

# The value of family in the context of the frequency of Internet use by Polish youth – communication barriers and problems

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- A Study Design
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## Abstract:

**Background and Study Aim:** The value of the family, despite the wide, macrostructural social changes, is still the most common value in Polish society. This value has the intergenerational specificity and is the part of axiological system of individuals from all of the present generations and sociodemographic categories. The cognitive goal of this research is knowledge about personality burdens related to the use of social media by Polish youth and young adults.

**Material and Methods:** The changes in the perception of family value and potential fields of communication problems – based on the theory of the second demographic transition (SDT) and the concept of society 5.0 – were analysed on the basis of statistical data from the European Social Survey 10, World Values Survey 7 and data from the author's research project, using indicators of correlation (r), determination ( $R^2$ ) and linear regression. Polish youth and young adults (214 women and 101 men) 13-34 years old ( $n = 315$ ) were studied, including: aged 13-17 ( $n = 23$ ); aged 18-25 ( $n = 265$ ); aged 26-34 ( $n = 27$ ).

**Results:** Frequency of Internet use is two times lower in the older part of the research sample than in the younger part. It means that young people use Internet (in a various forms) two times often than the other generations and Internet use is negatively correlated (statistically significant) with the age of individual ( $r = -0.546$ ,  $p < 0.01$ ). Correlation of the variables 'age' with 'attitude towards the traditional marriage/relationship/family' ( $r = -0.319$ ,  $p < 0.01$ ) and variables 'Internet use (how often)', with 'subjective general state of health' ( $r = -0.232$ ,  $p < 0.01$ ).

**Conclusions:** The results of research based on purposive selection indicate the urgent need to implement cross-sectoral programs dedicated to young people in order to counteract alienation disorders and bridge the intergenerational gap. These programs should be based on promoting attractive and satisfying activities in the real world (counteracting the risk of Internet addiction) and developing social bonds through activities for local communities (to better intergenerational understanding through the internalization of family values perceived not only in biological but mainly relational categories, leading to the developing of social capital). Lack of these strategies maybe will lead to increasing the extent of young people's withdrawal from social life and probably the suicide rate.

**Keywords:** artificial intelligence, European Social Survey, generation gap, second demographic transition, World Values Survey

## 1. Introduction

The value of the family, despite the wide, macrostructural social changes, is still the most common value in Polish society [1-5]. This value has the intergenerational specificity and is the part of axiological system of individuals from all of the present generations and sociodemographic categories. According to S. Ossowski [6, 7] the division on perceived values and felt values should be highlighted. Family is most often perceive as the first value in the structure of values but the meaning of family is different among the individuals belonging to the different generations. Obviously – in some range – it's strictly related to the intergenerational conflict in the age of adolescence but today the generation gap in this context is definitely deeper than for example 15 years ago (the widest possible span of one generation). A brief description of the 'alpha (digital) generation' see dictionary in the margin of this work.

An analytical concept relating directly to the sources of the postmodern period and the present social changes is the theory of the second demographic transition (SDT).

The functioning of developed societies is characterized by a decline in fertility and fertility rates below simple generation replacement [8]. This process is, of course, associated with changes in customs and axiological transformations towards individualization based on questioning the traditional values. Secularization processes and the disintegration of the family institution further deepen the naturally occurring intergenerational conflict [9].

Above mentioned process is strictly connected in the last 15 years with the process of transformation towards the so called transhuman society (society 5.0) based on the new industrial revolution with artificial intelligence (AI). The current dynamics of civilization and cultural transformation processes is incomparable not only to the last decade of the 20th century but also to the first decade of this century. The organization of collective life based on interpersonal contacts, interactions resulting in the formation of norms and the emergence of well-established social relations is beginning to give way to current trends, which at the same time determine various threats to the socio-personal development of adolescents. A lifestyle that implies advanced relationships with technological solutions is becoming more and more visible, the so-called artificial intelligence [10]. For description of the purposes and systematization of the above-mentioned change processes, the following analytical concepts are most often used in the literature (which complement the analytical field of transhuman society/society 5.0) [11-23]: 'meta-reality', 'hyper-reality', 'super-reality/augmented reality', 'trans-reality', 'prefigurative society', 'risk society', 'network society', 'actor-network theory'.

All of the above mentioned concepts are useful in the understanding of difference of interactional structure between youth and the other generations. We see a definitely different specificity of the social world experienced and created by young people than in the social experience of older sociodemographic categories [24]. The most important dissimilarity are interactions not strictly with the other people but with the electronic devices, most often digitized and connected to the network (Internet) [25-27]. This type of the participation in social world by the virtual reality (VR) mechanisms created by so called social media influences obviously on the cognitive sphere in the context of cognitive processes and then on the way of thinking. It may cause – due to the frequency of Internet use – serious intergenerational communication barriers and problems. Starting from the linguistic structure and ending with the perception of key

values and life aspirations – the whole cognitive horizon may be opposite to generation of parents and all of the other older generations.

The cognitive goal of this research is knowledge about personality burdens related to the use of social media by Polish youth and young adults..

## 2. Materials and Methods

The research base is focused on the: statistical meta-analysis related to the data from European Social Survey 10 (present, actual data for Poland; the selected subset was created and used,  $n = 1,948$ ); statistical meta-analysis related to the comparative World Values Survey 7 data (the last available data for global social system,  $n = 84,638$ ); author's research on the strain related to the use of social media by Polish youth and young adults (13-34 years old,  $n = 315$ , 265 respondents aged 18-27 aged 26-34 and 23 aged 13-17; 214 women and 101 men). Therefore, in the 'results' section we use links to sources, which is practiced in review papers.

Among the noticed of the communication barriers and problems in several fields of interactions with the outside world, we selected the following as empirical variables: frequency of Internet use, influence of Internet use on subjective general health and satisfaction of life, influence of social media on the family value as the felt value, felling of happiness related to the depth of the social ties.

### Statistical analysis

In the analytical structure there were used statistical mechanisms such as [28]: correlation sets (r-Pearson); r-squared sets ( $R^2$ ); linear regression models (multiple variables). The whole analysis is consistent with the principle of statistical significance ( $\alpha = 0.05$ ).

## 3. Results

Frequency of Internet use is two times lower in the older part of the research sample than in the younger part. It means that young people use Internet (in a various forms – dependent variable) two times often than the other generations and Internet use is negatively correlated an statistically significant ( $r = -0.546$ ,  $p < 0.01$ ) with the age of individual (independent variable) [source of data: European Social Survey 10 (ESS 10, 2020-2022), <https://www.europeansocialsurvey.org.>].

Subjective general state of health deteriorates by 26.6% (from the youngest respondents to the oldest age group). The satisfaction of life increases with age by 6.9% (which is definitely not the obvious result) and the perception of emotional, interpersonal relationships as the stable relationships, not flexible, based also on the traditional values and traditional way of defining the family, is negatively correlated with the age of individual ( $r = -0.319$ ,  $p < 0.01$ ). Also negative correlation of variables 'Internet use (how often)' with 'subjective general state of health' ( $r = -0.232$ ,  $p < 0.01$ ) (Table 1).

**Table 1.** Correlations between age and the group of variables identified with the communication barriers and problems of interactions with the outside world.

Correlated variable	r	p
subjective general state of health	<b>0.266</b>	<b>&lt;0.01</b>
satisfaction of life	0.069	0.02
attitude towards the traditional marriage/relationship/family	<b>-0.319</b>	<b>&lt;0.01</b>

Source of data: European Social Survey 10 (ESS 10, 2020-2022), <https://www.europeansocialsurvey.org>.

Internet use (aggregated, divided on two variables with different factors – how often – self declaration and how much in minutes) and subjective general health are related to the satisfaction of life  $r = 0.38$  ( $p < 0.01$ ) and determines satisfaction of life in 14.4%. Also in the field of F-test which means that ratio of variance is high and that it's possible to explain the satisfaction of life in 14.4% strictly by the frequency of Internet use and the subjective general state of health [source of data: European Social Survey 10 (ESS 10, 2020-2022), <https://www.europeansocialsurvey.org>.]

Feeling of happiness is related to the age of respondent in 5.2% ( $p < 0.02$ ) what means that older people are happier than youth. Moreover feeling of happiness is related to deep relationships in 20% (more than 99,99% of probability). These are: subjective general state of health and satisfaction of life with the feeling of happiness, and correlate in 70.4% ( $r = 0.704$ ,  $p < 0.01$ ), and that means that feeling of happiness is determined by these variables in 49.6% with more than 99,99% of probability.

Polish youth is less happy and satisfied than older sociodemographic categories, declare lower range of deep relationships, don't perceive family and relationships in traditional way and use Internet twice as often as the older people.

A negative correlation ( $r = -0.303$ ,  $p < 0.01$ ) between the variable 'people in social media have more interesting life than me' and the self-esteem indicator means that such a conviction determines the image of oneself in 9%.

Simple correlations between the variable 'Internet as the source of information' with age ( $r = 0.268$ ,  $p < 0.01$ ) and negative correlation ( $r = -0.015$ ,  $p < 0.01$ ) with family value show the direction of change processes. Young people in the world use Internet as the information source in 26,8% often that the older sociodemographic categories (positive correlation because of the inverted scale of responses). Therefore, the negative correlation demonstrated is evidence that the family value has the lowest range among youth.

#### 4. Discussion

The analysis above confirmed that subjective general state of health and satisfaction of life are determined by the frequency of Internet use and the satisfaction of life in a specific part of it is the result of the Internet use and (determined by its use) subjective general state of health. It's important to highlight what is the direction of this determination. Young people use Internet two times often than other categories, so what about their feeling of happiness?

We treat this question as an open problem.

It's well known that virtual interactions determine the decrease in the range of the 'face to face' interactions but the feeling of happiness is connected with the depth of interactions.

The frequency of Internet use is negatively correlated with the subjective general state of health. It means that there are two possible interpretations – decline in subjective general state of health is related to the frequency of Internet use in 23.2% but it may also mean that in the results for the whole research sample people which don't use Internet frequently are in the older sociodemographic category and it determines the result (in relation to the inverted scale of responses about the subjective general state of health). Therefore, the analysis requires deepening.

Some of the risks of the present communication barriers and problem are of course visible also in macrostructural point of view (in the range of global social system). Simple correlations between the Internet as the source of information with age and family value show the direction of change processes.

Young people in the world use Internet as the information source in 26.8% often that the older sociodemographic categories (positive correlation because of the inverted scale of responses). Therefore, we can see the decline (negative correlation) between Internet as the source of information and family value, so the family value has the lowest range among youth. Of course, communication barriers and interpersonal problems creating an intergenerational gap in Poland reflect trends visible in USA and Western Europe in recent decades. Unfortunately, the current scale of identity problems and alienation disorders among Polish youth in the last years has no precedent in the history of the Third Polish Republic [29].

In our opinion, these results can be secondarily analysed in the context of the hypothesis on the primary criteria of global value: survival of humans and nature in a non-degenerate form and responsibility for coming generations [30]. The mission of the new discipline recognized in the global scientific space, innovative agonology, is to strengthen all dimensions of health and survival abilities from micro to macro scale [31-33]. Fulfilling this mission is closely related to the quality of family functioning. Since the INNOAGON method (the acronym of this science) is based on a complementary approach [35-37], these results complement the empirical argumentation about the need to overcome, among others, many social barriers. Since they are related to numerous barriers that are also important for personal security, they are therefore of great importance for the family and each of its members individually [37-40]. INNOAGON provides both unique methods for diagnosing these phenomena [41-48], but also methods and means of effective defense, the most important element of which is innovative education [49-58]. This term 'defense' is key to INNOAGON, and the scale of the phenomena it is associated with is evidenced by the use of its specific variant 'self-defence' in the titles of publications on seemingly mutually exclusive scientific disciplines [59]. This is particularly important in the context of today's interdisciplinary nature of science, which is determined by dynamic social changes. The specificity of these changes emphasizes the need to develop INNOAGON also in the perspective of social diagnosis, prevention and methods of counteracting the risky factors.

## 5. Conclusions

The results of research based on purposive selection indicate the urgent need to implement cross-sectoral programs dedicated to young people in order to counteract alienation disorders and bridge the intergenerational gap. These programs should be based on promoting attractive and satisfying activities in the real world (counteracting the risk of Internet addiction) and developing social bonds through activities for local communities (to better intergenerational understanding through the internalization of family values perceived not only in biological but mainly relational categories, leading to the developing of social capital). Lack of these strategies maybe will lead to increasing the extent of young people's withdrawal from social life and probably the suicide rate.

**Data Availability Statement:** The data supporting this study's findings are available from the corresponding author upon reasonable request.

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