

## Abstract Title:-

### Relationship of Parenting Styles, Social Anxiety and Loneliness with Internet Gaming Addiction among Adolescents

**Keynote Speaker – Prof. Dr. Muhammad Tahir Khalily – Professor of Neuro-Clinical Psychology & Vice Chancellor**



#### Abstract:

**Background:** Internet gaming addiction is an increasing psychological concern among adolescents and is often linked with broader emotional and social difficulties. Understanding contributing factors such as parenting practices, social anxiety, and loneliness is essential for early prevention and intervention.

**Methods:** This correlational study included 270 adolescent students (ages 13–19) from schools, colleges, and universities in Islamabad and Rawalpindi (148 boys, 118 girls). Standardized tools were used to assess variables: IGDS9-SF for Internet Gaming Addiction, UCLA Loneliness Scale, Parental Authority Questionnaire (PAQ) for parenting styles, and Leibovitz Social Anxiety Scale for Infants and Children (LSAS-CA-SR) for social anxiety. Data were analyzed using Pearson correlation and gender comparisons.

**Results:** Findings revealed that authoritarian parenting was associated with higher levels of internet gaming addiction, while authoritative parenting showed a protective (inverse) relationship. Social anxiety and loneliness were moderately associated with elevated addiction scores. Male participants were significantly more likely to report gaming addiction compared to females.

**Conclusion:** Adolescents experiencing strict authoritarian parenting, along with increased social anxiety and loneliness, are at greater risk for internet gaming addiction. The results highlight the need for targeted interventions addressing parental practices and psychological wellbeing to reduce vulnerability among adolescents.

#### Keywords:

Internet Gaming Addiction, Parenting Styles, Social Anxiety, Loneliness, Adolescents

#### Learning Objectives

By the end of this session, participants will be able to:

- Explain how **parenting styles** influence the risk of Internet Gaming Addiction among adolescents.

- Identify the role of **social anxiety and loneliness** as psychological predictors of gaming addiction.
- Interpret key findings from correlation-based research on adolescent mental health and addiction behaviours.
- Recognize gender-based trends in gaming addiction and apply them to prevention strategies.
- Suggest intervention approaches focusing on **family dynamics and adolescent psychosocial support**.

### **Short Professional Biography:**

Prof. Dr. Muhammad Tahir Khalily is a distinguished psychologist, educator, and academic leader with over **30 years of professional experience in Clinical Psychology, Neuropsychology, and Psychometrics**. He currently serves as the **Vice Chancellor of Khushal Khan Khattak University, Karak (Pakistan)**. Dr. Khalily has contributed extensively to research and higher education leadership, with significant expertise in mental health, addiction studies, and psychological assessment. He has published widely, supervised postgraduate and doctoral research, and is recognized nationally and internationally for his academic and clinical contributions.