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## Notice for the PhD Viva Voce Examination

Ms Anjana N, Registration Number: 1950078, PhD Scholar at the Department of Social Work, School of Psychological Sciences, Education and Social Work, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Tuesday, 16 September 2025 at 11.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru – 560029, Karnataka, India.

**Title of the Thesis** : **Digital Parenting: Adolescents' Perception of Parental Influence on their Levels of Internet Usage**

**Discipline** : **Social Work**

**External Examiner - I** : **Dr Praful Kapse**  
Associate Professor and Head  
Department of Psychiatric Social Work  
Maharashtra Institute of Mental Health, (MIMH), Pune  
Panchawati, Pashan - 411008  
Maharashtra

**External Examiner - II** : **Dr Sangeetha R Mane**  
Professor  
Department of Social Work  
Karnatak University Dharwad, Pavatenagar  
Dharwad - 580003  
Karnataka

**Supervisor** : **Dr Ngaitlang Mary Tariang**  
Assistant Professor  
School of Psychological Sciences, Education and  
Social Work  
CHRIST (Deemed to be University)  
Bengaluru – 560029  
Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

**Place:** Bengaluru

**Date:** 11 September 2025

  
**Registrar (Academics)**

## ABSTRACT

**Background:** India, with its large adolescent population, has experienced rapid digitalisation over the past two decades, leading to a significant rise in problematic Internet use among adolescents, especially in the aftermath of the COVID-19 pandemic. This has highlighted the urgent need for effective digital parenting to mitigate associated risks. However, there is limited information about parenting practices associated with adolescents' Internet usage within the Indian cultural context. This research examined the perceptions of adolescents in pre-university colleges in urban Bengaluru regarding the influence of digital parenting approaches, specifically Internet parenting styles and parental mediation, on their Internet usage.

**Methods:** An explanatory sequential mixed-methods design informed by a pragmatic paradigm was utilised. Conducted during the COVID-19 pandemic, when adolescents were engaged in hybrid learning, the study began with a quantitative phase using a cross-sectional survey of adolescents. A convenient sample of 386 adolescents completed the survey, and 27 participated in interviews. Descriptive and inferential analysis with SPSS informed the development of the interview guide and participant selection for the subsequent qualitative phase. This phase involved semi-structured interviews with Normal Internet Users (NIU) and Problematic Internet Users (PIU), followed by inductive thematic analysis assisted by NVivo. The narrative approach and joint displays were used for mixed analysis, and the integration of findings revealed metainferences, offering additional insights.

**Results:** Quantitative results indicated high levels of problematic Internet use, moderate perceived parental control and warmth, slightly more restrictive mediation than active mediation, and a predominance of laissez-faire Internet parenting style. Notably, only perceived parental control significantly predicted increased Internet usage, while perceived warmth and parental mediation had no significant impact. The qualitative themes were perceptions regarding parental involvement in Internet use, the impact of COVID-19 on parental involvement, key elements in parental involvement, and adolescent expectations regarding parental involvement. The qualitative analysis highlighted the impact of the COVID-19 pandemic, variations in parental involvement between NIU and PIU, and factors such as adolescents' need for autonomy, open parent-child communication, the importance of self-regulation skills, mutual trust, respect for privacy, parental and adolescent digital literacy, parental Internet proficiency, and adolescent receptiveness to parental involvement. The study underscores the need for balanced, informed digital parenting to guide adolescents toward safe and responsible Internet use, particularly in rapidly evolving urban settings.

**Conclusion:** This study emphasised the need for balanced and well-informed digital parenting to assist adolescents with safe and responsible Internet usage, particularly in rapidly evolving urban environments. This research provides a foundation for future studies and offers implications for theory, practice, and various stakeholders, including social workers, mental health professionals, educators, policymakers, parents, and adolescents. It recommends Social Work interventions to enhance digital parenting practices and suggests modifications to Social Work curriculum and training to address increasing adolescent Internet usage.

**Keywords:** *adolescents, digital parenting approaches, Internet parenting styles, parental mediation, Social Work practices*

### Publications:

1. Nannatt, A., Tariang, N. M., Gowda, M., & Devassy, S. M. (2022). Family Factors Associated with Problematic Use of the Internet in Children: A Scoping Review. *Indian Journal of Psychological Medicine*, 44(4), 341–348. <https://doi.org/10.1177/02537176221090862>
2. Nannatt, A., & Tariang, N. M. (2025). Adolescent Health in the Digital Age: Internet use and Addiction. *Indian Journal of Natural Sciences*, 16(89), 92704–92716. <https://tnsroindia.org.in/JOURNAL/issue89/IJONS%20-%20ISSUE%2089%20-%20APRIL%202025%20-%20FULL%20TEXT%20-%20%20PART%20-%2002--19.04.2025.pdf>