

## Digital Age Dissonance: A Study on the Interplay of Adolescent Ego, Parental Values, and Technological Immersion

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### Abstract

In today's hyper-connected digital era, technology has emerged as a powerful force shaping adolescent identity, interpersonal relationships, and family dynamics. While digital platforms offer unprecedented opportunities for learning, creativity, and self-expression, they have also contributed to a growing dissonance between adolescent ego development and parental value systems. The present study aims to examine the complex interplay between adolescents' quest for autonomy and recognition in virtual spaces and parents' efforts to preserve emotional bonding, moral guidance, and traditional values. The objectives of the study are to explore how technological immersion influences adolescent behavior, emotional responsiveness, and family communication, and to analyse the resulting generational tensions within the household. Adopting a qualitative and exploratory approach, the study draws upon an extensive review of related literature, case-based reflections, and observational insights grounded in developmental psychology and sociocultural theory. The findings reveal that excessive digital engagement often intensifies impulsivity, emotional distancing, and diminished empathy among adolescents, while simultaneously weakening parental authority and dialogue. This digital dependence fosters a subtle form of rebellion rooted not in defiance, but in emotional misalignment and mutual misunderstanding. The study concludes that technology itself is not inherently detrimental; rather, the absence of digital mindfulness and emotionally responsive parenting exacerbates familial conflict. The paper advocates for a balanced, empathetic, and value-oriented approach to digital parenting, emphasizing emotional intelligence and conscious technology use as essential tools for strengthening authentic human connections in the digital age.

*Keywords: Education; Adolescent Ego Development, Parental Values, Digital Immersion; Qualitative Review, Case-Based Reflection; India*