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EFFECTS OF INTERNET USE ON EFFECTIVE PARENTING AMONG CHRISTIAN FAMILIES IN NAKURU EAST SUB-COUNTY, NAKURU COUNTY, KENYA

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ST. PAUL'S UNIVERSITY

A DISSERTATION SUBMITTED TO THE FACULTY OF SOCIAL SCIENCE IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTER OF ARTS IN COUNSELING PSYCHOLOGY OF ST. PAUL'S UNIVERSITY.

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DECLARATION AND APPROVAL

I, Baraka Espoir, declare that this dissertation is my original work and has not been presented for the award of a degree in this or any other university.

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This dissertation has been done under our supervision and is submitted for examination with our approval as the university supervisors.

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DEDICATION

I dedicate this dissertation to my father, Barekeriyo Mugabushaka, my mother, Chantal Mukankusi, my wife, Janielle Beh, as well as my mentors, Madam Ann Ndung'u, Dr Allan Waihumbu and Dr Joseph Nyamutera.

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ABSTRACT

The proliferation of internet use has become rampant in today's world and impacts the functioning of families in diverse ways. This study investigated the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. The specific objectives of the study were to determine the motivations of internet use in effective parenting among Christian families; to determine the effect of parental smartphone use on effective parenting among Christian families; and to examine the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. The theoretical foundation of the study was the uses and gratification theory and the process of parenting model. A descriptive survey research design was used, and 385 participants were sampled using stratified and simple random sampling techniques. A questionnaire with open and closed questions collected qualitative and quantitative data respectively. Qualitative data was analyzed through themes and presented using narratives and quotes while quantitative data was analyzed using the SPSS (version 26) software program which aided in analyzing descriptive statistics using frequencies and percentages and inferential statistics using Pearson correlation and Chi-square tests. The findings were presented in the form of tables and figures. This study found a statistically significant relationship and association between motivation for internet use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya ($p<0.05$). There was a strong positive relationship and association between parental smartphone use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya ($p<0.05$). Moreover, there was a statistically significant relationship and association between parental social media use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya ($p<0.05$). This study concluded that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents use the internet frequently, smartphones are a form of distraction in their parenting processes and social media has decreased parent-child interactions. This study recommends that future researchers consider similar research focusing on other religions.

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TABLE OF CONTENTS

DECLARATION AND APPROVAL ii

DEDICATION iii

ACKNOWLEDGEMENT iv

ABSTRACT v

TABLE OF CONTENTS vi

ABBREVIATIONS AND ACRONYMS ix

LIST OF TABLES x

LIST OF FIGURES xi

CHAPTER ONE INTRODUCTION 1

1.1 Background of the Study....1

1.2 Problem Statement....5

1.3 Purpose of the Study....6

1.4 Objectives of the Study....6

1.4.1 General Objectives of the Study....6

1.4.2 Specific Objectives of the Study....6

1.5 Research Questions....6

1.6 Significance of the Study....6

1.7 Scope of the Study....7

1.8 Assumptions of the Study....7

1.9 Limitations of the Study....8

1.10 Operational Definition of Terms....8

1.11 Chapter Summary....9

CHAPTER TWO LITERATURE REVIEW 10

2.1 Introduction....10

ST. PAUL'S UNIVERSITY

2.2 Theoretical Review....10
2.2.1 Uses and Gratification Theory....10
2.2.2 Process of Parenting Model....11
2.3 Empirical Literature Review....13
2.3.1 Concept of Effective Parenting....13
2.3.2 Motivations of Internet Use and Effective Parenting....15
2.3.3 Parental Smartphone Use and Effective Parenting....16
2.3.4 Parental Social Media Usage and Effective Parenting....18
2.4 Conceptual Framework....21
2.5 Summary and Gaps of Reviewed Literature....22
CHAPTER THREE RESEARCH METHODOLOGY 23
3.1 Introduction....23
3.2 Research Design....23
3.3 Location of the Study....23
3.4 Target Population....24
3.4.1 Inclusion Criteria....24
3.4.2 Exclusion Criteria....24
3.5 Sampling Techniques and Sample Size....24
3.6 Data Collection Instruments....25
3.6.1 Pilot Test....26
3.6.2 Validity of the Research Instrument....26
3.6.3 Reliability of the Research Instrument....27
3.7 Data Collection Procedures....27
3.8 Data Analysis Procedures and Presentation....28
3.9 Ethical Considerations....28
3.10 Chapter Summary....28

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

CHAPTER FOUR 29

DATA ANALYSIS, PRESENTATION, AND DISCUSSION OF FINDINGS 29

4.1 Introduction....29

4.2 Questionnaire Response Rate....29

4.3 Demographic Profile of Respondents....30

4.3.1 Gender of the Respondents....30

4.3.2 Age of the Respondents....30

4.7 Effective Parenting....31

4.4 Motivations of Internet Use....33

4.4.1 Motivations for Internet Use and Effective Parenting....35

4.5 Parental Smartphone Use....37

4.5.1 Parental Smartphone Use and Effective Parenting....38

4.6 Parental Social Media Use....40

4.6.1 Parental Social Media Use and Effective Parenting....42

4.7 Chapter Summary....44

CHAPTER FIVE 45

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS 45

5.1 Introduction....45

5.2 Summary of Findings....45

5.2.1 Effective Parenting....45

5.2.2 Motivations of Internet Use....46

5.2.3 Parental Smartphone Use....46

5.2.4 Parental Social Media Use....47

5.3 Conclusion....47

5.3.1 Effective Parenting....48

5.3.2 Motivations of Internet Use....48

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

5.3.3 Parental Smartphone Use....49
5.3.4 Parental Social Media Use....49
5.4 Recommendations....49
5.5 Areas for Further Studies....50
REFERENCES 52
APPENDICES 57
APPENDIX I: LETTER OF INTRODUCTION....57
APPENDIX II: QUESTIONNAIRE FOR PARTICIPANTS....58
APPENDIX III: RESEARCH INTRODUCTION LETTER....63
APPENDIX IV: RESEARCH PERMIT....64
APPENDIX V: RESEARCH AUTHORIZATION I....65
APPENDIX VI: RESEARCH AUTHORIZATION II....66

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

ABBREVIATIONS AND ACRONYMS

NACOSTI	National Commission for Science, Technology and Innovation
SPSS	Statistical Package for Social Sciences
U&G	Uses and Gratification

ST. PAUL'S UNIVERSITY

LIST OF TABLES

Table 3.1: Target Population of the Study.....25

Table 3.2: Sample Size.....26

Table 4.1: Questionnaire Response rate.....30

Table 4.2: Effective Parenting.....32

Table 4.3: Motivations of Internet Use.....35

Table 4.4: Correlation Analysis for Motivation of Internet Use and Effective Parenting.....36

Table 4.5: Chi-Square Test for Motivation of Internet Use and Effective Parenting.....37

Table 4.6: Parental Smartphone Use.....38

Table 4.7: Correlation Analysis for Parental Smartphone Use and Effective Parenting.....40

Table 4.8: Chi-Square Test for Parental Smartphone Use and Effective Parenting.....40

Table 4.9: Parental Social Media Use.....42

Table 4.10: Correlation Analysis for Parental Social Media Use and Effective Parenting.....43

Table 4.11: Chi-Square Test for Parental Social Media Use and Effective Parenting.....44

ST. PAUL'S UNIVERSITY

LIST OF FIGURES

Figure 2.1 Conceptual Framework.....21

Figure 4.1: Gender of the Respondents.....31

Figure 4.2: Age of Respondents.....32

ST. PAUL'S UNIVERSITY

St. Paul's University Repository

CHAPTER ONE
INTRODUCTION

1.1 Background of the Study

In the recent past, there has been an exponential global increase in the use of the Internet. By 2021, globally, there were approximately 4.66 billion internet users with 4.32 billion using smartphone internet while 4.2 billion were social media users. On average, individuals used 6.7 hours every day for internet use (Meng et al., 2022). The driving forces behind this growth are attributed to globalization and rapid technological advancements. Internet use refers to the act of an individual using the internet by herself or himself. The usefulness of the internet ranges from a variety of purposes which include rapid information sharing, intercultural exchanges, electronic commerce, entertainment, and emotional support. There are emerging digital technologies such as tablets, smartphones, and other mobile devices that are continuously being embedded in the lives of individuals in families, communities, and societies themselves (Dolničar et al., 2018).

Internet use has brought about significant benefits for individuals such as the ability to work from home, study from home, increased social support, and revolutionized the interaction of individuals across the globe. Despite the enormous benefits that the internet presents, some disruptions are brought about when individuals are more engaged in using the internet and in the usage of mobile phones. This is a new social norm that has allowed the use of the internet through digital technologies such as smartphones to invade personal spaces. This causes interruptions during face-to-face interactions when spending time together such as during mealtimes, prayer times and interpersonal relationships. Psychological correlates of the use of the internet include lower mindfulness degrees, poor self-regulation abilities and susceptibility to constant and unconscious checking of mobile phones (McDaniel & Radesky, 2018). This results in internet use addictions and problematic behaviours on internet use.

The use of the internet is associated with the use of smartphones which rely on the internet to operate. Worldwide, by 2014, there were 1.85 billion people using smartphones and by 2020, the number had increased to approximately 2.87 billion people. In a global survey on smartphone usage, it was found that 88 % of smartphone users globally were from South Korea, 77 % were from Australia and 72 % were from the United States (Cha & Seo, 2018). Further, Jahng (2019) found that in South Korea, about 92.3 % of individuals aged between

ST. PAUL'S UNIVERSITY

10 and 19 years had access to smartphones by 2017 with about 30.3 % showing tendencies to excessively rely on smartphones. The over-reliance on smartphones was also found among adults and it led to poor communication between parents and their children. This resulted in insecure parent-child attachments. This brought about emotional detachment and psychological distress which includes anxiety, stress, and depression.

According to Cobb-Clark, Salamanca and Zhu (2019), literature in psychology highlights that effective parenting is the ability of parents to interact with their children and make decisions that enable the children to learn and grow in a remarkable way. The parents exert differing degrees of control in the decision-making processes. Effective parenting needs continuous attention and mental effort that is consistent towards ensuring that parents communicate with their children on aspects that affect them and their families. Consequently, positive reinforcement in psychological and behavioural development among their children is attained. For adolescents, effective parenting becomes particularly important in the developmental processes as the adolescents need their parents to be emotionally and physically available and responsive to their needs (Kuppens & Ceulemans, 2019).

Adolescents whose parents are working are at a greater risk of being addicted to smartphone usage. This is because the adolescents are not fully supervised by their parents after school, and they can use their smartphones without any guidance or rules. Also, adolescents from high-income families were found to have more money to use for internet usage, especially on their smartphones (Cha & Seo, 2018). Adolescents are dependent on their parents in aspects of their identity and life and with the intensified use of the internet, parenting is changing, and adolescents are using the internet to form their frame of reference (Cha & Seo, 2018). This has an effect on the way parents monitor the psychological and physical development of adolescents.

Effective parenting that aligns with religious beliefs, values and principles ensures that parents instill morals and values that are consistent with religious teachings. This helps in the development of moral and ethical compass in children. Therefore, social media and smartphones can be used to share religious messages for parents which can help them connect with like-minded individuals and access religious content that reinforces effective parenting. Parents can include the use of the internet in some family activities such as bible study and prayer (Purnama et al., 2022).

ST. PAUL'S UNIVERSITY

In the same vein, a study by McDaniel and Radesky (2018) highlighted that parental use of digital technology in the USA was associated with the quantity and quality of parent-child interactions. The use of the internet by parents was also associated with decreased interactions between parents and children. Parents who used the internet to work from home, to study or during family routines such as mealtimes and prayer times, were found to be multitasking and this distracted them from effective parenting. In families where the parents had higher use of internet degrees, family dysfunctions were experienced. The parents were more passive in their parenting and the children exhibited behaviour problems. There were indications that the use of the internet, therefore, dictated the parenting styles and the child's psychological outcomes.

Moreover, in Germany, Matthes, Thomas, Stevic and Schmuck (2021) found that excessive internet use by parents had different consequences for their children. Parents who used social media too much had difficulties in parenting especially in terms of controlling their children's use of smartphones. This led to parent-child conflicts which were encompassed by inconsistent parental actions which included emotional reactions, unexpected rules, and spontaneous regulations. The parents wanted their children not to excessively use the internet, yet the parents seemed to have problematic internet use. The children felt that their parents were not the best role models when it came to the aspect of internet use. The excessive use of the internet as characterized by excessive use of smartphones and social media was depicted as a socially undesirable act.

Similarly, in Australia, Modecki et al. (2020) emphasized that as internet use increased, concerns about the impact of parental internet use on the parent-child relationship also increased. There were direct associations between smartphone use, social media use, and parenting. Parents had different norms, rules, and communication ethics regarding internet use. Internet use was also affected by past experiences, future concerns, and perceived harms which were associated with psychological factors in the parental use of the internet. There were concerns raised on what constitutes bad or good parenting when it came to the use of the internet. However, there were clouded assertions that presented that good parenting was associated with parents who were warm or attached which pointed out the quality of parent-child interactions. At the intersection of internet use and child outcomes, nuances of the effects of internet use and parenting were questioned. Damkjaer (2018) concluded that immersive use of social media and smartphones led to parents neglecting their children and spending more time connecting with their social media friends.

ST. PAUL'S UNIVERSITY

In Africa, Meng et al. (2022) found that among regions under the World Health Organization, Africa had the highest prevalence of internet use and addiction followed by the Eastern Mediterranean region, and the Americas and Europe had the lowest prevalence. The high prevalence was attributed to the use of the internet to build connections, reduce stress, self-medicate, and escape from an unsatisfying environment. Moreover, Ghebregiorgis and Mihreteab (2018) posit that there is a digital divide and internet use is different among African countries. For instance, internet infrastructure and use are highest in Morocco with 58.3 % of the population accessing the internet, 54 % in South Africa and Seychelles respectively, and 39.9 % in Egypt. In countries such as Togo, Eritrea, and Burundi, there is very low internet infrastructure and use.

In Eritrea, Ghebregiorgis and Mihreteab (2018) found that most of the participants (37.9 %) used the internet at least once a week and the use of the internet focused on emailing, playing video games, and social media. According to De Lannoy (2018), in Rwanda, smartphone ownership is low, but it is highest among the youth and this is the highest driver of internet usage in the country. However, access to the internet is viewed as expensive and it limits the use of the internet, especially in rural areas. Stark differences are observed in the knowledge, access, and use of the internet among individuals in rural and urban areas. Internet infrastructure in urban areas is more advanced and there is easy access through resource centers and cyber cafes.

In Kenya, the internet first became available in 1993, and by 2000, 0.7 % of the population was using the internet by 2017, 89.4 % of the population was using the internet and this number has continued to increase. Due to a high number of the population being able to access the internet, internet use is experienced in studying, working, smartphones, and social media (Kimuge, 2021). In a bid to meet the objectives of Vision 2030, which is a development ambition for the country, there has been a focus on strengthening the internet infrastructure in the country. As such, policies such as the ICT policies in 2006 and 2013 have been developed to foster internet use through enhancing digital skills and knowledge among the citizens. The widespread use of the internet in the country has led to many individuals accessing the internet for professional and personal use (Erastus, 2020).

The proliferation of internet use in Kenya has meant that adults and adolescents have access to the internet. For instance, Micheni and Muketha (2019) found that adolescents in Kenya frequently accessed the internet through their phones which they got from their parents, relatives, or friends. Mobile bundles for data were available and affordable which further

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enhanced internet use at any time they wished to use it. The internet was used to access online classes, social media, and playing games. Erastus (2020) explains that it is easy for parents who use the internet to be engrossed with online activities that they do not supervise their children's activities online. This has increased concerns among counselors and other stakeholders on the way internet use is affecting parenting. There are positive and negative effects whereby the positive effects involve the increased knowledge on improving parenting styles, but the negative effects include lack of control of the children which negatively affects the behavior of the children.

Correspondingly, Burihani and Momanyi (2020) explain that internet use motivations are varied and have both positive and negative effects on parenting. For some parents, smartphone use allows them to communicate with their children whenever they are not near them or during emergencies. From this perspective, therefore, smartphones are viewed as important communication tools for families. However, the use of smartphones and social media can be addictive leading to a lack of control which is a precipitate of social and personal problems. The over-reliance and excessive use of the internet can become the way of life for the parents leading to disrupted activities during family times which affect their parenting, especially in the quantity and quality of parent-child interactions.

In Nakuru County, the Nakuru County Government heavily invested in the installation of free Wi-Fi in the Nakuru East sub-county which led to the availability of free internet to the public in 2014. This made Nakuru County and especially Nakuru East sub-county the only region in Kenya which had such internet connectivity. Many households can access unrestricted internet connectivity in different areas in the sub-county. This has had enormous benefits for the residents of the sub-county which has also seen other internet providers subsidizing their internet products to areas in the sub-county in which the free Wi-Fi does not cover (Mwangi, 2020).

ST. PAUL'S UNIVERSITY

1.2 Problem Statement

In an era that is widely characterized by internet accessibility and increased reliance on digital platforms for daily tasks, the effect of internet use on effective parenting within Christian families has emerged as a pressing concern. The proliferation of internet infrastructure has facilitated the integration of online activities into the lives of individuals, including parents and their children. Consequently, the pervasive use of the internet, especially during crucial family moments such as meals and prayer times, raises questions about its potential ramifications for parental-child interactions.

The onset of the COVID-19 pandemic ushered in an unprecedented "new normal" where the motivations behind internet use among Christian families have evolved. Beyond its traditional roles, the internet now serves as a pivotal tool for work, education, social networking via platforms like social media, and smartphone utilization. This evolving landscape has resulted in parents becoming increasingly engrossed in internet-related activities, thereby potentially influencing the quality and quantity of their interactions with their children.

The consequences of a decline in the quality and quantity of parental-child interactions in this context are of paramount concern. Insufficient engagement between parents and children due to excessive internet use may impact the emotional, psychological, and social development of the latter. Understanding the nuanced effects of internet use on effective parenting within Christian families is essential to navigating this digital age while preserving the foundational principles of family life. It is against this backdrop, therefore that this study focuses on establishing the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county Nakuru County in Kenya.

1.3 Purpose of the Study

The aim of this study was to investigate the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

1.4 Objectives of the Study

1.4.1 General Objectives of the Study

This study investigated the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

1.4.2 Specific Objectives of the Study

The specific objectives of the study were:

i. To determine factors that motivates internet use in effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.
ii. To determine the effect of parental smartphone use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.
iii. To examine the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

1.5 Research Questions

i. What are the factors that motivate internet use in effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya?

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ii. To what extent does parental smartphone use affect effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya?
iii. What is the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya?

1.6 Significance of the Study

This study focused on the effect of internet use on effective parenting in the Nakuru East sub-county in Kenya. The findings of this study are important for different stakeholders. First, for the county government of Nakuru, the findings of this study will help to provide up-to-date information on the effect of internet use in the county with a focus on the Nakuru East sub-county.

Secondly, for the children and parents in the Nakuru East sub-county, the findings of this study will be instrumental in helping to understand how their internet use affects their parenting. The findings will illuminate the challenges and opportunities that internet use has on effective parenting. This is significant because parents will be able to realize the impact of their internet use activities on their children and help to realize the importance of parenting skills that align with responsible internet use. This will help in promoting child-parent relationships.

Moreover, for the community at large, this study will help to encourage safe internet use and help parents to understand how their internet use affects their children and families in general. For professional counsellors, the findings of this study will offer guidance and understanding of the effect of internet use on parenting. Thereby, the counselor can use the findings to help understand families and parents who use the internet and how this is impacting their children and even spouses. The findings of the study will also be useful for future researchers who will be able to use the study as a focal frame of reference for future studies. The findings will also add to the scarce body of knowledge on the effect of internet use on parenting in Kenya.

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1.7 Scope of the Study

This study was confined to the Nakuru East sub-county, Nakuru County in Kenya which is made up of five administrative wards. The study focused on the effect of internet use on effective parenting with a focus on smartphone use, motivations for internet use, and use of social media. Methodologically, a descriptive survey research design was used to guide the research. The target population was the 157,167 residents of the Nakuru East sub-county. The

study was delimited to only Christian families in the sub-county. The study took place from March 2023 to June 2023.

1.8 Assumptions of the Study

The main assumption of this study was that there is internet use in the Nakuru East sub-county which affects parenting among Christian families. In this vein, this study assumes that the parents are motivated by different factors to use the internet, and this influences their parenting processes. Also, this study assumed that mediums of internet use which include the use of smartphones and social media influence the parenting processes.

Further, assumptions are held that the target population was accessible for data collection and was willing to participate in the study. In this regard, assumptions are also made that the participants chosen for the study deliberately and of their own volition cooperate and agree to answer the questionnaire to facilitate the data collection process within the stipulated period of the study.

1.9 Limitations of the Study

In this study, several limitations were expected and the researcher sought to overcome them which allowed the smooth flow of the study activities. First, it was assumed that there may be difficulty in accessing the parents from Christian families considering that the Nakuru East sub-county is a vast area that has five administrative wards. To deal with this limitation, the researcher recruited and trained research assistants who were able to identify and collect data from the intended study participants.

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1.10 Operational Definition of Terms

Christian Family: Refers to individuals in a family unit who follow the Christian religion and are grounded on Christian values and beliefs (Stephens, 2019). In this study, Christian family refers to a family unit comprised of individuals who actively adhere to the Christian religion

Effective Parenting: This refers to the parent's ability to interact with their children and make decisions in such a way that their children

	are able to learn and grow remarkably (Cobb-Clark et al., 2019). In this study, effective parenting refers to parent's capacity to engage with their children in a manner that facilitates their learning and substantial growth.
Family socioeconomic status:	Refers to the family's income, parental occupation, and parental education level (Harris et al., 2020). In this study, family socioeconomic status encompasses various dimensions, including the family's income, parental occupation, and parental education level.
Internet Use:	Refers to the extent to which individuals use the internet for various reasons. Internet use is facilitated by the use of smartphones and social media (Gal et al., 2022). In this study, internet use refers to the extent to which individuals utilize the internet for a wide range of purposes
Parental Smartphone Use:	Refers to smartphone use behaviours that parents have (Kushlev & Dunn, 2019). In this study, parental smartphone use refers to specific behaviors exhibited by parents in their utilization of smartphones
Parental Social Media Usage:	Refers to parental online behaviours that facilitate the interaction between parents and other social media users (Modecki et al., 2020). In this study, parental social media usage refers to the online activities and interactions undertaken by parents through various social media platforms,
Smartphone:	In this study, this refers to a portable device that has the ability to combine computing functions and mobile telephone aspects into one (Wilcockson, Ellis & Shaw, 2018).
Social Media:	In this study, this refers to a form of communication that is attained through the use of the internet (Eriksson, 2018).

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1.11 Chapter Summary

This chapter has presented the background of the study, problem statement, justification of the study, the scope of the study, limitations of the study, assumptions of the study, and lastly definitions of key terms. The subsequent chapter focuses on the literature review focusing on the effect of internet use on parenting among Christian families.

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CHAPTER TWO
LITERATURE REVIEW

2.1 Introduction

This chapter reviews theoretical and empirical literature that is relevant to internet use and effective parenting. The chapter also presents a conceptual framework showing the relationship between the study's variables which include social media use, online working, smartphone use, and effective parenting. The literature gaps uncovered are presented and a discussion of how this study will fill in the gaps will ensue.

2.2 Theoretical Review

This study adopted the uses and gratification theory which was used to support the aspect of internet use while the process of parenting model supported the aspect of effective parenting.

2.2.1 Uses and Gratification Theory

The uses and gratification (U&G) theory was developed by Katz in 1959 and expanded in 1974 by Katz, Blumer, and Gurevitch in the bid to understand the perceptions of people's choices for the information they get from different types of media. The theory was presented as a reaction to how the media affects audiences. According to the theory, people sought media forms that satisfy their social and psychological needs (Wainner, 2018). The U&G theory holds that a person will actively select media that fulfill their particular needs. The person actively controls their media consumption, and they know why they seek gratifications as well as effectively report the gratification obtained from using the particular media (Nikken, 2019).

The U&G theory helps in understanding the perspectives of users and their experiences within a wide variety of internet and technology media such as smartphones and social media. From a high-level perspective, the gratification that users seek can be motivated by instrumental or habitual motivations. Instrumental motivation is when a user engages with the internet focusing on a specific purpose while habitual motivation is when the user engages with the internet to pass time (Lukoff, Yu, Kientz & Hiniker, 2018).

The application of the U&G theory bolsters arguments for internet use in parenting. With the advancement of technology, internet use including social media and smartphone use has been added to the theoretical framework of the U&G theory. This has widened the media platforms that people can utilize to suit their needs. The U&G theory deviates from seeking to understand the cause-effect arguments of media use and explains the purpose why people use

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the internet which forms the basis for their choices and gratifications (Chen, Teo & Nguyen, 2019). The psychological needs that drive people include cognitive needs that are associated with knowledge acquisition, affective needs which are associated with emotional experiences, personal integrative needs which are associated with strengthening confidence, tension release needs which are associated with escapism, and social integrative needs which are associated with strengthening contact with friends, family, and the world (Chen et al., 2019).

In parenting, media use can be explained by the uses and gratification (U&G) theory (Gal et al., 2022). The theory explains that parents can use media devices such as smartphones so that they can create some time for themselves by keeping their children busy. This form of escapism creates psychological issues which can be exhibited by both parents and the children. According to Nikken (2019), the U&G theory is criticized for being individualistic and is based on the framework of understanding media use but not the motives of the parents for choosing a particular media for their children. Yet, the parents act in a bid to fulfill the psychological and social needs of the parents to offer more effective parenting. As such, the U&G fits this study as it would seek to explain how parents make decisions on internet use for their children. The parenting decisions fall in the parent-child relations context where there are implications on balancing internet use to ensure that the parenting and children's needs are met.

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2.2.2 Process of Parenting Model

In 1984, Belsky developed the process of parenting model which holds that parenting is influenced by the child, parent, and social context characteristics. According to Taraban and Shaw (2018), Belsky's model has been extensively used by family psychologists to explain how parenting can be affected by various factors and this makes the model suitable for this current study which focuses on the effect of internet use and parenting. There are predictors that affect the behavior of parents which can be in the parent, child, or social context domains. Parenting takes place throughout the stages of an individual's development from childhood to adulthood. It can be positive or negative and this is connected to the extent of the effectiveness of parenting. In positive parenting, the parents are sensitive, warm and set limits for their children. In negative parenting, the parents are inconsistent, controlling, harsh, and over-reactive.

The extent to which a parent responds to the developmental needs of a child determines to parent and acts as a buffer in the parenting system. The child, parent, and environmental factors each serve an instrumental role that predicting parental ability to meet their child's

needs. The parents therefore serve as self-regulation models for their children and how the parents behave or react to the environment determines the child's behavioural, emotional, and social development (Rafferty, 2020). Therefore, individuals may differ systematically in how they are susceptible to environmental or contextual influences. As such, parenting can differ from one parent to another (Ellis et al., 2022). These limits to understanding help in the understanding that effective parenting is determined differently from one household to another. However, factors such as decision-making and communication aid in understanding the wholesomeness of effective parenting.

Belsky's model is relevant for this study as it presents contextual aspects such as technology that affect parents' resources which include psychology, support, and stress from the environment. Technology affects the parents' awareness and psychological well-being as well as facilitates connections through smartphones and social media. The internet can therefore enhance or deplete the resources that parents have (Lippold, McDaniel & Jensen, 2022). Therefore, technology, through the use of the internet, can on one hand cause parental distractions, present attention limitations, and create social comparisons which result in stress. On the other hand, the internet can help in providing parental information and emotional regulation which help to make a decision such as compassion and acceptance of their children and self.

Moreover, in the contextual influence, aspects of social disadvantage are considered where socioeconomic challenges take place and bring about parenting difficulties. Therefore, in connection to internet use, the socioeconomic challenge may make it difficult for some parents to access and engage with internet-based technologies due to a lack of access to the internet. However, for those who can afford internet access and technologies. They are able to use the internet to help in parenting processes. This can help to improve parental decision-making and communication in families (Harris et al., 2020). According to Walker (2021), parents use the internet to communicate with their children and that is a reason that they buy mobile phones for their children. The parents are also able to coordinate activities with their children and remain close to their children. The internet also provides a wide range of information which helps to develop the parenting role through the use of smartphones and social media.

ST. PAUL'S UNIVERSITY

2.3 Empirical Literature Review

This sub-section discusses studies that have been previously conducted by different scholars and researchers. The focus here is on this current study's variables which include effective parenting, smartphone use, working online, and social media use.

2.3.1 Concept of Effective Parenting

Effective parenting provides a solid foundation that affects the development of a child. It also guides the relationship between parents and children. In Brazil, Altafim and Linhares (2019) conducted a case study on parenting programs and found that effective parenting was important for ensuring the regulation of emotions and behaviours such as anger management, problem-solving, and emotion recognition for both parents and their children. Parenting was found to be effective when there was positive discipline, behavioural and emotional regulation, and communication.

In the context of religion, parenting becomes associated with divine power. A global assessment of parental religiousness and parenting by Bornstein et al. (2017) revealed that there were negative associations between parental religiousness and parenting. Religious parents were found to monitor and control their children more which increased behavioural problems among the children. The children viewed religion as being associated with parental rejection while parents viewed religion as being associated with warmth and efficacy. Religious families faced challenges in attaining effective parenting. Similarly, Gower et al. (2020) found that in religious families in the United States of America, parenting depended on divine support which was constructed by spiritual and religious variables such as looking for guidance and support from God.

In Iran, Julaieha et al. (2021) conducted a quasi-experimental study on parenting in spiritual families and found that in religious families, parenting was founded on religious mandates. Therefore, parents assumed parenting practices such as monitoring, and communication were in accordance with their religious faith and beliefs. Religious parenting considered parenting divine and sacred and as such invested more time spent with their children. The families attended religious services together, ate together, and even took time to interact with each other. A study by Kerry, Prokosch and Murray (2022) attests to a relationship between parenting and religion where religion was found to influence the decisions that parents made in their children's lives. Therefore, religious norms and beliefs shaped family environments which affected how effective parenting could be. The parents were more invested in the lives

ST. PAUL'S UNIVERSITY

of their children, and this benefited the social norms that the parents and children adopted. The extent to which parents evoked religion in parenting was found to be highest among Christian families.

An empirical review of parenting and religion by Goeke-Morey and Cummings (2017) shows that in religious families, family life and the relationship between parents and their children are dictated by their religious teachings. Parenting is imbued with what is considered religious and sacred. Typically, parents tend to foster religious beliefs in their children which create spiritual and emotional connectedness to the divine. However, the specific parenting strategies that are used are inspired by different religious beliefs which mean that even religious parents have different approaches to parenting. Religious parents can consider monitoring their children and they become very invested and involved in their children which creates emotional and warmth connectedness which has a positive impact on parenting. Also, Julaieha et al. (2021) found out communication has a religious aspect to it where the parents consider involving God in their communication with their children. In family environments where there are conflicts, the involvement of God in communication seemingly helps to deal with the conflict.

Focusing the lens on parenting and internet use, parenting is an important aspect when it comes to internet use. In Malaysia, Kaur and Ahmad (2020) conducted a quantitative study on parenting and internet use. The study showed a negative association between parenting and internet use. A decrease in parenting monitoring led to an increase in internet use that was compulsive among the children. The parents were not aware of the negative effects of lack of monitoring, and they were occupied with their daily activities and jobs. The lack of parental monitoring led to the overuse of the internet. Correspondingly, Helming (2018) found a positive correlation between internet use and parenting especially when the parents were involved in gaining instrumental information that helped them in the parenting process. The parents monitored their children's activities which helped in meaningfully engaging with their children in communication and conversations that helped them to build on their parent-child relationships.

In Nigeria, Killian (2019) reviewed effective parenting in the 21st Century and found that children were influenced by the parenting directions in their families. This affected their mental, psychosocial, and emotional well-being. Parenting involved caring for individuals from childhood to adulthood and the environment of the family was a contributing factor to the parenting process. With the advent of technology in the 21st Century, the age of

ST. PAUL'S UNIVERSITY

information technology was found to present challenges in the parenting processes, especially for parents who had adolescents. Internet dependency was found to be gradually replacing the role of parents in families and taking away aspects of communication between parents and their children.

2.3.2 Motivations of Internet Use and Effective Parenting

The use of the internet among parents has continued to rise over the years with different parents having different motivations as to why they use the internet. An empirical review by Lippold et al. (2022) indicated that parental internet use has an effect on parenting where the parents' ability to listen and communicate with their children affected parent-child relationships leading to positive or negative implications on the extent to which effective parenting is attained. This creates a complex relationship between internet use and effective parenting. However, the study presents clear indications that parents' motivations to use the internet emanate from their need to access parenting information as well as to distract them from their realities which creates dents in the parent-child interactions. The distractions make it difficult for the parents to respond effectively to their children's emotions as they cannot monitor their children. Also, parents can start to make unrealistic judgments and expectations of their children based on the material they view on the internet (Lippold et al., 2022).

Additionally, the use of the internet has been tremendously inculcated in the lives of parents. Wolfers, Kitzmann, Sauer and Sommer (2020) revealed that the integration of internet use among mothers in their everyday lives affected the emotional and functional aspects of the parents; where the mothers indicated that they used the internet to help in taking care of their children. The motivation to use the internet was to communicate with their family and friends, take photos which most were uploaded on social media platforms, and organize their everyday lives. Communication with friends and family was viewed as an emotional outlet that helped mothers to establish effective parenting. However, the mothers were not motivated by factors such as work, playing games, and gaining information about current occurring events. The perspectives of fathers were not captured in this study which makes it difficult to wholesomely understand the motivations of parents in using the internet and how it affects parenting.

A qualitative study by Moon, Mathews, Oden, and Carlin (2019) on mothers' perceptions of their internet use revealed that for mothers, the internet helped to gain information, especially for new mothers who were new to the mothering process. The mothers viewed the internet as a medium for crowdsourcing to help gather viewpoints when making decisions regarding

ST. PAUL'S UNIVERSITY

their children. The anonymity of using the internet made the mothers feel at ease when asking questions especially when they did not want to ask their family and friends. The mothers generally perceived the internet information to be more trustworthy than the information from friends and family. However, they also acknowledge the importance of caution when applying the information as some sources were not reputable. Moon et al. (2019) further found that there was also a wealth of information on the internet which brought about confusion as everyone had differing expert advice. Therefore, the mothers gained information on parenting aspects that were not urgent. For urgent matters, the mothers preferred contacting health care providers.

A mixed-methods study by Lukoff et al. (2018) studied how adults in the United States of America were motivated to use the internet. The findings showed that there are two main reasons why individuals use the internet, and they include habitual and instrumental motivation Instrumental motivation is intentional and for a specific purpose while habitual is just for passing time. Most of the participants indicated that they used the internet for instrumental purposes such as for work and to interact and form close ties with their families. There were also indications that the internet was used as an escapism mechanism to distract the participants from their environments and relieve stressful situations. While the study provides an adequate analysis of the motivations of internet use, it does not explicitly focus on the parenting aspect, and this is a gap that this current study aims to study by focusing on motivations of internet use and effective parenting.

ST. PAUL'S UNIVERSITY

2.3.3 Parental Smartphone Use and Effective Parenting

Smartphones have become ingrained in the everyday lives of individuals, and this has created dependencies that have psychological consequences. In their exploratory study on parental smartphone usage, Yuan et al. (2019) concluded that there is a need for larger sample replication. The study however found that the parents extensively use their smartphones and regularly checked their phones throughout the day. The average parental smartphone usage was about four hours per day and the parents checked their phones about sixty times a day. Mothers were found to use their phones more than fathers. Most of the parents were employed which implied their accessibility and use of the internet through smartphones.

A study by Kushlev and Dunn (2019) showed that parents who used their smartphones frequently spent limited time with their children. The parents did not connect socially with their children, and this affected the extent to which they monitored their children and communicated with them. Smartphones undermined face-to-face interactions between parents

and their children. The smartphones were a distraction to the parents, and this barred effective parenting from taking place. However, there were parents who used their smartphones for activities that helped their children's experiences such as in their education and this was important for the parent-child relationship.

Modecki et al. (2020) reviewed parental smartphone use and found that the physical and emotional availability of parents is affected by smartphones which draw away the attachment between parents and children. The review also revealed that most of the studies on smartphone use focus on children and parenting come as mediating factors. A Canadian cross-sectional study by Dennis et al. (2022) showed that one in every five parents had a certain degree of internet addiction and the mothers were found to have higher rates of problematic internet use as compared to fathers. The parents spent more time on their smartphones during meal times and this had a negative impact on child development. The socioeconomic status of the family was found to moderate the relationship between parental smartphone use and child development. However, there was no explicit focus on effective parenting which is a gap that this current study aims to fill by focusing on the effect of parental smartphones on effective parenting.

In Singapore, Chen et al. (2019) qualitatively studied the use of digital devices such as smartphones and parenting. The study revealed that smartphones were used to gratify the need to ensure children's learning, release tension, and bond with the children. The interviewed parents indicated that they understood that there were risks associated with the children using smartphones as sometimes they were not supervised. However, the use of smartphones was instrumental in helping to discover and understand their children better and the children also discovered new worlds through interconnectivity with other children which positively impacted the children's development. This study was limited as it was conducted through online chats where some parents were not technology savvy which brought about generalization limitations and a broader profile of parenting is needed.

The periods during which smartphones are used at home also affect parenting in diverse ways. A study by Latif et al. (2020) found that Turkish children used smartphones often and most especially during dinner time which challenged the family coming together during dinner times and it has a negative effect on parenting. Due to the often use of smartphones, parents were unable to monitor the extent to which the children used their phones. Also, the parents themselves were found to be avid users of the phones. This affected communication and there was a parent-child breakdown of communication. On the contrary, a quantitative

ST. PAUL'S UNIVERSITY

descriptive study by Yoanita and Primasanti (2020) found that parents preferred face-to-face family activities which included reading, singing, board games, and cooking. Dinner times were viewed as a time for the family to bond and as such the parents avoided using their smartphones during these times. However, when the parents needed to, they would use their phones.

According to a review by Morris, Filippetti, and Rigato (2022), parents use smartphones for different reasons, and they may choose to engage their children in the use of smartphones. However, parental smartphone use can distract parental-child interactions and reduce the responsiveness of parents to their children. The parents may use the phones to escape having to deal with stressful situations in the home. There has been heightened use of smartphones during family mealtimes and this challenges the caregiving relationship. A similar review by McDaniel (2019) indicates that smartphones are distractions to parenting as parents become so focused on their phones that they pay little attention to their children. In the end, overuse of smartphones can lead to psychological and emotional effects building which affects parenting processes.

2.3.4 Parental Social Media Usage and Effective Parenting

The use of social media among parents has changed parenting practices which affect parent-child interactions. Parental social media use is more pronounced among wealthy countries in the Global North which are characterized by homes that are technology-rich and have very high internet penetration (Damkjaer, 2018). In Australia, Haslam, Tee and Baker (2017) conducted an online cross-sectional survey among parents using social media and found that the most common social media platforms used were parenting websites, blogs and Facebook. The parents interacted with each other, and this helped to build their confidence as well as gain online support. The study found that the more the parents used social media platforms, the more they gained social support from their social interactions. Interestingly, most of the social media interactions were with their friends and families and this helped the parents to get more parental support that they could not gain from traditional social networks. The financial status of the parents was found to be a moderating aspect of the extent to which the parents used social media.

In Italy, Procentese, Gatti and Di Napoli (2019) studied the perceptions of parents on the use of social media, and they found that social media affected the family systems and exerted negative pressure on the functioning of the families. The parents were however able to establish open communication with their children and also encouraged their children to use

ST. PAUL'S UNIVERSITY

social media under their supervision. A qualitative study by Moon et al. (2019) studied social media and maternal perceptions and found that mothers used social media platforms frequently to gain information on health. The mothers also developed social interactions which helped them share child-rearing experiences and gain social support. The study concluded that this helped to shape parenting decision-making.

A grounded theory study on social media use among parents by Swale (2019) showed that maternal identities were shaped by social media. The study produced a framework that helped to understand how mothers used social media for social interactions and support. The mothers created intimate connections which helped them to compare and learn from their mothering identities and construct or reconstruct their mothering identities. The mothers negotiated the facets of effective parenting and found it to be founded on parenting decision-making and communication. Furthermore, the use of social media was integral for parenting due to its access, convenience, support availability, and broad mothering communities that were available. The mothers understood that the online connections helped to negotiate their idealized constructions of what parenting entailed. However, using social media sites as the only base of support led to negative motherhood ideals which lacked intimate connections.

A Danish case study on good parenting by Damkjaer (2018) sought to understand parenting and social media which focused on social network sites such as Facebook. It was found that some parents shared their family lives on Facebook, and this created relational functions which helped to strengthen social norms and ties. The parents interacted with their peers, and they got information such as on how to be good parents. The social interactions helped to consult among peers. However, there were also parents who were opposed to sharing their lives on Facebook as they believed that they did not have to share their lives with strangers. The parents also believed that they were shaping their children's digital identity and they did not want to share anything that might embarrass their children. The parents were also met with requests for sharing their family life on Facebook, especially their children's photos. Moreover, there were parents who were found to be non-users of Facebook and they believed that social media did nothing for parenting. They did not view any correlation between social media and parenting. As such, these parents opted for more face-to-face interactions rather than social interactions.

A systematic scoping review on peer social interactions among Japanese mothers by Yamashita, Isumi, and Fujiwara (2022) found that mothers used social networking sites for social interaction and support. The sites positively influenced the mental well-being of the

ST. PAUL'S UNIVERSITY

mothers as they gave them an opportunity to interact with each other and exchange ideas and opinions. It was found to be important where face-to-face interactions were not possible such as in the case caused by the Covid-19 pandemic. However, social interaction did not have significant effects on maternal behavioural changes such as communication patterns. The social interactions were not a substitute for face-to-face interactions but were found to complement face-to-face interactions. In the same breath, Restrepo et al. (2021) found that social media platforms such as Facebook were instrumental in building bonds among parents during the Covid-19 pandemic. Nonetheless, there were many reports of misinformation on social media sites which made information on parenting unreliable and as such could not be used by parents to make parenting decisions.

In Bali, Dewi and Fauziah (2021) qualitatively studied social media and parenting among mothers and found that social media powerfully promoted the engagement of young mothers in the mothering processes from pregnancy to birth and child-rearing. The social media sites used helped the mothers to engage in self-directed learning where they learned more about parenting and family life. The social media platforms helped to create social support systems where the concerns or problems of young mothers were addressed. The parents used social media as a guide to parenting which helped in making decisions on parenting.

ST. PAUL'S UNIVERSITY

2.4 Conceptual Framework

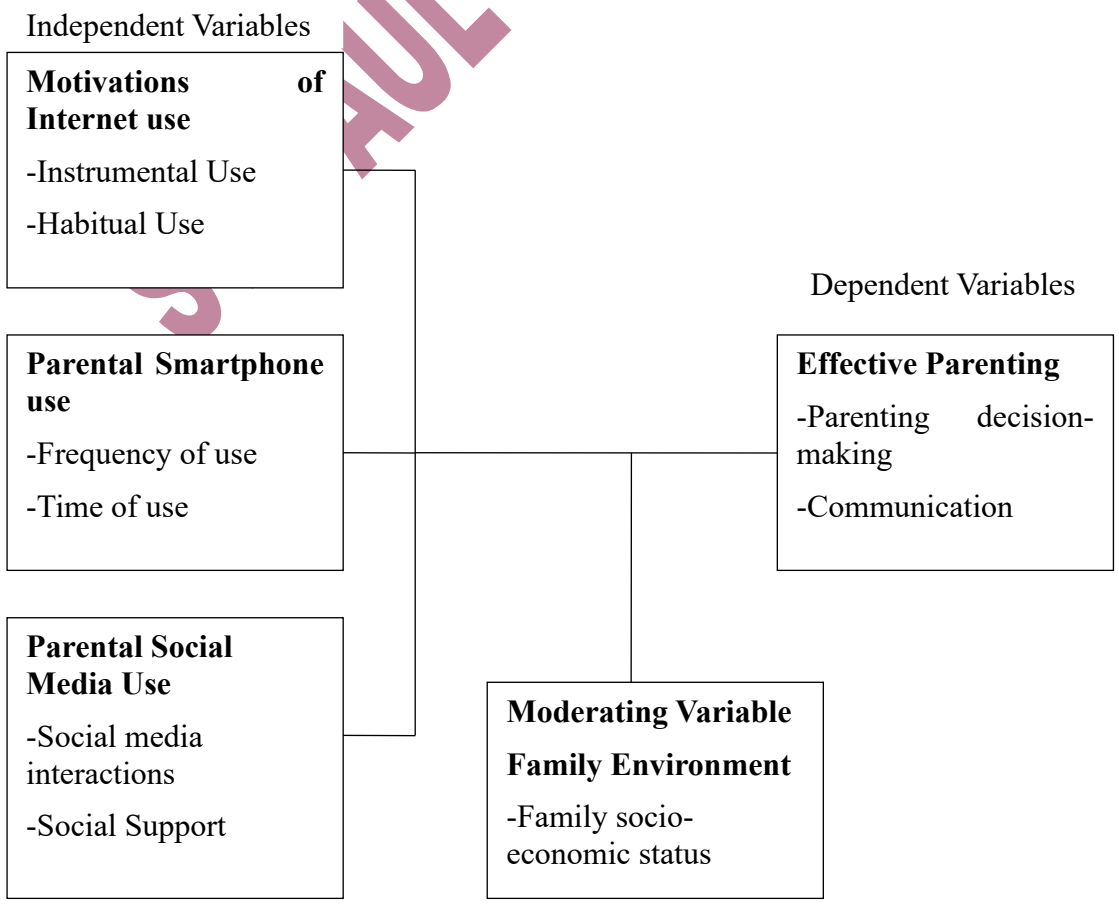


Figure 2.1 Conceptual Framework

In this study, the independent variable is internet use which, in this study refers to the extent to which individuals use the internet for various purposes. In this study, internet use is operationalized to the motivations of internet use which can be habitual or instrumental. Also, internet use is operationalized as parental smartphone usage which refers to the extent to which parents use their smartphones. Parental smartphone usage is conceptualized as the frequency of parental use of smartphones and the time they use smartphones. Finally, internet use is also operationalized as parental social media use which, in this study, refers to the extent to which parents use social media platforms. Social media usage is conceptualized as the interactions of parents on social media platforms as well as social support attained on the platforms.

The dependent variable for this study is effective parenting which refers to the ability of the parents to be able to interact with their children and make decisions in a manner that allows the children to learn and grow in a remarkable way. As such the conceptualization of the effective parenting variable is through communication between parents and their children as well as how decisions are made in the families. Furthermore, the relationship between internet use and effective parenting in this study is moderated by the family environment which mainly focuses on the socioeconomic status of the family

2.5 Summary and Gaps of Reviewed Literature

This chapter has presented a literature review on internet use and effective parenting. The theoretical foundation is based on the uses and gratification theory which supports internet use and the process of parenting model which supports parenting. The chapter has also presented past studies conducted on effective parenting, parental smartphone use, motivation for internet use, and parental social media use. The literature review has presented methodological and contextual gaps.

In contextual gaps, most of the studies conducted have focused on Western countries (Modecki et al., 2020; Moon et al., 2019; Rafferty, 2020; Walker, 2021). This leaves gaps in understanding internet use and parenting in countries in the global south such as Kenya. Moreover, contextual gaps are presented in understanding internet use and effective parenting in Christian families. A few scholars such as Kaur and Ahmad (2020) and Killian (2019) focused on internet use and effective parenting in religious families which focuses wholesomely on religious families and not explicitly on Christian families. Additionally, the

ST. PAUL'S UNIVERSITY

majority of the studies (Moon et al., 2019; Wolfers et al., 2020) focus on the perspectives of women which presents isolated findings and negates the aspects of enhancing knowledge on parental use of the internet which presents a limited practical impact on understanding parental perspectives which should also include the perspectives of fathers. Therefore, to fill in these contextual gaps, this current study aims to investigate the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

Furthermore, in methodological gaps, the studies reviewed in this chapter mainly focus on qualitative methods such as Burihani and Momanyi (2020) and Moon et al. (2019). The qualitative focus presents a triangulation of data challenges that can be solved by using both qualitative and quantitative methods whose data can complement each other and bring about results that can be effectively generalized and used in the investigation of internet use and effective parenting in Christian families. The subsequent chapter presents the research methodology that was used to conduct this study

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CHAPTER THREE
RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents the research design, target population, sampling techniques, data collection instruments, data collection procedures, data analysis and presentation, and ethical considerations.

3.2 Research Design

This study used a descriptive survey research design. This research design allowed the blending of qualitative and quantitative data to ensure that accurate and relevant information is attained by engaging participants who are at the center of the study's research objectives (Bougie & Sekaran, 2019). In this current study, the descriptive survey research design was used to investigate internet use and effective parenting without manipulation of the variables which helped in gaining in-depth information on the what, when, how, and why of the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. Also, the research design helped to identify patterns and analyze the frequencies of the responses presented by the participants.

3.3 Location of the Study

This study was conducted in the Nakuru East sub-county. The sub-county is one of the eleven sub-counties in Nakuru County, which is one of the forty-seven counties in Kenya. The county has a population of 2.162 million people, and the Nakuru East sub-county has a population of 157,167 individuals (Kenya National Bureau of Statistics, 2019a). The sub-county has five main wards namely Kivumbini, Biashara, Flamingo, Menengai, and Nakuru East ward. Nakuru East sub-county is chosen for this study due to its high connectivity to the internet which allows for vast internet connectivity. In 2014, the Nakuru County Government heavily invested in the installation of free Wi-Fi in the Nakuru East sub-county which led to the availability of free internet to the public. This made Nakuru County and especially Nakuru East sub-county the only region in Kenya which had such internet connectivity (Mwangi, 2020). As such, 46.0 % of the Nakuru East sub-county's populations have access to the internet which is the highest percentage in Nakuru County and the third highest in Kenya (Kenya National Bureau of Statistics, 2019b).

ST. PAUL'S UNIVERSITY

3.4 Target Population

This study targeted 157,167 residents of the Nakuru East sub-county.

3.4.1 Inclusion Criteria

This study was focused only on Christian parents who have access to the internet from the Nakuru East sub-county. The focus on Christian parents was due to the prevalence and dominance of Christianity in the study location making it a practical choice for the study. By starting with a focused study on Christianity, the research deemed to build a foundation for future comparative studies across different religious contexts. As such, religious nuances on internet use in families would be studied.

3.4.2 Exclusion Criteria

The study was not focused on Christian parents without access to the internet, parents without access to the internet were not considered for this study.

ST. PAUL'S UNIVERSITY

Table 3.1: Target Population of the Study

Ward	Population
Biashara	35,916
Nakuru East	35,395
Kivumbini	20,574
Flamingo	32,356
Menengai	32,926
Total	**157,167**

Source: Kenya National Bureau of Statistics (2019a)

3.5 Sampling Techniques and Sample Size

Stratified sampling and simple random sampling methods were used to sample the participants. The participants were organized according to their wards which indicated stratification into homogenous groups. The strata were the Kivumbini, Nakuru East, Flamingo, Menengai, and Biashara wards. To calculate the sample size, Cochran's (1963)

formula was used. The formula was chosen due to its applicability and suitability with large populations as is the case for this current study.

This formula was chosen because of its suitability in studies with large populations

$$n_0 = \frac{Z^2 pq}{e^2}$$

Where;

- e is the desired level of precision (that is, the margin of error),
- p is the (estimated) proportion of the population that has the attribute in question,
- q is 1 – p.
- z value=1.96

Therefore, the participants for this study were 385 as indicated below.

$((1.96)^2 (0.5) (0.5)) / (0.05)^2 = 385.$

ST. PAUL'S UNIVERSITY

Table 3.2: Proportionate Sample per Ward

Ward	Population	Sample Size (s=n/N*S)
Biashara	35,916	90
Nakuru East	35,395	89
Kivumbini	20,574	42
Flamingo	32,356	81
Menengai	32,926	83
Total	**152,167**	**385**

3.6 Data Collection Instruments

This study used a questionnaire to collect data. The questionnaire was used as it allowed data to be collected from a large audience that was distributed in a vast area. The questionnaire takes less time to collect data and it was therefore cost-effective to use. Additionally, there is a limited likelihood of bias creep since the questions presented to the respondents was standard (Kumar, 2017).

The questionnaire had closed questions and open questions that helped to gain in-depth information on aspects concerning the study's variables which was built on attaining the research's objectives. The use of closed and open-ended questions helped to attain quantitative and qualitative data respectively which helped in the triangulation of data. The respondents were required to give their responses in a five-point Likert scale thus, 1= Strongly Disagree [SD]; 2=Disagree [D]; 3=Neutral [N]; 4=Agree [A]; and 5=Strongly Agree [SA]. The questionnaire contained five sections where the first section focused on the demographics of the participants and the other sections presented questions based on the study's objectives.

3.6.1 Pilot Test

The pilot test was conducted in the Nakuru West sub-county to ensure the participants who participated in the pilot test were not included in the actual study. The pilot study was conducted to establish the validity and reliability of the study's questionnaire. According to Machin et al. (2018), the number of participants in a pilot test can be between 10 and 20 per cent of the study's sample size. Therefore, in this study, at least 10 participants who fit the inclusion criteria of this study were chosen randomly from each of the Nakuru West sub-

ST. PAUL'S UNIVERSITY

county wards to participate in the pilot test. These individuals did not participate in the final study as their prior knowledge of the study's objectives and questions would interfere with their answers.

3.6.2 Validity of the Research Instrument

The validity of a research instrument focuses on appropriateness and accuracies applied to a study to ensure that the research instrument can measure what it ought to measure (Bougie & Sekaran, 2019). The face and content validities were ascertained by subjecting the research instrument to the researcher's supervisors and other experts in the area of interest to assess if it is adequate and that the questions are properly representative of the study's objectives. As such, the validity was judged on the extent to which the questions represented issues of internet use and effective parenting in Christian families. Ensuring the validity of the instruments helped the researcher identify any question modifications or alterations that may be needed to further logically link the study's objectives.

3.6.3 Reliability of the Research Instrument

This study used Cronbach's Alpha Coefficient test to assess the reliability of the research instrument. The reliability of the instrument focuses on the stability and consistency of the instrument to provide accurate results. In so doing, it ascertains the attaining of similar results if the measures were to be repeated under constant conditions (Kumar, 2017). Through Cronbach's Alpha coefficient, the internal consistency of this study's questionnaire was ascertained to be 0.77. According to Kumar (2017), a coefficient of 0.7 and above indicated that the questionnaire was reliable.

3.7 Data Collection Procedures

The researcher obtained a letter of introduction from St. Paul's University which was used to obtain a research permit from the National Commission of Science, Technology and Innovation (NACOSTI). The research permit was then presented to the County government of Nakuru to gain authorization to carry out the research in the Nakuru East sub-county.

After the authorizations are provided, the researcher recruited research assistants to help in carrying out the research due to the vast coverage study area. The minimum requirement for recruiting research assistants was that they had prior experience in carrying out research and at least a diploma in counseling and psychology or social sciences. These requirements helped to ensure that the research assistants are capable of carrying out the research efficiently and effectively. The study made use of ten research assistants and at least two

ST. PAUL'S UNIVERSITY

were distributed in each of the wards. The research assistants were trained on the study's objectives and ways of collecting the data which included oral and role-play training.

During actual data collection, the research assistants randomly chose the participants making sure that adherence to the inclusion criteria is Christian parents who have access to an internet connection in the Nakuru East sub-county. Only individuals who fall within the inclusion criteria were allowed to participate in the study. After identification and sampling of the participants, the research assistants ensured that they introduce the study's objectives to the participants and seek the respondent's consent to participate in the study. Thereafter, research assistants were required to read out the questions to the participants as they fill in the responses provided by the participants. The participants were assured that the study was for academic purposes only and they were also debriefed for five minutes after the data collection process.

3.8 Data Analysis Procedures and Presentation

Qualitative and quantitative data were collected in this study as the research questionnaires had both open and closed questions. The qualitative data was analyzed thematically depending on the research objectives and this data was presented using narratives and quotes.

On the other hand, quantitative data was cleaned and coded, and analyzed using the Statistical Package for Social Sciences (SPSS v.26). Descriptive statistics were analyzed using frequencies and percentages. Inferential statistics were analyzed using Pearson Correlation and Chi-square tests which helped to suggest explanations for the influence of internet use on effective parenting in Christian families in the Nakuru East sub-county. This allowed for conclusions to be drawn on the extent of influence between the study's variables. The findings were presented in the form of tables and figures.

3.9 Ethical Considerations

To conduct this study, the researcher was to ensure that the required authorization permits and letters from St. Paul's University, NACOSTI, the Nakuru East sub-county county commissioner and the Ministry of Education are attained. Data for this study was collected from the residents of the Nakuru East sub-county and the information collected may be deemed as personal and sensitive. Therefore, the researcher ensured that the participants were assured that the information that they provide was handled confidentially and with secrecy. This means that the information provided was only used for academic purposes. The anonymity of the participants was also considered and as such, they were not required to

ST. PAUL'S UNIVERSITY

provide their names to the research assistants. To further safeguard the ethics of research principles, the participants' participation was voluntary and they provided their consent to participate in the study.

3.10 Chapter Summary

This chapter has presented the research methodology that was used to carry out the study. A descriptive survey research design was used to guide the study, which was located in the Nakuru East sub-county, Nakuru County in Kenya. From a target population of 152,167, a sample size of 385 was used. A questionnaire was used to collect qualitative and quantitative data which was analyzed using themes and Pearson Correlation and Chi-square tests respectively. The data was presented using narratives, tables, and figures. Research ethics were strictly adhered to throughout the carrying out of the study.

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CHAPTER FOUR

DATA ANALYSIS, PRESENTATION, AND DISCUSSION OF FINDINGS

4.1 Introduction

This study investigated the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. This chapter presents the results of data analysis as well as, interpretation, and discussion based on the study objectives which were:

i. To determine factors that motivates internet use in effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.
ii. To determine the effect of parental smartphone use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.
iii. To examine the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

4.2 Questionnaire Response Rate

This section provides an overview of how the completed questionnaires were returned for analysis. The study provided 385 questionnaires and as indicated in Table 4.1, only 297 questionnaires were duly filled and used for this study.

Table 4.1: Questionnaire Response Rate

Category	Percent (%)	Frequency
Incomplete	22.9	88
Duly filled and returned	77.1	297
Total	**100**	**385**

Source: Research Data (2023)

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The response rate for this study was 77.1 %. According to Brenner (2020), a response rate that is more than 70 % shows that the study can produce results that can be generalized. Therefore, a 77.1 % response rate was deemed acceptable for this study to be undertaken.

4.3 Demographic Profile of Respondents

This study sought to of the respondent to understand the demographics of the respondents in terms of gender and age.

4.3.1 Gender of the Respondents

The information on the gender of the respondents is presented in Figure 4.1.

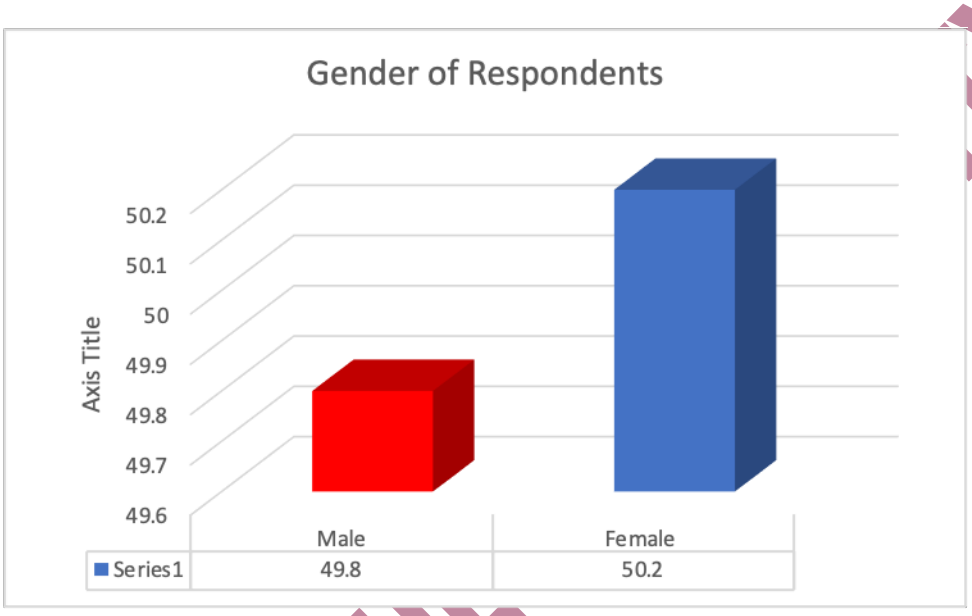


Figure 4.1: Gender of the Respondents

Figure 4.1 shows that among the respondents, 49.8 % were male while 50.2 % were female. This is an indication that there were no gender disparities among the respondents. This is important to this study as it shows that the responses provided considered both the male and female perspectives and there were no gendered biases in the answers provided.

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4.3.2 Age of the Respondents

The information on the age of the respondents is presented in Figure 4.2.

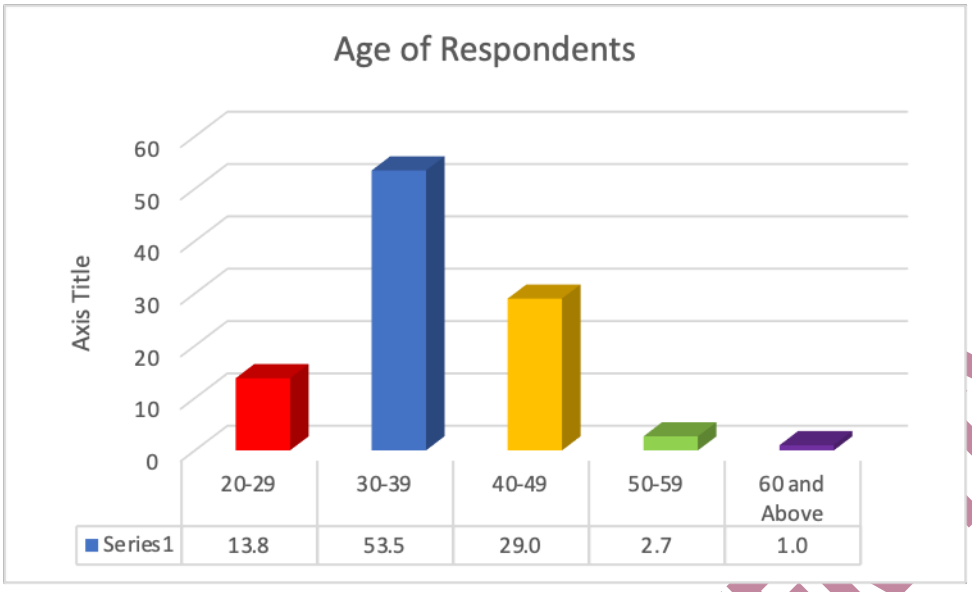


Figure 4.2: Age of Respondents

Figure 4.2 shows that among the respondents, 13.8 % were between the ages of 20-29, 53.5 % were aged between 30-39, 29.0 % were aged between 40-49, 2.7 % were aged between 50-59, and 1 % of the respondents were aged 60 and above. Therefore, the age of the respondents in this study provides the research context that over 80 % of the respondents are aged 30 years and above. This allows for better contextualization and generalization of findings for individuals in this age group which would help in the appropriate application of the study results.

4.7 Effective Parenting

The dependent variable for this study was effective parenting. The findings on this are indicated in Table 4.2

Table 4.2: Effective Parenting

No.	Statements	SD (%)	D (%)	N (%)	A (%)	SA (%)	Total (%)
1.	I use the internet to help to make decisions on parenting	0.0	75.8	0.0	24.2	0.0	100
2.	The internet plays a role in the way that I	0.0	42.1	0.0	57.9	0.0	100

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	parent my children						
3.	The internet negatively affects the way that I communicate with my children	8.1	86.5	0.0	5.4	0.0	100
4.	The internet positively affects the way that I communicate with my children	0.0	6.7	0.0	89.6	3.7	100

Source: Research Data (2023)

The findings in Table 4.2 are on effective parenting and they show that 75.8 % of the respondents disagreed that they use the internet to help to make decisions on parenting. Also, 57.9 % of the respondents agreed that the internet plays a role in the way that they parent their children. There was also 86.5 % disagreement that the internet negatively affects the way that the respondents communicate with their children while 89.6 % agreed that the internet positively affects the way that they communicate with their children.

These findings corroborate those of Walker (2021) who found that parents used the internet to develop their parenting roles. This is because of the wide range of information that the parents had access to on the internet. Also, the parents used the internet to communicate with their children. This helped to coordinate activities and also remain close to their children.

Further, this study sought to understand whether the internet affected the emotional aspects of the family. The respondents indicated that it did to some extent. One of the respondents stated:

> *"In my family, the internet affects various aspects and yes, this includes the emotional aspects. I can search for ways to be emotionally attentive to my children and this binds us in love because of the open communication we have."* (Research Data, Respondent 249, 2023).

Further, this study sought to understand whether the internet affects the functional aspects of families. One of the respondents stated,

> *"In my own opinion, I do not think that the internet supports the functional aspects of a family. If anything, it disintegrates families as families cannot even sit down and have a meal without someone at the table looking at their phone."* (Research Data, Respondent 191, 2023).

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This current study also sought to find out how the internet affected the parenting process and here, there were mixed reactions. However, most of the respondents believed that the internet affected their parenting processes. One of the respondents stated,

> *"I really do think that the internet affects how I parent because when conducting the parenting processes, it is just me and my child. Therefore, I look to the internet to help me make some, but not all, decisions concerning my life and that of my child."* (Research Data, Respondent 2, 2023).

These findings align with those of Wolfers et al. (2020) who found that parental usage of the internet affected the emotional aspects of the parents as the parents used the internet to research certain aspects of taking care of their children. Communication was viewed as an emotional outlet for the family members. On the contrary, Jahng (2019) found that too much reliance on smartphones led to insecure parent-child attachments. This was a barrier to effective parenting and it brought about psychological distress due to emotional detachment exhibited by depression, anxiety, and stress. Overall, the quality of communication between the parents and their children was found to be poor. Similarly, McDaniel (2019) found that the internet led to parents using their phones often which led them to pay little attention to their children. This led to emotional and psychological effects which negatively affected the attainment of effective parenting.

4.4 Motivations of Internet Use

The first objective of this study was to determine factors that motivate internet use in effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. The findings on this are recorded in Table 4.3.

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Table 4.3: Motivations of Internet Use

No.	Statements	SD (%)	D (%)	N (%)	A (%)	SA (%)	Total (%)
1.	In my family, I use the internet frequently	1.7	1.0	0.0	91.9	5.4	100
2.	I mainly use the internet because it is a habit that I have formed	0.0	8.8	0.0	90.2	1.0	100
3.	The internet has useful information that parents can use in their parenting processes	0.0	0.0	0.0	79.1	20.9	100
4.	Parents use the internet as a means to escape from stressful situations in their lives	5.7	4.7	0.0	86.5	3.0	100

Source: Research Data (2023)

The findings in Table 4.3 show that 91.9 % of the respondents agreed that they used the internet frequently while 90.2 % agreed that they mainly use the internet because it is a habit that they have formed. Among the respondents, 79.1 % agreed that the internet has useful information that parents can use in their parenting processes. Of the respondents, 86.5 % agreed that parents use the internet as a means to escape from stressful situations in their lives. This study also sought to understand the motivation for internet use among parents. Most of the respondents indicated that the internet was used for entertainment, religious purposes such as preaching and daily prayer guidance, and access to diverse information. In the formation of ties within the family, most respondents also indicated that they formed ties with other family members. One of the respondents stated,

> *"The internet helps me to communicate daily with my two daughters who are studying in Canada. We exchange videos and photos on WhatsApp and it feels like we are still in the know of what is happening in the lives of each other."* (Research Data, Respondent 35, 2023).

These findings support the findings of Lukoff et al. (2018) who found that there were different motivations for the use of the internet. For some users, the internet can be instrumental where individuals use it for specific functions such as work and forming close

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ties with their families or it can be habitual such as using the internet just to pass their time. In habitual use of the internet, there was an aspect of escapism where individuals used the internet to distract themselves from environments and situations that were deemed to be stressful.

4.4.1 Motivations for Internet Use and Effective Parenting

The study sought to understand the motivations for internet use and how they affected effective parenting. The close-ended questions on motivation for internet use and effective parenting on the questionnaire were transformed by computed by adding the new variables called internet use and effective parenting respectively. This enabled the researcher to conduct inferential tests that included Pearson correlation and Chi-Square tests. First, the correlation test was conducted to identify the strength between motivation for internet use and effective parenting. The results are recorded in Table 4.4.

Table 4.4: Correlation Analysis for Motivation of Internet Use and Effective Parenting

		Motivation for Internet Use
Effective Parenting	Pearson Correlation	.643**
	Sig. (2-tailed)	.000
	N	297

**. Correlation is significant at the 0.01 level (2-tailed).

Source: Research Data (2023)

The findings of Table 4.4 show that the correlation value (r) is 0.643 with a p-value of 0.000. Abu-Bader (2021) explains that the Pearson Correlation test helps to determine the strength of the relationship between the dependent and independent variables. The index of the value ranges between -1 and +1. A value of + is an indication of a positive correlation that is perfect while 0 is an indication that there is no correlation between the variables.

In this study, the correlation value falls between -1 and +1 which is indicative of a strong positive relationship between motivation for internet use and effective parenting. The p-value

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is less than 0.05 and this shows that the relationship is significant. Therefore, there is a statistically significant relationship between motivation for internet use and effective parenting.

Thereafter, a Chi-Square test was conducted to establish the effect of factors for motivation of internet use on effective parenting. The results are recorded in Table 4.5.

Table 4.5: Chi-Square Test for Motivation of Internet Use and Effective Parenting

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	98.518[a]	42	.000
Likelihood Ratio	58.787	42	.044
Linear-by-Linear Association	.596	1	.440
N of Valid Cases	297		

Source: Research Data (2023)

Table 4.5 indicates that the Pearson Chi-Square value X^2 is 98.518 with 42 degrees of freedom and the p-value is 0.000. This shows that the motivations for internet use among parents have a statistically significant association with effective parenting.

These findings are consistent with those of Wolfers et al. (2020) who found that there was a positive relationship between the motivation for internet use and effective parenting. New mothers used the internet to gain information that helped to take care of their children. The parents also took photos which were uploaded on social media platforms as a means of communicating and establishing effective parenting. Similarly, Moon et al. (2019) found that there was a positive relationship between effective parenting by mothers and motivations for internet use. Mothers used the internet to gain additional information on the parenting processes. This helped them to gain information from other new mothers outside their circles of family and friends. Anonymity in the use of the internet helped them to feel safe and confident in asking parental guidance and questions. Therefore, this motivation was positively related to effective parenting.

Moreover, Lippold et al. (2022) found that the motivations for internet use had a significant effect on parenting processes. The ability of parents to communicate effectively with their children affected their relationships either positively or negatively depending on how the communication took place. The need for parental information led the parents to use the internet and this served as a distraction to the development of parent-child interactions. Such

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distractions made it difficult for the parents to effectively respond to the emotional needs of the children.

4.5 Parental Smartphone Use

The second objective of this study was to determine the effect of parental smartphone use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. The data was analyzed and the findings were recorded in Table 4.6.

Table 4.6: Parental Smartphone Use

No.	Statements	SD (%)	D (%)	N (%)	A (%)	SA (%)	Total (%)
1.	I check my smartphone frequently during the day	0.0	2.7	0.0	96.6	0.7	100
2.	I think that smartphones are a form of distraction in my parenting processes	0.0	7.1	0.0	86.9	6.1	100
3.	The use of smartphones affects my physical availability to my children?	1.0	78.5	0.0	20.5	0.0	100

Source: Research Data (2023)

The findings in Table 4.6 show that 96.6 % of the respondents agreed that they check their smartphones frequently during the day. Also, 86.9% of the respondents agreed that smartphones are a form of distraction in their parenting processes. However, 78.5 % of the respondents disagreed that the use of smartphones affects their physical availability to their children. When asked about the time they used their phone the most, the respondents stated that they used their smartphones the most in the evening as they were not at work and it was a good way to check up on friends and family. One of the respondents stated,

> *"I think that since I use the smartphone mostly in the evenings, I may not have sufficient time to spend with my children. This is because, during this time, the children are also doing their homework. Sometimes, I can use the phone for more than four hours and this can distract me from parental duties such as helping them with their homework."* (Research Data, Respondent 12, 2023).

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Mirroring the findings of this study, Yuan et al. (2019) found that parents used their smartphones extensively and this meant that they frequently checked their phones. This created dependencies on smartphones. This had psychological consequences as parents used their smartphones for about four hours per day. Likewise, Kushlev and Dunn (2019) found that since parents used most of their time on their smartphones, there was a likelihood that they did not have quality time with their children. This negatively impacted the extent to which the parents monitored and communicated with their children. As such, smartphones were deemed as distractions to parenting which negatively affected parent-child relationships.

Just as well, McDaniel (2019) found that when parents focused so much on their smartphones, there were likely to pay little attention to their children. This led to psychological and emotional effects that negatively affected the parenting processes. Also, Morris et al. (2022) found that smartphone use by parents affects the extent of their parenting. Parental smartphone use was found to be distractive and reduce parents' responsiveness to their children. The phones were seen as a means to escape from the stresses in their homes. There were challenges in the caregiving relationship especially during family mealtimes which were the times found to be when parental smartphone use heightened.

4.5.1 Parental Smartphone Use and Effective Parenting

The study sought to understand the effect of parental smartphone use on effective parenting. The close-ended questions on parental smartphone use and effective parenting on the questionnaire were transformed by computed by adding the new variables called parental smartphone use and effective parenting respectively. This enabled the researcher to conduct inferential tests that included Pearson correlation and Chi-Square tests. First, the correlation test was conducted to identify the strength between parental smartphone use and effective parenting. The results are recorded in Table 4.7.

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Table 4.7: Correlation Analysis for Parental Smartphone Use and Effective Parenting

		Parental Smartphone Use
Effective Parenting	Pearson Correlation	.578**
	Sig. (2-tailed)	.000
	N	297

**. Correlation is significant at the 0.01 level (2-tailed).

Source: Research Data (2023)

The findings of Table 4.7 show that the correlation value (r) is 0.578 with a p-value of 0.000. Abu-Bader (2021) explains that the Pearson Correlation test helps to determine the strength of the relationship between the dependent and independent variables. The index of the value ranges between -1 and +1. A value of + is an indication of a positive correlation that is perfect while 0 is an indication that there is no correlation between the variables.

In this study, the correlation value falls between -1 and +1 which is indicative of a strong positive relationship between parental smartphone use and effective parenting. The p-value is less than 0.05 and this shows that the relationship is significant. Therefore, there is a statistically significant relationship between parental smartphone use and effective parenting.

Thereafter, a Chi-Square test was conducted to establish the effect parental smartphone use has on effective parenting. The results are recorded in Table 4.8.

Table 4.8: Chi-Square Test for Parental Smartphone Use and Effective Parenting

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	175.623[a]	36	.000
Likelihood Ratio	45.274	36	.138
Linear-by-Linear Association	.743	1	.389
N of Valid Cases	297		

Source: Research Data (2023)

Table 4.8 indicates that the Pearson Chi-Square value X^2 is 175.623 with 36 degrees of freedom and the p-value is 0.000. This shows that parental smartphone use has a statistically significant association with effective parenting.

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These findings are in tandem with those of Modecki et al. (2020) who found that parental use of smartphones had an association with effective parenting. Too much concentration on their phones led the parents to become detached from their children. Similarly, Dennis et al. (2022) showed that at least one in every five parents was addicted to their parents and this had a negative impact on the development of their children. However, even though the study by Chen et al. (2019) showed that parental use of smartphones had a negative effect on effective parenting, there were generalization gaps as the study also included parents who were not technology survey.

These findings are also in line with the process of the parenting model which posits that the way a parent responds to the developmental needs of a child determines the parenting system (Rafferty, 2020). This shows that in the case of parental smartphone use, the parents who are distracted by their phones detach themselves from their children which determine their emotional and social development. Moreover, Latif et al. (2020) found that parental smartphone use affected parenting processes such as monitoring what the child was doing and parent-child communication.

4.6 Parental Social Media Use

The third objective of this study was to examine the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. The findings are recorded in Table 4.9.

Table 4.9: Parental Social Media Use

No.	Statements	SD (%)	D (%)	N (%)	A (%)	SA (%)	Total (%)
1.	Generally, social media has decreased parent-child interactions	0.0	2.7	0.0	97.3	0.0	100
2.	I participate in social media platforms Eg WhatsApp, Facebook, Instagram, and Twitter	0.0	0.0	0.0	100.0	0.0	100
3.	Social media platforms provide a way for parents to engage with one another on parenting issues	0.0	2.4	0.0	97.6	0.0	100

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4.	Social media platforms create social support systems for me as a parent	0.0	2.7	0.0	97.3	0.0	100
5.	Social media has increased my parent-child interactions	0.0	93.9	0.0	6.1	0.0	100

Source: Research Data (2023)

The results in Table 4.9 show that 97.3 % of the respondents agreed that social media has decreased parent-child interactions while 93.3 % agreed that social media has increased parent-child interactions. All the respondents agreed that they participate in social media platforms such as WhatsApp, Facebook, Instagram, and Twitter. Also, 97.6 % of the respondents agreed that social media platforms provide a way for parents to engage with one another on parenting issues. Moreover, 97.3 % of the respondents agreed that social media platforms create social support systems for them as parents. The respondents were also asked to state the hours that they spend on social media and explain how it affects their parenting process. Most of the respondents indicated that they were always on WhatsApp and Facebook platforms, and this affected their parenting. One of the respondents stated,

> *"I am always on WhatsApp communicating with my friends and family. In terms of hours, this can be all day long. I am also a member of Facebook groups dedicated to parents. These groups are very important for me as a new mother as they allow me to ask any parenting questions that I may have and also contribute to any questions raised by the other mothers. We support each other from all over the world even though we have never met physically."* (Research Data, Respondent 86, 2023).

These findings are in agreement with those of Haslam et al., (2017) who found that parents used social media platforms to help in their parenting processes. Facebook, blogs, and parenting websites were the most common social media platforms that were used. Parents interacted with each other which helped to gain confidence in parenting as well as build social support. Likewise, Dewi and Fauziah (2021) found that social media helped new mothers to form social support groups where they discussed mothering issues that they had from pregnancy to birth, parenting and child-rearing.

Additionally, Swale (2019) found that mothers used social media to promote their social interactions which helps to build mothering identities. This increases their interactions with their children. Through the social support that they receive from social media platforms, the mothers were able to have idealized constructions of how they wanted their parenting to be.

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Unfortunately, too much reliance on social media platforms led to the mothers lacking intimate connections even with their family members.

4.6.1 Parental Social Media Use and Effective Parenting

The study sought to understand the effect of parental social media use on effective parenting. The close-ended questions on parental social media use and effective parenting on the questionnaire were transformed by computed by adding the new variables called parental social media use and effective parenting respectively. This enabled the researcher to conduct inferential tests that included Pearson correlation and Chi-Square tests. First, the correlation test was conducted to identify the strength of the relationship between parental social media use and effective parenting. The results are recorded in Table 4.10.

Table 4.10: Correlation Analysis for Parental Social Media Use and Effective Parenting

		Parental Social Media Use
Effective Parenting	Pearson Correlation	.775**
	Sig. (2-tailed)	.000
	N	297

**. Correlation is significant at the 0.01 level (2-tailed).

Source: Research Data (2023)

The findings of Table 4.10 show that the correlation value (r) is 0.775 with a p-value of 0.000. Abu-Bader (2021) explains that the Pearson Correlation test helps to determine the strength of the relationship between the dependent and independent variables. The index of the value ranges between -1 and +1. A value of + is an indication of a positive correlation that is perfect while 0 is an indication that there is no correlation between the variables.

In this study, the correlation value falls between -1 and +1 which is indicative of a strong positive relationship between parental social media use and effective parenting. The p-value is less than 0.05 and this shows that the relationship is significant. Therefore, there is a statistically significant relationship between parental social media use and effective parenting.

Thereafter, a Chi-Square test was conducted to establish the effect parental social media use has on effective parenting. The results are recorded in Table 4.11.

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Table 4.11: Chi-Square Test for Parental Social Media Use and Effective Parenting

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	218.838[a]	3	.000
Likelihood Ratio	199.558	3	.000
Linear-by-Linear Association	177.985	1	.000
N of Valid Cases	297		

Source: Research Data (2023)

Table 4.11 indicates that the Pearson Chi-Square value X^2 is 218.838 with 3 degrees of freedom and the p-value is 0.000. This shows that parental social media use has a statistically significant association with effective parenting.

These findings do not align with the findings of Damkjaer (2018) who found there was no correlation between parental social media use and effective parenting. However, the study found that social media platforms such as Facebook helped to strengthen social norms and ties among parents, their families, and friends. Interactions with peers helped parents to gain insights on how to be better parents

Nonetheless, congruency in this study's finding is aligned with Moon et al. (2019) who found that parental social media use had a positive relationship with parenting processes. Mothers were able to gain information on the health of their children, child-rearing experiences, and social support. This helped in their decision-making processes. Equally, Yamashita et al. (2022) found that social networking sites gave mothers social support. This had a positive effect on their mental well-being, and they were able to communicate better with their children.

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4.7 Chapter Summary

In this chapter, the data analysis findings on internet use and effective parenting have been presented and discussed. The findings have been presented showing the response rate of the questionnaire, the demographic profile of the respondents, effective parenting, motivation of internet use, parental smartphone use, and parental social media use.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the summary of findings on the data analyzed on internet use and effective parenting. Thereafter, conclusions and recommendations are made.

5.2 Summary of Findings

The general objective of this study was to investigate the effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. The specific research objectives included; to determine factors that motivate internet use in effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. To determine the effect of parental smartphone use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. To examine the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

5.2.1 Effective Parenting

The dependent variable of the study was effective parenting and the findings showed that most of the respondents disagreed that they use the internet to help to make decisions on parenting. However, most of the respondents agreed that the internet plays a role in the way that they parent their children. Also, most of the respondents disagreed that the internet negatively affects the way that the respondents communicate with their children while most of the respondents agreed that the internet positively affects the way that they communicate with their children.

The respondents stated that the internet also affected various aspects of their lives such as the emotional aspects of their families. There was open communication which led the parents to become emotionally attentive to their children. Interestingly, the respondents found that the internet disintegrated families because family members cannot even have a meal together as their concentration is on the internet. As such, it did not facilitate the functional aspects of their families. Overall, the respondents agreed that the internet affected their parenting processes.

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5.2.2 Motivations of Internet Use

The first objective of this study was to determine factors that motivate internet use in effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. This study found that most of the respondents agreed that they used the internet frequently and they had formed a habit of using the internet. Most of the respondents also agreed that the internet has useful information that parents can use in their parenting processes. Also, most of the respondents agreed that parents use the internet as a means to escape from stressful situations in their lives.

The motivations for internet use among parents were found to be entertainment, religious purposes such as preaching and daily prayer guidance, and access to diverse information. The respondents believed that internet use helped to form and strengthen ties with other family members; especially with those who are live far away from them.

On the effect of motivations for internet use on effective parenting, this study found that there was a statistically significant relationship between motivation for internet use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya ($r=0.643$; p-value= 0.000). The Chi-square tests also revealed that the motivations for internet use among parents have a statistically significant association with effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya ($X^2=98.518$; p-value= 0.000).

5.2.3 Parental Smartphone Use and effective parenting

The second objective of this study was to determine the effect of parental smartphone use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. This study found that most of the respondents agreed that they check their smartphones frequently during the day and that smartphones are a form of distraction in their parenting processes. However, most of the respondents disagreed that the use of smartphones affects their physical availability to their children. Most of the respondents stated that they used their smartphones the most in the evening as they were not at work, and it was a good way to check up on friends and family. They indicated that they did not have sufficient time with their children because when they were on their phones, the children were doing their homework. This was deemed a form of distraction from monitoring and supervising what the children were doing.

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The results of the inferential statistics showed that there is a strong positive relationship between parental smartphone use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya (r=0.578; p-value=0.000). Also, parental smartphone use was found to have a statistically significant association with effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya (X^2=175.623; p-value = 0.000)

5.2.4 Parental Social Media Use and effective parenting

The third objective of the study was to examine the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. This study found that most of the respondents agreed that social media has decreased parent-child interactions. All the respondents agreed that they participate in social media platforms such as WhatsApp, Facebook, Instagram, and Twitter. Also, most of the respondents agreed that social media platforms provide a way for parents to engage with one another on parenting issues. Social media platforms create social support systems for them as parents. Most of the respondents indicated that they were always on WhatsApp and Facebook platforms and this affected their parenting. The platforms provide a means for the respondents to ask questions and contribute in forums.

On the Pearson correlation test, this study found that there is a statistically significant relationship between parental social media use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya (r=0.775; p-value=0.000). On the other hand, the Chi-square test showed that parental social media use has a statistically significant association with effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya (X^2= 218.838; p-value= 0.000).

5.3 Conclusion

The conclusions presented in this study are drawn from the summary of the findings in the preceding section.

5.3.1 Effective Parenting

The dependent variable of the study was effective parenting and from the findings, this study concludes that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents do not use the internet to help to make decisions on parenting. However, the internet plays a role in the way that they parent their children. There are mixed reactions

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when it comes to the use of the internet and parental communication where some parents feel that the internet negatively affects the way that parents communicate with their children while other parents feel that the internet positively affects the way parents communicate with their children. Additionally, the parents feel that the internet affected various aspects of their lives such as the emotional aspects of their families. There is open communication which leads the parents to become emotionally attentive to their children. Interestingly, they agree that the Internet disintegrates families because family members cannot even have a meal together as their concentration is on the internet. As such, it does not facilitate the functional aspects of their families. Overall, the parents agree that the internet affected their parenting processes.

5.3.2 Motivations of Internet Use

On motivations of internet use, this study concludes that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents use the internet frequently and have formed a habit of using the internet. The parents also use the internet to get information on parenting processes, escape from stressful situations in their lives, and for entertainment, and religious purposes such as preachings and daily prayer guidance. This therefore draws the conclusion that parents are motivated to use the internet by both instrumental and habitual factors. This study also concludes that there is a statistically significant relationship between motivation for internet use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. There is also a statistically significant association between motivation for internet use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

5.3.3 Parental Smartphone Use

On parental smartphone use, this study concludes that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents check their smartphones frequently during the day and that smartphones are a form of distraction in their parenting processes. However, the parents feel that the use of smartphones does not affect their physical availability to their children. The parents use their smartphones the most in the evening as they are not at work and it is a good way to check up on friends and family. Even so, this is deemed a form of distraction from monitoring and supervising what the children were doing. This study also concludes that there is a strong positive relationship between parental smartphone use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. Moreover, there is a statistically significant association

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between parental smartphone use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

5.3.4 Parental Social Media Use

On parental social media use, this study concludes that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, social media has decreased parent-child interactions. The parents participate in social media platforms such as WhatsApp, Facebook, Instagram, and Twitter with WhatsApp and Facebook being the most common platforms. The parents are always on social media platforms. Social media platforms provide a way for parents to engage with one another on parenting issues. Social media platforms create social support systems for them as parents. The platforms provide a means for the respondents to ask questions and contribute in forums. This study also concludes that there is a statistically significant relationship between parental social media use and effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. There is also a statistically significant association with effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

5.4 Recommendations

Based on the conclusions, this study made the following conclusions:

On effective parenting, this study recommends that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents should consider using the internet to help in making some parental decisions. This is because the internet is a rich source of information, but they should get the information from credible sources. Also, parents should be wary to ensure that the internet does not negatively affect the communication between parents and their children. This would help to serve a functional role in building rather than disintegrating the families.

On motivations of internet use, this study recommends that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents should not use the internet as a clutch to escape from stressful situations in their lives. The county government of Nakuru should develop and implement policies that uphold mental health and well-being at the grassroots levels. Also, public-private partnerships with the county government, psychologists, and other relevant stakeholders in Nakuru County can be formed to implement programs and projects that promote the mental health and well-being of all residents in Nakuru County.

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On parental smartphone use, this study recommends that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents should ensure that they are not distracted by their smartphones and that they forget to monitor and supervise what their children are doing. Such distractions are a hindrance to effective parenting.

On parental social media use, this study recommends that among Christian families in the Nakuru East sub-county, Nakuru County in Kenya, parents should ensure that they develop activities that ensure more interactions with their children. These activities can focus on actions that are not social media related. Also, psychologists can help families by collaborating with different churches and other relevant stakeholders to implement events and counseling sessions that focus on family bonding. This can help to improve the interactions between parents and their children. This would also further strengthen family ties and bonds.

5.5 Areas for Further Studies

This study recommends the following areas for further studies:

i) This study focused on Christian families. Future researchers can consider similar research focusing on other religions.

ii) This study was only limited to the Nakuru East sub-county, Nakuru County in Kenya. Future researchers should consider conducting a similar study in other sub-counties in Nakuru County. Also, a comparative study can be conducted with the other 46 counties in Kenya.

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APPENDICES

APPENDIX I: LETTER OF INTRODUCTION

Dear Participant,

RE: Invitation to Participate in a Research as a Participant

My name is Baraka Espoir and I am currently a student pursuing a Master's degree in counseling psychology at St. Paul's University, Kenya. In order to fulfill the requirements to complete the degree, I am required to conduct a study, and it will focus on the "Effect of internet use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya." The study will focus on the motivations of internet use, parental smartphone usage, and parental social media usage. Humbly, I, therefore, request you to participate in the study so that I can fulfill the school's requirements and enable me to complete my degree.

Please note that this study is only for academic purposes, and it will only take 20 to 25 minutes to complete answering the questions and be debriefed on the answering process. The answers you provide will be confidential and private. Your participation in this study is voluntary and there is no money that will be provided as compensation to participate in this study.

Thank you.

Yours Faithfully,

Baraka Espoir (Researcher)

Consent: I understand the above information and I am willing to participate in the study voluntarily. I will answer the questions as required.

Signature: _____ Date: _____

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APPENDIX II: QUESTIONNAIRE FOR PARTICIPANTS

This research is for academic purposes only. Please ask the participants to provide honest answers, feelings and opinions. The participants' identities remained anonymous. Please respond by either writing a statement or a tick (√) as required.

	SECTION A: DEMOGRAPHIC PROFILE Please respond by either writing a statement or a tick (√) as required.		
	QUESTIONS	**ANSWERS**	
1.	What is your religion	-If Christian, proceed with question 2	
2.	Do you have access to the internet?	-If yes, proceed to question 3 -If no, discontinue the process	
3.	Gender	Male…… Female……..	1 2
4.	Age		

SECTION B: MOTIVATIONS OF INTERNET USE

5. This section seeks to determine factors that motivate internet use in effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. Using the following key, please indicate in the boxes using a tick (√) or cross mark (x), the degree to which you agree with the following statements:

1-Strongly Disagree [SD]; 2-Disagree [D]; 3-Neutral [N]; 4-Agree [A]; 5-Strongly Agree [SA].

Statement	1 [SD]	2 [D]	3 [N]	4 [A]	5 [SA]
In my family, I use the internet frequently					
I mainly use the internet because it is a habit that I have formed					
The internet has useful information that parents					

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can use in their parenting processes					
Parents use the internet as a means to escape from stressful situations in their lives					

6. In your own opinion as a parent, what motivates you to use the internet?

_____

_____

_____

7. In your own opinion, do you think that the internet is instrumental in forming ties within your family?

_____

_____

_____

SECTION C: PARENTAL SMARTPHONE USE

This section seeks to determine the effect of parental smartphone use on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya.

	QUESTIONS	**ANSWERS**	
8.	Do you have a smartphone?	Yes…… No……. (If no, skip to Section D of the Questionnaire)	1 2

9. Using the following key, please indicate in the boxes using a tick (√) or cross mark (x), the degree to which you agree with the following statements:

1-Strongly Disagree [SD]; 2-Disagree [D]; 3-Neutral [N]; 4-Agree [A]; 5-Strongly Agree [SA].

Statement	1 [SD]	2 [D]	3 [N]	4 [A]	5 [SA]
I check my smartphone frequently during the day					

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I think that smartphones are a form of distraction in my parenting processes					
The use of smartphones affects my physical availability to my children?					

10. In your own opinion, at what time do you use your smartphone the most, and does this affect your parenting processes?

_____

_____

_____

SECTION D: PARENTAL SOCIAL MEDIA USAGE

11. This section seeks to assess the effect of parental social media usage on effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. Using the following key, please indicate in the boxes using a tick (√) or cross mark (x), the degree to which you agree with the following statements:

1-Strongly Disagree [SD]; 2-Disagree [D]; 3-Neutral [N]; 4-Agree [A]; 5-Strongly Agree [SA].

Statement	1 [SD]	2 [D]	3 [N]	4 [A]	5 [SA]
Generally, social media has decreased parent-child interactions					
I participate in social media platforms Eg WhatsApp, Facebook, Instagram, and Twitter					
Social media platforms provide a way for parents to engage with one another on parenting issues					
Social media platforms create social support systems for me as a parent					

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Social media has increased my parent-child interactions					

12. In your own opinion, how many hours do you spend on social media and please explain how this affects your parenting processes.

_____

_____

_____

SECTION E: EFFECTIVE PARENTING

13. This section seeks to assess effective parenting among Christian families in the Nakuru East sub-county, Nakuru County in Kenya. Using the following key, please indicate in the boxes using a tick (√) or cross mark (x), the degree to which you agree with the following statements:

1-Strongly Disagree [SD]; 2-Disagree [D]; 3-Neutral [N]; 4-Agree [A]; 5-Strongly Agree [SA].

Statement	1 [SD]	2 [D]	3 [N]	4 [A]	5 [SA]
I use the internet to help to make decisions on parenting					
The internet plays a role in the way that I parent my children					
The internet negatively affects the way that I communicate with my children					
The internet positively affects the way that I communicate with my children					

14. In your own opinion, how do you think that the internet affects the emotional aspects of your family?

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_____

_____

_____

15. In your own opinion, how do you think that the internet affects the functional aspects of your family?

_____

_____

_____

16. In your own opinion, how does the internet affect your parenting processes?

_____

_____

_____

Thank you for your participation

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APPENDIX III: RESEARCH INTRODUCTION LETTER

ST. PAUL'S UNIVERSITY

Private Bag 00217 LIMURU, KENYA
Email: office@spu.ac.ke
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BOARD OF POSTGRADUATE STUDIES

8th March, 2023

National Commission for Science and Technology,
P.O. BOX 30623-00100,
Nairobi.

Dear Sir/Madam,

RE: RECOMMENDATION FOR ESPOIR BARAKA MACPNKR491220 –TO CONDUCT RESEARCH

This letter confirms the above-named person is a student in Master of Arts in Counselling Psychology at St. Paul's University.

The second year consists of a major research work leading to a dissertation. The student's selected topic is:

" Effect of Internet use on Effective Parenting among Christian Families in Nakuru East Sub-County, Nakuru County, Kenya."

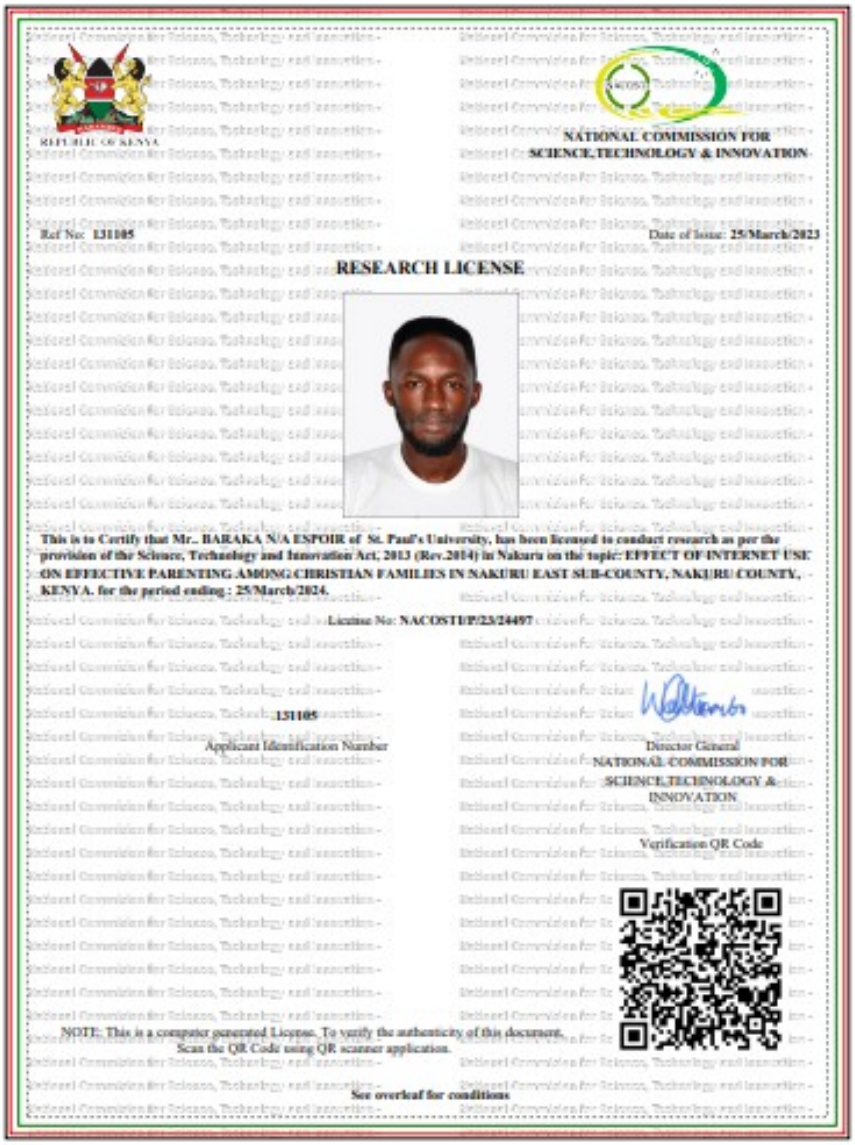
Kindly grant this student the required permit.

Yours Faithfully

DIRECTOR POSTGRADUATE STUDIES ST. PAUL'S UNIVERSITY 06 MAR 2023 P.O. BOX 00217 LIMURU

Dr. John Mwaura
Director, Board of Postgraduate Studies

APPENDIX IV: RESEARCH PERMIT



REPUBLIC OF KENYA

NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION

Ref No: 131105

Date of Issue: 25/March/2023

RESEARCH LICENSE

This is to Certify that Mr.. BARAKA N/A ESPOIR of St. Paul's University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Nakuru on the topic: EFFECT OF INTERNET USE ON EFFECTIVE PARENTING AMONG CHRISTIAN FAMILIES IN NAKURU EAST SUB-COUNTY, NAKURU COUNTY, KENYA. for the period ending : 25/March/2024.

License No: NACOSTI/P/23/24497

131105

Applicant Identification Number

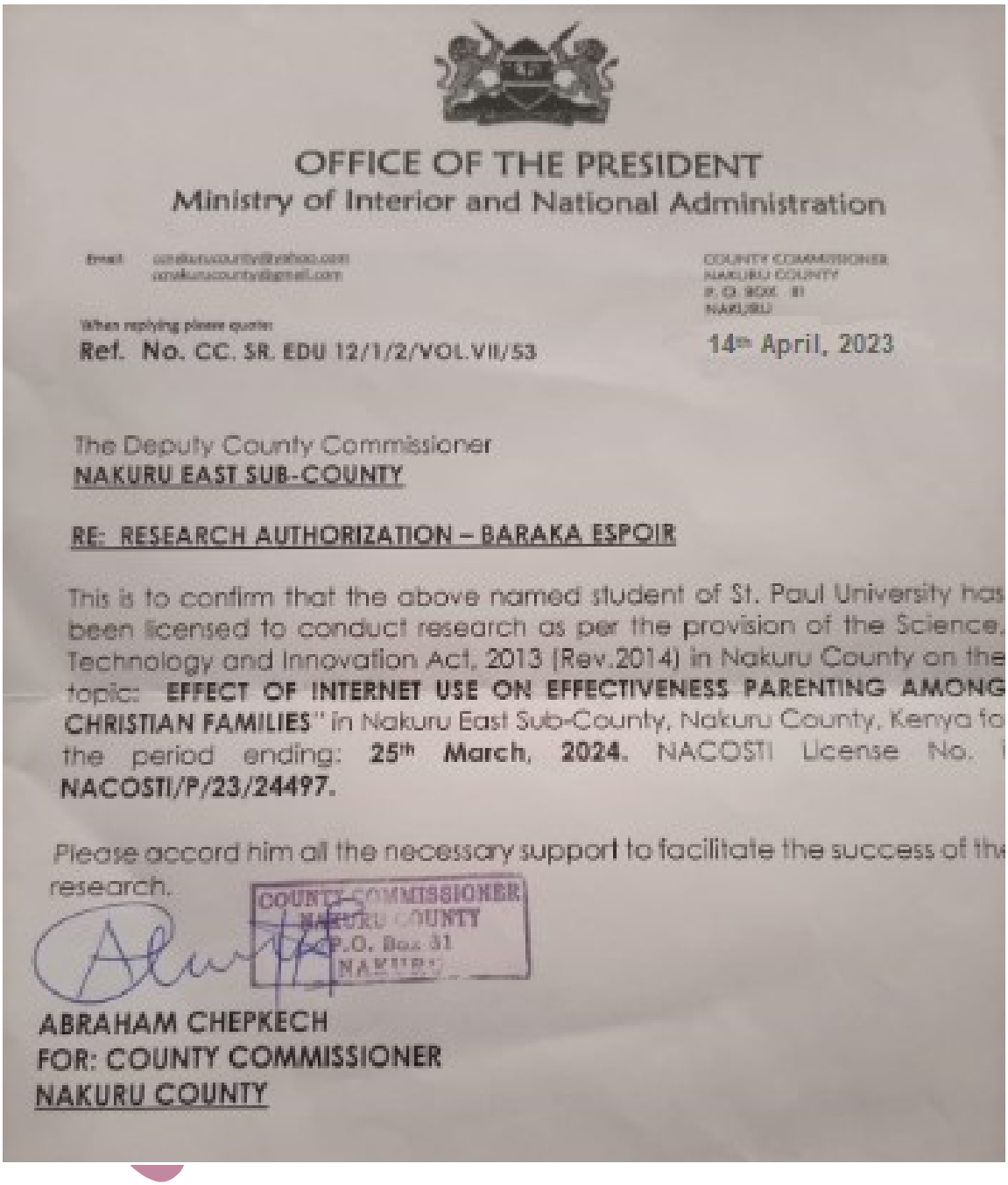
Director General
NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION

Verification QR Code

NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.

See overleaf for conditions

APPENDIX V: RESEARCH AUTHORIZATION I



OFFICE OF THE PRESIDENT
Ministry of Interior and National Administration

Email: [illegible]

COUNTY COMMISSIONER
NAKURU COUNTY
P. O. BOX 31
NAKURU

When replying please quote:
Ref. No. CC. SR. EDU 12/1/2/VOL.VII/53

14th April, 2023

The Deputy County Commissioner
NAKURU EAST SUB-COUNTY

RE: RESEARCH AUTHORIZATION – BARAKA ESPOIR

This is to confirm that the above named student of St. Paul University has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Nakuru County on the topic: **EFFECT OF INTERNET USE ON EFFECTIVENESS PARENTING AMONG CHRISTIAN FAMILIES**" in Nakuru East Sub-County, Nakuru County, Kenya for the period ending: **25th March, 2024.** NACOSTI License No. **NACOSTI/P/23/24497.**

Please accord him all the necessary support to facilitate the success of the research.

COUNTY COMMISSIONER
NAKURU COUNTY
P.O. Box 31
NAKURU

ABRAHAM CHEPKECH
FOR: COUNTY COMMISSIONER
NAKURU COUNTY

APPENDIX VI: RESEARCH AUTHORIZATION II



MINISTRY OF EDUCATION
State Department for Early Learning and Basic Education

Telegrams: "EDUCATION",
Telephone: 051-2216917
Fax: 051-2217308
Email: cdenakurucounty@gmail.com
When replying please quote

COUNTY DIRECTOR OF EDUCATION
NAKURU COUNTY
P. O. BOX 259,
NAKURU.

Ref. NO. CDE/NKU/GEN/4/1/21 VOL IV/111

15th April, 2023

TO WHOM IT MAY CONCERN

RE: RESEARCH AUTHORIZATION – BARAKA ESPOIR

Reference is made to the above named individual letter dated 14th April, 2023 seeking permissi to conduct research in Nakuru County having been approved by NACOSTI through Researc Reference **No. 131105** and license No. **NACOSTI/P/23/24497** dated 25th March, 2023.

Permission is hereby granted to him to carry out research on topic ***"Effect of Internet use on Effective Parenting Among Christian Families in Nakuru East Sub-County, Nakuru County,"*** for the period ending 25th March, 2024.

The findings of the research to be shared with this office when through with the research.

Kindly accord him the necessary assistance.

COUNTY DIRECTOR OF EDUCATION
NAKURU
P. O. Box 259 - 20100,
NAKURU

Victoria Mulili
County Director of Education
NAKURU