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## The Impact of Digital Media on the Aggressive Behavior of Adolescents in Single-Parent Families

### Abstract

**Introduction.** This article examines the impact of digital media on the aggressive behavior of adolescents raised in single-parent families. The process of digitalization in modern society directly influences adolescents' social adaptation, value orientations, and the formation of behavioral models. In particular, the limited emotional support characteristic of single-parent family environments intensifies the influence of the digital environment. **Methodology and Methods.** The study aimed to identify the mechanisms through which digital media factors affect the formation of aggressive behavior among adolescents in single-parent families. The study employed theoretical analysis, comparative method, content analysis, and interpretation of empirical data. **Results.** The findings indicated that aggressive content in digital media, cyberbullying, violent elements in online games, and deviant narratives on social media significantly influence adolescents' behavioral responses. **Scientific Novelty.** The scientific novelty of the study lies in the comprehensive analysis of the influence of digital media within the socio-psychological context of single-parent families and in the systematization of media-related factors that contribute to the formation of aggression among adolescents. **Practical Significance.** The results of the study may be applied in the development and implementation of pedagogical and psychological interventions aimed at preventing aggressive behavior among adolescents and improving media literacy in the context of single-parent families.

**Keywords:** digital media, single-parent families, adolescent, aggressive behavior, cyberbullying, social media.

**Introduction.** The processes of globalization and digitalization have a significant impact on the social structure of society, the family system, and the behavioral patterns of adolescents. The widespread use of digital media, including social networks, video platforms, online games, and messaging apps, has fundamentally changed the way adolescents communicate. Currently, the virtual environment has evolved from a simple source of information to a crucial space for adolescents' personal development. Adolescence is a complex stage of development characterized by psycho-emotional instability, the search for social roles, and the process

of self-identification. During this period, the influence of external factors becomes particularly pronounced. This effect may be even more significant among adolescents who grew up in single-parent families, where limited social supervision and emotional support may increase their susceptibility to the influence of the digital environment.

In the context of today's digital society, the safety of adolescents on the Internet has become an important scientific and social issue. Empirical studies have shown that the level of parental involvement and digital literacy directly affects the likelihood of adolescents

becoming victims of cyberbullying. In particular, inadequate parental supervision and low levels of digital literacy are among the key factors that increase adolescents' vulnerability to risks in the digital environment. This highlights the growing importance of scientific research on the role of family environment and parental mediation in shaping adolescents' digital behavior (Ayhan et al., 2025). In Kazakhstan, the growing level of aggression and deviant behavior among teenagers has become a matter of public concern. For example, in 2026, law enforcement agencies reported that a 10th-grade student in the city of Kulsary attacked his peers with an axe after a conflict (zhasalash.kz, 2026). Additionally, a student's attempted suicide was reported in a private school in Almaty, where bullying was identified as a major contributing factor to the tragic situation (egemen.kz, 2026). These cases highlight the psychological vulnerability of adolescents and the growing importance of studying the impact of social and digital environments on their behavior. These examples highlight the importance of scientific research on the factors contributing to the development of aggressive behavior among adolescents, including the influence of the digital environment.

In recent years, the rise of aggressive behavior, the spread of cyberbullying, and the prevalence of violent content in the online environment have garnered significant attention from the scientific community. However, the impact of digital media on adolescents from single-parent families has not been extensively studied. Analyzing the relationship between family structure and media influence is crucial for contemporary socio-educational research. In this regard, the purpose of the study is to identify and analyze the factors that influence the development of aggressive behavior in adolescents who grow up in single-parent families.

The objectives of the study are as follows:

- to study the theoretical foundations of adolescent aggression;
- to identify the socio-psychological characteristics of single-parent families;
- to analyze the mechanisms through which digital media influence adolescents' behavior;

- to determine the relationship between media-related factors and aggressive behavior. The scientific novelty of the study lies in the comprehensive study of the relationship between the influence of digital media and the behavioral reactions of adolescents in single-parent families. The results of the study can be used in the organization of pedagogical, psychological, and social measures aimed at preventing adolescent aggression.

**Materials and Methods.** This study was conducted using a theoretical and analytical approach. The data sources were scientific articles indexed in the international database Scopus and published between 2000 and 2025. The following keywords were used in the selection process: “digital media”, “teenage aggression”, “cyberbullying”, “single-parent family”, “family structure”, “online violence”, and “behavior development”. The inclusion criteria included publication in peer-reviewed scientific journals, reliance on empirical data, the study of the impact of digital media on adolescent behavior, and the consideration of family structure as a research factor.

The following research methods were used:

- a general literature review (with elements of a systematic review) was conducted to analyze international empirical studies on the impact of digital media on adolescent aggression;
- a content analysis was performed to systematize the forms of aggression and media-related influencing factors identified in scientific publications.

Additionally, news articles published in Kazakhstan since the beginning of 2026 regarding adolescent aggression and deviant behavior were selected as additional research objects. In particular, information materials published in the media about school violence, suicide attempts, and aggressive behavior by students were analyzed (egemen.kz, 2026; zhasalash.kz, 2026).

The data were analyzed using a qualitative comparative and interpretive approach. The comparative approach was used to identify differences between adolescents from full and single-parent families, while the interpretive approach was used to summarize and interpret the patterns observed in the studies considered.

The study followed a three-stage theoretical and analytical approach:

- in the first stage, international scientific publications were selected, and a database of data sources was created;

- in the second stage, the results of empirical studies were systematized;

- in the third stage, the relationship between digital media and family structure factors was theoretically substantiated.

This methodological approach allowed for a comprehensive scientific analysis of the impact of digital media on the aggressive behavior of adolescents raised in single-parent families.

**Results.** A systematic analysis of scientific publications indexed in the Scopus database

showed that the impact of digital media on aggressive behavior among adolescents is multifactorial and context-dependent. Grouping the studies based on their content revealed several key areas of focus. Firstly, it was found that frequent exposure to aggressive content in the digital space is associated with increased levels of verbal and behavioral aggression among adolescents. In particular, online games containing elements of violence, aggressive video content, and cases of cyberbullying have been identified as factors that increase the likelihood of aggression. To present these factors in a structured and comparative manner, taking into account new media, visual narratives, and social influence, table 1 is proposed.

**Table 1**

*The impact of aggressive digital media content on adolescents' behavioral responses*

Type of Digital Environment	Content Characteristics	Psychological Effects	Behavioral Responses	Long-term Consequences
Aggressive media content (videos, reels, short-form clips)	Physical and verbal aggression, conflict-based and sensational narratives	Desensitization to violence, emotional numbing	Increased impulsivity, verbal hostility, and reduced empathy in interpersonal communication.	Stabilization of aggressive behavioral patterns
Cyberbullying	Online harassment, humiliation, exclusion, and digital intimidation	Anxiety, decreased self-esteem, and emotional distress	Social withdrawal or retaliatory aggression	Depressive tendencies, chronic insecurity
Violent elements in online games	Shooting, combat simulation, and competitive violence mechanics	Normalization of aggression, reduced sensitivity to harm	Imitation of risky or confrontational behavior patterns	Increased risk orientation, potential behavioral dependency
Deviant narratives in social media	Romanticization of self-harm, radical ideologies, and glorification of antisocial success models	Value disorientation, cognitive distortion of social norms	Justification or rationalization of deviant behavior	Social maladaptation, erosion of normative boundaries

Table 1 systematizes the main forms of aggressive and deviant content in the digital media environment and shows their multifaceted impact on adolescent behavioral outcomes. The analytical structure reflects a consistent logic, from the type of digital environment and the characteristics of its content to the psychological effects, immediate behavioral outcomes, and potential long-term consequences. The findings suggest that repeated exposure to aggressive

media stimuli can contribute to desensitization processes, shifts in emotional regulation, and the normalization of violence as a socially acceptable behavioral strategy. In particular, cyberbullying environments appear to generate internal psychological stress, which can manifest either in social withdrawal or in compensatory aggression. Similarly, aggressive online games can reinforce confrontational behavioral scripts through interactive modeling mechanisms.

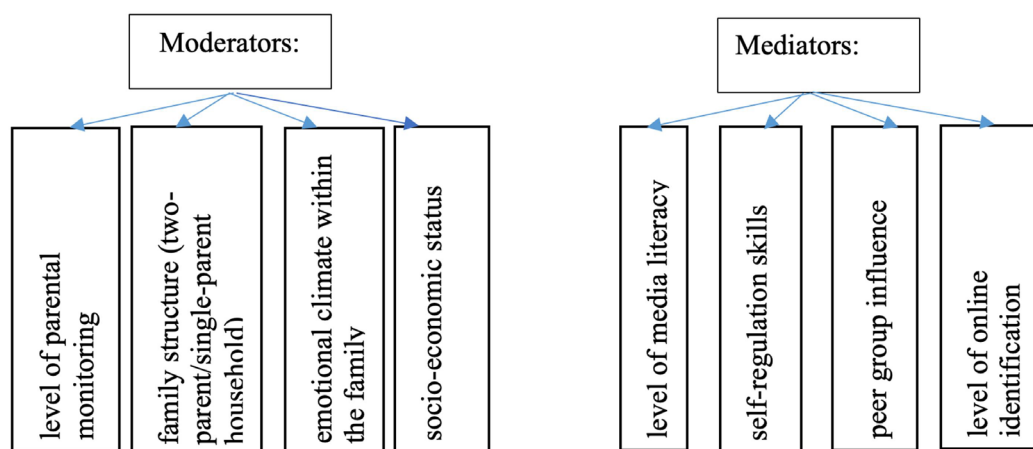
Deviant narratives on social media, particularly those that romanticize self-harm or models of antisocial success, can disrupt adolescents' value systems and contribute to the cognitive legitimization of deviant practices. In general, the table presents the concept of online aggression as an indirect socio-psychological mechanism that influences the formation of adolescent behavior through cumulative exposure, symbolic modeling, and normative reconfiguration processes. High levels of moral detachment, peer pressure, and low levels of anger regulation have been identified as key predictors of aggressive behavior, including bullying and cyberbullying (Sánchez-Jiménez et al., 2023).

Secondly, the family structure factor is an important protective factor. International

empirical studies show that adolescents raised in single-parent families may exhibit increased psycho-emotional vulnerability. Excessive use of digital technologies can lead to increased tension in parent-child relationships and disrupt family harmony. Research suggests that prolonged online exposure, the influence of digital media on behavior, and inadequate parental supervision are significant factors contributing to behavioral changes and aggressive responses in adolescents (Page Jeffrey, 2024). In addition, low parental control and insufficient emotional support create conditions that increase the influence of digital media. Therefore, the data obtained suggest that the influence of digital media is determined by both moderators and intermediaries.

**Figure 1**

*Structural Model of Moderating and Mediating Variables in Adolescent Digital Media Exposure*



In this process, family structure (full or single-parent family), parental control, emotional family climate, and socioeconomic status are considered as confounding factors, as these variables can either enhance or diminish adolescents' sensitivity to the digital environment. Intermediate variables include media literacy, self-regulation skills, peer influence, and online identity. These factors determine the psychological perception of digital content and explain the mechanism through which it translates into behavioral responses. Thirdly, the impact of digital media is indirect and manifests itself through intervening

factors. Research shows that media literacy, self-regulation skills, and peer influence act as mediators in the development of aggression. Additionally, parental involvement is recognized as an important factor in preventing cyberbullying; however, information about how parents respond to cyberbullying incidents remains limited. Moreover, children often perceive cyberbullying as a normal phenomenon and believe that parents should not intervene (Young & Tully, 2019).

Cyberbullying is a specific form of bullying that occurs in the digital environment and is widespread among students. Its main feature is

that it is carried out in a covert manner using digital technologies, making it difficult to detect. However, the psychological and social consequences of cyberbullying can be just as detrimental as those of traditional face-to-face bullying (Wong-Lo & Bullock, 2011). A content analysis of the literature showed that the main forms of aggression among teenagers include cyberbullying, verbal aggression, social isolation, and online harassment, which are typically expressed through negative comments on social media, offensive messages, the disclosure of personal information, and online stalking.

In addition, the influence of the media was systematically identified. Key factors affecting the media include the duration of social media use, the level of anonymity in the digital environment, insufficient parental control, and low media literacy. The results of the content analysis show that the digital environment directly affects the behavior of adolescents and is a significant socio-psychological factor contributing to the development of aggressive behavior. For example, the incident that occurred in 2026 in Kulsary, Kazakhstan, when a student attacked his peers with a weapon, illustrates the complex nature of adolescent emotional instability and the influence of their social environment. Scientific literature also suggests that exposure to aggressive content and cyberbullying in the digital realm can contribute to the development of such behavior (Kowalski et al., 2014)

Fourth, several studies highlight the dual nature of the digital environment. Online communities can serve as a source of social support and, in some cases, reduce aggression. This finding suggests that viewing digital media solely as a risk factor is insufficient. In this context, family structure, particularly the ability to provide care and parental control in two-parent families compared to single-parent families, has a significant impact on adolescent digital behavior. To further explore how these factors operate in practice, a comparative analysis was conducted focusing on adolescents from different family structures. A comparative analysis revealed notable differences in the

digital behavior of adolescents from two-parent and single-parent families. In particular, adolescents from single-parent families tended to spend more time on social media and were more likely to engage in aggressive behavior in the digital environment. This pattern may be related to relatively low levels of parental control and insufficient emotional support.

In contrast, adolescents from intact families, despite greater engagement in digital media, demonstrated better self-regulation skills and benefited from parental control, which contributed to a reduction in aggressive responses. Overall, the comparative analysis suggests that family structure is a key social factor influencing adolescent behavior and aggression in the digital environment. Based on these empirical findings, it becomes necessary to consider practical approaches aimed at reducing online aggression and strengthening adolescent resilience. Based on these findings, three primary strategies for protecting adolescents and enhancing cybersecurity can be identified: promoting media literacy, enhancing parental digital competence, and strengthening psychological support systems. These strategies are widely recognized in cyberbullying prevention research and contribute to effective cyber protection and psychological resilience among adolescents. The general analysis showed that the impact of digital media on the aggressive behavior of adolescents in single-parent families is shaped by the family environment, the level of social monitoring, and individual characteristics. The escalation of aggression depends not only on the content of the media but also on the context in which it is perceived.

**Discussion.** The analysis of the study results showed that understanding the impact of digital media on adolescent aggressive behavior requires a multi-level theoretical approach. When interpreting this issue, the social learning theory (Bandura & Walters, 1977) and the general model of aggression (Anderson & Bushman, 2002) were used as methodological frameworks. According to social learning theory, adolescents acquire behavioral patterns through observation, imitation, and reinforcement. Elements of

violence in digital media, verbal aggression, deviant narratives, and aggressive scenarios in the gaming environment can enhance the process of normalizing aggression. The general model of aggression explains aggression as a result of the interaction between individual and situational factors. From this perspective, digital media can be viewed as a situational trigger, while psychoemotional instability in single-parent families, weakened parental control, or insufficient emotional support can be considered as individual vulnerability factors. In other words, aggression does not arise directly from digital content but rather develops as a result of interactions with personal and social factors. Recent empirical studies support this theoretical framework, indicating that cyberbullying develops as a learned behavior influenced by both individual and environmental factors (Barlett, 2023; El Mezayen et al., 2025). Additionally, the situational action perspective highlights the interplay between contextual and individual factors in explaining adolescents' involvement in cyberbullying (Hu et al., 2024). This theoretical framework provides a solid platform for discussing the protective role of parental mediation and other interventions in preventing cyberbullying.

Research shows that parental digital mediation strategies play a crucial role in regulating adolescents' online behavior. Parental monitoring, guidance, and modeling contribute to the safe use of digital technologies and serve as key factors in preventing online aggression. Consequently, the level of parental mediation, particularly in two-parent and single-parent families, is considered an important socio-educational factor that directly influences adolescents' behavior in the digital environment (Navarro et al., 2023). Consistency between shared parenting styles and digital mediation strategies reduces the risk of cyberbullying, while inconsistency increases this risk (Rega et al., 2022).

Empirical studies conducted by researchers show that cyberbullying poses a significant risk to the psychological and social well-being of adolescents. Adolescents who have been victims of cyberbullying often exhibit signs of depression, anxiety, loneliness, and suicidal

behavior. Moreover, adolescent aggressors involved in cyberbullying tend to display higher levels of aggressive behavior, deviant actions, and difficulties in social adaptation (Nixon, 2014). Recent studies show that the widespread use of social media by teenagers often puts them at risk of becoming victims of cyberbullying. For example, a study conducted in Indonesia found that 69% of teenagers had experienced bullying on social media, while the majority continued to use these platforms. This highlights the potential long-term impact of the digital environment on the psychological well-being and behavior of teenagers (Milyane et al., 2025).

Cyberbullying is a specific form of bullying that takes place in the digital environment and has a widespread impact on students (Wong-Lo and Bullock, 2011). Traditional bullying, cyberbullying, and other forms of interpersonal violence are closely interconnected during adolescence. Psychosocial factors such as low moral responsibility, peer pressure, and inadequate emotional regulation skills contribute to the development of aggressive behavior. Identifying these factors is crucial for preventing aggression in the digital space and promoting safe digital behavior among adolescents (Sánchez-Jiménez et al., 2023). The use of digital technologies and devices has become a major source of conflict between parents and children. The main factors contributing to this include excessive time spent by teenagers online, access to inappropriate content, the impact of digital media on behavior, and disagreements between family members. Additionally, differences in the perception of digital technology between parents and children can exacerbate family conflicts (Page Jeffrey, 2024).

In single-parent families, limited access to parental resources can exacerbate the impact of digital media. However, some studies also suggest that the digital environment can serve as a compensatory function. Online communities can provide social support and reduce feelings of isolation. Therefore, digital media should be viewed not only as a risk factor but also as a double-edged sword. In the context of Kazakhstan, the increased availability of the

internet, widespread use of social media, and the rise of online gaming culture have led to an increase in the amount of time spent by teenagers in the digital realm. In addition, changes in urbanization, labor migration, and divorce rates have led to an increase in the number of single-parent families. This situation highlights the social significance of the impact of digital media. Thus, the relationship between digital media and adolescent aggression is non-linear, complex, multifactorial, and context-dependent. In the formation of aggression, it is not only the content of digital media that plays a crucial role, but also the family structure, psycho-emotional conditions, and social environment factors. However, most researchers have shown that active parental involvement and digital technology sharing strategies reduce the risk of adolescents being involved in cyberbullying (Lee et al., 2022). Therefore, policies aimed at preventing adolescent aggression should prioritize not only restrictive measures and monitoring, but also the development of media literacy, improving parents' digital competence, and strengthening psychological support systems.

**Conclusion.** The results of the study show that the impact of digital media on the aggressive behavior of adolescents from single-parent families is complex, multifactorial, and context-dependent. An analysis of international empirical studies indexed in the Scopus database from 2000 to 2025 led to the following conclusions:

1. Aggressive content in digital media, cyberbullying, and elements of violence in online games are important factors that contribute to the development of aggressive behavior in adolescents.

2. In single-parent families, a lack of emotional support and low parental control increases the impact of digital media. Family structure becomes a key factor in preventing the development of adolescent aggression.

3. The development of aggression is not limited to media-related factors; mediating factors include media literacy, self-regulation skills, and peer influence.

4. In Kazakhstan, the influence of digital media is related to urbanization, labor migration, and the growing number of single-parent families. These factors can increase the involvement of adolescents in the virtual environment and contribute to the development of aggressive behavior.

The influence of digital media in the socio-psychological context of single-parent families can contribute to the prevention of aggressive behavior among adolescents by comprehensively studying the influence of digital media, conducting a systematic analysis of the interaction between media, personal, and social factors in the formation of adolescent aggression. The results of this research can be used in the organization of educational, psychological, and social activities. Recommendations include the implementation of targeted media literacy programs, enhancing parental skills in digital monitoring, and developing guidelines for online safety. As a limitation, the study did not conduct an independent empirical study; the results are based on a synthesis of international studies. Future research should focus on collecting empirical data in the Kazakhstani context to more accurately assess the impact of digital media on adolescent aggression.

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