

Social Media Utilization and Its Impact to the Communication Relationship Between Mothers and Their Children

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Abstract : *This study entitled “Social Media Utilization of Mothers and their Children and its Effect to their Communication Relationship” aimed to determine how the use of social media affects the communication relationship of mothers and their children from the perspective of the matriarchal head of the family – mothers. It tried to analyze whether social media use decreases the personal communication of the respondents to their children. The study also explored the following: relationship of socio-demographic characteristics of respondents to the frequency of social media use; and relationship of social media use and family communication relationship. Based on the results, respondents always use social media 3-4 hours a day during the evening hours wherein Facebook is their frequently used social media site. Respondents observed that their children always use social media at home, however, the face-to-face conversation remained their most frequent way to communicate with their children. More than half (63.3%) of the respondents believed that social media has decreased their personal communication with their children. Those who disagreed with this statement, however, believed that it has not affected their personal communication with their children as they impose discipline and control over them. Moreover, there is no correlation seen between the socio-demographic characteristics of respondents and the social media use of respondents. Thus, regardless of their demographic profile, the frequency of use of social media among families of respondents is the same. However, no relationship is found between social media use and family communication relationship. This then implies that family communication is affected by the use of social media, in a positive way as it is seen to aid the respondents in monitoring their children especially when they are out of their homes. It can also be gleaned in this study that despite social media’s negative outcomes, it also have several advantages when used in an appropriate manner. It is suggested in this study that parents should use social media as a platform to monitor their children’s activities in the virtual world without demolishing their child’s privacy matters. It comes into greater value when mothers and parents will view social media as a platform to understand more their children and allot more time to talk to them. The researcher also recommends that parents, especially mothers, to establish close relationship with their children through face-to-face conversation, to avoid their children from venting it their emotional problems on the social media. It is encouraged to take a deeper understanding with teens in this modern era. Researchers are encouraged to conduct future studies focusing on proper parenting and forming good relationship with parents and their children at home and virtually.*

Keywords: 1.Social Media, 2.Communication Relationship, 3.Family Relationship

Introduction

The emergence of social media has changed the ways how people interact with one another. It has made people far to their families seemed nearer despite being miles away due to its visual and communication features which breaks the gap and space of people in the opposite side of the world.

According to (Bargh, 2002), for the past years, an increased in use of social networking site, and an interest in its social impact on everyday life has developed. Different mediums like television and radio are falling behind in terms of usage specially that technology developed in the past few years as we divert to the modern technology era.

While there are advantages offered by the social media when it comes to bridging the gap of space and time between people physically far away from each other, it also has its downsides. Nguyen(2018) argued that it affects family relationship negatively as they suffer misunderstanding. Due to the access of teenagers to social media, they are able to share their feelings to their peers instead to their family. This then affects the communication of teens to their parents and poses a negative effect to their relationship as a family. Given this scenario, it is then best that parents become aware of this threat and avoid the negative effects that social media may bring to their relationship as a family.

One of the key concerns of this study is the relationship between the frequency of social media use, about family communication, and to recognize the impact of media can have on communicating or engaging with families.

This study would like to explore whether a relationship between family's communication relationship and use of social networking sites among the family internet users of San Carlos City, Pangasinan, Philippines, exists with the perspective of the matriarchal head of the family – mothers.

Objectives of the Study

Generally, this study aimed to determine if the social media affects the communication relationship of mothers to their children. Specifically, this study aimed to:

1. Describe the socio-demographic and communication characteristics of the respondents;
2. Determine the frequency of social media usage of the respondents;
3. Enumerate the type of social media that the respondents use;
4. Analyze whether social media use decreases personal communication of the respondents to their children;
5. Determine the relationship between socio-demographic profile and social media use;
6. Find out the relationship between use of social media and family relationship.

Hypothesis of the Study

The study attempted to test the following hypotheses:

1. There is no significant relationship between socio-demographic profile and social media use.
2. There is no significant relationship between social media use and family communication relationship.

Review of Related Literature

Social Media Use among Family Members

Social networking sites can be so enticing that family members become addicted to it, resulting in a dearth of communication among family members (Ling et. al, 2019). According to a study conducted by Adler (2014), it states that the rapid technological advancement leads to a drastic increase in the amount of time people spend using social networking sites, which results in the decreasing of the amount of time people spent with family members and the lowering of the attention during face-to-face interactions (Sharaievskaa&Stodolskab, 2017). According to Padilla-Walker, et. al (2012), using social media sites together as a family can help family members maintain close relationships.

Worldwide statistics show that approximately 73 percent of teens worldwide ages 12-17 have created account on social networking sites and the average teens with a Facebook account have 201 Facebook friends and 37 percent of teens send messages to friends every day (Thomas, 2018). However, overly use of internet may neglect the interactions with parents in the life, and even weaken the real-life relationships with their parents (Liu et. al, 2013). In contrast to this, a study by Ngonidzashe (2016) indicated that eighty percent of the respondents strongly agree that social networks are playing an important role in the relationship of a functioning family and household. When asked to what extent these social networks assisted in communicating with family members every day, the responses included to know about death issues, illness among family members, discuss social issues affecting the family and interacting.

In a conclusion made by Sultana (2017) in his study, the impact of social network sites and its impact on family relationship is a major issue to uncover the hidden truth of excessive use of social networking sites and its relationship with family life.

Parents' Perspective on Technology Era

Despite widespread social anxieties about the impact of digital technologies on traditional social ties, emerging findings indicate that social network sites and other social media have become important sites for cultivating personal relationships (Chambers, 2013).

Hill's (2017) research study found that parents typically had a positive experience with the Internet, but not a positive attitude towards the Internet. Because of parent's knowledge of the Internet and also protection against it, parents had common safety strategies to protect their child's Internet use. Parents use monitoring software and self-monitoring (e.g., checking history, social media), covieing and talking about content, and common area viewing or nightly device check-ins as safety features (Hill, 2017).

For new mothers, McDaniel et. al (2012) states that there are both benefits and risks to the increased use of social media by them who are using the online communication as a means of acquiring continued support and information needed to help them through the difficult first few months after childbirth.

Parents now have to compete with the technology that is a growing part of their adolescents' lives. For example, youth may be using technology to speak with their peers more often; this may widen the gap between themselves and their parents. Although technology and media have always been involved in adolescents' lives, they play an even bigger role today (Moawad et. al, 2016).

Social Media Use vs. Personal Communication

Social networks such as Facebook, Snapchat, WhatsApp and Instagram are their primary interface with the internet. These portals are generally used in an 'always on' state, often via smartphones and tablets, such that many children are permanently connected to their virtual social network, continually receiving and checking feed, and regularly posting their own updates (Boyd, 2014).

In a study conducted by Goodman-Deane et.al (2016), majority of the participants indicated that social media alone would not have a serious effect in their relationships. It also added that relying only on

technological communication as the sole method of conversing whether close or long distance has not been able to substitute unaffected means of communication and serves just an aiding mechanism to make communication more accessible and easy.

Some researchers claim that the usage of social networking sites enhance family relationship (Chesley et. al 2012; Heirtein et. al, 2014), whereas other researchers import that the usage of social networking sites loosen family ties as less time are spent with family members (Carvalho et. al, 2015; Sharaievskaa et. al 2017). A study by Ling et. al (2019) concludes that there is no significant relationship between the independent variable (children's usage of social networking sites) and three dependent variables (the quantity of time spent with family members, the quality of face-to-face communication with family members, the interpersonal relationship among family members).

Now that technology has become so salient in adolescents' lives, it is speculated that it could be more difficult for parents to engage in open and honest communication with their children. Parents may have to compete with their adolescents spending more time with their peers and their adolescents' increasing technology use (Toombs, 2014). With the infinite amount of time teenagers spend on cell-phones, computers and numerous types of video games; their attention is absorbed by these devices and this might be one main reason why new technology may cause a decline in face-to-face relationships such as the adolescent-parent relationship (Moawad et. al, 2016). Findings from Christensen (2018) research also shows that the more an individual spent on social media, the more quality of their relationship decreased, which is the same case for family relationships.

In a serious perspective, Seoet. al (2016) found out that cellphone dependency, and by extension social media usage, leads to decreased attention and increased depression which negatively impacted their social relationships including their connection with their families. Similarly, Christensen (2018) concluded that when a person spends excessive amounts of time on social media, they likely experience decreased emotional well-being, which contributes to them experiencing decreased quality in their relationships.

Ngonidzashe's research (2017) confirms that when friends and families are unable to spend time together due to time constraints and physical proximity, they rely on electronic communication to stay in touch. Email, text messages, and connecting on social media networks like Facebook and Twitter keep relationships going and create another way to communicate on a regular basis. Electronic communication is easy, convenient, and cost effective. Agreeing to this, Christensen (2018) believes that social media offer an easy way of keeping in touch and maintaining relationships with people who are beyond the close proximity of frequent communication.

As a broad result, participants of Coyne, et. al (2014) study responded that social media is often used as a tool to bring families together.

Research Methodology

The researcher used quantitative method to conduct the study. It utilized simple random sampling technique to allow every individual from the area of study to be selected as a sample.

The total population for this study consists of mothers who have children that has access to the internet and residing in San Carlos City, Pangasinan, Philippines. The sample size consists of 30 respondents (15 mothers residing in rural and 15 mothers residing in the urban area). Six barangays in San Carlos City were selected and in every barangay, various numbers of respondents were interviewed (see Table 1).

Barangay	Sample (N=30)
Brgy. San Pedro	5.00
Brgy. Bonifacio	3.00
Brgy. Mabini	3.00
Brgy. Agdao	5.00
Brgy. Malacañang	8.00
Brgy. Libas	6.00

The study used a questionnaire as an instrument to gather data.

Descriptive statistics was used as a basis of analyzing the data such as frequency, mean, percentage, and ordinal measurements to further explain the results. Specifically, the study used quantitative measurements in analyzing the results of the study as the results were formulated using a questionnaire. Correlation of the different variables was determined using Chi Square and Spearman correlation.

Table 2. The overall mean score of the family communication relationship was interpreted as:

Scale Limits	Interpretation
1.0 - 1.79	Never
1.80 - 2.59	Seldom
2.60 - 3.39	Sometimes
3.40 - 4.19	Often
4.20 - 5.00	Always

Table 3. The overall correlation score in Chi-Square correlation was interpreted as follows:

Scale Limits	Interpretation
0.03 and lower	There is a relationship
0.031 and higher	No relationship

Table 4. The overall correlation score in Spearman correlation was interpreted as follows:

Scale Limits	Interpretation
0.01 – 0.3	Weak correlation
0.31 – 0.6	Moderate correlation
0.61 – 2.0	Strong correlation

Results and Discussion

Socio-Demographic Characteristics

Respondents' age ranges from 28 to 53 years old. Most of the respondents (43.3%) are aged 40 to 50 years old while 40% belongs to the age range of 29 to 39. Most of them (50%) are formal workers. Half (50%) is part of a nuclear family and extended family (50%). Majority or 80% of the participants have children ranging from 1 to 3. Since most of the respondents belong to a nuclear family, most of them (56.7%) have 2-5 members in the family (Table 5).

Table 5. Respondents' socio-demographic profile.

Socio-Demographic Characteristics	Frequency N=30	Percentage
Age		
28 or less	2	6.7
29 – 39	12	40.0
40 – 50	13	43.3
51 – 53	3	10.0
Mean: 40.43		
Occupation		
Formal workers	15	50.0
Informal workers	6	20.0
No work	9	30.0
Family Type		
Nuclear Family	15	50.0
Extended Family	15	50.0
Number of Children		
3 or less	24	80.0
4 – 6	5	16.7
7 – 9	1	3.3
Number of Family Members		
2 – 5	17	56.7
6 – 11	13	43.3

Social Media Use

Social media usage of the respondents

Table 6 presents the social media usage of the respondents of the study which includes the hours spent and time of the day they're using social media. Respondents answered that they frequently use social media. There are 16 respondents who answered that they always use social media while 14 answered they use social media sometimes. According to Duggan, et. al (2015), among all internet users, three-quarters of online parents use social media. Mothers are more likely to use Facebook than Fathers, with 81% of moms and 66% of dads using the social media platforms.

Hours spent a day of respondents in social media

With the accumulation result, 66.7% of them are using social media only 3 to 4 hours a day. The mean count for the hours they spent on browsing social media is 3.6 hours. In a survey conducted by Edison Research, it was found that the average US mother spends approximately 3.5 hours using the internet per day. Due to its portability and ease of use, 90% of mothers use mobile devices to access the internet and social media (Bendtsen, et.al, 2017).

Time of the day using social media

Half of the respondents answered that they frequently use social media in the evening. In a general perspective, since respondents are mothers, they mostly use social media in the evening after a day’s work.

Table 6. Daily social media usage of the respondents.

Social Media Use	Mean 1.47	Interpretation
Particulars	Frequency n=30	Percentage
Hours Spent A Day		
1 – 2 hours	5	16.70
3 – 4 hours	20	66.70
5 – 6 hours	3	10.00
7 – 8 hours	2	6.70
Mean: 3.60 hours		
Time of the Day		
Morning	1	3.30
Afternoon	10	33.30
Evening	15	50.0
Late Evening	4	13.3

1.0 – 1.67: Always, 1.68 – 2.35: Sometimes, 2.36 – 3.0: Never

Social media platforms used by the respondents

As seen from the results (Table 7), beyond half of them (60%) are using Facebook frequently. Since mothers are active on social media, determining which platforms are the most useful to them will aid in determining where brands should focus their presence. According to eMarketer, Facebook reigns supreme with almost 85% of mothers commonly using the platform. Facebook has continued to grow in popularity with a 6 % increase with mothers since 2015. Pinterest is the second most common platform used by mothers (47%); however, this platform has seen a 4% decrease year-over-year with this group. Alternatively, Instagram has seen steady growth with this demographic- increasing 12% since 2013. The least commonly used platforms overall were Snapchat (29%) and Twitter (21%) (Melton & Monica, 2017).

Table 7. Social media platforms used by the respondents.

Social Media Sites	Frequency N=30	Percentage
Facebook	18	60.00
Messenger	11	36.70
Instagram	1	3.30

Family Communication Relationship

Social Media use of Children

Based on the respondents' observation, their children always use social media whenever at home. In a study conducted by Kaiser Family Foundation in 2010, they measured the time children spent on the Internet, which include watching movies via social media and communicating with others through social networking sites. Surprisingly, the study found children ages 8 to 18 spent an average of 7.5 hours a day on social media, surpassing time spent on any other activity (Rideout et.al, 2010). Simuforosa (2013) added that, today's youth have unprecedented access to modern technology and use them in expected and unexpected ways. Youth spend many hours a day using the technology, and the vast majority of them have access to Internet, cell phones, smart phone, video games and many more (Table 8).

Communication Ways

With a mean result of 4.53, respondents said they always communicate through face-to-face conversation with their children. With most of the respondents being housewives, they are more inclined to provide attention to their children and communicate physically. In a similar result, according to Goodman-Deane et.al (2016), in a survey done on participants over the age of 10 years in UK, Australia and US, with the general results being in favor of richer communication methods verbally and non-verbally such as, face to face communication and phone/text chats. Same with this, in a study conducted by Gjylbegajet. al (2019), respondents of the study portrayed a higher appreciation of face-to-face communication than using social media to address their parents by 81.82% which shows that they value face-to-face communication presumably because social conducts are better translated in person than ambiguously translated through social media (Table 8).

Conversation Topics using Social Media between Mothers and Children

Table 8 includes the topics shared by respondents and their children. Results showed that children always use social media (4.43) and the topic that they always discuss is about school related activities (4.43). After a tiring day at school, parents especially mothers are concerned about how their day went at school and assist them in doing their assignments. Chairatchatakulet. al (2012) have also found that parental involvement in school activities of their children by usage of social media has a positive effect on the child, and can then improve the overall relationship between parent and child.

Table 8. Social media usage of children.

Particulars	Mean	Interpretation
Social Media Usage of Children	4.43	Always
Ways of Communication		
Through Face-to-face Conversation	4.53	Always
Through Calls and Texts	3.60	Often
Through Social Media	3.17	Sometimes
Communication topics		
School-Related	4.43	Always
Personal-Related	3.90	Often

Family-Related	3.83	Often
Rules and Regulations	3.80	Often
Work-Related	3.13	Sometimes
Political Issues	2.30	Seldom

1.0 - 1.79: Never, 1.80 - 2.59: Seldom, 2.60 - 3.39: Sometimes, 3.40 - 4.19: Often, 4.20 - 5.00: Always

Children’s Problems

Table 9 represents that the respondents frequently communicate or talks about their children’s school-related problems (4.57), personal problems (4.27), and conflict with other people (4.20). As a mother, their nature is to monitor their children and asking them if there’s something wrong. Since, it is important to establish communication with their children, respondents observed that they mainly talk about their children’s personal problems, school-related related problems and their conflict with other people as a way to cope and provide solutions. According to Ciairano, et. al (2008), closeness to parents was found to prevent problems such as maladjustment at school and needing care for emotional and behavioral issues.

Table 9. Respondents’ Communication to Their Children’s Problems.

Particulars	Mean	Interpretation
School Problems	4.57	Strongly Agree
Personal Problems	4.27	Strongly Agree
Conflict with Other People	4.20	Strongly Agree
Problems with Other Family Members	4.17	Agree
Psychological Problems	3.73	Agree
Relationship Problems	3.43	Agree

1.0 - 1.79: Strongly Disagree, 1.80 - 2.59: Disagree, 2.60 - 3.39: Neutral, 3.40 - 4.19: Agree, 4.20 - 5.00: Strongly Agree

Emotional Closeness

Table 10 illustrates that they are emotionally close to their children by respecting their privacy if they want it (4.50), asking how their day went (4.43), and asking their problems in a calm manner (4.23). It is also important for the respondents to consider their children’s mental and emotional behaviors to build closeness and bond.

Toombs (2014) believes that a strong relationship between parent and adolescent can encourage positive decision making for the adolescent and protects adolescents from emotional distress, suicidal thoughts and violence.

Table 10. Respondents’ emotional closeness with their children.

Particulars	Mean	Interpretation
Respecting their privacy if they want it	4.50	Strongly Agree
Asking how their day went	4.43	Strongly Agree
Asking their problems in a calm manner	4.23	Strongly Agree
Voluntarily speaks about their	3.73	Agree

shortcomings		
Noticing if they're in good mood or not	3.60	Agree

1.0 - 1.79: Strongly Disagree, 1.80 - 2.59: Disagree, 2.60 - 3.39: Neutral, 3.40 - 4.19: Agree, 4.20 - 5.00: Strongly Agree

Respondents' Observation Whether Social Media Decrease their Personal Communication to their Children

Table 11 presents the observation of respondents whether social media decreases their personal communication with their children. More than half (63.3%) of the respondents answered that social media has put a limit in their personal communication with their children. Upon observation, they said that kids were entertained by social media that they spend too much time on it and forgetting about important things.

A similar study by Toombs (2014) agrees that because technology has become so salient in adolescents' lives, it is speculated that it could be more difficult for parents to engage in open and honest communication with their children. Parents may have to compete with their adolescents spending more time with their peers and their adolescents' increasing technology use. Moawad, et. al (2016) also concludes that there was high positive correlation between adolescents' technology usage and social interaction with their parents. The more that the adolescents use technology, the more their social interaction with their parents will be affected or decreased.

Others who said that social media does not affect their personal communication, reasoned out that with proper control and discipline, social media will not become problem to her as a mother. They also argued that social media does not limit their personal conversation as using social media serves as their family bonding. Lastly, respondents shared that they have enough time to talk to their children personally even though they are using social media. Since there are varied opinions as to whether social media decreases personal communication between mothers and children, result implies that the situation goes how mothers handle the well-being of their children since they impose control and discipline among their children with regards to the use of social media.

Table 11. Respondents' Observation Whether Social Media Decrease their Personal Communication to their Children.

Particulars	Frequency N=30	Percentage
<p>YES</p> <p>Common answers:</p> <p>“They spend more time in social media, they were enticed to it.”</p> <p>“It becomes addiction to them, they spend too much time and they always check their accounts.”</p> <p>“Sometimes, they prefer to communicate through social media rather than face-to-face communication, they were entertained to scroll down and watch.”</p> <p>“Sometimes, because of excessive use of facebook, they can't help on doing household chores.”</p>	19	63.3

<p>“They prefer to talk in messenger even we were in the same house.”</p> <p>“They can’t focus on important things because they are busy using facebook.”</p>		
<p style="text-align: center;">NO Common answers:</p> <p>“We have enough time to talk in person, and they also have time to interact with their friends through social media.”</p> <p>“Social media doesn’t limit our personal conversation because sometimes, it’s our family bonding and it’s another way to talk to each other.”</p> <p>“With proper control and discipline, social media won’t be a problem because me as a mother, also enjoys using social media.”</p>	11	36.7

Correlation between Socio-demographic Characteristics of Respondents and Frequency of Social Media Use

Table 12 shows that there’s no relationship between socio-demographic characteristics and frequency of social media use of the respondents as what this study hypothesized. Thus, the hypothesis number one of this study is accepted. Whether, the family is living in an urban or rural area, they both have smartphones and have access to the internet where they can browse various social media sites.

Table 12. Correlation between socio-demographic characteristics and frequency of social media use.

Particulars	Frequency Of Social Media Use			
	Social Media Use a Day	Hours Spent a Day	Time of the Day	Social Media Sites
Age	.380	.566	.713	.710
Occupation	.448	.057	.079	.262
Family Type	.464	.315	.481	.072
Number of Children	0.46	.165	.697	.134
Number of Family Members	.173	.623	.390	.331

≤ 0.03 There is a relationship

> 0.03 There is no relationship

Correlation between Frequency of Social Media Use and Family Communication Relationship

Table 13 presents that there is a positive highly significant moderate relationship between hours spent a day of the respondents on social media and family communication through social media (.520**) which shows that the more time mothers spent on social media, the more they communicate with their

children through social media. Since the result shows that the respondents spend only 3-4 hours a day on social media (see Table 6), and uses it mostly in the evening (see Table 6) when their children are already in the house, they communicate mostly through personal or face-to-face conversation (see Table 8). This directly opposes the major finding in Sultana's study (2017) which posits that people who spend more time on internet spend less time with their parents.

There is a negatively significant moderate relationship between time of the day spent on social media and talking about political issues (-.373*) which means that the less they talk about political issues with their children, the later the time of the day they spent on social media. Based on Table 4, mothers and their children talk seldom about political issues, thus, the respondents' use social media mostly on evening time (see Table 7). As a result, hypothesis number 2 was rejected which means family communication is affected by the use of social media. Although such is the case, the effect however, can be seen as positive, rather than negative as social media improves the communication relationship of mothers and their children. As mentioned earlier, the more respondents spend time using social media especially in the hours their children are in the school, the more they communicate with their children. It makes the communication between the two, always active and open whenever they are both away from each other.

Table 13. Correlation between frequency of social media use and family communication relationship.

Particulars	Frequency Of Social Media Use			
	Social Media Use	Hours Spent a Day	Time of the Day	Social Media Sites
Frequency of Social Media Use of Children	.282	-.298	.214	.009
Often Communication through...				
Through Face-to-Face conversation	-.054	-.221	.030	.960
Through Social Media	-.312	.520**	-.067	-.343
Through Mobile Phone	.189	.118	-.161	-.216
Communication Topics				
School	-.207	.202	.085	-.123
Personal	.160	-.087	-.151	-.134
Family	.215	-.008	-.361	-.027
Work	.286	-.152	-.137	-.018
Political	.104	.161	-.373*	-.089
Rules and Regulations	.237	-.022	-.262	.215

* Significant 0.01 - 0.3 Weak correlation
 ** Highly significant 0.31 - 0.6 Moderate correlation
 N/A Not significant 0.61 - 2.0 Strong correlation
 -*/** Negative significance

Table 14 shows that there is a positive highly significant moderate relationship between social media use of respondents and asking their children’s problems (.515**) which shows that the more they use social media in a day, there’s a high tendency that they can ask the problems of their children. Based on a research by Oberst et.al (2017), high social media engagement to mental health, specifically issues like depression, anxiety and loneliness. Mostly, college students with depressive symptoms are more active on Facebook, with the addition to be content to share their problems publicly. This enables mothers to efficiently use the social media to monitor their children’s problems since their children, specifically teenagers who usually post their whereabouts on social media. Respondents act onto it by talking openly with their children.

On the other hand, there is a negatively moderate significant relationship between hours spent on a day and asking their children’s problems (-.442*) which indicates that the less hours they spent on social media the more they can’t monitor their children’s problems, thus they can’t consult the problems of their children. A small portion or 10% of the mothers agreed to limit the usage of gadgets and engage more on personal and family communication, thus, if they can’t monitor through social media, they can have more engagement through personal conversation.

Moreover, a significant moderate relationship between asking their children’s problems and social media sites they’re using (.397*) are also seen from the correlation result. It revealed that respondents are using Facebook most of the time which means the more time they spent on Facebook, the more they can monitor their children based on their posts, thus, prompting them to ask their problems.

Table 14. Correlation between frequency of social media use and children’s problems.

Particulars	Frequency of social media use			
	Social Media Use a Day	Hours Spent a Day	Time of the Day	Social Media Sites
Children’s Problems				
Personal Problems	.052	-.111	.052	.071
Relationship Problems	.116	-.026	-.138	.029
School Problems	.144	.069	-.017	.050
Psychological Problems	.109	.122	.053	-.107
Conflicts with other People	.013	.074	.071	-.009
Problems with other Family Members	-.056	.241	-.233	-.240
Emotional Closeness				
How their day went	.092	-.198	.260	.105
Good mood or not	-.041	.030	-.130	-.074
Asking Problems	.515**	-.442*	.227	.397*
Respecting their Privacy	.352	-.262	.019	.197
Telling their shortcomings voluntarily	.000	.068	-.083	-.230

* Significant 0.01 - 0.3 Weak correlation

** Highly significant	0.31 - 0.6 Moderate correlation
N/A Not significant	0.61 - 2.0 Strong correlation
-*/** Negative significance	

Conclusions

With the continued advancement of technology, particularly in the areas of communication, social media platforms provide both advantages and disadvantages to family relationships, affecting the quality of communication between members of the family. Gleaning from the result of this study, social media does limit personal communication between family members but doesn't demolish the fact that it is also a way of communication with other members of the family.

Some of the respondents also view social media as a medium of exchanging information between family members; with proper control, there's no problem using it. Most of the children in this era, expresses their feelings and activities through social media sites like Facebook, Twitter, and Instagram which justifies that on mother's perspective, they frequently use it while at home.

It is accepted that there is no relationship between socio-demographic characteristics of the respondents and their frequency of social media. On the other hand, there is a relationship between social media use and family communication relationship hence hypothesis number two is rejected. Although this is the case, the study emphasized however that social media affects family communication in a positive way as it serves as a medium to express emotions that are difficult to say in a face-to-face manner. It also serves as a tool for parents in monitoring their children when they are out of their homes.

Recommendations

Even with negative outcomes, social media also have advantages when used in an appropriate manner. Parents should use social media as a platform to monitor their children's activities in the virtual world without demolishing their child's privacy matters. It comes into greater value when mothers and parents will view social media as a platform to understand more their children and allot more time to talk to them.

The researcher also recommends parents especially mothers to establish close relationship with their children through face-to-face conversation that they don't have to vent it out on social media. It is encouraged to take a deeper understanding with teens in this modern era.

Researchers are encouraged to conduct future studies focusing on proper parenting and forming good relationship with parents and their children at home and virtually.

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