

ABSTRACT

Maternal smartphone use has become increasingly integrated into daily life, including within parenting contexts. Although smartphones provide practical benefits, excessive cognitive engagement may disrupt the quality of mother–child interactions. This study aimed to examine a structural model of maternal cognitive absorption of smartphone use in parenting by considering the roles of self-regulation, personality traits (neuroticism and extraversion), anxiety, and parenting stress as a mediator. The hypothesis proposed that the theoretical model would fit the empirical data, such that extraversion directly predicts cognitive absorption, while self-regulation, neuroticism, and anxiety influence cognitive absorption both directly and indirectly through parenting stress among mothers of children aged 3–6 years. This study employed a quantitative survey design. Data were collected from 1,474 mothers who met the inclusion criteria using the Cognitive Absorption in Parenting Scale, an adapted Self-Regulation Scale (SRS), the Neuroticism and Extraversion subscales of the Indonesian version of the Big Five Inventory (BFI), the Indonesian version of the GAD-7, and a Parenting Stress Scale. Data were analyzed using Structural Equation Modeling (SEM) with the Weighted Least Squares Mean and Variance Adjusted (WLSMV) estimator. The model demonstrated acceptable fit indices ($\chi^2 = 7054.90$; $df = 1103$; $RMSEA = 0.060$; $CFI = 0.890$; $TLI = 0.882$; $SRMR = 0.067$). The findings supported the proposed hypothesis. Parenting stress emerged as a significant direct predictor and the primary mediating mechanism. Self-regulation functioned as a protective factor by reducing parenting stress and indirectly decreasing cognitive absorption. In contrast, neuroticism and anxiety increased parenting stress and subsequently heightened cognitive absorption. Extraversion exerted a direct effect without mediation by parenting stress. These findings confirm that maternal cognitive absorption in smartphone use during caregiving is a multidimensional phenomenon shaped by the interaction between maternal psychological characteristics and parenting stress.

Key words: cognitive absorption of smartphone use in parenting, self-regulation, neuroticism, extraversion, anxiety, parenting stress, Structural Equation Model (SEM).