotional and behavioral difficulties.	The study implies that Authoritarian Parenting Style is strongly linked with internet addiction, gaming addiction, and digital media use addiction. It also implies how digital media use is linked to behavioral and emotional problems.	The tools used in this study were self-report questionnaires thus there can be a chance of sample data not being true due to social desirability. Parental intrusion in a child's response was also not controlled thus, children's response cannot be considered fully true. Also, the study was done during the covid-19 pandemic based on which results cannot be generalized to non-pandemic time. [8]
3	Onyekachi et al (2022)	Researchers did a study on Parenting style, social interaction anxiety, and	The results of this study showed that low levels of problematic internet	An interesting and important point this study emphasizes is	Since this study was done only on Nigerians, it is not

		problematic internet use on 300 undergraduate students in Nigeria. The scales used to measure the variables were the Parenting Style Inventory II (PS-II), the Social Interaction Anxiety Scale, and the Generalised Problematic Internet Use Scale 2. Further regression analysis was used to scrutinize the data.	use were connected to an authoritative parenting style and higher problematic internet use was related to a Permissive parenting style. Also, it was found that the relationship between parenting style and problematic internet use was mediated by social interaction anxiety.	that the Gendered parenting style which is a parenting style that is biased towards a particular gender influences problematic internet use more thus, in Nigerian culture which is patriarchal, there is a need for gender-sensitive interventions for internet use.	culturally inclusive of other factors thus, its results cannot be generalized to a population where other cultural factors might be at play. [9]
4	Yusuf et al (2020)	Researchers did a qualitative study on Digital Parenting to Children Using The Internet. Mostly the data was collected from books, journals, and articles.	The result of this study implies that the authoritative parenting style is the most suitable for children in the digital age.	authoritative parenting style is the most suitable for healthy management of children's digital use.	Since this is a qualitative study based on information written in books and articles, it tells little about the behavior of people on the ground and thus cannot be quantified and generalized. [10]
5	Belen et al (2018)	Researchers did a study on Child-to-Parent Violence and Parenting Styles: Its Relations to Problematic Use of Social Networking Sites, Alexithymia, and Attitude towards Institutional Authority in Adolescence. The sample consisted of 2399 adolescents studying in Andalusia and belonging to the age group of 12 years to 18 years. Manova was used to analyze the data.	Results of this study show that higher levels of child-to-parent violence were linked to more problematic use of social networking sites and alexithymia.	The study implies that high child-to-parent violence causes problems in adolescents in identifying and expressing their emotions, which makes them more involved in the Internet and social networking sites to build or improve interpersonal relationships and regulate their affective states.	The design of the present study was cross-sectional which did not allow for establishing causal relationships between studied variables thus, longitudinal studies in the future are recommended. [11]

Table 2: Social media usage of adolescents and its impact on their self-esteem

S.No	Name of the Author/Year/Country	Study Methodology design/ Sample size	Findings	Implications	Limitations
1	Rebecca et al (2023)	Researchers did a study on Social Media in Adolescents: A Retrospective Correlational Study on Addiction. This cross-sectional study was done in the first year of the COVID-19 pandemic on 258 secondary school students. Through an online survey, students' responses were collected on the following tools - social media addiction	The results of this study showed that 11% of participants were addicted to social media with a higher representation of females. Results also showed that lower levels of self-esteem and higher levels of anxiety were connected to higher levels of internet use in terms of more checking activity, playing video games,	Social isolation was found to be positively associated with self-esteem and negatively with anxiety. Adolescents with higher self-esteem were found to be more socially isolated.	Since the tools used in this study were self-report questionnaires, the social desirability of the participants can make the data untrue and affect the results of the study. [12]

		(BSMAS), self-esteem (RSES), feelings of isolation (CSIQ-A), and anxiety (STAI-Y).	and spending time on screen using social media.		
2	Silje et al (2021)	Research was conducted on The impact of social media use on appearance and self-esteem in children and adolescents. The sample consisted of 725 children aged ten, twelve, and fourteen who were interviewed on Self Description Questionnaire I and the Self-Perception Profile for Adolescents.	The results of this study signify that an increase in social media use is negatively relayed with self-esteem in adolescents.	Especially in girls, lower levels of appearance self-esteem were due to higher levels of other-oriented social media use. Moreover, self-oriented social media use does not lower self-esteem. [13]	
3	Helena et al (2021)	Researchers did a study to understand how the COVID-19 pandemic impacted the usage of social networking sites and how that impacted self-esteem and body image. The sample consisted of 2601 Spanish women belonging to the age group of fourteen to forty-five who were asked to fill out questionnaires on social networking usage, self-esteem, and body dissatisfaction.	Results showed an increase in the usage of social networking sites during the lockdown and it also showed a significant relationship between social media use, low self-esteem, and higher desire to be thin in terms of body image.	Lockdown due to the COVID-19 pandemic impacted SNS use, and this might be linked to increased drive for thinness and eating disorder risk among adolescents and young women.	The research was done only on women and is not gender inclusive. A gender-inclusive study would provide a better understanding of lockdown effects in general. [14]
4	Scully et al (2020)	Researchers did a study on Social comparisons on social media: online appearance-related activity and body dissatisfaction in adolescent girls. This study aimed to understand how appearance-related activity such as looking at photos of friends on social media impacted body dissatisfaction among adolescent girls. The sample consisted of 210 adolescent girls who were administered self-report measures of self-esteem and online appearance-related activity, social comparisons to female target groups, internalization of the thin ideal, and body dissatisfaction.	Results showed a significant correlation between self-esteem poor body image and poor body image with time spent on social media. The higher the time spent online doing social comparisons, the higher the dissatisfaction with the body Body and the lower the self-esteem due to poor body appraisals.	study implies that social media is creating an appearance cultural environment that can have effects on the mental health of people thus, suitable protective factors need to be explored.	The study was only conducted on girls. Conducting a study inclusive of different genders would help in better generalization of results. [15]

Table 3: Parent's parenting style and its Impact on adolescents self-esteem

S.No	Name of the Author/Year/Country	Study Methodology design/ Sample size	Findings	Implications	Limitations
1	Chauhan et al (2023)	A study was conducted on the Role of the Parenting Style of Mothers of Rural India in the esteem of Children. The sample consisted of 81 children and their mothers of the age group eight to fifteen years living in rural areas of Haryana. Tools used to collect data from the sample were the Coopersmith self-esteem inventory (school form) and, the Parenting Style Four Factor Questionnaire.	Correlational analysis of the data signified a positive correlation between authoritative, and permissive parenting styles and self-esteem and a negative correlation between authoritarian and uninvolved parenting styles. Moreover, results didn't show any significant relationship between permissive parenting styles and self-esteem.	Authoritative and Permissive parenting develop high self-esteem in children.	Responses were recorded only for mothers. The father's account would provide a better understanding of the relationship. [16]
2	Xiaoyu Lan (2023)	The study explored how self-esteem was affected in youths who were left behind due to parental migration. The sample size for this study is 1060, all participants came from low-to-medium family income backgrounds. For analysis, SPSS, and R software were used.	The findings of the study show that there is no significant difference in academic engagement between left-behind and non-left-behind youth. Both groups exhibit similar levels of academic engagement. This finding challenges the notion that left-behind youth are academically disadvantaged compared to their non-left-behind peers.	The study suggests that left-behind youth may not be academically disadvantaged, but should be facilitated by school authorities and teachers to reduce negative stereotypes.	This study focuses only on academic participation but it lacks detailed analysis. It does not account for emotional, behavioral, and cognitive aspects. Also, interventions like dropping out of school should have been accounted for to get more accurate results.
3	Martin Pinquart & Dana-Christina Gerke (2019)	The study is more of a Semantic search in electronic databases (PsycINFO, ERIC, Google Scholar, and PSYINDEX), and cross-referencing identified 116 studies that were included in a random-effects meta-analysis.	Cross-sectional studies found small to moderate positive associations of authoritative parenting with self-esteem while authoritarian and neglectful parenting was related to lower self-esteem	correlations between parenting styles and child self-esteem cannot be interpreted as a pure effect of parenting styles	Very few longitudinal studies were available. More longitudinal research is needed for testing.
4	Koyed Mandal/ Suchandra Das/ Kalpana Datta/ Satyabrata Roy Chowdhury/Supratim Datta (2021/India)	A study was conducted on adolescents and their parents attending the adolescent health clinic in a tertiary medical care hospital for various problems. The sample size was calculated at 246 adolescents aged between 10-19 years attending the adolescent health clinic. Rosenberg's self-esteem questionnaire was used to collect the data	The study revealed that authoritative parenting is associated with higher self-esteem among adolescents, followed by Permissive parenting and Authoritarian parenting respectively.	Authoritative parenting is associated with higher self-esteem levels among adolescents	The number of Permissive parents was very low in this study. Further studies with larger numbers of Permissive parents can be conducted to support the results obtained. Also, different psychological factors that can influence

					parenting style are not included in this study.
5	Bhawini Vasudeva 2022/India	The study was conducted on 160 adolescents There was an equal number of males and females. There were two tools used to collect the data. One was the Parental Authority Questionnaire (1991) developed by Buri, J. R., and the second was The Rosenberg self-esteem scale by Morris Rosenberg (RSES 1965)	Study shows that increasing the permissive parenting style will lead to increasing self-esteem and authoritarian parenting style was a significant predictor of the low self-esteem. The study also revealed that there is a significant gender difference between the level of self-esteem scores due to different parenting styles	impression of the parenting style of one's parents can impact the self-esteem of adolescents.	Reliance on self-reports as it would be highly challenging to gather assessments of parental behavior from observers for such a large sample without disrupting typical family interactions.

Table 4: Impact of Social Media and Parenting Style on Self-Esteem of Adolescents

S.No	Name of the Author/Year/Country	Study Methodology design/ Sample size	Findings	Implications	Limitations
1	Gayathri Rao Ankur Madan May 2013/India	The study included 95 adolescents between 14 to 17 years from reputed English medium schools all over Bangalore. For collecting the data sample, the Inventory of Parent and Peer Attachments was used. It was categorized into those who use Facebook for more than 7-8 hours a day vs. those who don't.	Results revealed there are substantial differences in the reasons for Facebook use by adolescents who are securely and insecurely attached adolescents. The insecurely attached adolescents showed patterns of low confidence and negative views of others and situations. They enjoyed the privacy and independence that came hand-in-hand with Facebook. On the other hand, securely attached adolescents did not view privacy and independence as big issues revolving solely around Facebook use. They also enjoyed the presence of their family members on Facebook along with them.	Adolescents take to online social networking not only to pass their time, but it serves as a basic tool to fill in a void that they find in their real lives. The more active one is on Facebook, the more isolated from real life they become. As Facebooking requires no social skills to build relationships, one needs just a computer and internet access to build bonds and maintain relationships.	The limitation of this study was that the study was conducted on only adolescents, and a wider variety of age groups could not be incorporated. Also, the study focused only on a sample purely Bangalore reduces its generalizability
2	T. K. Zwijnenburg Utrecht, Netherlands 2020	The study followed was 1119 adolescents between the ages of 11- to 17- years from multiple secondary schools in the Netherlands. Gender was evenly distributed. The data was collected by using Likert for SNS,	Findings suggest that the permissive parenting style is most favorable for high-frequency active users and both the authoritarian and authoritative for low-frequency active users.	Active SNS use and physical self-esteem improve with low internet rules and high parent-child communication quality with a permissive parenting style. High parental rules lead to	The limitation of this study is that active and passive social networking site use was measured using only one question each that gives not much insight into the content adolescents

		Physical self-esteem and Parental rules regarding SNS aspects. SPSS tool was used to perform analysis. Spearman's Rho was used, for all other variables of Pearson correlations. Gender differences were analyzed using an independent sample t-test		higher physical self-esteem in authoritarian parenting, but not vice versa.	looked at or posted on social networking sites. Also, questionnaires were filled out by the adolescents, and therefore are measuring perceived parental rules and parent-child communication quality by adolescents and not parents.
3	Ni Komang Yastri, Anasuyari, Melly Latifah 2023	The study aims to find out the role of parenting style, friendship quality, and social media self-efficacy. The study involved 224 adolescents aged 15-18 years from 4 senior high schools. Sampling was done using a purposive sampling technique based on the criteria: age, use of social media, having complete parents, and living together. Instruments used to collect data were the Parental Authority Questionnaire (PAQ), Friendship Quality Scale (FQUA), and Internet Self-efficacy Scale. Data was analyzed using MS Excel and SPSS tools	The study revealed that over half of fathers and mothers have moderate authoritative parenting styles, with 78.1% adopting authoritative parenting and 81.7% predominantly using authoritarian parenting.	Most parents tend to adopt authoritative parenting styles predominantly. More than half of adolescents have friendship quality, social media self-efficacy, and online resilience in the moderate category.	Sample size limited the generalization of the results. Also, the data collection was carried out on respondents using social media in general, without measuring each respondent's negative experiences using social media
4	Kinanti Prabandari, Lilik Noor Yuliaty 2016	study aimed to analyze the effects of social media use and parenting styles on teenagers' academic motivation and academic achievement. Samples were 120 students selected from 4 schools across rural and urban areas. Data was collected by using questionnaires, on basic demographics, social media use, parenting styles, and academic motivation. Secondary data were obtained from school records.	The results also showed that a permissive parenting style negatively affected intrinsic academic motivation. Authoritarian parenting style hurts extrinsic academic motivation, indicating that the adolescents' academic motivation is their fear toward parents' demands for punishment.	Parenting styles, either authoritarian or permissive, can impact academic achievement, with authoritarian styles increasing extrinsic motivation but decreasing intrinsic motivation.	The scope of the study was constrained by a relatively homogeneous sample, potentially limiting the generalizability of findings to broader social contexts. Also the content in social media sites to learn about its usage.
5	Hanna Rún 2017	This research had two goals. One is to examine if there is a gender difference regarding self-esteem in the Icelandic population and also to assess if there is a	The total number of participants was 10,687. A random sample of 2039 participants was used in this study, with 980 males, 1041 females, and 18	Those who spent one hour or less on social media per day had the highest levels of self-esteem and those who spent over three hours on social media per day	The study has limitations, including the challenge of determining the exact influence of gender and social

		<p>relationship between spending a great amount of time on social media per day and adolescents' self-esteem. The second goal was to examine if parental support buffered the relationship between social media use and self-esteem in adolescents.</p>	<p>adolescence did not reveal their gender. The age range was from 12 to 17 years. A questionnaire from ICRSA containing 88 questions and the Rosenberg self-esteem scale (RSES) was used to collect data. SPSS version 24 was used to perform data analysis. A factorial analysis of variance ANOVA was used to examine the mean difference in adolescence by time spent on social media per day and gender and FANCOVA was used to examine if parental support buffered the relationship between self-esteem and time spent on social media per day or gender.</p>	<p>had the lowest levels of self-esteem. The results showed that if boys felt like they received little parental support that resulted in lower levels of self-esteem for boys in comparison to girls, and spending more time on social media resulted in lower levels of self-esteem for girls</p>	<p>media usage on self-esteem in adolescents, the lack of research on social media influence, and the inability to establish a causal relationship. Also working with a sample size of this magnitude the results can show the influence that would not be present in a smaller sample</p>
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5. SWOT ANALYSIS

An in-depth examination of the complex relationship between adolescent self-esteem and parental involvement with social media is urgently needed. Adolescence is a pivotal period of life characterized by profound changes in one's body, mind, and emotions. Adolescents throughout this period rely heavily on social media to gain acceptance and approval from their peers and parents. Adolescents' sense of self-worth and emotional health are greatly influenced by their parents' parenting practices. Based on the literature review, this SWOT analysis will analyze the positives, negatives, opportunities, and threats associated with social media's effect on adolescents' self-esteem.

Strengths: Adolescents can get positive social support in the online networks they might join through various social media sites. They may feel more confident and secure after participating in online forums due to the good interactions and feedback they receive. Teens can find helpful articles and videos on topics like self-worth and mental health on social media platforms. They can strengthen their sense of self-worth and confidence by learning new coping mechanisms and methods for personal development. Adolescents who

are raised in an environment that is warm, supportive, and has clear boundaries tend to develop a healthy sense of self-worth. A strong feeling of self-worth and emotional stability can be developed with the help of caring parents. Adolescents' creativity is encouraged and their sense of self-worth is boosted by social media's availability of a public forum.

Weaknesses: Adolescents may use social media to compare themselves to their peers in terms of their looks, their success, and their level of popularity. Self-esteem might take a hit if you constantly compare yourself to other people and come up short. Adolescents' self-esteem is seriously threatened by cyberbullying and other forms of negative feedback that are becoming common on social media. Feelings of worthlessness and loneliness might result from being the target of online abuse or cruel comments. Adolescents' sense of self-worth may be damaged by the authoritarian parenting style, which is characterized by strictness and control. Inadequacy and self-doubt are common results of a lack of emotional support. Adolescents' privacy may be breached on social media, which can make them feel unsafe and have a detrimental effect on their sense of self-worth.

Opportunities: Online support groups and communities that promote good self-image, mental wellness, and growth can flourish because of the prevalence of social media. Participating in activities with others who share similar interests can help you feel accepted and at home. **Workshops for Parents:** Parents can gain the tools they need to promote their children's well-being by attending workshops that address the effects of social media on their children's self-esteem. Adolescents' confidence can benefit from open dialogue and ethical technology use. Parental and teenage awareness can be increased by educational initiatives that focus on building a good self-image and encouraging healthy use of social media. Adolescents can gain agency over their online identities by engaging in reflective self-analysis. Their confidence and sense of agency can be boosted by exposure to positive role models and inspiring success stories shared on social media. Positive self-image and resistance to idealized ideals might result from exposure to realistic role models.

Threats: The cyberbullying epidemic is negatively affecting the mental health and social lives of today's teens. Constant criticism can be damaging to one's sense of self-worth and mental health. Addiction to social media is a serious problem, and it can cause people to withdraw from real-world relationships. Self-esteem gets damaged if one values online praise more than real-life friendships. Adolescents' sense of self-worth and mental health can be badly impacted by emotional neglect caused by their parents' excessive use of social media or lack of monitoring. Adolescents' self-esteem may suffer if they read or watch content on social media that contains false or exaggerated claims, or if they feel pressured to live up to ideals that are out of their reach.

This SWOT analysis sheds light on the complex relationship between teenagers' self-esteem, their exposure to social media, and their parental parenting styles. Adolescents' confidence can rise if they have access to positive social support, educational resources, authoritative parenting, and a safe space for expression. However, vulnerabilities such as social comparison, cyberbullying, authoritarian parenting, and privacy concerns can erode adolescents' self-esteem. Fostering a positive digital environment that supports teenagers' self-esteem and emotional well-being requires acknowledging the potential afforded

by positive online communities, parenting workshops, educational campaigns, and empowerment through role models. Several factors can be used to boost the self-esteem of teenagers, including the prevention of cyberbullying, social media addiction, neglect of parents, and exposure to inaccurate information and unreasonable expectations. Children and adolescents need a safe and supportive online environment where they can grow and develop a sense of identity, which can only be achieved by combining the efforts of parents, teachers, mental health specialists, and social media platforms. Adolescents' positive self-esteem and emotional well-being can be fostered in the digital age by capitalizing on strengths, resolving shortcomings, making the most of opportunities, and minimizing risks.

6. DISCUSSION

The comprehensive review reveals a complex interplay between social media, parenting styles, and adolescent self-esteem. The psychological mechanisms associated with smartphone use demonstrate its far-reaching impact on various aspects of life. The manifestation of issues such as loneliness, sleep problems, social anxiety, stress, and depression underlines the need for a nuanced understanding of the influence of smartphone use on mental health. The concurrent exploration of parenting styles as crucial factors in shaping the adolescent experience sheds light on potential interventions. The identification of "phone-free hours" as a means for parents to facilitate quality time and communication within families is a practical approach. Moreover, the recognition of good friendships as protective variables emphasizes the importance of positive peer relationships in mitigating the potential negative effects of excessive smartphone use.

7. LIMITATIONS

Despite the valuable insights gained from the review, certain limitations need consideration. The heterogeneity of studies in terms of methodologies, sample sizes, and demographic characteristics may impact the generalizability of findings. Additionally, the rapidly evolving nature of technology and social media introduces a temporal limitation, as the impact of newer platforms and features may not be fully captured in the existing literature. The potential for

self-report bias in studies assessing smartphone usage and its psychological effects should also be acknowledged. Social desirability and recall biases may influence the accuracy of reported data, potentially affecting the reliability of conclusions drawn from these studies.

8. RESEARCH GAP

While the review provides a thorough examination of existing literature, a noticeable research gap exists in the exploration of specific cultural and contextual factors influencing the relationship between social media, parenting styles, and adolescent self-esteem. Future research should strive to investigate how cultural nuances and socioeconomic factors interact with these variables, providing a more comprehensive understanding of the phenomenon. Furthermore, a dearth of longitudinal studies hampers the ability to establish causality definitively. Future research endeavors should prioritize longitudinal designs to track the long-term impact of smartphone use and parenting styles on adolescent self-esteem, offering a more nuanced perspective on the developmental trajectory.

9. RECOMMENDATIONS AND COPING STRATEGIES

In light of the identified challenges and potential consequences, several recommendations and coping strategies can be proposed. Firstly, parents are encouraged to actively engage in setting and enforcing "phone-free hours" to facilitate face-to-face communication and familial bonds. This intentional approach can help mitigate the negative impact of excessive smartphone use on relationships and academic performance. Educational programs targeted at both parents and adolescents should be developed to raise awareness about the potential pitfalls of smartphone addiction. These programs can equip individuals with coping strategies, emphasizing the importance of emotional, mental, and social support in navigating the challenges posed by technology. Furthermore, schools and community organizations should collaborate to create environments that foster positive peer relationships and offline social interactions. Implementing mindfulness and stress management programs within educational settings can

contribute to the development of healthy coping mechanisms for adolescents facing the pressures associated with excessive smartphone use. In conclusion, the review underscores the need for a holistic approach to address the impact of social media and parenting styles on adolescent self-esteem. By recognizing the interconnected factors at play, implementing practical interventions, and fostering support systems, stakeholders can contribute to the cultivation of resilient and well-adjusted adolescents in the digital age.

10. CONCLUSION

In conclusion, this review-based analysis highlights the intricate web connecting social media, parenting styles, and adolescent self-esteem. Acknowledging the challenges posed by smartphone addiction underscores the urgency of adopting strategies to foster a balanced and healthy relationship with technology. As we navigate the digital era, the role of parents, educators, and support systems becomes paramount in cultivating resilient and well-adjusted adolescents, ensuring their emotional and psychological well-being in an interconnected world.

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