A PRELIMINARY DYADIC STUDY ON WORK-LIFE BALANCE, PROBLEMATIC INTERNET USE AND PROCRASTINATION

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ABSTRACT

As technological culture continues to evolve, the virtual world has risen to prominence as the most effective medium for global communication. To date, the present study identified problematic internet use (PIU) as a multifaceted phenomenon. The purpose of this study is to address a preliminary dyadic study to examine parent-child relationships, including the determination of external and internal factors such as stressful life events, parental approaches to children and bond of attachment approaches between parent-child. The present study was carried out on 51 pairs of dyadic participants between parents and children aged 13-17 years who studying in secondary schools. The data were analysed using latest version of Smart-PLS. Findings have shown that parent PIU has a significant influence on child PIU, which also has significant impact on procrastination. These findings demonstrated the need of developing and implementing PIU preventive strategies on students, teachers, psychologists and parents as well as social workers and researchers working in the subject of addiction prevention. However, there are two (2) moderators in this study: parental methods and stressful life events. Both of these moderators exhibited no statistical significance, which does not support the conclusions of present study.

1.0 INTRODUCTION

There is a rising global worry about Problematic Internet Use (PIU) whether it is an issue or a genuine addiction. Problematic internet use is currently being modelled on the basis of a non-pharmacologically addicted behavior (Gao et al., 2020). Though, it is not yet included in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), PIU has been evaluated for inclusion. To date, this PIU occurs due to the existing of virtual world or named as 'Internet' (Hinojo et al., 2019).

In the middle of technology culture, the virtual world has emerged as the ideal medium for worldwide communication. Throughout the decades of Internet development, devices including smartphone, computer or tab use have provided society with a plethora of knowledge with only a few hand touch or mouse clicks. Users with PIU has symptoms like chemical addiction; however, it does not include the use of any chemical substance unlike other drug addiction, alcohol addiction and so on. It may be well described by observing one's behavior (Ayar et al., 2018). The definition of behavioral addiction varies; nevertheless, users with high level may consider behavioral addictions to be the repeating of a habit that has the potential to produce an imbalance in one's lifestyle, social troubles or worst of all impact the health. When addicts strive to limit or reduce the quantity of addictive usage, there is always an indication of uncontrollable force. It has been proposed that PIU may serve as a means of escaping from underlying emotional stress. In the last several years, PIU has become a worldwide health concern for the general population (Balhara et. al, 2019)

PIU has been linked to poor lifestyle choices and personality damage, particularly in adult and children. These may also lead people with PIU to have severe procrastination issue in life. In children perspective, the current situation of the pandemic has made the educational system grown to include the use of technology in studies even though most of them are being exposed to internet technology at an early age. Despite the fact that the research of PIU is not new to clinical investigations, previous studies had always been linked to psychological concepts (Alt & Boniel, 2018). Do computer scientists ever consider how the growth of technology has had such a significant influence on people's lives? Despite the fact that there were several heated conversations going on at all times there was no clear-cut solution to this topic. Malaysians use the Internet, but are they aware of the ramifications of doing so for an extended period of time? Are they glued to the Internet's dream without realizing it? What are the activities that long-term Internet users participate in? As a result of the aforementioned issues, we are compelled to investigate Malaysian Internet usage focuses on parent (adult) and children.

A study on citizens in Malaysia indicated that up to one in twelve adults are considered addicted (Zheng et al., 2020). However, the frequency of the problem among Malaysian children is unknown. Adults and children are particularly vulnerable to behavioural addictions, according to previous research. Estimates of children Internet use vary greatly around the globe. One percent to ten percent prevalence has been observed in Europe country, one percent to thirteen percent in the Middle East and two percent to seven percent in Asia (Gao et al., 2020). As a result, it is important to interpret these results with caution as there are many varied scales with doubtful validity and inconsistent findings. Children who have unrestricted, unsupervised access to the Internet and autonomous control over their time by parents may be particularly susceptible to addiction. Pediatricians and parents, on the other hand, continue to report problematic internet use among their patients and children (Balhara et al., 2018). This generation's youngsters have become so immersed in the digital world that concerns about their addiction to the Internet are valid and demand a rigorous assessment of the problem's magnitude in a defined group (D'Hondt, & Maurage, 2017).

Data on PIU in present study was obtained from a representative sample of high school students.

Therefore, the present study aims to examine a preliminary dyadic study in parent-child relationships, including the determination of external and internal factors such as stressful life events, parental approaches to children and bond of attachment approaches between parent-child. The importance of this study is explained by the fact that it will give a solution and the execution of an intervention to control procrastination among parents and children. Aside from that, the findings of this study will be useful in the formulation of internet policy. From an economic standpoint, resolving the issue of problematic internet use among parents would minimize procrastination at the workplace and further increase their employees' overall efficiency (Graafland, 2018). Furthermore, it will assist the parent in comprehending the significance of subsystem traits in the parent-child relationship in terms of impacting the children's life, particularly when technology is being evaluated by youngsters.

2.0 LITERATURE REVIEW AND HYPOTHESES DEVELOPMENT

2.1 The overview of work-life balance

Since a few decades ago, the issue of work – life balance (WLB) has arisen in the literature and has been a significant issue among academicians and researchers (Cacioppo et al., 2019). It is defined as a concept that emphasizes work-life balance with particular attention given to employees' productivity and effectiveness in the workplace as well as the balance between their professional and personal life (Abendroth, 2018). This topic has acquired traction in the public debate and is beginning to be recognised as a critical concern. However, it remained as the least researched topic in the context of excessive research online. Whether WLB is at lower or higher quality is determined by how well these workers manage and balance their professional and personal lives.

The conflict between fulfilling the demands of the job while also balancing the demands of personal life has raised the level of stress which has had a variety of consequences including disruption of personal life and work exhaustion. All of these factors might increase the degree of stress in the workplace and reduce the productivity and well-being of employees (Brough et al., 2020). To date, work-life balance (WLB) is actually related to employee productivity and performance in a business, having a poor or high quality of WLB being based on how effectively the employees manage their work and private lives. However, as an organization, we play a critical role in developing policies that were effective and efficient in terms of providing care for all of our employees. The relevance of WLB has been recognised by many firms in European countries such as England and Ireland, who have provided their employees greater flexibility in terms of work schedules, regulations and bureaucracy (Pawlicka et al., 2020).

Workers that have a high level of WLB can contribute to increasing the productivity of their employers. Furthermore, married employees particularly those who have children should spend additional more time together (Pawlick et al., 2020). More precisely, according to a research conducted by Braun et al. (2018) the majority of workers currently choose to have WLB rather than receiving high earnings. It was demonstrated in a previous study that WLB was the most concerning issue among employees all over the world particularly among those from Eastern countries even if the prevalence of WLB is still understated (Laconi, 2018).

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2.2 The overview of Parent-Child PIU

Parents, who are classified as adults, are more conversant with technology devices later in their lives than children, who began at a very young age. Previous study by Fuentes et al. (2019) found that the child's internet usage is reflected by the parent. Parents or adults in particular, use the internet for a variety of purposes including information sharing and emotional support. Furthermore, because of the broad use of technology and had compelling reasons to be used it begun to inadvertently impact everyday activities and has resulted in a growing trend of Problematic Internet Use (PIU) (Cacioppo et al., 2019).

Vlaovich (2020) drew notice when he stated that parents with PIU affected their children's internet usage. In other words, a strong 'connection' in a parent's behaviour inspires their children to act similarly. The circumstance began to slowly destroy the family institution from inside (Wartberg & Lindenberg, 2020). According to recent study, children with PIU have behavioural issues that might become unmanageable if there are no incentives from the parent's side to minimise their exposure to online risks (Lai & Kwan, 2017). According to the same study, parents who restrict their children's internet usage reduce their children's chances of PIU. These findings indicate that there is a high likelihood that PIU in parents is caused by the parents themselves. As a result, it is their responsibility to control their children's internet usage until the children have developed their own self-control (Van Rooij et al., 2017). In addition, since parents are often the first to introduce online technologies to their children they become the most powerful influencers in children' lives (Lam & Emmy, 2015). Many parents are still unsure how much their children have used the internet on a daily basis owing to a lack of monitoring and concern. Similarly, most parents are unaware that they are silently ingesting this unexpected 'drug' until they influence their children (Fuentes et al., 2019).

2.3 The overview of Procrastination

Procrastination has been characterised by some scholars as a disjunction between intention and behaviour (Yockey, 2016). What a person wants to do is not the same as what he or she really does. The bigger the gap between intention and action the more chances to become procrastination (Rozental et al., 2018). To date, procrastination has been labelled as "one of the least known minor human sufferings" and practically effects everyone at some time in their lives. According to previous studies, about a quarter of individuals suffer with procrastination (Svartdal & Steel, 2017). Talking to friends instead of doing schoolwork or spend personal time by playing games instead of doing homework are just a few examples of how procrastination may affect a person's daily life. In fact, a research by Peter and Honea (2017) found that procrastination had an adverse relationship with characteristics including self-esteem, self-efficacy and motivation (Doty et al., 2020).

Furthermore, procrastination that happens in the workplace where employees prefer to delay tasks and projects until the last minute. The lack of ideas, inventions, improvements and human initiative until tomorrow, next week, next month or next year killed more lives than all other flaws together' (Pinxten et al., 2019). It is very surprising how little scientific study there is on procrastination (Steel, 2017). Accordingly, "procrastination is a psychologically widely undefined structure" (Kandemir, 2016). The lack of study is remarkable given that procrastination affects nearly one in every four individuals and has been on the rise among the general population (Nwosu et al., 2020). When growing delays are combined with increasingly organised and unstructured professions in the United States, it appears that delays can be an unrelenting source of distraction at work (Steel, 2017). Problems may emerge if employees do not work and do not come to work. If companies could design a consistent scale for identifying procrastinators, they could save a lot of money on recruiting,

retention and training programmes by not targeting someone with high procrastination (Svartdal & Steel, 2017).

2.4 Stressful-life Event and Parental Approaches

Parental approaches are a combination of parenting style, monitoring and behaviour. Children under strict parenting approaches were it has low possibility to get PIU compare to non-strict parenting style (Brough et al., 2020). When clear regulations given by parent, the children show low chances to be PIU. Previous study has found that most of the children have spent significant portion of their daily activities online surfing without a big concern from the parent, especially working's parent after the percentage from conservative estimates, marked increases in children's problematic internet from year to year (Ke & Wong, 2018).

Far too little attention has reported a strong significant evidence between the relationship of parent behaviour and children PIU. The study explained in depth, from the result it showed that child under strict parenting behaviour has low possibility to get PIU compare to non-strict parenting style (Chowdhury & Pychyl, 2018). In terms of stressful-life event, it can be defined as any occurrences which can bring requiring or readjustment in an individual's usual activities. Study focuses on SLE as moderator remained limited in current research area. However, there are still studies that focus on general mechanism stress and PIU. A series of previous research has indicated that stress has shown significant result on PIU until disruption an individual normal lives and the people around (Parada-Fernández et al., 2020). In placing more emphasis, study by eastern researcher claimed that adolescent with PIU are more stressed than adolescents without PIU's signed. There is an underexplored study in observing stress as a mediator or moderator in PIU.
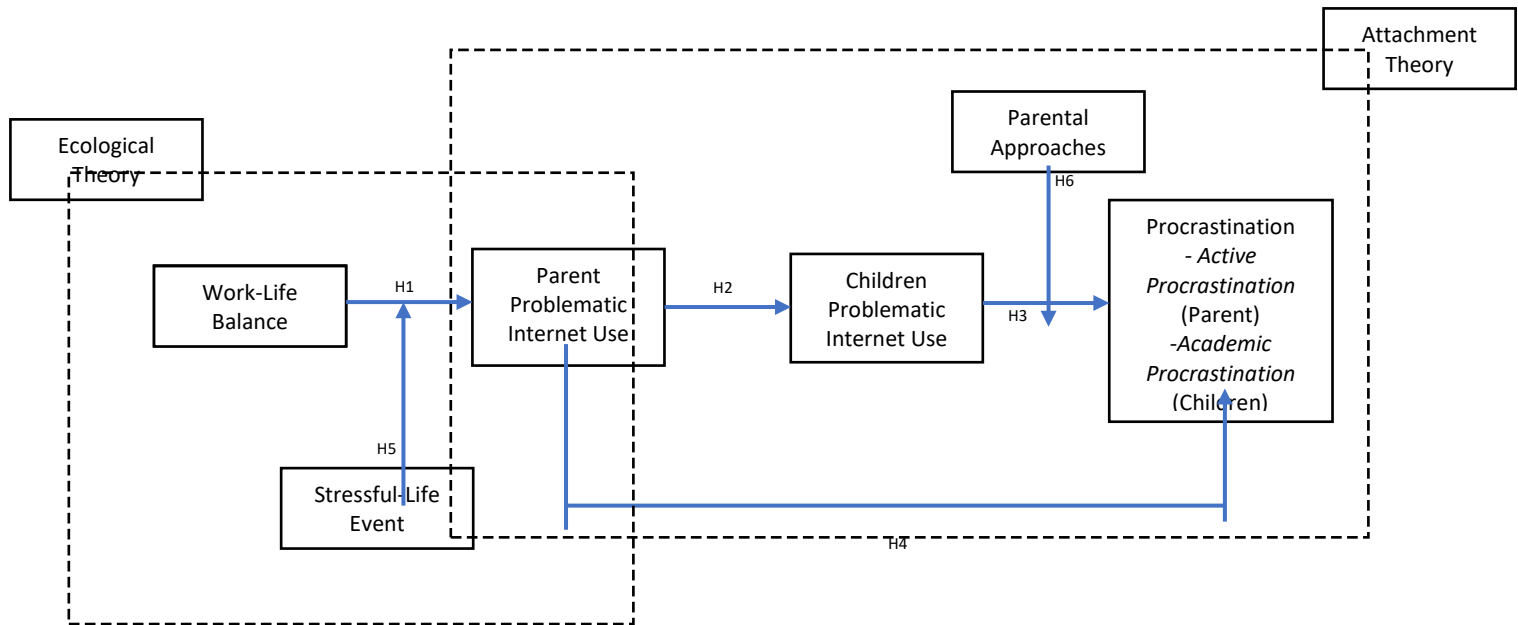
2.5 Hypothesis Development

Figure 1 Conceptual framework of study

3.0 METHODOLOGY

Data collection for the pilot study were collected through online Surveys Questionnaire. This type of data collection completely adjustable in terms of structure, duration and style. The data collected from online questions is saved in a database given by the survey programme along with helpful findings for data analysis. In this method, the respondents will be able to conveniently complete the form by using an internet connection. All instruments were adapted from existing literature to ensure reliable and valid results as stated in Table 1.1.

Table 1.1 Adapted Instruments

Instruments	Adapted
Work – Life Balance Scale (WLBS)	*Haar (2013)*
Problematic Internet Use Scale (PIUS)	*Kelly & Gruber (2010)*
Parental Approaches Instruments	*Van Rooji and Van der Eijnden (2007)*
The Procrastination Scale (GPS)	*Lay (1986)*
Stressful-life Events Screening Questionnaire	*Goodman et. al (1988)*

Quantitative data from parents and their children were obtained to validate the study model , while from parents were acquired to cross-validate and provide more insight into the potential links. We sought consent from the adults (parents) before surveying their children because this study involved secondary school students. To do this, we created a matched pair survey. When the parent accessed the survey Web site, he or she was asked to consent their child in completing the survey. If the parent clicks the button granting permission, he or she will then be sent to the parent survey. At the conclusion of the survey, the parent was prompted to provide the email address of one of their children.

This survey focuses on children between the ages 13 to 17 years old and living at the same house. Once the parent finished the survey, the child will immediately can answer the survey in the same page. Parents and their children were informed that their answers would remain private. The researchers did gather certain identifying information from parents (such as name, telephone number/email and living area) and children (i.e., name and age) in order to match the replies for each parent–child combination. After matching the replies, any personally identifiable information from our records were erased. As a result, proper required precautions were exercised to ensure the respondents' confidentiality. There were 59 pair replies from parents and child. After deleting missing data replies, the final sample had 51 valid matched pairs for data analysis. The parents' average age was 44.67 years (SD = 7.05).

4.0 RESULTS

4.1 Profile of Respondents

The respondent's profile was represented by nine (9) total items and was divided into two sections: first section focuses on information of parent while the second section refers to the information of children. For the first (1st) section, the respondents' background was varied according to gender, age, regions, marital status, work sectors and numbers of children in secondary school. The sample in present study comprises a total 51 pair respondents in which for section (1) mainly answered by mother side. The age of participants ranged from 29 years old to 58 years with average age was 44.67 years (SD = 7.05). With regards to place of origin, majority of the respondents came from Central (Selangor, Kuala Lumpur and Putrajaya). Table 1.2 and 1.3 display the profile of respondents.

Table 1.2 Profile of Respondents (Parent)

Measures	Items	Frequency (N=51)	%
Gender	Male (Father)	10	19.61
	Female (Mother)	41	80.39
Age	Age Range	29 - 58 years	
Place of Origin	Northern (Perlis, Kedah, Penang, Perak)	6	11.76
	East Coast (Kelantan, Terengganu, Pahang)	7	13.73
	Central (Selangor, Kuala Lumpur, Putrajaya)	30	58.82
	Southern (N.Sembilan, Malacca, Johor)	7	13.73
	Sabah & Sarawak	1	1.96
Marital Status	Married	49	96.08
	Single	0	0.00
	Widowed / Divorced	2	3.92
Work Sectors	Private	37	72.55
	Semi-Government	5	9.80
	Government	6	11.76
	Self-Work	3	5.88
No. of Child in Secondary School	1 - 3 children	49	96.08
	4 - 6 children	2	3.92
	7 - 9 children	0	0.00

The second section in online survey questionnaire is arranged by gender, age of the children, and location of secondary school. In terms of the number of children enrolled in secondary school, the majority of parents currently have 1-3 children enrolled, with children ranging in age majority from 13 to 14 years old.

Table 1.3 Profile of Respondents (Children)

Measures	Items	Frequency (N=51)	%
Gender	Male	16	31.37
	Female	35	68.63
Age	13 - 14 years	27	52.94
	15 - 16 years	18	35.29
	17 years	6	11.76
School Area	Northern (Perlis, Kedah, Penang, Perak)	5	9.80
	East Coast (Kelantan, Terengganu, Pahang)	11	21.57
	Central (Selangor, Kuala Lumpur, Putrajaya)	14	27.45
	Southern (N.Sembilan, Malacca, Johor)	21	41.18
	Sabah & Sarawak	0	0.00

4.2 Assessment of Measurement Model

4.2.1 Discriminant Validity

Present study tests the discriminant validity using the HTMT ratio of correlations technique proposed by Henseler et al. (2015). The results below showed that discriminant validity exists in this study. To measure the discriminant validity, the HTMT value should not be greater than the HTMT .85 value (Clark and Watson, 1995; Kline, 2011) or the HTMT.90 value (Gold et al., 2001; Teo et al., 2008). Table 1.4 shows the discriminant validity of constructs.

Table 1.4 Discriminant validity of constructs

Constructs	CP	CPIU	M.E (SLE)	M.E (PA)	PA	PP	PPIU	SLE	WLB
CP	0.41								
CPIU	-0.75	0.40							
PA	0.47	-0.16	0.02	0.13	0.57				
PP	-0.63	0.62	-0.04	0.09	-0.03	0.45			
PPIU	-0.70	0.81	-0.32	0.18	-0.26	0.68	0.45		
SLE	-0.60	0.68	-0.41	0.20	-0.27	0.56	0.85	0.53	
WLB	-0.45	0.41	0.09	-0.01	-0.21	0.55	0.56	0.66	0.52

Notes: CPIU = Children Problematic Internet Use; CP = Children Procrastination; PPIU = Parent Problematic Internet Use; PP = Parent Procrastination; CPA = (Children) Parental Approaches; SLE = Stressful-life event; M.E (SLE) = Existing effects between WLB & PPIU; M.E (PA) = Existing effects between CPIU & CP; WLB = Work-Life Balance

[a]The criterion for HTMT ratio is below .85; [b] The criterion for HTMT upper confidence intervals (CI) is below 1

As summarized in Table 1.4, present study examined the factorial validity of the existing scales in PIU. It shows that convergent validity is frequently reported. However, a reanalysis from the original data with more accurate extraction criteria would be necessary to find conclusive evidence.

4.2.2 Composite Reliability

Cronbach's alpha was utilized as an indication to determine the degree of consistency in present study. To date, the Cronbach's alpha should be more than 0.7 *but* due to the nature of the present study that assesses the level of problematic internet use, it is stated that the Cronbach's alpha coefficient of a scale can be acceptable if greater than 0.6 (Nunnally, 1967). All of the items in this study are consistent and reliable. Table 1.5 shows all constructs/variables are > 0.6. Therefore, we can infer that they are all consistent and reliable. The reliability test is summarized in table below.

Table 1.5 Summary of the Cronbach's Alpha of Each Constructs

Constructs	Composite Reliability
CP	0.68
CPIU	0.61
PA	0.66
PP	0.73
PPIU	0.62
SLE	0.64
WLB	0.65

A Composite reliability of equal to .60 or higher is considered acceptable (Nunnally, 1967; Fornell and Larcker, 1981; Hulland, 1999; Tenenhaus et al., 2005; Hair et al., 2010). Smart-PLS was run to test the measurement model and analyse the reliability. The results demonstrated that all values were ranged from .61 to 1.0 and according to Fornell and Larcker (1981) and Nunnally (1967) it is considered acceptable. Therefore, all the constructs in this study were considered reliable.

4.3 Assessment of Structural Model
4.3.1 Path Coefficient

The path coefficient significance level will be established by calculating t-statistics on the path loadings between constructs. In present study, bootstrap resampling technique was used to calculate the t-statistics.

Table 1.6 Summary of Path Coefficient

Constructs	M	SD	T Value	P Values
CPIU $\rightarrow$ CP	0.72	0.32	1.15	0.00
PA $\rightarrow$ CP	0.33	0.26	1.38	0.17
PPIU $\rightarrow$ CPIU	0.84	0.22	3.68	0.00
PPIU $\rightarrow$ PP	0.66	0.21	1.81	0.00
SLE $\rightarrow$ PPIU	0.67	0.24	3.70	0.00
WLB $\rightarrow$ PPIU	0.69	0.20	2.44	0.00

Notes: CPIU = Children Problematic Internet Use; CP = Children Procrastination; PPIU = Parent Problematic Internet Use; PP = Parent Procrastination; CPA = (Children) Parental Approaches; SLE = Stressful-life event; M.E (SLE) = Existing effects between WLB & PPIU; M.E (PA) = Existing effects between CPIU & CP; WLB = Work-Life Balance

The bootstrapping technique is a non-parametric way for assessing the precision of the PLS-SEM estimates, which resulted in the stability of the PLS-SEM estimates. Following the approach proposed by Hair et al., all data in this analysis were run using 5000 bootstrapped samples with the same number of cases. Table 1.6 shows that children's problematic internet use to children's procrastination (t = 1.15 ; p = 0.00), parent's problematic internet use to children's problematic internet use (t = 3.68 ; p = 0.00), parent's problematic internet use to parent's procrastination (t = 1.81 :p = 0.00), work-life balance to parent's problematic internet use (t = 2.44 ; p = 0.00) , stressful - life event (t = 3.70 ; p = 0.00) and parental approaches (t = 1.38 ; p =0.17). Accordingly, it can be said that parent and children both have the the same level of problematic internet use and procrastination.

5.0 DISCUSSION

In this study, the relationship between work-life balance, parent-child problematic internet use, procrastination and two moderators (stressful-life event and parental approaches) was investigated. The first variable that has been discovered, work-life balance has showed a positive and significant contributing element to the PIU issue. In light of the COVID-19 epidemic, the workers' work and family routines have been more disrupted, which has given them new normal daily work life. Majority of the adult respondents revealed that they continue to be constrained by working from home. This can make them use internet more frequently including access all the documents needed and online meeting. Even though the new daily work life let them work from home however most of the respondents revealed that it is does not change anything and become more stressful to handle which is in the end it significantly impact on PIU.

According to the findings of this study, PIU is not an issue that just affects adults or only affects children but is rather a problem that affects the entire family. The findings revealed that the children's PIU have both direct and indirect impacts on the parent's PIU implying that the level of the children's PIU may be affected by the level of the parent's PIU. The results of this study may be considered significant since it is the first time that the relationship between dyadic group (parent-child) that is linked to procrastination has been investigated. According to this viewpoint, procrastination occurs prior to PIU in a guided route.

Procrastination was shown to be positive and significant associated with parental and child PIU according to the findings of this study, which provided some empirical support for this connection. Researchers will be able to have a better grasp of the dynamics of parental and personal influences on children with PIU as a result of this discovery. The methodology of the study has produced evidence that may be used to support an interpretation of the findings that is more directed at this point in time.

Furthermore, there are two (2) moderators in this study: parental methods and stressful life events. Both of these moderators exhibited no statistical significance, which not supports the conclusions of present study. The implementation of preventative measures, including informing and educating parents about how their own behaviour influences the Internet usage patterns of their children is essential to achieving the objective of study.

6.0 CONCLUSION

The outcomes of results of the pilot study provided fresh insights into the previously theorised connections. In addition, this study investigated the causes and repercussions of problematic internet use from a dyadic perspective, namely from the perspective of a parent and children. It is a relatively recent phenomena that has not been thoroughly investigated by major Internet researchers.

These were some of the study's shortcomings in this pilot result. First and foremost, information on exposure and outcome is gathered through a self-reported questionnaire, which may result in a bias in reporting these variables though this bias is likely to be non-differential; second, data collection is limited, with less than 60 pairs of participants participating. Despite the fact that the current study has successfully reached more than the bare minimum number of respondents required for data collection, a large number of pair respondents can help to improve the accuracy of the data collected (Rothman & Greenland, 1998; Rothman & Greenland, 1998).

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CONFLICT OF INTEREST

The authors confirm that this article content has no conflict of interest.

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