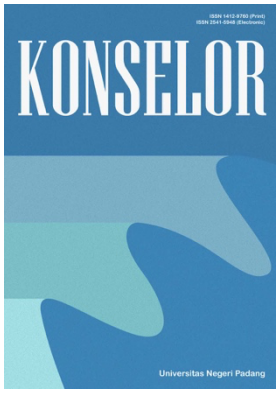
Universitas Negeri Padang & Ikatan Konselor Indonesia
Editorial Office: Jurusan Bimbingan dan Konseling | Faculty of Education | Universitas Negeri Padang
Jl. Prof. Dr. Hamka Air Tawar Barat, Kota Padang, Sumatera Barat, 25130, Indonesia.
☎+62 (0754) 41650; Website: http://pps.fip.unp.ac.id/; jk@konselor.org / info@konselor.org

Volume 15 Number 1 2026



KONSELOR

ISSN 1412-9760 (Print) | ISSN 2541-5948 (Online)
Editor: Nilma Zola

Publication details, including author guidelines
URL: https://counselor.ppj.unp.ac.id/index.php/konselor/about/submissions

A Gender Differences in Psychosocial of Adolescent Behavioral and Subtace Addiction: A Comparative Quantitative Study

Mila Yunita1•, Wiryo Nuryono1, Palasara Brahmani Laras2, & Barbella Khayla Syavanda Saputri1
1Universitas Negeri Surabaya, East Java, Indonesia
2Universitas Mercu Buana Yogyakarta, Indonesia

Article History
Received: Tuesday, November 25, 2025
Revised: Monday, March 09, 2026
Published: Tuesday, March 31, 2026

How to cite this article (APA)
Yunita, M., Nuryono, W., Laras, P. B., & Saputri, B. K. S. (2026). A gender differences in psychosocial of adolescent behavioral and substance addiction: A comparative quantitative study. KONSELOR, 15(1), 81–97. https://doi.org/10.24036/02026151161-0-86

The readers can link to article via https://doi.org/10.24036/02026151161-0-86

Correspondence regarding this article should be addressed to:
Mila Yunita. Department Guidance and Counseling, Universitas Negeri Surabaya. Jl. Raya Kampus Unesa, Lidah Wetan, Kec. Lakarsantri, Surabaya, Jawa Timur 60213, Indonesia. Email: milayunita@unesa.ac.id

The author(s) whose names are listed in this manuscript declared that they have NO affiliations with or involvement in any organization or entity with any financial interest (such as honoraria; educational grants; participation in speakers' bureaus; membership, employment, consultancies, stock ownership, or other equity interest; and expert testimony or patent-licensing arrangements), or non-financial interest (such as personal or professional relationships, affiliations, knowledge or beliefs) in the subject matter or materials discussed in this manuscript. This statement is signed by all the authors to indicate agreement that the all information in this article is true and correct.

ISSN 1412-9760 (Print)
ISSN 2541-5948 (Electronics)

Original Article

KONSELOR
Volume 15 Number 1 (2026)
https://doi.org/10.24036/02026151161-0-86

A Gender Differences in Psychosocial of Adolescent Behavioral and Subtace Addiction: A Comparative Quantitative Study

Mila Yunita[1]♦, Wiryo Nuryono[1], Palasara Brahmani Laras[2], & Barbella Khayla Syavanda Saputri[1]

[1]Universitas Negeri Surabaya, East Java, Indonesia
[2]Universitas Mercu Buana Yogyakarta, Indonesia

Abstract: Adolescent behavioural and substance-related addictive tendencies have become an increasing concern due to their potential impact on mental well-being and academic performance. However, research on the psychosocial contexts associated with these tendencies has been limited, especially from a gender perspective. This study aimed to investigate gender-related differences in self-reported addiction symptoms and related psychosocial triggers among adolescents. A quantitative comparative design was used, involving 92 high school students in East Java. Data were collected using a self-administered screening questionnaire comprising 12 items across four dimensions: psychological stress, family pressure, social pressure, and social media influence. Descriptive statistics and independent samples t-tests were conducted using SPSS Statistics. Descriptively, participants reported the highest mean media influence scores. Female respondents reported slightly higher mean values on several dimensions; however, no statistically significant gender differences were found in overall addiction symptom scores or across psychosocial trigger dimensions. Effect size estimates indicated small differences between groups. These findings suggest that psychosocial addiction triggers are generally comparable across genders within this sample. The results should be interpreted with caution and are intended to offer descriptive insights rather than causal conclusions. Limitations include reliance on self-reported measures, a modest sample size, and a cross-sectional design. Future research should utilise validated instruments and larger samples to further explore the psychosocial mechanisms underlying adolescent addiction-related behaviours.

Key Words: Gender differences, Psychosocial, Behavioural addiction; Substance addiction; Adolescent

INTRODUCTION

Adolescence is a developmental period characterised by heightened vulnerability to maladaptive and compulsive behaviours, including substance-related use and excessive engagement in certain activities such as digital media consumption (Efrati et al., 2022; Sata, 2024; Singh & Nandy, 2024). Rather than conceptualising these behaviours as clinical disorders, the present study adopts a screening-level and subjective perspective, defining *addiction* as self-reported addiction-related or compulsive tendencies that adolescents perceive as difficult to control and potentially disruptive to daily functioning (Antons et al., 2023; Carenys & Adan, 2025; Wang et al., 2024). This approach reflects a growing body

♦**Corresponding author:** Mila Yunita. Department Guidance and Counseling, Universitas Negeri Surabaya. Jl. Raya Kampus Unesa, Lidah Wetan, Kec. Lakarsantri, Surabaya, Jawa Timur 60213, Indonesia. Email: milayunita@unesa.ac.id

of research emphasising early risk patterns and psychosocial vulnerability rather than diagnostic classification (Adamopoulos & History, 2025; Hossain & Ara, 2025; Vergunst et al., 2023).

Triggers can emanate from multiple domains: intrapersonal (e.g., psychological stress), familial, peer-related, and digital (Gong et al., 2025; Handayani & Utari, 2024; Jin et al., 2025; Lin et al., 2024, 2025; Nurmala et al., 2021). Crucially, the salience of these triggers may vary by gender due to differential gender socialisation. Social Role Theory (Eagly, 1987) and research on coping suggest that males are often socialised to value agency and external reward, potentially making them more responsive to triggers involving social competition and peer status. In contrast, females are often socialised toward communion and relational maintenance, potentially increasing their sensitivity to triggers involving social rejection, family conflict, and appearance-related social media pressure. This theoretical perspective predicts not just differences in the *level* of triggers but in their *configuration*—the specific combination of factors that most strongly associates with addictive behaviours for each gender.

The study is grounded in the biopsychosocial model, which conceptualises addictive behaviours as the product of dynamic interactions between individual psychological states and social environments (Lang et al., 2025; Yasir et al., 2023; Yourell, 2025). Within this framework, *triggers* are defined as proximal psychosocial stressors or situational pressures that adolescents subjectively experience as precipitating or intensifying maladaptive engagement, rather than as distal or biological causes (Karacan, 2024; Perks et al., 2024; Snyder, 2023). This definition aligns with stress–coping perspectives that emphasise adolescents' everyday contexts and perceived pressures as key mechanisms shaping behavioural responses (Bondarchuk et al., 2024; Ghasemi et al., 2024; Maqsood et al., 2024).

Although neurodevelopmental models such as the dual systems theory help explain adolescents' general susceptibility to risk-taking due to maturational imbalances between cognitive control and reward systems, these models offer limited insight into the context-specific psychosocial conditions that activate vulnerability in daily life (Marinelli et al., 2023; Rohrbach & Milam, 2006; Schinke & Schwinn, 2005; Vanhulle, 2023). Consequently, the present study focuses on psychosocial rather than neurobiological mechanisms, positioning neurodevelopmental explanations as background context rather than as the primary analytical framework (Faustino, 2025; Loth, 2023; Michelini et al., 2024).

Prior research indicates that psychosocial triggers of addiction-related behaviours may arise from multiple domains, including psychological stress, family pressure, peer-related social pressure, and digital or social media environments (Burrell, 2025; Nagawa, 2022). These domains have been consistently identified as salient contextual stressors associated with maladaptive coping and compulsive engagement among adolescents (Masters et al., 2023; Onu et al., 2026; Suh et al., 2025). Importantly, these triggers are not assumed to operate independently; instead, they may form configurations or clusters that reflect adolescents' lived experiences of stress and regulation (Pollmann et al., 2025; Shaw et al., 2024; van Lissa, 2021).

Gender represents a potentially important lens through which these psychosocial configurations can be explored (Atwood et al., 2024; Brannon, 2024; Smith et al., 2022). Drawing on Social Role Theory and research on gendered coping socialisation, adolescents may differ not necessarily in the *intensity* of addiction-related tendencies, but in the patterning of psychosocial stressors to which they are most responsive (Archer, 2022; Yudes et al., 2022). Males are often socialised toward agency, competitiveness, and external reward, which may heighten sensitivity to peer-related and performance-based pressures (Martinez Jr et al., 2025; Xie et al., 2024). Females, in contrast, are more frequently socialised toward relational attunement and emotional responsiveness, potentially increasing sensitivity to interpersonal stressors, family expectations, and appearance-related pressures in digital environments. Importantly, this perspective does not assume inherent or universal gender differences, but rather explores how socially patterned experiences may shape subjective trigger configurations (Martin, 2025; Xie et al., 2024) .

In the Indonesian context, existing studies on adolescent addiction-related behaviours, particularly in East Java, have predominantly focused on prevalence rates or symptom descriptions of single behaviours, such as internet gaming or substance experimentation (Shay, 2022; Sugara et al., 2025). While these studies provide valuable descriptive insights, fewer have examined multidimensional psychosocial triggers simultaneously, and gender has often been treated as a demographic variable rather than an analytical lens (Shay, 2022; Sugara et al., 2025). Rather than claiming the absence of prior

research, the present study responds to a relative underrepresentation of integrative, trigger-focused analyses within accessible regional literature (Panigrahi & Sharma, 2024).

Accordingly, this study adopts an exploratory quantitative approach to examine psychosocial triggers of adolescent addiction-related tendencies using a 12-item screening instrument encompassing four theoretically derived dimensions: psychological stress, family pressure, social pressure, and social media influence. The emphasis is not on identifying causal predictors or diagnostic outcomes, but on describing and comparing latent trigger structures across gender groups. Therefore, the study has two primary aims: (1) to explore and compare the underlying factor structure of psychosocial addiction triggers among male and female adolescents in East Java, and (2) to examine descriptive patterns of association between these trigger dimensions and self-reported addiction-related symptoms within each gender group. By positioning the findings as exploratory and descriptive, this study seeks to contribute preliminary empirical insights that may inform future hypothesis-driven research, measurement refinement, and contextual understanding of adolescent psychosocial vulnerability.

METHOD

This study employed a quantitative comparative design to examine whether self-reported addiction-related symptoms and associated psychosocial trigger dimensions differed descriptively or structurally across gender groups. This design was selected because the research objectives required standardized measurement, group-level comparison of mean scores, and exploration of latent trigger patterns among male and female adolescents (Creswell et al., 2003; Levitt et al., 2018; Weyant, 2022). A quantitative approach enabled the use of inferential statistics and exploratory factor analysis to assess similarities and variations in psychosocial trigger configurations, consistent with the study's exploratory aims rather than causal inference.

Participants

The participants were 90 high school students recruited from public and private secondary schools in East Java, Indonesia. The sample consisted of 50 male and 40 female students, aged 15–18 years. Participation was voluntary, and all respondents provided informed consent prior to data collection. Inclusion criteria were: (1) current enrollment as a high school student, (2) age between 15 and 18 years, and (3) self-reported experience of behavioural or substance-related compulsive tendencies, as indicated by affirmative responses on the screening questionnaire. Exclusion criteria included: (1) incomplete questionnaire responses and (2) failure to provide informed consent.

Sampling Procedures

A voluntary, non-probability sampling approach was employed. Participants were recruited via school announcements and classroom coordination. Students were eligible if they (1) were active high school students in East Java and (2) exhibited addiction-related or compulsive behaviors at a screening level, based on their responses to the questionnaire. Notably, the study did not rely on self-diagnosis or clinical addiction assessment. Instead, eligibility was determined by self-reported difficulties in controlling certain behaviors or substance use, reflecting the exploratory and non-diagnostic purpose of the study. This approach was selected to explore adolescents' subjective experiences of psychosocial triggers, while acknowledging the limitations inherent in self-report data.

Measures

Data were collected using a self-administered structured questionnaire developed by the researchers to assess psychosocial triggers associated with addiction-related or compulsive tendencies among adolescents. The instrument was designed as a screening-level, exploratory measure**,** rather than a diagnostic or clinically validated tool (Levitt et al., 2018). Item development was guided by the biopsychosocial model and prior empirical studies on adolescent addiction-related behaviours and

https://doi.org/10.24036/02026151161-0-86

psychosocial stressors (Jebb et al., 2021). A review of relevant literature informed the identification of four conceptual domains: psychological stress, family pressure, social pressure, and social media influence, adapted from Geri Miller's addiction assessment framework (Miller, 2015)**.** Each domain was represented by three items, resulting in a total of 12 items. To enhance content clarity and relevance, the initial item pool was reviewed by two academic experts in psychology and counseling**,** who provided feedback on wording, age appropriateness, and conceptual alignment. Minor revisions were made in response to their suggestions. Due to logistical constraints, a separate pilot study was not conducted prior to the main data collection.

All items were rated on a four-point Likert scale ranging from 1 (*very low influence*) to 5 (*very high influence*). Item scores within each dimension were summed and averaged to produce dimension-level scores, with higher scores indicating greater perceived influence of the corresponding psychosocial trigger**.** No items were reverse-coded. Internal consistency reliability was assessed using Cronbach's alpha coefficients for each dimension and for the overall scale based on the current sample. The results indicated acceptable internal consistency for exploratory research purposes, as shown in Table 1.

Table 1. Reliability Statistics

Reliability Statistics	
Cronbach's Alpha	N of Items
0.769	12

The questionnaire was administered in paper format during scheduled school hours. Data was collected with the help of trained research assistants who followed standardised instructions regarding ethical procedures, survey administration, and guidance for participants. Facilitators informed participants that: (1) participation was voluntary, (2) responses were anonymous, and (3) there were no right or wrong answers. Completing the questionnaire took approximately 10–15 minutes. No identifying information was collected to maintain confidentiality.

Procedures

Data collection occurred from March to June 2025 during school hours at high schools in East Java, Indonesia**.** Permissions were obtained, and participants were briefed on the study's purpose and voluntary participation. On data collection days, participants gathered in classrooms, receiving a brief from trained assistants who emphasized voluntary participation, confidentiality, no right or wrong answers, and optional withdrawal. Written consent was secured before distributing the paper questionnaires, which were completed independently. Assistants clarified procedures but not content. Completing the survey took 10–15 minutes. No personal identifiers were collected. Questionnaires were sealed and stored securely, used only for research.

Data Analysis

Data were analysed using IBM SPSS Statistics version 27. Prior to analysis, data were checked for missing values and outliers; no cases were excluded. All variables were considered continuous, consistent with previous research using Likert-type scales in adolescent behavioural studies. Descriptive statistics, including means (M) and standard deviations (SD), were calculated to summarise overall levels of psychosocial addiction triggers and addiction symptom scores across the entire sample. Descriptive analyses were also performed separately for male and female participants to explore gender-specific patterns in central tendency and variability. To investigate gender differences in addiction symptom scores and psychosocial trigger dimensions, independent samples t-tests were conducted comparing male and female participants.

Before performing the t-tests, assumptions of normality were checked using skewness and kurtosis values, while homogeneity of variance was assessed with Levene's test. When the assumption of equal variances was violated, adjusted degrees of freedom were used. In addition to testing statistical significance, effect sizes (Cohen's d) were calculated for all gender comparisons to gauge the size of observed differences. Effect sizes were interpreted based on standard thresholds (small = 0.20, medium = 0.50, large = 0.80). This method was employed to offer a more detailed understanding of gender

differences, especially when statistical significance was not found. All statistical tests were performed using a two-tailed significance level of $\alpha = .05$.

RESULTS

This section presents the study's statistical findings through descriptive and comparative analyses. First, descriptive statistics are reported to summarise overall levels of psychosocial addiction triggers across the total sample. Second, descriptive statistics are presented separately for male and female participants to illustrate gender-specific patterns in the distribution of trigger dimensions. Third, independent samples t-tests are used to examine gender differences in overall addiction symptom scores. Finally, effect size estimates (Cohen's d) are reported to quantify the magnitude of observed gender differences, independent of statistical significance.

Psychosocial Triggers of Addiction

This section presents the descriptive statistics of psychosocial addiction triggers among adolescent participants. Mean scores, standard deviations, and score ranges are reported for each trigger dimension to provide an overview of central tendency and variability across psychological, familial, social, and digital domains. These descriptive results are intended to summarise the distributional characteristics of the data and do not imply causal or inferential relationships.

Table 1. Descriptive Statistics of Psychosocial Addiction Triggers

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std.Deviation
Psychological	95	1	5	2.67	.916
Familial	95	1	5	2.61	.776
Social	95	1	5	2.74	.775
Digital	95	1	5	3.00	.799
Valid N (listwise)	95	1	5		

Table 1 displays the descriptive statistics for the four psychosocial trigger dimensions. The mean scores, on a five-point Likert scale, ranged from 2.61 to 3.00. Digital triggers received the highest mean score (M = 3.00, SD = 0.799), followed by social (M = 2.74, SD = 0.775), psychological (M = 2.67, SD = 0.916), and familial triggers (M = 2.61, SD = 0.776). The standard deviation values suggest moderate variability across the dimensions. These results provide an overview of how psychosocial addiction triggers are distributed within the sample.

Addiction Triggers by Gender

This section presents descriptive statistics of addiction trigger scores by gender. It includes mean values, standard deviations, and score ranges to highlight differences in central tendency and variability between males and females. These results are for descriptive purposes and provide a preliminary comparison before conducting inferential statistical tests.

Table 2. Descriptive Statistics of Addiction Triggers by Gender

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std.Deviation
Man	43	6	17	10.42	2.260
Girls	52	3	16	11.31	2.430
Valid N (listwise)	43				

Table 2 shows the descriptive statistics for overall addiction trigger scores by gender. Male participants (n = 43) had a mean score of 10.42 (SD = 2.26), whereas female participants (n = 52) had a slightly higher mean of 11.31 (SD = 2.43). The similar standard deviations suggest comparable

https://doi.org/10.24036/02026151161-0-86

variability among both groups. These figures highlight differences in average scores between males and females but do not imply statistical significance.

Gender Differences in Addiction Trigger Scores

Gender differences in addiction trigger scores were examined using independent samples *t*-tests. Prior to analysis, the assumption of homogeneity of variances was assessed using Levene's test. Mean differences, *t* values, degrees of freedom, *p* values, and 95% confidence intervals are reported to evaluate whether addiction trigger scores differed significantly between male and female participants.

Table 3. Gender Differences in Addiction Triggers Scores

Independent Samples Test										
Levene's Test for Equality of Variances				t-test for Equality of Means						
									95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Addiction Symptom	Equal Variances Assumed	.003	.960	-1.832	93	.070	-.8891	.4853	-1.8528	.0746
	Equal Variances Not Assumed			-1.845	91.684	.068	-.8891	.4820	-1.8463	.0682

Table 3 shows that an independent samples t-test was performed to investigate gender differences in overall addiction symptom scores. Levene's test confirmed that the assumption of equal variances was satisfied, F = 0.003, p = .960. The results revealed no statistically significant difference between male and female participants, t(93) = −1.83, p = .070, two-tailed. The mean difference between groups was −0.89 (SE = 0.49), with a 95% confidence interval from −1.85 to 0.07. These findings suggest that addiction symptom scores were similar across genders in this sample.

Gender Differences in Psychosocial Triggers

Gender differences in psychosocial addiction triggers—such as psychological, familial, social, and digital—were analyzed with independent samples *t*-tests. Initially, Levene's test checked the assumption of equal variances. The results include group means, *t*-statistics, degrees of freedom, *p*-values, and 95% confidence intervals to identify any significant differences between males and females on each trigger aspect.

Gender Differences in Psychological Triggers

Table 4. Gender Differences in Psychological Triggers

Independent Samples Test										
Lavene's Test for Equality of Variances				t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference	95% Confidence Interval Of Difference	
									Lower	Upper
Psychological Triggers	Equal Variances Assumed	.064	.800	-1.779	92	.078	-335	.188	-.709	.039
	Equal Variances not Assumed			-1.821	91.011	.072	-335	.184	-.701	.030

Table 4 presents the results of an independent samples *t*-test examining gender differences in psychological triggers of addiction. Levene's test confirmed that the assumption of equal variances was met *(F* = 0.064, *p* = .800). The analysis revealed no significant difference between males and females,

$t(92) = -1.78$, $p = .078$, two-tailed. The mean difference was −0.34 (SE = 0.19), with a 95% confidence interval from −0.71 to 0.04. Overall, these results suggest that psychological triggers do not differ significantly by gender in this sample.

Gender Differences in Family Triggers

Table 5. Gender Differences in Familial Triggers

Independent Samples Test										
Lavene's Test for Equality of Variances				t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference	95% Confidence Interval Of Difference	
									Lower	Upper
Family Triggers	Equal Variances Assumed	.001	.974	-1.256	93	.212	-200	.159	-.516	.116
	Equal Variances not Assumed			-1.267	91.923	.209	-200	.158	-.513	.114

Table 5 displays the results of an independent samples *t*-test analysing gender differences in familial triggers of addiction. Levene's test confirmed equal variances, *with* $F = 0.001$ and $p = .974$. The test showed no significant difference between males and females, $t(93) = -1.26$, $p = .212$, two-tailed. The mean difference was −0.20 (SE = 0.16), with a 95% confidence interval from −0.52 to 0.12. These findings suggest that familial triggers of addiction did not differ significantly between genders in this sample.

Gender Differences in Social Triggers

Table 6. Gender Differences in Social Triggers

Independent Samples Test										
Lavene's Test for Equality of Variances				t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference	95% Confidence Interval Of Difference	
									Lower	Upper
Social Triggers	Equal Variances Assumed	.053	.818	-1.523	93	.131	-242	.159	-.556	.073
	Equal Variances not Assumed			-1.548	92.964	.125	-242	.156	-.551	.068

Table 6 shows that an independent samples *t*-test was conducted to examine gender differences in social triggers of addiction. Levene's test confirmed the assumption of equal variances was met, *with* $F = 0.053$ and $p = .818$. The analysis found no significant difference between males and females, $t(93) = -1.52$, $p = .131$, two-tailed. The mean difference was −0.24 (SE = 0.16), and the 95% confidence interval ranged from −0.56 to 0.07. These findings suggest that social triggers of addiction do not differ significantly between genders in this sample.

Gender Differences in Digital Triggers

Table 7 presents the results of an independent samples *t*-test examining gender differences in digital triggers of addiction. Levene's test confirmed equal variances, $F = 1.35$, $p = .248$. Assuming equal variances, a significant difference was observed between males and females, $t(93) = -1.99$, $p = .049$, two-tailed, with a mean difference of −0.32 (SE = 0.16) and a 95% CI from −0.64 to −0.001.

https://doi.org/10.24036/02026151161-0-86

Without assuming equal variances, the difference was not significant, $t(78.57) = -1.95$, $p = .055$. This indicates that the gender difference in digital triggers is marginal and should be interpreted with caution.

Table 7. Gender Differences in Digital Triggers

Independent Samples Test										
Lavene's Test for Equality of Variances				t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference	95% Confidence Interval Of Difference	
									Lower	Upper
Digital Triggers	Equal Variances Assumed	1.354	.248	-1.995	93	.049	-.321	.161	-.640	-.001
	Equal Variances not Assumed			-1.949	78.565	.055	-.321	.165	-.648	.007

Effect Size Estimates of Gender Differences

In addition to significance testing, effect size estimates were computed to assess the magnitude of gender differences in addiction trigger scores. Cohen's *d* served as the primary measure, providing a standardised metric of group differences that remains unaffected by sample size. This approach allows for a more meaningful interpretation of gender-related differences beyond just statistical significance.

Table 8. Effect Size Estimates of Gender Differences

Independent Samples Test effect Sizes					
		Standardizera	Point Estimate	95 % Confidence Interval Lower	95 % Confidence Interval Upper
Addiction Triggers	Cohen's d	2.3545	-.378	-.784	.031
	Hedges'Correction	2.3737	-.375	-.778	.031
	Class's Delta	2.4297	-.366	-.774	.046

Effect sizes were computed to assess the magnitude of gender differences in overall addiction triggers, as shown in Table 8. The standardized mean difference reflected a small effect size, with Cohen's $d = -0.38$ (95% CI [−0.78, 0.03]). Similar results were found with Hedges' correction ($g = -0.38$) and Glass's delta ($\Delta = -0.37$), demonstrating consistency among different effect size measures.

The negative effect indicates that female students had slightly higher addiction trigger scores than males. Nonetheless, since all confidence intervals for the effect sizes included zero, the difference observed was small and statistically uncertain. Based on standard benchmarks (small = 0.20, medium = 0.50, large = 0.80), the effect size is considered small. Overall, these results imply that gender differences in addiction triggers are minimal, supporting the view that gender has only a minor influence on addiction trigger scores in this sample.

DISCUSSION

The present study offers a structured analysis of psychosocial addiction triggers across four dimensions: psychological, familial, social, and digital, within an adolescent sample, with particular focus on gender-based comparisons (Aziz et al., 2024; Bora & Karuç, 2025; Khatun & Azad, 2026; Miller, 2015; Tarimo et al., 2025). Overall, the descriptive statistics reveal moderate levels of exposure to psychosocial triggers across all dimensions, with mean scores near the middle of the Likert scale (Francis et al., 2022; Todd & Mcilroy, 2025; Ulke, 2022). This pattern indicates that addiction-related psychosocial pressures exist in multiple areas of adolescents' lives, rather than being limited to a single psychosocial source (Avcı, 2025; Jin & Jiang, 2025; Najafov, 2025; Paul et al., 2024; Shoaa Kazemi et al., 2025). Such multidimensional exposure supports ecological and systems-based models of adolescent

development, which highlight the interaction of individual, familial, social, and digital environments in shaping behavioural outcomes (Shahbazi et al., 2025; Stodden et al., 2023; Wilson et al., 1 C.E.; Yu et al., 2025).

Digital triggers showed the highest average score among the four dimensions (Abdallah et al., 2025; Antonietti et al., 2023; Scott et al., 2024; Zheng et al., 2024). Although this does not suggest causality or superiority, it aligns with broader literature indicating that digital environments form a widespread and structurally embedded part of modern adolescent life (Kaurin et al., 2025; X. Li et al., 2025; Sirin et al., 2024; Su et al., 2025). Digital platforms are marked by constant accessibility, algorithmic reinforcement, and frequent engagement cycles, which may heighten the prominence of digital stimuli compared to offline psychosocial contexts (Kaurin et al., 2025; Madhushani et al., 2025; Yaochen & Van Der Blom, 2025). Crucially, the present findings should be viewed as descriptive patterns rather than causal explanations, as the study design does not allow for causal inference or mediation analysis (Ali et al., 2026; Batista-Foguet et al., 2025; Chen et al., 2025; Sun et al., 2025; Varchetta et al., 2024; Zhang et al., 2022).

Across gender groups, descriptive statistics showed slightly higher mean scores among female participants in overall addiction trigger scores (Bottaro et al., 2024; Jang et al., 2025; Y. Li et al., 2025; Marino et al., 2023; Obara-Gołębiowska, 2025). However, inferential testing demonstrated that these differences were not statistically significant. The independent samples t-test revealed no reliable gender differences in overall addiction symptoms, psychological triggers, familial triggers, or social triggers (Agrahara & Nowreen, 2024; Cheng et al., 2022; Ge et al., 2025; Guo et al., 2025; Khan et al., 2024). These results indicate that, within this sample, addiction-related psychosocial pressures are largely similar across genders (Agrahara & Nowreen, 2024; Ge et al., 2025). This pattern supports emerging evidence that gender differences in digital and behavioural addiction are often smaller and less robust than commonly assumed, particularly when controlling for variance and measurement error.

The lack of statistically significant gender differences across most trigger dimensions suggests that psychosocial vulnerability to addictive behaviours may act more as a shared developmental risk factor rather than a gender-specific phenomenon. Contemporary models of adolescent behavioural risk increasingly highlight universal developmental processes such as emotional regulation, stress exposure, and cognitive control development over binary gender distinctions (Balmori et al., 2022; Mosto et al., 2026). This view is further supported by the small effect size estimates observed in the present study (Cohen's $d \approx -0.38$), indicating limited practical significance of gender-based differences even where descriptive contrasts are present (Althubaiti, 2023; Gülkesen et al., 2022; Vaske et al., 2024).

Psychological triggers did not differ significantly by gender, implying that internal stressors such as emotional distress, psychological pressure, and coping difficulties may function similarly in male and female adolescents. This finding supports stress-coping models that view psychological vulnerability as a common risk process rather than a gender-specific mechanism (Brannon, 2024; Fenech, 2021; Lyons & Romano, 2019). Emotional regulation challenges, rather than gender identity alone, may thus be a more important pathway in addiction vulnerability (Burgess Moser et al., 2016; Gutierrez & Mullen, 2016).

Familial triggers likewise showed no significant gender differences, reinforcing the interpretation that family-related stressors (e.g., conflict, monitoring, emotional support) exert comparable influence across genders. This pattern is consistent with family systems theory and empirical research showing that family climate and relational dynamics function as general developmental risk factors rather than gender-differentiated predictors (Christiansen et al., 2022; Lin et al., 2025; Marinelli et al., 2023). Similarly, social triggers did not differ significantly by gender, indicating that peer influence, social pressure, and interpersonal dynamics operate broadly across adolescents, regardless of gender. This finding is consistent with cross-cultural research demonstrating that peer environments and social comparison processes affect adolescent well-being across genders, albeit through potentially different social modalities (Fitria & Sari, 2025; Hu et al., 2022). Digital triggers showed a marginal gender difference under the assumption of equal variances, but this difference was not robust when the assumptions were relaxed. This instability indicates that the observed difference lacks statistical reliability and should not be interpreted as a stable gender effect. Methodologically, such marginal findings highlight the importance of assumption testing and robust inference procedures in behavioural

https://doi.org/10.24036/02026151161-0-86

research (Han, 2024; Shah & Krishnan, 2023). Substantively, the result suggests that digital engagement pressures are broadly shared rather than gender-specific, consistent with research emphasising the normalisation of digital immersion across adolescent populations (Flanigan & Babchuk, 2022; Han, 2024).

The effect size analysis further reinforces this interpretation. The small standardised mean differences indicate that even where numerical differences exist, their magnitude is limited and unlikely to be practically meaningful. This supports contemporary methodological standards that prioritise interpretation of effect sizes over reliance on p-values (Gülkesen et al., 2022; Vaske et al., 2024). In practical terms, these findings suggest that intervention strategies should prioritise psychosocial risk processes over gender-targeted assumptions (Han, 2024; Shah & Krishnan, 2023).

Conceptually, the results support integrative models that view adolescent addiction vulnerability as emerging from interacting psychosocial systems rather than isolated demographic categories. Ecological frameworks, stress-coping models, and digital reinforcement theories collectively provide a more coherent explanatory structure than gender-differentiated narratives alone. The present findings, therefore, contribute to a growing body of evidence advocating for structurally grounded, system-level approaches to adolescent addiction prevention and intervention (Han, 2024; Shah & Krishnan, 2023).

In summary, the study demonstrates that psychosocial addiction triggers are distributed across multiple domains and are largely comparable across genders. Where differences appear descriptively, they lack statistical robustness and practical magnitude. These findings emphasise the importance of avoiding gender-essentialist interpretations and instead focusing on shared developmental vulnerabilities embedded within psychological, familial, social, and digital systems.

CONCLUSIONS

This study examined psychosocial triggers of adolescent behavioural and substance addiction across digital, social, psychological, and familial domains, focusing on gender differences. Data from 95 high school students were analysed using descriptive stats, t-tests, and effect sizes. Results showed moderate trigger levels, with digital triggers scoring highest. No significant gender differences were found overall or within specific domains, except a marginal digital trigger difference that was inconsistent across tests. Effect sizes indicated small gender differences. The findings suggest psychosocial triggers are similar for male and female adolescents, highlighting the need to address multiple risk factors and avoid overinterpreting gender differences in adolescent addiction research.

ACKNOWLEDGEMENTS

This research could not have been completed without the support of many individuals and organizations. The researchers sincerely thank the principals, teachers, and school counsellors of the participating East Java schools for their invaluable cooperation and support during data collection. They also warmly appreciate all adolescent students who generously shared their experiences and dedicated their time to this study.

We appreciate the support from the guidance and counselling programme at the Faculty of Education, State University of Surabaya, for both administrative and academic assistance. We also sincerely thank our colleagues for their valuable feedback and constructive criticism during the development of this paper. Their expertise greatly enhanced our research.

REFERENCES

Abdallah, W., Tfaily, F., & Harraf, A. (2025). The impact of digital financial literacy on financial behavior: customers' perspective. *Competitiveness Review*, *35*(2), 347–370. https://doi.org/10.1108/CR-11-2023-0297

Adamopoulos, I., & History, A. (2025). A Novel AI-based Modeling with Bias Classification Hybrid Risk Evaluation System for Confidence Enhanced Network Meta-Analysis of Occupational

Hazards and Burnout Risk among Public Health Inspectors. *Mesopotamian Journal of Artificial Intelligence in Healthcare*, *2025*, 219–233. https://doi.org/10.58496/MJAIH/2025/021

Agrahara, R. K., & Nowreen, M. S. (2024). Learned Helplessness and Internet Addiction Among Young Adults. *American Journal of Psychiatric Rehabilitation*, *27*(2), 30–38. https://doi.org/10.69980/AJPR.V27I2.21

Ali, T., Iqbal, S., & Zubair, M. (2026). Technoference unplugged: Age, gender, and the disruption of adolescent well-being. *Children and Youth Services Review*, *182*, 108750. https://doi.org/10.1016/J.CHILDYOUTH.2026.108750

Althubaiti, A. (2023). Sample size determination: A practical guide for health researchers. *Journal of General and Family Medicine*, *24*(2), 72–78. https://doi.org/10.1002/JGF2.600;SUBPAGE:STRING:FULL

Antonietti, C., Schmitz, M. L., Consoli, T., Cattaneo, A., Gonon, P., & Petko, D. (2023). "Development and validation of the ICAP Technology Scale to measure how teachers integrate technology into learning activities." *Computers & Education*, *192*, 104648. https://doi.org/10.1016/J.COMPEDU.2022.104648

Antons, S., Müller, S. M., Neumann, P., Müller, A., & Steins-Loeber, S. (2023). Stimuli-Specific Inhibitory Control in Disorders Due to Addictive Behaviours: a Review of Current Evidence and Discussion of Methodological Challenges. *Current Addiction Reports*, *10*(4), 749–769. https://doi.org/10.1007/S40429-023-00517-Z/TABLES/2

Archer, C. (2022). The Impacts of Problematic Social Media Use on Youths: Evaluation and Treatment Recommendations. *Dissertations*. https://digitalcommons.nl.edu/diss/664

Atwood, S., Morgenroth, T., & Olson, K. R. (2024). Gender essentialism and benevolent sexism in anti-trans rhetoric. *Social Issues and Policy Review*, *18*(1), 171–193. https://doi.org/10.1111/SIPR.12099;PAGE:STRING:ARTICLE/CHAPTER

Avcı, M. (2025). Adolescents' experiences with substance use: risks, protective factors and interventions. *BMC Psychology 2025 13:1*, *13*(1), 802-. https://doi.org/10.1186/S40359-025-03125-W

Aziz, M., Chemnad, K., Al-Harahsheh, S., Abdelmoneium, A. O., Baghdady, A., & Ali, R. (2024). Depression, stress, and anxiety versus internet addiction in early and middle adolescent groups: the mediating roles of family and school environments. *BMC Psychology 2024 12:1*, *12*(1), 184-. https://doi.org/10.1186/S40359-024-01659-Z

Balmori, A., Macías, A., & de la Puente, M. P. (2022). Hormonal Differences Between Women and Men, Their Consequences on Addiction to Substances and Considerations on the Therapeutic Approach. *Current Addiction Reports 2022 9:2*, *9*(2), 86–98. https://doi.org/10.1007/S40429-022-00409-8

Batista-Foguet, J. M., Martínez Arias, R., Carbonell, X., Fernández Marin, X., Adan, A., Mendoza Berjano, R. J. M., Moreno Rodríguez, M. del C., Carmona Feliu, A., Ivern, J., Losada Cabestany, I., & Cortellazzo, L. (2025). *The Smartphone Addiction Degree Estimation Scale: Enhancing Assessment and Understanding of Gender Differences in Youth*. https://doi.org/10.2139/SSRN.5367506

Bondarchuk, O., Balakhtar, V., Pinchuk, N., Pustovalov, I., & Pavlenok, K. (2024). Coping with stressfull situations using coping strategies and their impact on mental health. *Multidisciplinary Reviews*, *7*(Special Issue), 2024spe034-2024spe034. https://doi.org/10.31893/MULTIREV.2024SPE034

Bora, M. M., & Karuç, S. (2025). Examining the Relationship between Physical Activity Attitudes, Technology Addiction, and Well-Being in High School Students. *International Journal of Education in Mathematics, Science and Technology*, *13*(5), 1253–1267. https://doi.org/10.46328/ijemst.5807

Bottaro, R., Valenti, G. D., & Faraci, P. (2024). Internet Addiction and Psychological Distress: Can Social Networking Site Addiction Affect Body Uneasiness Across Gender? A Mediation Model. *Europe's Journal of Psychology*, *20*(1), 41. https://doi.org/10.5964/EJOP.10273

Brannon, L. (2024). *Gender : Psychological Perspectives*. Routledge. https://doi.org/10.4324/9781003354543

Burgess Moser, M., Johnson, S. M., Dalgleish, T. L., Lafontaine, M. F., Wiebe, S. A., & Tasca, G. A. (2016). Changes in Relationship-Specific Attachment in Emotionally Focused Couple Therapy. *Journal of Marital and Family Therapy*, *42*(2), 231–245. https://doi.org/10.1111/JMFT.12139

Burrell, D. N. (2025). Exploring the Cyberpsychology and Public Health Risks of Online Sports Gambling. *Scientia Moralitas - International Journal of Multidisciplinary Research* , *10*(2), 154–178. https://doi.org/10.5281/zenodo.18041101

Carenys, A. Z., & Adan, A. (2025). Non-Suicidal Self-Injury as a Behavioural Addiction: A Systematic Review. *Current Addiction Reports 2025 12:1*, *12*(1), 67-. https://doi.org/10.1007/S40429-025-00680-5

Chen, B., Huang, W., & Hu, C. (2025). The relationship between positive exercise experiences and mobile phone addiction tendencies in older adults: a cross-lagged study. *Frontiers in Public Health*, *13*, 1710048. https://doi.org/10.3389/FPUBH.2025.1710048/BIBTEX

Cheng, Q., Zhao, G., Chen, J., Deng, Y., Xie, L., & Wang, L. (2022). Gender differences in the prevalence and impact factors of adolescent dissociative symptoms during the coronavirus disease 2019 pandemic. *Scientific Reports 2022 12:1*, *12*(1), 20193-. https://doi.org/10.1038/s41598-022-24750-0

Christiansen, D. M., McCarthy, M. M., & Seeman, M. V. (2022). Where Sex Meets Gender: How Sex and Gender Come Together to Cause Sex Differences in Mental Illness. *Frontiers in Psychiatry*, *13*, 856436. https://doi.org/10.3389/FPSYT.2022.856436/FULL

Creswell, J. W., Clark, V. L. P., Gutmann, M., & Hanson, W. E. (2003). Advanced mixed methods research designs. In *Handbook of Mixed Methods in Social and Behavioural Research*.

Efrati, Y., Kolubinski, D. C., Marino, C., & Spada, M. M. (2022). Early Maladaptive Schemas are Associated with Adolescents' Substance and Behavioral Addictions. *Journal of Rational-Emotive & Cognitive-Behavior Therapy 2022 41:3*, *41*(3), 690–709. https://doi.org/10.1007/S10942-022-00478-8

Faustino, B. (2025). Biopsychosocial and contextual pressures: Contributions to a metatheoretical disorder theory from neuroscience, evolutionary, developmental, and ecological perspectives. *Applied Neuropsychology: Adult*. https://doi.org/10.1080/23279095.2025.2469249;WGROUP:STRING:PUBLICATION

Fenech, R. (2021). Blended learning: Honouring students' Psychological Contract. *Http://Www.Editorialmanager.Com/Cogentedu*, *8*(1). https://doi.org/10.1080/2331186X.2021.1914286

Fitria, D., & Sari, K. (2025). The Influence of TikTok Social Media on Adolescent Social Behavior in the Digital Era: A Case Study in Kendari City. *Sinergi International Journal of Communication Sciences*, *3*(2), 127–140. https://doi.org/10.61194/IJCS.V3I2.757

Flanigan, A. E., & Babchuk, W. A. (2022). Digital distraction in the classroom: exploring instructor perceptions and reactions. *Teaching in Higher Education*, *27*(3), 352–370. https://doi.org/10.1080/13562517.2020.1724937

Francis, S. E. B., Shawyer, F., Cayoun, B., Enticott, J., & Meadows, G. N. (2022). Group Mindfulness-Integrated Cognitive Behavior Therapy (MiCBT) Reduces Depression and Anxiety and Improves Flourishing in a Transdiagnostic Primary Care Sample Compared to Treatment-as-Usual: A Randomized Controlled Trial. *Frontiers in Psychiatry*, *13*, 815170. https://doi.org/10.3389/FPSYT.2022.815170/BIBTEX

Ge, W. J., Zhu, S. J., Zhu, X. Y., & Chu, A. Q. (2025). Gender differences in co-rumination and transition shock among nursing interns in China: a cross-sectional study. *BMC Nursing 2025 24:1*, *24*(1), 420-. https://doi.org/10.1186/S12912-025-03089-7

Ghasemi, F., Beversdorf, D. Q., & Herman, K. C. (2024). Stress and stress responses: A narrative literature review from physiological mechanisms to intervention approaches. *Journal of Pacific Rim Psychology*, *18*. https://doi.org/10.1177/18344909241289222;WEBSITE:WEBSITE:SAGE;WGROUP:STRING:PUBLICATION

Gülkesen, K. H., Bora, F., Ilhanli, N., Avsar, E., & Zayim, N. (2022). Cohen's d and Physicians' Opinion on Effect Size: A Questionnaire on Anemia Treatment. *Journal of Investigative Medicine* , *70*(3), 814–819. https://doi.org/10.1136/JIM-2021-002031

Guo, J., Zhang, W., Jia, C., Zhang, X., Ai, L., & Peng, Y. (2025). The impact of perceived social support on anxiety and depression: the chain mediating effect of internet addiction and insomnia. *BMC Psychology 2025 13:1*, *13*(1), 1149-. https://doi.org/10.1186/S40359-025-03195-W

Gutierrez, D., & Mullen, P. R. (2016). Emotional Intelligence and the Counselor: Examining the Relationship of Trait Emotional Intelligence to Counselor Burnout. *Journal of Mental Health Counseling*, *38*(3), 187–200. https://doi.org/10.17744/MEHC.38.3.01

Han, S. (2024). Digitalization and job stress: exploring the mediating roles of job and personal aversion risk with gender as a moderator. *Frontiers in Psychology*, *15*, 1370711. https://doi.org/10.3389/FPSYG.2024.1370711/BIBTEX

Hébert, M., & Amédée, L. M. (2020). Latent class analysis of post-traumatic stress symptoms and complex PTSD in child victims of sexual abuse and their response to Trauma-Focused Cognitive Behavioural Therapy. *Https://Doi.Org/10.1080/20008198.2020.1807171*, *11*(1). https://doi.org/10.1080/20008198.2020.1807171

Hossain, Md. A., & Ara, S. (2025). AI-Enabled Neurobiological Diagnostic Models For Early Detection Of Ptsd And Trauma Disorders. *American Journal of Interdisciplinary Studies*, *6*(02), 01–39. https://doi.org/10.63125/64HFTC92

Hu, W., Cheng, Y., & Du, R. (2022). Effects of Overt and Relational Bullying on Adolescents' Subjective Well-Being: The Mediating Mechanisms of Social Capital and Psychological Capital. *International Journal of Environmental Research and Public Health 2022, Vol. 19, 19*(19). https://doi.org/10.3390/IJERPH191911956

Jang, H., Song, K., & Kim, J. (2025). Unraveling gender and racial/ethnic differences in the life course pathways from adverse childhood experiences to economic disadvantage in adulthood. *Child Abuse & Neglect*, *167*, 107595. https://doi.org/10.1016/J.CHIABU.2025.107595

Jebb, A. T., Ng, V., & Tay, L. (2021). A Review of Key Likert Scale Development Advances: 1995–2019. *Frontiers in Psychology*, *12*, 637547. https://doi.org/10.3389/FPSYG.2021.637547/TEXT

Jin, Y., & Jiang, S. (2025). Theoretical Perspectives on Adolescent Internet Addiction: A Comprehensive Literature Review. *Health & Social Care in the Community*, *2025*(1), 4875332. https://doi.org/10.1155/HSC/4875332

Karacan, S. (2024). *The psychological dimension of living with fear of terrorism: Social identity, existential anxiety, and media influence* [Middlesex University]. https://repository.mdx.ac.uk/item/244xx2

Kaurin, A., Krakau, L., Wicher, C. L., Philippi, P., & Shiner, R. (2025). Adolescents' pathological personality traits, mentalizing, and daily social interactions linking Criteria A and B from the DSM-5 alternative model for personality disorders. *Journal of Psychopathology and Clinical Science*. https://doi.org/10.1037/ABN0001074

Khan, A., Dawood, S., & Gandapur, M. K. (2024). Psychological Disorders Among Young Adults of Serwakai, District South Waziristan, Pakistan; Prevalence and Gender Differences. *Qlantic Journal of Social Sciences* , *5*(4), 210–216. https://doi.org/10.55737/QJSS.V-IV.24216

Khatun, J., & Azad, S. M. A. K. (2026). Exploring Psycho-Social Challenges and Coping Mechanisms Among Adolescents in Bangladesh: A Qualitative Approach. *Bioresearch Communications - (BRC)*, *12*(1), 2070–2077. https://doi.org/10.3329/BRC.V12I1.86782

Lang, M., Cazzuffi, C., Viscor, G., & Soto-Sánchez, J. (2025). A gender-integrated biopsychosocial model to understand cardiovascular risk in women working under environmental hazards: the case of chronic intermittent hypoxia. *Frontiers in Public Health*, *13*, 1672503. https://doi.org/10.3389/FPUBH.2025.1672503/BIBTEX

Levitt, H. M., Bamberg, M., Creswell, J. W., Frost, D. M., Josselson, R., & Suárez-Orozco, C. (2018). Journal article reporting standards for qualitative primary, qualitative meta-analytic, and mixed methods research in psychology: The APA publications and communications board task force report. *American Psychologist*, *73*(1), 26–46. https://doi.org/10.1037/AMP0000151

Li, X., Tang, N., Zhang, H., & Xu, J. (2025). Technology and Religion: Research on the Interaction and Acceptance of Digital Taoism Among Adolescents and Young Adults. *International*

Journal of Human-Computer Interaction. https://doi.org/10.1080/10447318.2025.2582070;WGROUP:STRING:PUBLICATION

Li, Y., Tian, E., Bakar, Z. B. A., & Ashari, Z. B. M. (2025). Gender differences in the relationship between bullying victimization and mobile phone addiction among adolescents: the mediating roles of depression and social anxiety. *BMC Psychology 2025 13:1*, *13*(1), 847-. https://doi.org/10.1186/S40359-025-03202-0

Lin, S., Fabris, M. A., Longobardi, C., & Mastrokoukou, S. (2025). The Association Between Social Media Addiction and Aggressive Behaviors: A Longitudinal and Gender-Specific Analysis. *Journal of Adolescence*, *97*(3), 798–807. https://doi.org/10.1002/JAD.12454;SUBPAGE:STRING:FULL

Loth, E. (2023). Does the current state of biomarker discovery in autism reflect the limits of reductionism in precision medicine? Suggestions for an integrative approach that considers dynamic mechanisms between brain, body, and the social environment. *Frontiers in Psychiatry*, *14*, 1085445. https://doi.org/10.3389/FPSYT.2023.1085445/FULL

Lyons, J., & Romano, E. (2019). Childhood Sexual Abuse Profiles and Psychological Functioning in Adult Males. *Https://Doi.Org/10.1080/10538712.2018.1563263*, *28*(5), 544–563. https://doi.org/10.1080/10538712.2018.1563263

Madhushani, Dominicta, & Rathnayake, H. G. (2025). "Virtually Illusionalised Reality of Mind: The Cognitive Effects of Social Media on Youth." *Journal of Social Sciences - NISD*, *3*(2), 113–138. https://doi.org/10.4038/JSSNISD.V3I2.42

Maqsood, A., Gul, S., Noureen, N., Yaswi, A., Maqsood, A., Gul, S., Noureen, N., & Yaswi, A. (2024). Dynamics of Perceived Stress, Stress Appraisal, and Coping Strategies in an Evolving Educational Landscape. *Behavioral Sciences 2024, Vol. 14, 14*(7). https://doi.org/10.3390/BS14070532

Marinelli, S., Basile, G., Manfredini, R., & Zaami, S. (2023). Sex- and Gender-Specific Drug Abuse Dynamics: The Need for Tailored Therapeutic Approaches. *Journal of Personalized Medicine 2023, Vol. 13, Page 965*, *13*(6), 965. https://doi.org/10.3390/JPM13060965

Marino, C., Melodia, F., Pivetta, E., Mansueto, G., Palmieri, S., Caselli, G., Canale, N., Vieno, A., Conti, F., & Spada, M. M. (2023). Desire thinking and craving as predictors of problematic Internet pornography use in women and men. *Addictive Behaviors*, *136*, 107469. https://doi.org/10.1016/J.ADDBEH.2022.107469

Martin, C. (2025). *Adolescent Daughters' Appearance and Behavior: Parental Encouragement and Influence: A Qualitative Descriptive Study*. Grand Canyon University.

Martinez Jr, C., Jennifer Jellison Holme, S., & Pedro Reyes Marie-Anne Suizzo, C.-S. (2025). *Beyond the school walls : how Latina/o adolescents co-construct their academic identity within the family*. https://doi.org/10.26153/TSW/61857

Masters, M., Zimmer-Gembeck, M. J., Farrell, L. J., & Modecki, K. L. (2023). Coping and emotion regulation in response to social stress tasks among young adolescents with and without social anxiety. *Applied Developmental Science*, *27*(1), 18–33. https://doi.org/10.1080/10888691.2021.1990060

Michelini, G., Carlisi, C. O., Eaton, N. R., Elison, J. T., Haltigan, J. D., Kotov, R., Krueger, R. F., Latzman, R. D., Li, J. J., Levin-Aspenson, H. F., Salum, G. A., South, S. C., Stanton, K., Waldman, I. D., & Wilson, S. (2024). Where do neurodevelopmental conditions fit in transdiagnostic psychiatric frameworks? Incorporating a new neurodevelopmental spectrum. *World Psychiatry*, *23*(3), 333–357. https://doi.org/10.1002/WPS.21225;REQUESTEDJOURNAL:JOURNAL:20515545;JOURNAL:JOURNAL:20515545;WGROUP:STRING:PUBLICATION

Miller, G. (2015). *Learning the language of addiction counseling*. John Wiley & Sons, Inc. https://books.google.com/books/about/Learning_the_Language_of_Addiction_Couns.html?hl=id&id=sVtEBAAAQBAJ

Mosto, G., Barbieri, G., & Rogier, G. (2026). Gambling, Gaming, Shopping, and Social Media Addiction: The Role of Materialistic and Hedonic Values. *International Journal of Mental Health and Addiction 2025*, 1–18. https://doi.org/10.1007/S11469-025-01628-6

Nagawa, C. S. (2022). Smoking Cessation in People with Mental Health Conditions: Exploring the Role of Family and Peers. *Clinical and Population Health Research*. https://doi.org/10.13028/9GDR-PB62

Najafov, R. (2025). Socio-Psychological Factors of Youth Deviant Behavior in the Contemporary Era and their Impact on Social Development Mechanisms: Forms and Patterns of Influence. *SSRN Electronic Journal*. https://doi.org/10.2139/SSRN.5370612

Obara-Gołębiowska, M. (2025). Psychological predictors of eating Behavior: The role of maladaptive schemas and emotion regulation across BMI, gender, and age groups. *Appetite*, *215*, 108243. https://doi.org/10.1016/J.APPET.2025.108243

Onu, D. U., Adangozi, C. P., Nnadozie, E. E., Ajah, A. C., & Igwe, E. J. (2026). Adverse childhood experiences and digital escape: can perceived social support diminish the pull of problematic pornography use among youth? *Current Psychology 2026 45:2*, *45*(2), 187-. https://doi.org/10.1007/S12144-025-08526-Z

Panigrahi, M., & Sharma, A. (2024). *Flood Vulnerability Mapping and Resilience in Urban Setting: A Review of Conceptual Frameworks and Assessment Methods*. 235–270. https://doi.org/10.1007/978-981-97-2688-2_11

Paul, F. A., Ganie, A. U. R., & Dar, D. R. (2024). Substance use in university students: a comprehensive examination of its effects on academic achievement and psychological well-being. *Social Work in Mental Health*, *22*(3), 452–484. https://doi.org/10.1080/15332985.2024.2306935;WGROUP:STRING:PUBLICATION

Perks, D. L. C., Watt, B. D., & Fritzon, K. M. (2024). Offence-specific scripts among juvenile deliberate firesetters: a possible explanation for fire proclivity. *Psychiatry, Psychology and Law*, *31*(1), 76–96. https://doi.org/10.1080/13218719.2023.2175067;WGROUP:STRING:PUBLICATION

Pollmann, A., Bates, K. E., & Fuhrmann, D. (2025). A framework for understanding adverse adolescent experiences. *Nature Human Behaviour 2025 9:3*, *9*(3), 450–463. https://doi.org/10.1038/s41562-024-02098-x

Rohrbach, L. A., & Milam, J. (2006). Gender Issues in Substance Abuse Prevention. *Handbooks of Sociology and Social Research*, 351–363. https://doi.org/10.1007/0-387-35408-5_17

Sata*, Dr. S. K. (2024). Integrative Analysis of Neurobehavioral Patterns and Physiological Manifestations in Adolescent Substance use Disorders: An Advanced Academic Perspective. *World Journal of Arts, Education and Literature*, *1*(2), 11–26. https://wasrpublication.com/index.php/wjael/article/view/69

Schinke, S., & Schwinn, T. (2005). Gender-specific computer-based intervention for preventing drug abuse among girls. *American Journal of Drug and Alcohol Abuse*, *31*(4), 609–616. https://doi.org/10.1081/ADA-200068415;SUBPAGE:STRING:ABSTRACT;WGROUP:STRING:PUBLICATION

Scott, A. E., Reicherts, L., Purohit, A. K., Hossain, E., Stefanidi, E., Wagener, N., Schöning, J., Rogers, Y., & Holzer, A. (2024). DIY Digital Interventions: Behaviour Change with Trigger-Action Programming. *Proceedings of the ACM on Human-Computer Interaction*, *8*(MHCI), 28. https://doi.org/10.1145/3676497;CSUBTYPE:STRING:JOURNAL;SERIALTOPIC:TOPIC:ACM-PUBTYPE

Shah, C. S., & Krishnan, S. (2023). Digital Gender Gap, Gender Equality and National Institutional Freedom: A Dynamic Panel Analysis. *Information Systems Frontiers 2023 27:2*, *27*(2), 605–634. https://doi.org/10.1007/S10796-023-10456-9

Shahbazi, M., Alizadeh Zarei, M., Hassani Mehraban, A., Karamali Esmaili, S., & Shahbazi, F. (2025). Causality in Adaptive Functioning of Children with Autism Spectrum Disorder: A Systematic Review with Narrative Synthesis. *Occupational Therapy in Mental Health*. https://doi.org/10.1080/0164212X.2025.2589875;WGROUP:STRING:PUBLICATION

Shaw, Z. A., Handley, E. D., Warmingham, J. M., & Starr, L. R. (2024). Patterns of life stress and the development of ruminative brooding in adolescence: A person-centered approach. *Development and Psychopathology*, *36*(4), 1685–1697. https://doi.org/10.1017/S0954579423000974

Shay, T. A. (2022). Herstory: Women and Drugs. Women in the Environment Perspective Using Meta-Ethnography. *Social Work Doctoral Dissertations*. https://doi.org/10.70013/w8bl3nq7

Shoaa Kazemi, M., Mahamid, F., & Hamamra, B. (2025). Exploring psycho-social growth after addiction trauma in families freed from substance use. *Journal of Ethnicity in Substance Abuse*. https://doi.org/10.1080/15332640.2025.2564105;WGROUP:STRING:PUBLICATION

Singh, A., & Nandy, A. (2024). Lifestyle diseases in adolescents: Addressing physical, emotional, and behavioral issues. *Lifestyle Diseases in Adolescents: Addressing Physical, Emotional, and Behavioral Issues*, 1–203. https://doi.org/10.2174/9789815274400124010 1

Sirin, S. R., Brauer, S. Z., & Tugberk, R. C. (2024). Reframing Adolescent Identity: A Global Perspective for the Digital Age. *Annual Review of Developmental Psychology*, *6*(Volume 6, 2024), 301–322. https://doi.org/10.1146/ANNUREV-DEVPSYCH-010923-101059

Smith, G., Robertson, N., & Cotton, S. (2022). Transgender and gender non-conforming people's adaptive coping responses to minority stress: A framework synthesis. *Nordic Psychology*, *74*(3), 222–242. https://doi.org/10.1080/19012276.2021.1989708;ISSUE:ISSUE:DOI

Snyder, S. (2023). A Developmental Systems Guide for Child and Adolescent Behavioral Health Practitioners. *North Broad Press.* https://doi.org/10.34944/QYFB-3B52

Stodden, D. F., Pesce, C., Zarrett, N., Tomporowski, P., Ben-Soussan, T. D., Brian, A., Abrams, T. C., & Weist, M. D. (2023). Holistic Functioning from a Developmental Perspective: A New Synthesis with a Focus on a Multi-tiered System Support Structure. *Clinical Child and Family Psychology Review 2023 26:2*, *26*(2), 343–361. https://doi.org/10.1007/S10567-023-00428-5

Su, Z., Yang, D., Wang, C., Xiao, Z., & Cai, S. (2025). Structural assessment of family and educational influences on student health behaviours: Insights from a public health perspective. *PLOS ONE*, *20*(9), e0333086. https://doi.org/10.1371/JOURNAL.PONE.0333086

Sugara, G. S., Rachmawati, S., Muhajirin, M., Rahimsyah, A. P., Bariyyah, K., & Muqodas, I. (2025). Mindfulness-Based Stress Reduction as a Treatment for Adolescent Social Media Addiction. *Journal of Addictions and Offender Counseling*. https://doi.org/10.1002/JAOC.70006;JOURNAL:JOURNAL:21644934;WGROUP:STRING:PUBLICATION

Suh, K.-H., Chung, S.-J., Jeong, G.-C., Lee, K., & Ryu, J.-H. (2025). Understanding Adolescent Social Media Use: A Narrative Review of Motivations, Risk Factors, and Mental Health Implications. *International Journal of Mental Health Promotion*, *27*(12), 1829–1845. https://doi.org/10.32604/IJMHP.2025.071879

Sun, H., Wu, D., Liu, W., Yu, G., & Yao, M. (2025). *Emotionally Vulnerable Subtype of Internet Gaming Disorder: Measuring and Exploring the Pathology of Problematic Generative AI Use.* https://arxiv.org/pdf/2510.06908

Tarimo, C. S., Feng, Y., Jia, S., Wu, X., Zhao, W., Zuo, Y., Wang, Y., Bi, Y., & Wu, J. (2025). Quantifying gender differences in the impact of internet addiction on adolescent depression: A causal inference approach. *Journal of Affective Disorders*, *379*, 793–802. https://doi.org/10.1016/J.JAD.2025.03.079

Todd, V. J., & Mcilroy, D. (2025). Construction and initial validation of an academic impostor syndrome measure. *Current Psychology 2025 44:6*, *44*(6), 4498–4510. https://doi.org/10.1007/S12144-025-07499-3

Ulke, D. (2022). From Nisarouin to Hougoumont: A comparative study of the impact of two veteran-focused archaeological initiatives on the mental wellbeing of military personnel and veterans. *Archaeology, Heritage, and Wellbeing: Authentic, Powerful, and Therapeutic Engagement with the Past*, 183–196. https://doi.org/10.4324/9781003182184-15/NISAROUIN-HOUGOUMONT-COMPARATIVE-STUDY-IMPACT-TWO-VETERAN-FOCUSED-ARCHAEOLOGICAL-INITIATIVES-MENTAL-WELLBEING-MILITARY-PERSONNEL-VETERANS-DAVID-ULKE

van Lissa, C. J. (2021). Mapping Phenomena Relevant to Adolescent Emotion Regulation: A Text-Mining Systematic Review. *Adolescent Research Review 2021 7:1*, *7*(1), 127–139. https://doi.org/10.1007/S40894-021-00160-7

Vanhulle, E. (2023). *The Moderating Role Of Emotion Regulation In Daily Life On The Association Between Interpersonal Stress And Depressive Symptoms In Adolescents*. Ghent University.

Varchetta, M., Tagliaferri, G., Mari, E., Quaglieri, A., Cricenti, C., Giannini, A. M., & Martí-Vilar, M. (2024). Exploring Gender Differences in Internet Addiction and Psychological Factors: A Study in a Spanish Sample. *Brain Sciences 2024, Vol. 14, 14*(10). https://doi.org/10.3390/BRAINSCI14101037

Vaske, J. E. R. R. Y. J., Beaman, J. A. Y., & Miller, C. R. A. I. G. A. (2024). Practical application of a minimal important percent difference formulation of Cohen's d. *Human Dimensions of Wildlife*, *29*(3), 269–283. https://doi.org/10.1080/10871209.2023.2233544;SUBPAGE:STRING:ABSTRACT;REQUESTEDJOURNAL:JOURNAL:UHDW20;JOURNAL:JOURNAL:UHDW20;ISSUE:ISSUE:DOI

Vergunst, F., Berry, H. L., Minor, K., & Chadi, N. (2023). Climate Change and Substance-Use Behaviors: A Risk-Pathways Framework. *Perspectives on Psychological Science*, *18*(4), 936–954. https://doi.org/10.1177/17456916221132739;SUBPAGE:STRING:FULL

Wang, Yuxin, Zhou, K., Wang, Yang, Zhang, J., Xie, Y., Wang, X., Yang, W., Zhang, X., Yang, J., & Wang, F. (2024). Examining the association of family environment and children emotional/behavioral difficulties in the relationship between parental anxiety and internet addiction in youth. *Frontiers in Psychiatry*, *15*, 1341556. https://doi.org/10.3389/FPSYT.2024.1341556/TEXT

Weyant, E. (2022). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches, 5th Edition. *Journal of Electronic Resources in Medical Libraries*, *19*(1–2), 54–55. https://doi.org/10.1080/15424065.2022.2046231

Wilson, S. L., Dinnerson, Q. L., & Peoples, A. B. (1 C.E.). Navigating Resilience Anti-Oppressive Social Work and the Ecological Framework for Black Children's Identity and Racialization. *Https://Services.Igi-Global.Com/Resolvedoi/Resolve.Aspx?Doi=10.4018/979-8-3373-0492-2.Ch005*, 119–180. https://doi.org/10.4018/979-8-3373-0492-2.CH005

Xie, P. P., Li, Z., Ma, C., & Zhao, J. (2024). Education Management Intervention in Managing School Problems. *Journal of World Englishes and Educational Practices* , *6*(1), 35–87. https://doi.org/10.32996/JWEEP.2024.6.1.3

Yaochen, L., & Van Der Blom, J. (2025). *Triggered by Design: How Algo rithmic Features of Social Media Disrupt Emotions and Academic Outcomes*. http://lup.lub.lu.se/student-papers/record/9203490

Yasir, M., Afaq, M., Rehna, T., & Nadeem, A. (2023). A Holistic Perspective towards Perils of and Pathways to Addiction Recovery in Pakistan: Exploring Indigenous Factors. *Journal of Professional & Applied Psychology* , *4*(4), 594–609. https://doi.org/10.52053/JPAP.V4I4.245

Yourell, M. (2025). *Addiction as a Response to Complex Trauma: The Role of Psychotherapy in Long-Term Recovery* [Dublin Business School]. https://hdl.handle.net/10788/4783

Yu, Y., Ge, J., Guo, F., & Duan, Y. (2025). Exploring the impact of nature connectedness on Chinese adolescents' climate change awareness and the mediating role of geographical synthetic thinking. *Scientific Reports 2025 15:1*, *15*(1), 26351-. https://doi.org/10.1038/s41598-025-11719-y

Yudes, C., Rey, L., & Extremera, N. (2022). The Moderating Effect of Emotional Intelligence on Problematic Internet Use and Cyberbullying Perpetration Among Adolescents: Gender Differences. *Psychological Reports*, *125*(6), 2902–2921. https://doi.org/10.1177/00332941211031792;WEBSITE:WEBSITE:SAGE;WGROUP:STRING:PUBLICATION

Zhang, Z., Lin, Y., Liu, J., Zhang, G., Hou, X., Pan, Z., & Dai, B. (2022). Relationship between behavioral inhibition/activation system and Internet addiction among Chinese college students: The mediating effects of intolerance of uncertainty and self-control and gender differences. *Frontiers in Public Health*, *10*, 1047036. https://doi.org/10.3389/FPUBH.2022.1047036/FULL

Zheng, Y., Zhang, J., Li, Y., Wu, X., Ding, R., Luo, X., Liu, P., & Huang, J. (2024). Effects of digital game-based learning on students' digital etiquette literacy, learning motivations, and engagement. *Heliyon*, *10*(1), e23490. https://doi.org/10.1016/J.HELIYON.2023.E23490