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Social Media Changing Communication Patterns of Parents with Children

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Abstract

Social media is opening doors for the Baby Boom Generation and the Generation X to experience communication in a new way. It is removing the physical and time constraints, enabling people to interact anytime and anywhere. It helps parents to keep a track of their children's online life, be a part of it and also broaden their own social life. However, what is needed to figure out is that how this life of virtual reality on social media is affecting the relationship parents have with their children.

The effects of technological communication on in-person communication between parents and children in a household were studied by the researcher. As per the results gathered from the survey of 50 couples, the researcher concluded that parents feel that social media and the new ways to communicate has negatively affected their relationship with their children.

Keywords: Social Media, Parents And Children, Offline And Online Relationships, Parent- Children Relationships, Family Relationships.

Introduction

Bornstein & Sawyer and Parke & Buriel (2006) said that, "family, like the human body, is truly a whole consisting of interrelated parts, each of which affects and is affected by every other part, and each of which contributes to the functioning of the whole" (as cited in Sigelman and Rider, 2003, p. 480).

With the penetration of social media deep into the family, the relationships are bound to be affected. However, what is important is that the impact and type of affect of the various social media applications and sites must be studied. Perse (2001) stated "There is consensus, for the most part, among scholars that media do have some impact on various dimensions of social life and structure" (p.6).

The social media is simultaneously helping in bridging the gaps of physical boundaries and in helping the parents to keep a track of their children's online activities. One negative impact of social media as described by Chen (n.d.) in his paper is, "The more time people maintain their relationships online, the less chance people can have at face to face communication" (p. 6). Turkle (2015) said that, "the real emergency may be parents and children not having conversations or sharing a silence between them that gives each the time to bring up a funny story or a troubling thought" (p. 17). Thus, the communication pattern, with and without social media, is also studied by the researcher.

Review of Literature

In the research paper, 'The effect of technology on face-to-face communication' Emily Drago (2015) found out that majority of respondents use their cell phone when they are in company of friends or family. The researcher realized that more than half of the sample agrees to communicate with family or friends more via technology rather than in person. It was also noted over 90% believed that technology is negatively affecting face-to-face communication and over 80% agreed that quality of conversation degrades in the presence of technology. This shows that the scope of researcher's study is wide and the impact has been studied previously too, at a different scale.

Similarly, in 'Family communication, privacy, and Facebook (2013)' by Eric M. Fife, LuAnn LaCava & C. Leigh Nelson, it was revealed that younger generation is a little hesitant to add their family on Facebook. Even when they do so, the reason is the fear of rift in the family relationships. Also, they only disclose certain parts of their profiles to family members. Facebook is mainly utilized by people as a conversation starter and to keep in touch with members who are physically distant. This study

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helped the researcher to understand the type of relation between family members on social networking site Facebook. It also made the researcher know the level of intimacy shared by members on social media.

One more study, 'Social networking sites impacts on interpersonal communication skills and relationships' in 2014 by Pritta Chasombat brought forward the fact that socially awkward people are more likely to use social networking sites to interact and communicate because they are able to control the conversation (Social penetration theory). The researcher examined the denial of respondents regarding overusing Facebook and its negative effects. It was observed in the study that people believed that Facebook is a necessity to study, to communicate, and to maintain the relationship with others. However, they agreed that it has affected the interpersonal communication skills to some extent. The rapid spreading of cyber slangs and abbreviations into offline lives made the researcher aware of the recent trends and their impacts on the audience, like weakening of official spoken and written language of the users.

The research 'Unplugged: Life without social media – A qualitative exploration' by Cassandra Nader, Catherine Hedlin, Donna Jamieson and Gerard Bellefeuille (2015) was conducted with the purpose to understand whether people (youngsters) are addicted to social media and how do they react in its absence for a prolonged period. The researchers opted for a dual research methodology, journal writing and a focus group and it offered varied results which included some of the sample falling back to the use of social media before a week, the time duration for study, was over. The researcher observed that in the absence of social media, sample felt that they had ample time, how they could utilize it and they were more aware of events happening in their vicinity. This helped the researcher to infer that when people cut off their use of social media or electronic devices, they tend to interact more with others and with time, they fell less anxious to always 'be online.'

Contrary to the above, Mutanana Ngonidzashe (2016) in 'Social Networks and the Social Interaction in Family Relationships among Zimbabweans' analyzed the interaction pattern and use of social networking sites of people living far from their families. Indian population is also widely spread along the globe. This study helped the researcher to see the point of such communication patterns with the Indian audience in mind. It proved that social media has become an indispensable part of our daily routines. Eighty percent respondents believed that media technologies were essential for family functioning. It (media technologies) helped the members to stay in touch even when they are not in physical proximity. However, e-communication is not the only form of communication; it is supplementary to face-to-face communication.

Also, 'Welcome to Facebook: How Facebook Influences Parent-Child Relationship' talks about the impact of Facebook- the most popular SNS- on the communication between children and parents. The

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authors, Vivian Hsueh-hua Chen, Tiffany Gou and Weiyi Li studied seventeen pairs of parent-child and questioned them about intimacy, transparency and responsiveness regarding Facebook. The research yielded positive results like- Facebook enables parents to know what is going on in the child's life which helps them to feel close to their children; its use has allowed parents to realize that the child's privacy also needs to be respected; and also, Facebook creates opportunities to communicate about the additional topics in a household. It concluded that in spite of some negative effects, Facebook is now like any other family activity which allows parents and children to engage.

Significance of The Study

New communication technologies like social media are attracting one and all with its dynamic ways to interact with others without the constraint of time and distance. Gradually, its use has become a trend and everyone, without the age barrier, has started operating the various social networking sites. The use of these sites is however not only limited to socializing with friends, old and new, and other people. It is also used to entertain, obtain knowledge, escape boredom and even sometimes as a status symbol. With its rising popularity, it becomes important to observe what kinds of affect it has on people and their communication skills.

When in a household every member of the family is spending some time on these social networking sites, it is bound to have some effect on their inter-personal relationships and also the communication pattern. This study is significant to understand the use of social media applications and sites by the parents, how they perceive its' importance in their life and also how it impacts their relationships with their children.

Objectives of the study

1. To observe the kind of social media parents operate, the time spent on it and the gratifications received from it.
2. To analyze the impact of social media on the relationship with the children as perceived by parents.
3. To find out the effects of overuse of online interactions on the offline interactions.

Research Methodology

Research methodology is the method(s) used in collecting the data and conducting the research.

Research Design

The researcher chose the concurrent mixed approach research design for this study.

Research Method

Two methods- survey and observation were combined to yield the results.

Research Tool

The survey conducted consisted of twenty nine quantitative and qualitative questions together.

Research Area

The study has been conducted in Patiala, Punjab.

Research Phase

The data was collected at one point of time, April 2018. Thus, it was a cross-sectional study.

Research Sample

A sample of 50 couples was selected who had a child or children in their teens. Research variables: This study has taken into consideration the gender variable.

Statistical Tools

Percentage has been used for the calculation and analysis of the accumulated data.

The final questionnaire was drafted after conducting a pilot study including survey, interviews, and observation.

Data Presentation

Table 1: Preference of Parents for Social Media Applications

Social Media Applications	Male	Female
a) Facebook	28%	24%
b) Skype/ Face Time	2%	2%
c) Instagram	2%	2%
d) Viber	0%	0%
e) WhatsApp	68%	72%
f) Snapchat	0%	0%

From the data processed, it was observed that most of the parents used only two social media accounts – Facebook and WhatsApp. Only some parents had account in more than two social media applications and no father and mother had accounts on Snapchat and Viber. More than 50% of the parents preferred WhatsApp over any other social media applications. This shows that WhatsApp is the most popular social media application among parents.

Table 2: Parents Spending Time on Social Media Applications

	1-2 hours		2-3 hours		3-4 hours		More than 4 hours	
	Male	Female	Male	Female	Male	Female	Male	Female
Weekday	54%	68%	28%	26%	10%	2%	8%	4%
Weekend	44%	62%	30%	22%	12%	12%	14%	4%
f) Chatting							21%	27%

More percentage of mothers spends 1-2 hours on weekdays on social media applications than fathers. However, for the time span of more than 4 hours, the percent of fathers was higher than the mothers. Fathers spent more time on social media applications than mothers. Also, the percentage of using social media apps was higher on weekends than on weekdays.

Table 3: Parents' Reasons for Using the Applications

Reasons	Male	Female
a) Need to socialize	40%	32%
b) Knowledge content	42%	44%
c) Boredom/ Escapism	18%	24%

Majority of the parents use them for the knowledge content. More men than women feel the need to use these applications for socializing and more women than men use it to escape boredom. Only a small percent of 17% fathers and 24% mothers operate these apps to escape boredom.

Table 4: Parents Spending Time on Particular Online Activities

Activity	Male	Female
a) Surfing	19%	27%
b) Reading articles/ e-books	23%	24%
c) Watching movies/ serials	10%	11%
d) Playing games	3%	4%
e) Using for business and profession	24%	7%

The sample was told to pick top three things they do when they are online. As per the data gathered, more number of parents chose chatting in their top three options. The next in line activity was reading articles and e-books online. The maximum numbers of men dealt in business and professional activities when using social media applications. The women were tied with two activities, chatting and surfing the net, at the highest percent.

Table 5: Device Used by Parents to Operate The Social Media Applications

Device	Male	Female
a) Mobile phone	94%	98%
b) Laptop	0%	0%
c) Tablet	4%	2%
d) Computer	2%	0%

The most common device used by parents was the mobile phone. The smart phone devices which have enabled the users to operate these internet and various applications to be downloaded on it has reduced the popularity of other devices like laptop, tablet and computer. It allows them to operate multiple functions in one place.

Table 6: Type of Relationship Parents have with Their Children

Relationship	Male	Female
a) Talk to them about almost everything	54%	84%
b) Talk whenever there is time	36%	14%
c) Everyone is almost always	10%	2%

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The next question was asked about what type of relationship parents enjoy with their children. The type of relationship a family has is largely dependent on the communication pattern in the household. The maximum numbers of parents talked to their children about everything. It is also worth mentioning that according to the data accumulated, mothers were more comfortable interacting with their children than fathers.

Table 7: Parents Online Connected with Their Children

Options	Male	Female
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a) Yes	48%	50%
b) No	28%	30%
c) Not using them	24%	20%

Majority of the parents are connected with their children on social media sites like Facebook and Instagram. This means that parents are now also getting tech-savvy and connected with their children on online platforms. Only a small number said that the parents are not on these sites which also show that more and more parents are now operating these sites.

Table 8: Parents Interacting Face- To- Face with Children and Friends in an Average Day

	Less than 1 hour		1-2 hours		2-3 hours		More than 3 hours	
	Male	Female	Male	Female	Male	Female	Male	Female
Children	20%	8%	42%	36%	20%	28%	18%	28%
Friends	34%	62%	38%	30%	38%	8%	10%	0%

The face-to-face interaction of fathers was more with friends. For mothers, maximum of them spent the least of their time interacting face-to-face with their friends and maximum time interacting with

children. The percent of interaction of more than 3 hours by mothers with their children is 10% higher than that of fathers'.

Table 9: Parents Interacting Online with Various People

	Never		Rarely		Fairly		Nearly always	
	Male	Female	Male	Female	Male	Female	Male	Female
Close Friends	8%	7%	21%	22%	32%	33%	29%	27%
Family	15%	5%	20%	20%	22%	27%	33%	59%
Friends	12%	10%	28%	28%	25%	25%	9%	14%
Co-workers	19%	26%	23%	23%	18%	15%	24%	0%
Strangers	46%	52%	8%	7%	3%	0%	5%	0%

Mothers interact digitally with their family members the most and fathers interact with their close friends the most. This means that mothers indulge in chatting with their spouse and children more often than the fathers. Both mothers and father converse

rarely with their friends (28% for both), fathers' converse nearly always with the co-workers but mothers never interact with them. This is also because some mothers are house-wives and they don't have co-workers.

Table 10: Parents Sharing Online Information with Various People

	Photos		Status		Friend list	
	Male	Female	Male	Female	Male	Female
Close Friends	32%	40%	21%	24%	24%	25%
Family	30%	33%	17%	21%	18%	29%
Friends	20%	21%	30%	27%	18%	19%
Co-workers	15%	6%	23%	22%	20%	12%
Strangers	3%	0%	9%	6%	20%	15%

The next question was based on the concept of Focused Sharing. The sample was asked what of the following- photos, status and friend list were they comfortable sharing with the different social groups including close friends, friends, family, co-workers and strangers. Parents were more comfortable sharing their photos, status and friend list with the close friends than with their family. However, they shared more photos with the family members rather than with the friends and co-workers. The fathers shared more data with their colleagues, i.e. co-workers, as compared to mothers. The reason for the above behavior was that there were less working mothers in the sample as compared to their male counterpart.

Table 11: Parents clicking photos with children

Options	Male	Female
a) Daily	0%	4%
b) Once a week	12%	12%
c) Once a month	8%	8%
d) On special occasions	80%	76%

Also, it was proven that parents are not big fans of getting photos clicked with children and they only click photos and selfies with them on special occasions. These special occasions include birthday events, outing plans, vacations, parties and some

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other merry events. There were only a handful of mothers who said that they click photos and selfies with their children every day.

Table 12: Parents Uploading Photos with Children Online

Options	Male	Female
a) Whenever you click it	20%	20%
b) On their Birthday	8%	20%
c) Seldom	50%	36%
d) Never	22%	24%

The highest percent of parents said that they seldom upload the photos they have clicked with their children. This data is compatible with the data gathered in the previous question which says most parents rarely post any photos, thus their purpose of clicking is not solely of uploading.

Table 13: Parents clicking photos with the sole purpose of uploading

Options	Male	Female
a) Yes	12%	4%
b) No	88%	96%

The next question asked was whether the only purpose of clicking the photos with was to upload those photos. A large number of parents denied this. This data is compatible with the data gathered in the previous question which says most parents rarely post any photos, thus their purpose of clicking is not solely of uploading.

Table 14: Parents posting photos with family and friends

Options	Male	Female
a) Family	62%	84%
b) Friends	38%	16%

As per the data, parents have shared more photos with their spouse and children on the social media applications than the photos with their friends. In a supplementary question, they were asked the reason for sharing the most photos with their friends or family. Parents said they meet their friends less often, hence, less photos with them.

Table 15: Parents Believing Social Media Apps are Helping in Better Presentation of Emotions and Opinions

Options	Male	Female
a) Yes	30%	28%
b) No	70%	72%

A large number of parents also conflicted with the statement that they can present their opinions and emotions better online with the help of social media. Parents do not feel that they can present their ideas, thoughts and views in a better way online.

Table 16: Parents' Comfortable Discussing Problems with Their Children

Options	Male	Female
a) Yes	80%	92%
b) No	20%	8%

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More than 80% of the parents ts said that they feel comfortable sharing their problems with their children. However, among those parents who responded to this question with a no, the majority is the male sample. Only 20% of men and 8% of women are uncomfortable sharing their troubles with their children.

Table 17.1: Males discussing various issues with children and friends

Issues	Children	Friends
a) Job issues	10%	27%
b) Problems with friends/children	19%	19%
c) Something you found on Social media	21%	21%
d) Personal feelings	26%	12%
e) Your activities throughout the day	19%	14%
f) None of the above	5%	7%

Table 17.2: Females discussing various issues with children and friends

Issues	Children	Friends
a) Job issues	8%	20%
b) Problems with friends/parents	23%	18%
c) Something you found on Social media	18%	25%
d) Personal feelings	24%	14%
e) Your activities throughout the day	26%	15%
f) None of the above	1%	8%

Parents are not very much comfortable in sharing their job issues with the children, but they discuss it openly with friends. Majority of the parents also feel comfortable in sharing their personal feelings with children. This shows that more fathers than mothers do not discuss their problems with their children. Majority of the parents also feel comfortable in sharing their personal feelings with children and discuss job issues the most with friends. Only a small number of parents said they shared nothing mentioned in the option with each other, which means, the interaction level in those families is critically low.

Table 18: Parents whose children complain about their over-usage of internet

Options	Male	Female
a) Never	38%	44%
b) Rarely	20%	20%
c) Sometimes	30%	22%
d) Frequently	6%	2%
e) Always	6%	12%

Parents were asked if their children have complained about their over-use of social media applications and the internet in general. A large number of parents said that their children have never complained about their over-usage of internet. A small percentage of father (6%) and mother (12%) agreed that their children always complain about their over

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usage of internet. The second most chosen option is 'Sometimes.' Women gave their lowest response for 'Frequently.'

Table 19: Parents' Response to Complaints

Options	Male	Female
a) Do not pay attention to their complaints	23%	14%
b) Try to minimize the usage of internet	45%	64%
c) Try to talk to your children often	32%	22%

For those who responded with any other answer except never were asked further how did they feel about those complaints. Most of them said that when their children complain about the excessive usage of internet and social media, they try to minimize it. The second most chosen option among parents was that they tried to talk to their kids more often after complaints. However, there are still 23% fathers and 14% mothers who said that they don't pay attention to the complaints of their children.

Table 20: Parents Who Think Their Children Operate Social Media Apps More Than Necessary

Options	Male	Female
a) Always	20%	18%
b) Mostly	8%	24%
c) Sometimes	54%	36%
d) Never	18%	22%

The next question for parents was whether they thought the children were using social networking sites and applications more than necessary. It was visible that the majority of the parents felt that their children 'sometimes' use social media applications more than it is required.

Table 21: Parents Who Feel Their Children Upload Pointless Things

Options	Male	Female
a) All the time	18%	6%
b) Sometimes	34%	34%
c) Never	48%	60%

Most of the parents said they never felt what their child uploads on social media sites and apps were pointless. For a small number of people who said yes, they were asked if they told their children that they feel what they upload is pointless and if yes, what was the reaction they got. The children replied that it was the demand of time, trending, normal and everyone does so.

Table 22: Parents who feel ignored when their children use their smart phones

Options	Male	Female
a) Strongly disagree	10%	14%
b) Disagree	28%	16%
c) Neutral	24%	26%

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d) Agree	22%	34%
e) Strongly agree	16%	10%

Parents were further inquired if they feel ignored by their children when they use their phones in their company. Majority of the parents agreed that they do feel ignored. As per the data, mothers strongly felt ignored as compared to the fathers. One reason for this is that housewives spend more time with their children and interact with them more as discussed earlier.

Table 23: Parents Preferring Interaction on Social Networks over Face-To-Face Communication

Options	Male	Female
a) Strongly disagree	20%	22%
b) Disagree	36%	38%
c) Neutral	34%	28%
d) Agree	8%	10%
e) Strongly agree	2%	2%

A large percentage of parents declined that they enjoy interactions on social networking sites and applications more than the interactions happening face-to-face. 34% fathers and 28% mothers felt that they treat both type of interactions (digital and in-person) equally and have no specific preference. Only a small number of 20% men (18%+2%) and 12% women (10%+2%) agreed that their main preference is the interaction on social media rather than interacting face-to-face.

Table 24: Parents' Preference in Texting, Calling Or Meeting-In Person

Options	Male	Female
a) Text/ Call	58%	62%
b) Meet up	42%	38%

Parents were more inclined to text and call rather than meeting someone they want to interact with. This response conflicts with the response of previous question. Only 38% mothers and 42% fathers said they would prefer to meet someone in person rather than texting and calling them. The rest chose texting and calling. This data shows the state of communication preference of people. They have more inclined to text and call rather than meeting someone they want to interact with.

Table 25: Parents Feeling Technological Communication's Overuse Have Degraded Their Face-To-Face Communication Skills

Options	Male	Female
a) Strongly disagree	8%	4%
b) Disagree	14%	12%
c) Neutral	14%	10%
d) Agree	34%	48%
e) Strongly agree	30%	26%

The maximum numbers of parents agreed that the over-use of technological communication by them has reduced their communication skills to interact with somebody face-to-face. The responses

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to this question are in accordance to the responses of the previous question which shows most people now prefer to text and call rather than talking physically. Only some of the parents and children said they do not feel technological communication's overuse has impacted their face-to-face communication skills in any manner.

Table 26: Parents Believing That Interaction Level Will Change If a Family Decides Not Using Phone for A Designated Hour or A No-Phone Zone

Options	Male	Female
a) Definitely Increase	54%	62%
b) Increase somewhat	30%	22%
c) Will remain the same	16%	16%

The parents were given a situation, in which they were to suppose that their household has a no-phone zone or a scheduled hour where no one in the household uses their phone, what would then the impact on their level of interaction be. The data gathered showed that over 50% of the parents felt that in such a situation, their level of interaction with each other will definitely increase. However, during the filling up of questionnaire, the researcher observed the behavior of parents who even said they would prefer to sleep if their phones are not being used rather than staying up and talking with each other.

Table 27: Parents' Belief about What Social Media Is Helping In

Options	Male	Female
a) Widening the generation gap	50%	54%
b) Narrowing the generation gap	50%	46%

It was also found that the larger portion of the sample believed that social media was helping in widening the generation gap rather than narrowing it down. Greater generation gap means more dissimilarity between the understanding and thought process of elder generation and younger generation.

Table 28: Parents using video call facility to sustain relationship with their children who do not live with them

Options		Responses	
Yes	Male	I use it often 8%	I use it rarely 42%
	Female	62%	17%
No	Male	50%	
	Female	21%	

Supplementary to the previous question, the parents were asked if they use the free video-calling facilities of the social media to interact with their children who do not live with them. Fewer fathers than mothers interacted often with their children through video calling services. This shows that social media is only helping those parents to sustain the relationships, when the children lives in a separate accommodation than parents, who put in some efforts for the same.

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Conclusion

1. Most of the parents used only two social media accounts – Facebook and WhatsApp.
2. Parents spend more time on these social networking sites on a weekend than on weekdays.
3. More men than women feel the need to use these apps for socializing and more women than men use it to escape boredom.
4. Chatting is one of the top three activities parents do when online.
5. The maximum numbers of fathers deal in business and professional activities when using social media applications, which indicates that social media has also become important for business purposes in today's life.
6. Parents are becoming tech-savvy as they continue to connect with their children on various social networking sites.
7. Maximum parents talk to their children face-to-face for about 1-2 hours in a day and interact more with their children on social media apps as compared to their friends.
8. The highest percent of parents said that they seldom upload the photos they have clicked with their children on special occasions.
9. Fathers were more uncomfortable sharing their problems with children.
10. A large number of parents said that their children have never complained about their over-usage of internet.
11. More parents felt their children are operating the social media sites and apps more than the requirement.
12. Parents denied enjoying interactions on social media applications rather than conversing face-to-face.
13. Parents were more inclined to text and call someone rather than meeting the person they want to interact with.
14. Only some parents use free video calling facilities of the social media to sustain the relationships with the children not living with them.

The study can be concluded by saying that parents, though are accepting social media applications and sites with open arms, are disappointed with how it is spoiling their relationship with their children. They feel their children over-use these social networking sites and ignore them while operating those. The parents do not believe social media is a good platform for bringing their opinions and emotions on the table and they still enjoy conversations that happen face-to-face more than chatting on these applications. They also believe that in the absence of their smartphones, they can enjoy better interactions with their children. However, their inclination towards texting and calling proves that new technological communication is slowly replacing in-person communication, even though they don't particularly like it.

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