

**Living Arrangements, Self-Esteem, and Adolescent Internet Addiction: The Moderating Role of Parental Restrictive Control within a Multisystemic Resilience Framework**

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**Background:** Adolescent internet addiction has become a critical concern in the digital era. Family living arrangements and parental control are closely associated with adolescents' online behaviors. Although parental restrictive control is often regarded as a protective strategy against problematic internet use, growing evidence suggests that excessive restriction may undermine adolescents' autonomy and self-esteem. Guided by Multisystemic Resilience Theory, this study examines whether the effects of parental restrictive control vary across different family living arrangements.

**Methods:** Data were drawn from the Communication Survey Database conducted by the Center for Survey Research, Academia Sinica, comprising 1,505 Taiwanese adolescents. Latent Class Analysis was applied to identify diverse co-residential configurations beyond the conventional two-parent versus single-parent binary. A moderated mediation model was estimated, with living arrangement as the predictor, self-esteem as the mediator, internet addiction as the outcome, and parental restrictive control as the moderator. PROCESS macro with 5,000 bootstrap samples was used to estimate direct, indirect, and conditional indirect effects.

**Results:** Adolescents living in single-mother families and single-father multigenerational households reported significantly lower self-esteem than those living in standard nuclear families. Lower self-esteem was associated with higher levels of internet addiction, supporting the mediating role of self-esteem. A significant interaction between single-father multigenerational arrangements and parental restrictive control on self-esteem ( $B = -0.222, p < .05$ ) showed that in the absence of maternal caregiving, higher restrictive control was associated with further erosion of adolescent self-esteem rather than protection. The interaction between self-esteem and restrictive control also significantly predicted internet addiction ( $B = -0.053, p < .05$ ), indicating that parental control operates differently depending on adolescents' internal psychological resources.

**Conclusion:** Parental restrictive control does not function as a uniformly protective strategy. Its effects on adolescent self-esteem and internet addiction vary substantially by family structure, with maternal absence being a critical condition that reverses the expected direction of parental control. Digital parenting programs should account for family structural diversity rather than applying a one-size-fits-all approach.

**Keywords:** Internet Addiction; Family Living Arrangement; Parental Restrictive Control; Self-Esteem; Multisystemic Resilience; Taiwanese Adolescents