

# *The Impact of Parental Recognition of Students' Interests on the Construction of Psychological Environments: A Case Study of Online Gaming*

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**Abstract:** The family plays a crucial supportive role in the development of students, particularly in the construction of their psychological environment. However, there exists a cognitive bias among parents regarding students' engagement in online gaming, which can lead to tension in students' mental health and family relationships. This study analyzes the importance of parental recognition of students' interests in constructing psychological environments, particularly in the context of online gaming. By exploring the intrinsic links between students' participation in online gaming and their social relationships, addictive behaviors, and mental health, this paper reveals the influence of parental cognition on student behavior. The findings indicate that positive parental involvement and informed guidance can effectively mitigate the negative impacts associated with online gaming. Based on this, the paper recommends enhancing parents' understanding and recognition of their children's interests, establishing a healthy family environment, and strengthening communication and cooperation among families, schools, and society to promote students' healthy development jointly.

**Keywords:** Family Factors, Student Psychological Environment, Online Gaming, Parental Interest Recognition, Mental Health.

## 1. Introduction

As the most significant support system in students' development, family factors play a critical role in constructing their psychological environment. Parental recognition and guidance regarding students' interests directly influence their value orientation, behavior patterns, and social adaptability. Thus, creating a psychological environment conducive to students' healthy growth has become a focal point of concern for families, schools, and society at large.

In recent years, with the rapid advancement of information technology, online gaming has become a prevalent form of entertainment among contemporary youth. Research indicates that prolonged immersion in online gaming can have numerous adverse effects on students' physical and mental health, such as addictive behaviors, social impairments, and declining academic performance. Currently, many parents hold cognitive biases regarding their children's participation in online gaming, either imposing overly strict restrictions or allowing unrestricted access, lacking effective

and scientific guidance. Such approaches can lead to internal conflicts within students, negatively impacting their mental health and the harmonious development of family relationships.

Therefore, it is of significant theoretical and practical importance to explore the impact of parental recognition of students' interests on the construction of psychological environments. On one hand, this exploration can enrich the theoretical research on the construction of students' psychological environments, providing more targeted practical guidance for family education. On the other hand, deepening the understanding of adolescents' online gaming behaviors can provide a basis for formulating relevant intervention measures, and promoting collaborative efforts among families, schools, and society to create an environment conducive to students' healthy growth.

This paper analyzes the issues surrounding parental recognition of students' interests using online gaming as a case study. It first examines the relationship between students' participation in online gaming and their social relationships, exploring the intrinsic connections between gaming addiction and mental health. Furthermore, it elaborates on the current state of parental cognition and regulation regarding students' engagement in online gaming. Additionally, the paper systematically reviews the significance of interest recognition in constructing students' psychological environments, analyzes the influence of family factors on students' online gaming behaviors, and assesses the moderating role of parental involvement. Based on this analysis, practical recommendations are proposed, including enhancing parents' recognition and understanding of their children's interests, establishing a healthy family environment for online gaming, and strengthening communication and collaboration among families, schools, and society.

## **2. Issues Related to Parental Recognition of Students' Interests: A Case Study of Online Gaming**

### **2.1. The Relationship Between Students' Participation in Online Gaming and Social Relationships**

Online gaming plays a significant role in the lives of adolescents, serving not only as a form of entertainment but also as a social channel. Many students establish social connections through online games, forming virtual communities that enhance their sense of belonging [1]. This social aspect makes online gaming an important platform for interaction among students.

The social function of online gaming manifests in several ways. First, the cooperative gameplay mechanics require players to work together to complete tasks, fostering communication and collaboration among them [2]. Additionally, in-game social systems, such as guilds and friend lists, enable players to maintain contact and share gaming experiences. This characteristic of virtual socialization allows students to interact with friends from different geographical locations without limitations. However, excessive immersion in online gaming can lead to social difficulties. Spending prolonged periods in a virtual world may cause students to neglect their real-life relationships, leading to weakened ties with family and friends. As a result, they may feel uncomfortable with face-to-face interactions, exhibiting social anxiety and communication barriers. Moreover, gaming addiction can disrupt study habits and daily routines, further exacerbating feelings of isolation. Therefore, while online gaming has its positive aspects, the potential negative impacts of excessive engagement cannot be overlooked. Parents and educators should assist students in finding a healthy balance. Effective parental intervention can help students enjoy gaming while not neglecting in-person social activities.

Parents' attitudes towards their children's participation in online gaming directly influence their social relationships. When parents recognize and support students' gaming interests, students are more likely to interact with others in the game and establish healthy friendships [3]. Conversely, strict limitations and negative perceptions may lead students to feel isolated, reducing their social opportunities and subsequently affecting their mental health [4]. For instance, some parents may

prohibit their children from gaming due to concerns about its impact on academic performance, potentially resulting in a lack of friends in school and increased social anxiety. In summary, parental attitudes play a crucial role in shaping students' online gaming experiences, influencing their social skills and mental health.

Research indicates that social interactions within online gaming can help students develop social skills. Through interactions with other players, students can learn effective communication, conflict resolution, and trust-building, skills that are equally applicable in real life and assist them in establishing positive interpersonal relationships in school and society [5].

## **2.2. The Relationship Between Gaming Addiction and Mental Health**

Gaming addiction has become an increasingly concerning issue, significantly impacting adolescents' mental health. Studies have highlighted a close relationship between gaming addiction and mental health problems such as anxiety and depression [6]. In this context, parental awareness and regulation of students' gaming behaviors become particularly important.

Gaming addiction is typically defined as excessive reliance on gaming, characterized by devoting substantial time to gaming while neglecting other activities [1]. Such addictive behaviors not only affect academic performance but may also lead to estrangement in interpersonal relationships and exacerbation of emotional issues. According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), gaming disorder is recognized as a mental health condition, indicating that the effects of gaming addiction on adolescents should not be underestimated.

When parents can effectively guide students in participating in gaming responsibly, the risk of addiction can be reduced [7]. Active parental involvement not only helps students establish healthy gaming habits but also enhances their self-regulation abilities [8]. For example, parents can mitigate gaming time by setting limits and encouraging alternative interests, thereby lowering the likelihood of addiction.

However, overly stringent restrictions may result in resentment and rebellion among students, prompting them to engage in secretive gaming, which further increases the risk of addiction [9]. Thus, parents should adopt a flexible approach to regulation, considering students' feelings and fostering a trusting relationship to guide them more effectively.

## **2.3. Parental Cognition and Regulation of Student Participation in Online Gaming**

The current state of parental cognition and regulation regarding students' participation in online gaming exhibits diverse characteristics. On one hand, some parents hold negative attitudes towards online gaming, believing it adversely affects academic performance and mental health, leading them to impose strict regulatory measures [10]. On the other hand, some parents adopt a more open perspective, viewing online gaming as a means to foster students' social and teamwork abilities [11].

This cognitive bias results in contradictions in family education. Some parents may perceive online gaming as a waste of time and thus impose restrictions, while others may neglect the issue due to a lack of understanding of gaming.

Research shows that parental attitudes directly influence students' gaming behaviors [12]. When parents understand and recognize their children's gaming interests, students are more likely to communicate with their parents and share their gaming experiences, promoting harmonious family relationships. Conversely, a lack of effective and scientific regulation can lead to students becoming engrossed in gaming, affecting their academic performance and mental health. Therefore, parental attitudes and regulatory approaches largely determine students' behaviors in online gaming, which further impacts their psychological development and social adaptability.

### **3. The Importance and Impact of Parental Recognition of Students' Interests**

#### **3.1. The Significance of Interest Recognition in Constructing Students' Psychological Environments**

Parental recognition of students' interests plays a crucial role in the construction of their psychological environment. Such recognition not only motivates students to pursue their passions but also enhances their self-confidence and sense of self-efficacy [13]. When students perceive parental support, they are more inclined to explore new fields and overcome challenges, forming a positive psychological state.

Research indicates a significant positive correlation between parental involvement and students' learning motivation and initiative [5]. Previous analyses have shown that when students receive parental recognition in online gaming, they are more likely to translate their gaming experiences into academic success. Parental support enhances students' sense of participation and makes them feel that their efforts are valued, thereby boosting their learning motivation.

Interest recognition also has a significant impact on students' mental health. When students' interests are acknowledged by their parents, their self-esteem and confidence increase, helping to alleviate issues such as anxiety and depression [14]. Conversely, parental negativity and lack of support can lead to self-doubt, adversely affecting their mental health. Research demonstrates a close relationship between parental emotional support and students' psychological resilience. This indicates that while parents focus on their children's interests, they should also attend to their emotional needs.

#### **3.2. The Influence of Family Factors on Students' Interest Development**

The family environment significantly influences students' interest development, as illustrated by online gaming. A warm and supportive family atmosphere can foster healthy gaming habits, while a neglectful or indifferent environment may lead to gaming addiction [10]. Studies show that the quality of family interactions and emotional support is closely related to students' gaming behaviors [7].

A positive family atmosphere provides support and understanding, helping students better manage their gaming time and content. Active interactions among family members can offer psychological support, enabling students to cope effectively with academic pressures and social challenges [12]. For instance, parents can engage in gaming with their children to understand their interests and social circles, thereby establishing reasonable limits on gaming time and content.

Parents' attitudes and behaviors towards gaming can also have a modeling effect on students. If parents demonstrate responsible use of electronic devices, students are more likely to develop good gaming habits [2]. For example, when parents balance work and gaming time and share their gaming experiences with their children, the latter can learn the appropriate usage of electronic products through observation. This practice not only strengthens parent-child relationships but also helps children establish positive role models.

#### **3.3. The Moderating Role of Parental Involvement in Students' Interest Development**

Parental involvement plays an important moderating role in students' interest development. Effective parental monitoring can not only reduce the risk of gaming addiction but also enhance students' self-regulation abilities [8]. Research indicates that parents who establish clear rules and time management strategies can effectively guide students in participating in various activities, including online gaming and other interests [14].

Parents should develop reasonable involvement and support measures based on an understanding of their children's interests and needs. By discussing the content and social environment of various activities with their children, parents can enhance their children's self-awareness and help identify

potential risks, thereby reducing the likelihood of addiction [9]. For instance, parents can set daily activity schedules with their children and discuss the healthiness of various activities to ensure that children maintain good academic performance and mental health while enjoying their interests.

However, parental involvement must be grounded in understanding and support. Overly strict regulation may lead to students' resentment and prompt them to engage in deceitful behaviors. Therefore, parents should offer a moderate degree of freedom and support based on an understanding of their children's interests, helping them find a balance between various activities and real-life [4]. This balance not only promotes students' mental health but also aids them in achieving better performance in learning and social interactions. Furthermore, active parental involvement can motivate students to explore their interests more deeply, cultivating their overall abilities and social adaptability.

## **4. Recommendations**

### **4.1. Enhancing Parental Recognition and Understanding of Students' Interests**

To promote the construction of a positive psychological environment for students, parents should enhance their recognition and understanding of their children's interests. Parents can actively communicate with their children and participate in their interest-driven activities to gain deeper insights. For instance, they might try playing their children's favorite online games together to understand the content and social dynamics involved, thereby providing more targeted support in daily life.

Regular family meetings can serve as an important platform for communication between parents and children, allowing parents to stay informed about their children's thoughts and feelings. During these meetings, parents can encourage their children to share their experiences and achievements while also expressing their views and concerns. This open communication not only strengthens parent-child relationships but also helps children feel understood and supported in their interests.

When discussing gaming, parents should provide positive feedback in addition to addressing potential negative impacts, helping children recognize their learning and growth within the game. For example, parents can praise their children's teamwork or problem-solving skills demonstrated in gaming, thereby enhancing their self-confidence and sense of identity.

### **4.2. Establishing a Healthy Family Environment for Interests**

Families should create a healthy environment for interests by setting reasonable activity time limits and content guidelines, while also encouraging students to participate in diverse activities that help them develop positive interest habits. By fostering a constructive family atmosphere, parents can not only promote their children's mental health but also enhance their social skills and self-regulation abilities.

Formulating family activity rules is an essential step in establishing a healthy environment for interests. Parents can collaboratively discuss and set reasonable time limits and content choices for activities. For example, they could limit certain interest activities to 1-2 hours per day and select age-appropriate content. This collaborative approach allows children to experience the joy and sense of achievement that comes from participating in decision-making, thereby strengthening parent-child relationships. During this rule-setting process, parents should maintain open communication, encouraging children to express their opinions and preferences, which can lead to healthier and more beneficial activity choices.

Reasonable time limits help prevent children from becoming overly absorbed in any single-interest activity. Research shows that moderate activity time can promote cognitive development and social skills, while excessive time may lead to declines in academic performance and mental health issues.

Therefore, parents should flexibly adjust activity times based on their children's age and individual differences. For instance, younger children might have a daily limit of one hour, while teenagers could have an increased limit of 1-2 hours. Parents should also consider the nature and themes of the activities, prioritizing those that promote learning and social interaction, such as puzzles and cooperative games.

In addition to specific interest activities, parents should encourage children to engage in a variety of pursuits, such as sports, music, and the arts. These activities can help broaden children's horizons, enhance social skills, and reduce reliance on a single activity. Parents can participate in extracurricular activities with their children or enroll them in interest-based classes, allowing them to discover their passions across multiple pursuits. Participation in sports can enhance physical fitness and teamwork awareness while learning an instrument or engaging in art can stimulate creativity and emotional expression. Additionally, parents can organize family activities like outdoor sports or game nights to enrich interactions and communication.

Creating a positive family atmosphere is crucial for helping children develop healthy interest habits. A supportive family environment allows children to feel safe and confident. Parents should be attentive to their children's emotional needs in daily life, providing timely care and support. Regular one-on-one conversations with children to understand their interests and concerns, along with offering appropriate advice, can effectively enhance their psychological resilience and self-regulation abilities.

Finally, parents should establish monitoring and feedback mechanisms to stay informed about their children's interest behaviors and mental states. Through regular discussions with their children about their feelings and experiences related to various activities, parents can gain a better understanding of their children's needs and identify potential issues for timely intervention and guidance. This approach can help children recognize and manage their emotions, improving their emotional regulation skills.

### **4.3. Strengthening Communication and Collaboration Among Family, School, and Community**

Schools and families should establish a close communication and collaboration mechanism to jointly focus on students' mental health and interest development. Organizing parent-child activities and educational seminars can provide comprehensive support and promote students' healthy growth.

Schools can regularly hold parent-teacher meetings, inviting mental health experts and educators to offer lectures on fostering adolescents' interests, and helping parents understand how to better support their children's interest development. Simultaneously, schools should encourage communication between parents and teachers to provide timely feedback on students' performance and mental health at school, allowing parents to better understand their children's needs.

In addition to families and schools, communities should actively participate in supporting adolescents' mental health. Communities can organize both online and offline activities, providing a safe social platform for students to interact beyond gaming. Through community support, parents and students can gain access to more resources and information, enabling them to better tackle challenges.

## **5. Conclusion**

In summary, the role of parents in fostering students' interests is crucial for their overall development and mental health. This paper explored how parental attitudes and involvement significantly influence students' engagement in various activities, including online gaming. Recognizing the complexity of students' interests, parents need to adopt a balanced approach that acknowledges the potential benefits of these activities while setting appropriate boundaries.

The findings indicate that when parents actively engage in their children's interest activities--through open communication, collaborative decision-making, or establishing a healthy daily routine--

-they can enhance their children's self-awareness and self-regulation abilities while deepening family relationships. Conversely, a lack of understanding or overly strict attitudes may lead children to feel isolated, hindering their social and emotional development.

Therefore, parents should strive to create an environment conducive to healthy interest exploration, encouraging children to participate in a diverse range of activities while being mindful of their mental health. Through such efforts, parents can help students achieve a balanced lifestyle, promoting personal growth and academic success. Ultimately, collaboration among families, schools, and communities will be key to building a supportive framework that cultivates students' interests and prepares them for future challenges.

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