

## **A Comparative Study on the Identity Formation among Pre-Teens Exposed to the Different Types of Parental Regulation on Social Media Use**

**Authors :** Jehnyne Lalaine Bautista, Marquise Baldemor, Ciara Mendoza

**Abstract :** This study is an attempt to investigate the extent to which pre-teens engage in social media, the effects of social media use on the different facets of their identity development such as physical, social, cognitive, aspirations, and personality, as well as the effects of parental regulation on their identity formation. Twelve Filipino children, ages from 9-12 years old and are either regulated, semi-regulated, or unregulated on social media use, participated in this study along with their parent or guardian. The data were gathered through in-depth interviews with the participants and were analyzed through the use of thematic analysis. Results show that despite accessing similar social media applications, the effects of these on children from different types of parental regulation vary since they have different levels of exposure to social media content. Those who have parents with high parental regulation on the use of social media tend to perform better in school, to find time for extracurricular activities, and to develop positive identity formation. The results of this study suggest that parental regulation on social media use has the positive influence on the identity development of children while there are dangers to unregulated use of social media.

**Keywords :** identity formation, parental regulation, pre-teens, social media

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