

Abstract

Background: Many studies show that technology-mediated addictive behaviors are on the rise among children. For Generation Z, using technology is a normal part of life. The generation of parents of these children may have different attitudes towards technology use. This paper maps mothers' parenting strategies in this area and it compares children's and mothers' attitudes towards technology-mediated addictive behaviours.

Aims: The main aim of the research is to describe the technology-mediated addictive behaviours of children of clients of the addiction services, and to describe the attitude and approach of these women towards their children's addictive behaviour. It is also intended to target the differences in perceptions of addictive behavior on technology in the mother-child dyad.

Methods: The research population consisted of 4 mother-child dyads, which were chosen deliberately. It was a qualitative research approach. A semi-structured interview and open coding method was used. As a complementary method were used The MEPA-20 questionnaire for parents, as well as a questionnaire based on Griffiths - an instrument aimed at identifying technology addictive behaviour.

Results: Mothers have different perceptions of addictive behaviors compared to their children. Mothers of children with addictive behaviours gave more weight to the behaviour. Their scores on the Griffiths questionnaire is higher than scores of their children in all cases. The mothers' approaches included mainly active and restrictive mediation. For all mothers, a healthy form of mediation prevailed.

Conclusion and recommendations: This is a qualitative research and its findings cannot be generalised. Nevertheless, this research provides a description of maternal parenting approaches to technology addictive behaviors. The research describes the different attitudes of mothers and their children. This different perspective may be related to the motivation for the treatment. The role of mothers is essential while working with children with addictive behaviors. The maternal perspective needs to be taken into account, especially for working with children. Further research is needed in the area of parenting approaches.

Key words: behavioral addictions – process addictions – technologies – children of addicts