

## The psychological rebellion of adolescents and the role of the family in light of the challenges of new media

**Mayali Soumia<sup>1</sup>, Meddour Malika<sup>2</sup>**

<sup>1</sup> University of Mohamed Khider Biskra (Algeria),  
Faculty of human Sciences, Laboratory of the educational issue in Algeria in light of the  
current challenges, [soumia.mayali@univ-biskra.dz](mailto:soumia.mayali@univ-biskra.dz)

<sup>2</sup> University of Mohamed Khider Biskra (Algeria), [Malika.meddour@univ-biskra.dz](mailto:Malika.meddour@univ-biskra.dz)

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### **Abstract:**

This research addresses the problem of psychological rebellion among adolescents and the role of the family in light of the challenges of new media, using the descriptive and analytical approach. The importance of this research lies in what it offers to researchers and those interested in referring to this study and learning about the problem and the effects of the new media on adolescents and pushing them to psychological rebellion. Our goal in the study is to be an expert on the subject in all its aspects, its causes, its effects, While presenting ways to confront it, and proposing guiding methods to reduce the psychological rebellion of adolescents, and overcoming the negative impact of new media, as well as strengthening the role of the family in this. The study concluded that the new media has a significant impact on adolescent rebellion, as well as obstructing the family in carrying out its role.

**Keywords:** New media; Psychological rebellion; Adolescence.

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*Corresponding author: Mayali Soumia, e-mail: [soumia.mayali@univ-biskra.dz](mailto:soumia.mayali@univ-biskra.dz)*

## 1. INTRODUCTION:

The tremendous developments in the media have brought about a rapid transformation in society, making technology and media culture a necessity that cannot be overlooked, whether in practical life or for various personal uses. This has led to its widespread adoption across all segments of society, with varying levels of awareness. However, it is the young and teenagers who are most exposed to this technology, with its positive and negative aspects.

While many researchers continue to express concerns about the risks of television as a medium that broadcasts diverse programs and films through various satellite channels, as well as its significant and effective impact on the mental and physical health of teenagers, families have only recently become aware of the negative effects that television can have on their children. The emergence of more advanced and easily accessible individual media, at a cost as low as the price of a piece of candy, has further exacerbated this issue. Teenagers can now easily access a wide range of entertainment and satisfy their desires by switching between social media platforms, electronic games, films, series, music, and videos with varying contents

During adolescence, a phase characterized by physiological, psychological, and emotional changes, as well as increased conflicts, families play a crucial role as primary guides, sharing this role with other socialization institutions, especially educational institutions. Despite the difficulty of guiding and advising teenagers during this stage, it is important to recognize that certain psychological aspects may provide teenagers with justifications for rebellion. Families can seek ways to protect their teenagers before or during the onset of rebellion.

Given the above context, this study seeks to shed light on the phenomenon of psychological rebellion among teenagers in light of the literature and studies that have addressed it, while attempting to connect it to the effects of new media on family relationships and the role of parents in upbringing. Additionally, the study aims to propose a set of counseling techniques and strategies that may help families prevent and reduce psychological rebellion in teenagers.

The problem of rebellion is a clear psychological and behavioral issue, particularly evident in recent years, especially during the adolescent phase characterized by physiological and psychological changes, emotional fluctuations, and increased conflicts. This problem has raised questions about the parties involved and the extent of their influence on pushing teenagers towards psychological rebellion. Among the most important questions are:

- What are the causes and effects of psychological rebellion in adolescents?

## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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- What is the impact of new media on the role of parents in the socialization process of their children?
- What is the effect of new media on the psychological rebellion of adolescents?
- What are the ways to confront the effects of new media to reduce the psychological rebellion of adolescents and enhance the role of the family?

The problem of rebellion was evident to the researchers, who were members of the educational team and directly involved with students. Additionally, everyone in the field of education and parents has noticed this problem, especially in recent years with the challenges posed by new media. This prompted the researchers to conduct this study to understand the impact of new media on the role of parents in raising their children, forming strong family relationships, and consequently, on the psychological rebellion of teenagers. Moreover, the study aims to identify mechanisms and interventions that can assist families in preventing.

### **Importance of the study:**

- There is no Arabic psychological study within the researchers' limits that has addressed the effects of new media on the psychological rebellion of adolescents.
- It tackles an important issue, which is psychological rebellion, especially during the adolescent stage, during a critical and significant period, as it involves searching for identity and role selection and reducing teenage rebellion in the context of new media challenges.
- It addresses a current issue, which is new media, whose negative impact is becoming increasingly alarming, especially among those addicted to its use, and the emergence of psychological and ethical problems that were previously unknown.
- This study may open the door for researchers, especially in the field of mental health, to take more interest in this type of study and delve deeper into it. It can also help in the development of family counseling programs to assist families in avoiding and overcoming the problem of the negative effects of new media and psychological rebellion in adolescents.
- This study may enrich the theoretical framework of new media and its impact on the psychological rebellion of adolescents and the role of

parents.

This study may contribute to raising awareness among parents and educators about the importance and necessity of addressing and preventing the negative effects of new media and dealing with the psychological rebellion of adolescents.

#### **RESEARCH OBJECTIVES:**

- Identify the causes and effects of psychological rebellion among adolescents
- Revealing the impact of new media on the role of parents in raising their children
- Identify the impact of new media on the psychological rebellion of adolescents
- Finding ways to confront the effects of new media to reduce psychological rebellion among adolescents and enhance the role of the family

#### **Study Concepts:**

**1-New Media:** It is the investigation of current news, its processing, and its dissemination to the public at a speed enabled by modern media." (Al-Delami, 2012, p. 176)

**2-Adolescence:** "It is a transitional stage from childhood to adulthood characterized by complex physical, psychological, and cognitive changes. Clear organic, psychological, and mental changes occur, turning the young child into a member of the adult society." (Asaad & Makhoul, 1982, p. 225)

**3-Psychological Rebellion:** it is defined by Thomas et al. (2001) as a cognitive-emotional force that arises when personal freedom is contradicted or threatened with annulment. This emotional state seeks to regain threatened behaviors, resulting in compensatory or corrective behavior that can be expressed either behaviorally, cognitively, or emotionally by engaging in some socially prohibited actions.(Thomas.A, Donnel.A, Bubolts.J, & C, 2001, p. 12)

The researcher defines psychological rebellion as: "The feeling or sense of rejection, non-compliance, and refusal to submit to everything that is socially acceptable, and opposition to authority represented by the family, educational institution, and society, in an attempt to regain freedoms believed to be denied or threatened. It can be expressed cognitively, emotionally, or behaviorally, or a combination of all at once."

#### **Literature review**

##### **First : New Media**

It is a term that has been used to describe various forms of communication in

## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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contemporary society. It emerged as a result of a technological revolution in media, with multiple uses across different platforms and channels for disseminating information. It includes concepts like "digital media," referring to any media that operates within digital systems, "interactive media," which allows audience participation through contributions on websites and blogs, "online media" connected to the internet, and "multimedia" that integrates various forms of information (text, images, video). Other terms associated with it include "cyber media," which involves electronic control mechanisms in place of human intervention, "community media," "alternative media," "mobile media," and more.

The diversity of these terms has made it challenging to pinpoint a specific definition for "new media," and its exact nature is not yet entirely clear. Additionally, the technology in media evolves rapidly, bringing innovations beyond our current understanding. However, as Jones defines it, "New media is a term used to describe forms of electronic communication made possible through the use of computers as opposed to traditional media, which includes print newspapers and magazines, television, and radio to some extent". (AL- Sheikh, 2020, 2021)

Many researchers summarize its concept as the result of the integration of three elements: computers, networks, and multimedia. Thus, electronic or online communication has become a necessity for obtaining information directly and with minimal effort. This has led most societies to seek modern digital media and advanced computer devices. The internet, in particular, has spread extensively in various parts of the world, both in rural and urban areas.

As digital media continues to multiply and evolve, and as the internet expands with its latest interactive and communicative technologies, the landscape of media changes and transforms into one of the new media forms.

Since the internet has become a necessity for both private and public interests, and its availability in various sectors, including politics, economics, social affairs, healthcare, and education, is considered essential, it has also personal uses for practical, academic, or entertainment purposes. This has prompted individuals, especially young people and teenagers, to acquire the latest internet-connected devices. "Laptops and mobile phones quickly became equipment for teenagers, and they use them in a negative way. Therefore, increased monitoring by parents is necessary to avoid risks for teenagers" (Al-Delami, 2012, p. 278)

Al-Sheikh, (2020, 2021) characterizes New media by several features, including:

\* Interactivity: This refers to the exchange of roles between the communicator and the receiver, where communication becomes bidirectional and interactive, rather than one-directional. It allows the receiver to become an active participant. Instead of referring to communicators as sources, they are referred to as participants.

\*Freedom of Publication: The new internet has granted freedom of publication to the general public, eliminating the monopoly of media owners. It has given rise to the phenomenon of citizen journalism, where ordinary individuals create news and provide information. Individuals have become both producers and consumers of content simultaneously.

\*A synchronicity: The new media has transformed the traditional communication model. It allows for networking between individuals and groups, removing the need for synchronous communication. Any media content can be viewed at any time and on any platform, such as YouTube.

\*Ubiquity and Pervasiveness: New media has broken geographical barriers, allowing anyone to publish and share information worldwide. The extensive online space has provided depth and inclusivity to websites.

\*Use of Multimedia: New media incorporates various multimedia elements, including animations, images, audio effects, and visual enhancements. These elements facilitate a rich and impactful presentation of content, catering to internet users. It also enables convergence and integration between different media.

\*Media Convergence: The digital revolution has ushered in a new era of media convergence, where different media forms integrate and complement each other. There is increased competition among media outlets in terms of how they cover events and their credibility.

In procedural terms, new media can be defined as the interactive communication process between teenagers and various digital media, utilizing different digital tools and technologies such as computers, digital tablets, and mobile devices. This process satisfies their desires for communication through various channels and platforms, such as social media, or for entertainment and leisure, such as playing video games and consuming content like movies, TV series, videos, and music.

### **Second: psychological rebellion of adolescence**

Since adolescence is a critical period in a child's life, during which they go through physical, emotional, and intellectual changes, many factors intersect with

## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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these changes and transitions until they reach mental, emotional, and social maturity. In order for children to reach this stage, they engage in an internal psychological struggle, expressing to the society around them that they are capable of self-independence. Their first proof of this is usually towards their family, as they strive for independence from their parents. They then seek to break free from conforming to societal norms, principles, and even religious customs that they view as restricting their freedom. It is; therefore, necessary to define the concept of adolescence in advance.

### **2-1.The Concept of Adolescence:**

The linguistic meaning of the verb "rahq" (teen) is to approach something. They say, 'A young boy who has approached puberty,' meaning one who has neared the age of reaching adolescence. "Rahq al-hilm" means approaching or reaching the age of puberty, where the different parts of the reproductive system reach their maximum efficiency and functionality during various stages of the life cycle . (IbnManzur, 2003, pp. 128-130).

This leads us to the terminological concept that adolescence is a rapid approach and transition towards maturity.

However, the terminological concepts of adolescence have diversified among researchers in various fields due to the importance of this life stage. It has its own style, needs, and culture. Some concepts focused on the biological aspect, considering adolescence as "the period between puberty and reaching sexual maturity, where different parts of the reproductive system reach their maximum efficiency, during different stages of life" (Hamdawi, 2022).

These concepts emerged based on studies that emphasized adolescents' focus on their physical growth, considering it significant in terms of organic and physiological aspects. Other studies addressed the aspect of cognitive growth and development during adolescence, such as thinking, attention, and memory, as well as the emotional and social growth, which could be influenced by biological changes or interactions within a network of social relationships. One concept summarized adolescence as "the gradual approach to mental, psychological, and social maturity" (Al-Hamdan, 2011, p. 19).

On the contrary, some concepts took a completely different direction and considered adolescence as the stage of financial self-reliance, focusing on its economic aspect. Beyond academic concepts and studies, the public opinion often views adolescence as a period of recklessness and indifference.

Among the concepts attempting to approach all aspects of adolescent growth, considering this stage as a period of transition and transition from childhood to adulthood is one that highlights adolescence as a period of self-interest, self-awareness, and self-discovery. Adolescence can be divided into three dimensions: biological (puberty), social (youth), and psychological (adolescence) (Hamdawi, 2022).

Due to the significance of this life stage, various scientific theories and methodological approaches have sought to understand, interpret, and analyze adolescence, whether in primitive or modern societies (Hamdawi, 2022).

Starting with the historical and cultural theory, tracing its developmental and evolutionary path, then the organic or biological theory, which regards adolescence as a new psychological birth or a second birth. The normative theory focuses on enlightening adolescents ideologically, refining them religiously, and educating them intellectually and ideologically. Freudian psychoanalysis linked it to the childhood stage, considering the sexual maturation of adolescents as an extension of previous sexual stages. Anthropological and cultural theories considered it a product of the environment, society, and the prevailing culture. The developmental psychology perspective of adolescence characterized it as a period of mental, logical, intellectual, and cognitive abstraction. Sociological theories with a structural-functional perspective aimed to integrate youth into society, taking into account political, economic, social, and ideological conflicts.

However, the most challenging conflict may be the one that occurs between the physical and psychological motives of adolescents that need to be satisfied and the control exerted by society or the conscience, which serves as the superego, preventing them from doing so. This conflict is often referred to as "psychological rebellion"

## **2-2: The Concept of Psychological Rebellion:**

In language, rebellion is derived from the root to rebell which means excessive indulgence in sinful behavior that cannot be corrected through admonishment and warning (IbnManzur, 1968, p. 463). In the realm of terminology, Al-Sharbini (2001) defined it as: "This behavior occurs during adolescence and in cases of deviation, both in children and adults" (Al-Sharbini, 2001, p. 206).

Al-Hamdani (2009) defined it as the rejection of an individual for anything directed towards them in terms of action or speech and their resistance. These words and actions do not align with their own values and principles . (Al-Qeeq, 2017, p. 6).

Al-Anani (2005) defined it as disobedience and not complying with the

## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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demands of adults, particularly in the context of a child not doing what their father or mother asks them to do when they should be doing it (Al-Anani, 2005, p. 149).

The researchers in this study adopted Al-Anani's definition because it specifically refers to the rebellion of children against adults, especially parents. This is in contrast to Al-Sharbini's definition, which suggests that rebellion can occur at any stage of life, whether in childhood or adulthood.

### **Thirdly: Explanatory perspectives of adolescent rebellion**

Psychological contributions to the understanding of adolescent rebellion are diverse, but they can be categorized into several perspectives, with two main axes being the biological perspective and the psychological-social perspective. In this section, we will explore the biological perspective.

#### **3-1 Biological Perspective:**

Some studies indicate that injuries in specific brain regions can lead to serious behavioral issues in adolescents. Furthermore, psychological rebellion has been associated with abnormal levels of chemicals, especially in the brain region called neural transmission devices. Neurotransmitters assist in communication between brain cells, and if these chemicals are originally imbalanced or malfunctioning, they may not process messages in the brain correctly, resulting in symptoms of psychological rebellion. Rebellious adolescents tend to have higher levels of androgen hormones, such as testosterone, in their adrenal glands, with these hormone levels significantly exceeding those of non-rebellious individuals. While rebellious adolescents often exhibit lower resting heart rates than the norm, their heart rates can significantly increase when provoked or exposed to frustration, emotional stress, or challenges. Cortisol, a stress-related hormone, is found to be lower in rebellious adolescents compared to non-rebellious individuals, suggesting differences in their stress responses. Research has also revealed variations in the levels of neurochemicals like 5-Hydroxyindoleacetic acid (5-HIAA) and Homovanillic acid (HVA) between rebellious and non-rebellious individuals, shedding light on the neural basis of rebellion. One notable theory within the biological perspective is George Stanley Hall's "Stress and Strain" theory: (Shleil, 2015, pp. 29-30)

#### **George Stanley Hall's Theory (Stress and Strain):**

This theory posits that an individual summarizes their entire human experience from the beginning, including periods of suffering, pain, and effort, to the stage

of maturity achieved through modern civilization. It is based on a biological foundation and relies on the genetic characteristics of the human species embedded in their genetic makeup. According to this theory, a child up to the age of four represents a primitive stage (semi-animal) in human history. Adolescence, on the other hand, is a "difficult transition" from the primitive stage to civilization, marked by various adaptation challenges. Hall emphasizes that adolescence is a time of "stress and strain." (Hall, 1987) It is worth noting that Stanley Hall, considered the founder of the psychology of adolescence, introduced the concept of adolescence into contemporary psychological studies. He was the first to study adolescence without linking its characteristics to social environments. Instead, he viewed it as a "second birth" due to the organic changes occurring during this period. According to Hall, all adolescents go through similar phases and exhibit common symptoms and characteristics, regardless of their environments and cultures. (Wegner, Schacter, & Gilbert, 2010)

In conclusion, the biological perspective, especially George Stanley Hall's theory, provides insights into the biological foundations of adolescent rebellion. While it offers valuable contributions, it tends to underestimate the significance of psychological and emotional aspects, which can vary significantly from one individual to another. These psychological and emotional factors can also lead to various effects during adolescence, some of which may even develop into physiological disorders if not properly addressed.

### **3-2: Psychological-Social Perspective:**

Despite the fact that human societies have been familiar with the concept of rebellion since ancient times, psychologists have only recently started to pay attention to it compared to their interest in other psychological variables. Even though they have indirectly referred to it, they have not dedicated specialized and direct theories to psychological rebellion, except for the theory of social psychologist Jack Brehm in the 1960s.

#### **3-2-1: Jack Brehm's Psychological Reactance Theory (Jack Brehm 1966):**

Jack Brehm was the first to research individuals' reactions to regaining their deprived or threatened freedom. He believes that individuals may engage in actions without being aware of why they do them, and may perform actions they feel compelled to do (Al-Sabbab, 2011, p. 200) .

He also believes that individuals possess a set of personal freedom, and they experience psychological reaction whenever any of these behaviors are removed or threatened to be taken away. In other words, they feel rebellious when they

## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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perceive that their freedom to engage in behavior A or B, for example, has been restricted, and they are then made aware that they cannot engage in behavior A, so they will feel reactance. Brehm explained that psychological reactance is a motivational force believed to arise when personal freedom is diminished, restricted, or threatened, prompting individuals to regain or recover compensatory behavioral patterns known as "reactance effects." These effects can be expressed behaviorally, cognitively, or emotionally, and the individual in a state of emotional reactance is often narrow-minded and somewhat irrational (Al-Hamdani, 2009, p. 105).

According to Mazhar (2019), following Brehm's Psychological Reactance Theory, the individual's response to reactance will be influenced by both justification and legitimacy, creating constraints on direct or indirect attempts to regain lost freedom.

The terms justification and legitimacy have a twofold effect: first, they affect the magnitude of reactance, and second, they influence the constraints against reactance effects. If a father prevents his son from staying up late with his friends due to certain circumstances or conditions, the father has provided a justifiable reason for the restriction. In this case, the threat to freedom is minimal, and the son's level of reactance is not likely to increase, as there is legitimacy to the restriction. (Mazhar, 2019, p. 67)

However, if the attempt to restrict an individual's freedom is unjustified and lacks legitimacy, it leads to greater or heightened reactance because the individual will expect a threat to more of their behaviors (Brehm & Weintraub, 1977).

### ***Four: The Impact of New Media on Child Rearing***

#### ***4-1: The Impact of New Media on the Role of Parents in the Socialization Process***

The family's role is not limited to reproduction and ensuring the continuation of the social gender; it extends to integrating children and instilling the habits and values of society in them. This means that the family plays a part in socializing children according to the standards accepted by society.

The function of instilling values of belonging, especially human rights, in the early stages of a child's life is crucial. Parents should instill positive spiritual and ethical values in the child, introduce them to their religion, and cultivate a sense of pride in their homeland and love for it. Parents should also emphasize and

develop any positive behavior that preserves and enhances national belonging values, serving as role models through their positive actions (Nojoumn, 2021, p. 956).

In the age of technology and open media, new media has become a direct partner with families in the socialization process. For decades, families, schools, mosques, and the community have played the primary role in socialization. However, this partnership in socialization can have negative aspects. Traditional socialization operates within a societal system linked to parents, customs, traditions, and prevailing values. In contrast, socialization resulting from new media is based on multiple, unrestricted hybrid cultures.

On the other hand, there is another group that considers media to be an educational tool, enhancing children's intellectual and cultural capabilities. They believe that it instills desirable habits and values in children. Some even view media as an important family bond and a means of maintaining family discipline. In this regard, Dr. Ahmed Turki says, "Families have shed some of their roles to television." However, it cannot be denied that new media has ethical implications. (Nojoumn, 2021, pp. 959-960).

Many studies have shown that a significant percentage of users are primarily exposed to pornographic websites, which is one of the most significant dangers of new media. Electronic pornography is particularly dangerous to modesty, religious values, and ethical behavior that every individual should possess within any society (Sahrawi & Ghadban, 2014, pp. 227-228)

Isolation or users' tendency to use the computer alone is one of the most debated issues among experts and researchers in new media use due to the feature of immersion in these technologies, exploring websites, and their content. This immersion, often referred to as "Internet addiction" in some communication and psychology studies, has led many researchers to acknowledge users' isolation and their reduced need for interpersonal communication with family and friends. This reflects negatively on individuals in their relationships with others. (Samshi, 2015, p. 209)

Consequently, the distance between family members and the community, and the absence of personal communication among them, affects the socialization of society members. As controlling these emerging technologies and their impact on social values and behaviors becomes increasingly difficult, individuals use them as a substitute for social interaction within the family. Thus, the user's primary concern becomes spending long hours exploring approved websites, indicating a change in the social values system of individuals, the transmission of digital

## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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virtual community values, and the culture of computing. This creates a conflict between two different generations in terms of standards, values, and goals (Khalil Al-Omar, 2005, p. 218). It is undeniable that new media has moral effects. Many studies have shown that a large percentage of users are primarily exposed to pornographic websites, which is the most significant problem of new media. Electronic pornography is one of the most dangerous things that can affect modesty, religious values, and human values that every individual should possess within any society (Sahrawi & Ghadban, 2014, p. 217).

These websites have become so influential within families that they have almost replaced the real world, and some individuals have become addicted to them. They have begun to threaten many family values, including the value of social gatherings and collective enjoyment, discussion, and conversation, the value of eating together, the value of confiding in family rather than strangers, the value of visits during occasions and non-occasions, and the value of playing with neighbors and schoolmates. Additionally, they have obscured another important family value that parents know their children's friends to understand their morals and suitability for interaction with their children. These strangers, who may be older and may lead children into a world of crime, drugs, addiction, sexual misconduct, and pornography, can sometimes pose a danger to the child or adolescent (Nojourn, 2021, pp. 962-963).

### **4-2: The Impact of New Media on Family Relationships:**

Most studies suggest that the use of new media at home has a negative impact on the relationships between individuals and their family members. Conversely, it has a positive impact on their relationships with friends, relatives, and neighbors. The presence of these media at home necessarily affects the pattern of social relationships among family members, and can lead to two patterns of separation or distance:

**Material or Spatial Separation:** This separation arises as a result of spatial distancing within the home, such as having separate rooms for each family member with various communication devices. Each individual is exposed to various forms of communication in isolation.

#### **Mental Separation:**

This separation occurs between family members even when they are in the same physical space but are mentally detached due to their focus on specific communication devices. Each person may not feel the presence of the other,

especially considering that the internet, in particular, requires a high degree of concentration and individual exposure. (Samshi, 2015, p. 209)

#### **4-3: The Impact of New Media on Teenage Rebellion:**

Given the scarcity of studies and research related to teenagers and their direct relationship with new media, as well as with teenage rebellion, it is essential to shed light on this phenomenon, which has become a real threat to both families and individuals, especially during this critical period.

Rebellion is one of the psychological and behavioral problems widely observed during adolescence. This can be attributed to the physiological, psychological, and emotional changes that affect teenagers' behavior.(Al-Aayesh & Al-Ghayderi, 2021, p. 173)

Scholars like Shigo have noted that one prominent characteristic observed in rebellious individuals is a prevalent feeling of dissatisfaction with their families. This dissatisfaction stems from the father's strict adherence to traditions and customs, his strictness, and his tendency to exert pressure on his children to comply with his orders within the family. (Al-Matarna, 1995, p. 22)

Considering that families rely on the nature of communication within them, the emergence of new media has disrupted their fundamental functions. The decline in dialogue and communication within the family has led to an inability to consolidate values, customs, and traditions among their children. Families are now unable to monitor and choose suitable friends for their children. They find themselves incapable of confronting the various hybrid values and diverse cultures that have emerged as a result of new media exposure. This lack of control over their children's choices and their connections with friends who may be of different ages, genders, or even religions and the pursuit of pleasure without regard to the consequences can lead to rebellion against societal norms and authority figures.(Al-Aayesh & Al-Ghayderi, 2021, pp. 178-179)

In this context, families often face a crisis as serious as the one teenagers go through. They may try diligently reestablish communication with their children to correct and reinforce the prevailing values, customs, and traditions in society instead of the hybrid ones acquired by their children. However, they sometimes fail due to the entrenched nature of these hybrid values and the teenager's addiction to the virtual world, which has become disconnected from the real world. This may lead parents to resort to domination and violence to counteract the influence of modern media, resulting in various problems, including psychological rebellion.

**Fifth: confronting the effects of new and the psychological rebellion of adolescents**

**5.1 the role of parents in confronting the effects of new media and the rebellion of their children**

Since families cannot live in isolation from other socialization institutions, it is essential for them to play their role in monitoring and guiding, especially regarding new media. This can be achieved by raising children's awareness of the quality of programs and suitable websites, as well as setting specific time limits for their use. Furthermore, families should work on enhancing communication with their children, ensuring that they find a fertile ground to express their thoughts and feelings, thereby maintaining strong bonds between parents and children and preventing a loss of control and the imposition of authority on children, which can lead to rebellion.

Shalail emphasized that the absence of proper guidance, appropriate role models, treating the youth as children, excessive social restrictions, fascination with Western lifestyles, neglect, oppression, and deprivation, along with media that inundates programs with stimuli encouraging rebellion, can lead to issues. (Shleil, 2015, p. 22).

Parents can also participate in watching programs with their children, engaging in discussions about them, and setting an example of responsible media use. The role of parents may not be challenging when addressing the issue from the beginning, i.e., by preventing children from delving into a virtual world that gradually draws them deeper. The more significant challenge lies in attempting to address the problem after addiction has been set. According to Samshi (2015), internet addiction, which is defined as compulsive and non-adaptive usage leading to clinical disorders, can become a primary activity for some individuals, making quitting or replacing it with other activities extremely challenging. This phenomenon is akin to substance abuse and alcoholism. (Samshi, 2015, p. 210 )

Therefore, early intervention is necessary to mitigate the negative effects of addiction to new media. Parents must employ appropriate parenting techniques and, when needed, seek guidance from family counselors.

**5.2 The role of family counseling in modifying adolescent psychological rebellious behavior**

Family counseling is a deliberate assistance process provided by a specialized family counselor who uses counseling and its techniques to help individuals and

families, either individually or collectively, to solve problems and achieve family stability, harmony, and adaptation.

It is a process conducted by the counselor or counseling team to help family members understand their potential, develop their social relationships, and find appropriate solutions to their problems. This process aims to achieve family stability, psychological harmony, and mental health for individuals, families, and society. (Ben Flis, 2011, pp. 216-217)).

Family services, whether individual or collective, are considered among the most effective in reducing violent and rebellious behaviors among teenagers. This is accomplished through various methods and techniques to assist parents, children, and all family members in solving their problems.

Family counseling helps families by providing insight into healthy methods while avoiding unhealthy ones. Below is a model for one of the family counseling approaches (Ben Felis, 2011).

**Individual Sessions with Family Members:**

- Counseling individuals about the developmental stage (adolescence).
- Discussing psychological, physical, social, and physiological characteristics.
- Presenting video clips about the changes that occur during adolescence.
- Exploring how teenagers perceive the life they are living and the attitudes of others around them.
- Highlighting common mistakes that parents and family members can make when dealing with teenagers.
- Explaining effective ways to interact with and communicate with teenagers.

**Individual Sessions with the Teenager:**

- Clarifying the nature of the changes that each teenager goes through during this stage.
- Discussing the teenager's self-perception and their perception of the world they live in, especially within the family.
- Discussing the aspects that the teenager sees as negative within their family.
- Discussing the aspects that the teenager sees as positive within their family.
- Discussing the psychological and social needs of the teenager.
- Discussing the teenager's aspirations and ambitions.

## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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### **Group Sessions Among the Parties (Confrontation Sessions):**

During these sessions, the problem is discussed with all parties involved, following these steps:

- Discussing the father's main perceptions of the teenager's behaviors separately.
- Giving the teenager the right to respond.
- Discussing another party's perceptions of the teenager's behaviors.
- Giving the teenager the right to respond.
- Discussing the mother's perceptions of the teenager's behaviors.
- Giving the teenager the right to respond.
- The counselor intervenes periodically to guide the discussion.

Family counselors can also introduce parents to various modern parenting methods, provide training for them, and assist them in raising and nurturing their children through dialogue, modeling, and setting examples. Additionally, they can provide effective counseling programs to reduce the negative effects of new media, regulate its consumption, and help modify and refine their behaviors.

### **Conclusion**

In conclusion, considering the role of families in guiding and counseling their adolescent children during a period of rapid physical and emotional growth, it's important to recognize that although the specific characteristics and values may differ from one society or family to another due to various cultural, religious, historical, and social factors, the commonalities in adolescent experiences are substantial. Therefore, counseling and guidance approaches may vary in content but share similar methods and mechanisms.

Educators, sociologists, and psychologists emphasize that adolescence is a period characterized by cognitive and intellectual development alongside physical growth. During this stage, adolescents acquire the ability to engage in mental processes such as thinking, attention, memory, imagination, and critical thinking. This cognitive development can facilitate the family's role in addressing psychological issues that may lead to various forms of emotional rebellion, thus increasing the chances of implementing preventive measures.

Key approaches include continuous dialogue and discussion with the adolescent, with parents or mature siblings seeking to understand the adolescent's interests, the type of media they engage with, all without imposing opinions but

rather guiding through open communication. Adolescents possess various competencies, and instead of viewing them solely through the lens of negative emotional behaviors like intense anger, defiance, stubbornness, isolation, or aversion to work, it is important to acknowledge their positive qualities during this critical period. Encouraging qualities such as enthusiasm, ambition, jealousy, and the willingness to sacrifice can foster self-confidence and a sense of responsibility, potentially preventing psychological rebellion, which can be a significant psychological disorder.

The technological advancements that have brought new media, readily accessible to all households, have had profound impacts on family values and social relationships. Therefore, it is imperative to develop family-oriented counseling and guidance programs that are culturally sensitive and adapted to the values of the community. These programs should raise awareness among parents and adults within the same family about the risks associated with new media and should be disseminated through educational institutions, mosques, media outlets, and the press. The counseling needs of adolescents necessitate vigilant families that believe in the capabilities of their adolescent children during this crucial phase and acknowledge the fragility of this stage. Parents should position themselves to serve their adolescents comprehensively, making them responsible citizens.

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## **The psychological rebellion of adolescents and the role of the family in light of the challenges of new media**

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