Internal Mechanisms and Therapeutic Strategies for the Internet Novel Addiction

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Abstract: The web literature flourished, but large cohorts of addicted patients in the web fiction have also fostered. At present, the phenomenon of network novel addiction, as a subclass of network addiction, has received researchers' attention. On the basis of previous research, we have explained the internal mechanisms of internet novel addiction, borrowed from other treatment methods for behavioral addiction and internet addiction, and proposed corresponding intervention measures based on the characteristics of internet novels. We have also proposed treatment strategies for internet novel addiction behavior.

Keywords: The Internet novel addiction; Internal mechanisms; Therapeutic strategies

1. Introduction

The 49th statistical report on the development status of China's internetwork showed that by the end of December 2021, the total size of China's Internet is 1032 million, the prevalence of the Internet reaches 73.0%, and the size of Internet applications is the world's first. As of the end of December 2021, the total user size of our network literature reached 502 million, which was 41.45 million more than the same period last year, accounting for 48.6% of the total users, and the number of readers reached the highest level ever. [1]As of 2019, Chinese network literature has spread to more than 40 countries and regions along obor, and the number of users of Chinese network literature overseas reaches 319350000. [2]However, with the growing maturation of the network literature, the phenomenon of online novel addiction has also attracted scholars' attention.

Cybernovel addiction is a branch of Cyberaddiction with features of vulnerability to drowning and behavioral covert. As with other addictions, the cybernovel addiction can have detrimental effects for individuals, for example, impaired health and problems with physical functioning, partial absence of social functioning, and eliciting negative emotional experiences. [3]However, although people have gradually started to pay more attention to the network novel addiction and its serious consequences to people, no research currently has a better explanation of the internal mechanism of network novel addiction, nor a better therapeutic strategy against network novel addiction. In this study, starting from the narrative transmission mechanism of the network novel, we explain the internal mechanism of addiction and propose therapeutic strategies against the network novel addiction.

2. Internal mechanisms of addiction in a web novel

When reading cyberfiction, one moves into the narrative world, and real-world attitudes are influenced by the attitude in the narrative world, which is influenced and changed by the mechanism 'narrative transmission'. [4] Narrative transmission detaches the reader from the real world, generates a sense of authentic experience that enters the narrative world, and generates a strong emotional experience that the reader also receives from the influence of narrative world attitudes to generate strong identification. [5] [6]

The mode of information processing for narrative transmission is narrative processing, in which individuals' processing of information is rather about creating a story and people are easily "immersed" in it. [7] This unique mode of processing would allow individuals to converge their attention on the narrative world, following the causal logic of the story for imagination, cognition, and generating emotional experiences. In this process, individuals developed strong feelings of reality, formed visual

psychological representations, experienced feelings of pleasure and entered a state of "" heart flow "". Individuals will temporarily lose consciousness of themselves, forget the real world and true self, forget their audience identities while strongly identifying the figures in the narrative world, and build emotions, cognitions that are congruent with the figures, and even consider themselves as figures in the narrative world. Notably, this mode of processing is automated, meaning that the individual, without expending any volitional effort, can disengage from the reality and the real self and enter the narrative world into a virtual human being.[6][7]

By reading web fiction, individuals can feel short-term rewards, or 'pleasure', which may lead to individuals having diminished control over this behaviour, or even ultimately to individuals being addicted to it, although they know that this can have adverse consequences. [8] Real life conditions such as stressful events, interpersonal relationships, and need gratification have a close relationship with the pathological dependence of individuals on the virtual world, and these are likely to be responsible for individual network addictions.[9]And from a narrative transmission perspective, most likely because, by reading web fiction, individuals are able to leave the real world where problems have already arisen without expending any willed effort, and easily experience the pleasure and success that ensues from pursuing success in a thwarted real world. However, it is short-lived, and when individuals return to their real-life situation, facing their situation produces a tremendous sense of falling and even finds their situation worse. This, in turn, leads individuals to reenter the narrative world with increasing time and effort devoted to it, ultimately leading to an individual's cybernovel phenomenon of addiction.

3. Therapeutic strategies for novel addiction in the web

3.1 Diversified support and treatment

Firstly, it should be emphasized that, similar to the treatment purpose of internet addiction, the ultimate effect of our treatment does not lie in completely stopping the reading behavior of online novels, but in the normal use and control of reading of online novels. In terms of psychosocial risk factors, we synthesized various behavioral addiction treatments that migrated into the web novel treatment of addiction, mainly cognitive behavioral therapy (CBT), acceptance commitment therapy, and 12 step self-help methods. Family based interventions are also of particular importance for adolescents. In addition, we found that visitor centered therapy and psychodynamic therapy may also be better treatment methods. Initial experimental results of the CBT-IA developed by young specifically for network addiction in adults were encouraging, with interventions focused on monitoring behavior (log of Internet activities recorded), teaching time management skills, goal setting, and reframing cognitive distortions.[10] We in the treatment of Internet novel addiction, can also be intervened by these four aspects. Acceptance commitment therapy showed better results on the treatment of Internet erotic addiction, with the main measure being imparting coping techniques that endure pain, frustration.[11] In the treatment of addiction to cyberfiction, we can teach individuals not to evade, endure suffering and cope with frustration in coping with difficulties and problems in real life, rather than becoming addicted to the narrative world. Family interventions include activities where parents encourage their children to participate in team sports and engage in face-to-face peer interaction, limit their online time and lead by example, communicate more with their children, and seek professional help in a timely manner when they discover psychological problems that they cannot handle on their own.[12]

Visitor centered therapy emphasizes the consistency of the ideal self of the real self. When providing treatment for addicts, therapists should help them construct the correct ideal self and help them understand the relationship between the protagonist in the narrative world, the real addict in the real world, and the ideal self of the addict. At the same time, listen, identify, encourage, and support addicts, helping them expand and approach their true experiences, enabling them to gain positive self-identity, establish a sense of reality, and not get lost in the virtual world. [13] Psychodynamic therapy focuses on the emotional expression of addicts and explores how to help them avoid painful thoughts and feelings. Therapists can identify and explore the recurring themes and patterns of addicts, and explore past experiences and interpersonal relationships with them, encouraging them to speak freely and striving to cultivate their positive psychological abilities and resources while helping them break free from their addiction to the narrative world. This process is about the self-reflection, self-exploration, and self-discovery of addicts. In this process, addicts can reasonably consider reading online novels as a way of entertainment and leisure in terms of behavior, without affecting their normal lives. At the same time, addicts have developed the abilities they pursue in the narrative world, such as

the ability to establish more fulfilling interpersonal relationships, the ability to effectively utilize their talents, and the ability to face life's challenges with greater freedom and flexibility.[14]

Research has found that the core part of recovery lies in the rehabilitation person's knowledge, recognition, and redefinition of himself or herself. In the course of rehabilitation, instead of simple forbidden behaviors occurring, individuals improve in various life domains such as health, good health, finances. Rehabilitation requires time, and this involves areas outside of the specific problem for which diverse supportive and therapeutic approaches are needed, especially family and social support aspects are important.[15] Twelve Step self-help therapy emphasizes the acceptance that addiction is a disease that can be controlled but cannot be eliminated, paying attention to the maturation and spiritual growth of individuals, and emphasizing mutual assistance in group meetings. Twelve Step autonomous methods were distilled into six areas: not drinking or drugging, attending meetings, seeking help, obtaining sponsorship, joining a group, active activities. From the perspective of identity recovery, there are three possible identity issues during the recovery process. Identity during recovery is related to internet novel addiction, which is not the central part of identity. Identity during recovery is related to other psychological issues. The three possible recovery processes corresponding to this include: (1) accepting the negative personality traits that make oneself addicted, and actively expressing these traits in a healthy manner. Alternatively, by establishing an internal sense of security, one can seamlessly integrate their past and present selves, and consciously accomplish what one should do. (2) From a cognitive perspective, awaken and realize that you are the one who truly commands. In the process of finding one's identity and consciousness, accepting reading online novels is a part of one's identity. (3) During a special period, individuals may become addicted to online novels due to excessive stress, significant changes, or other influences. However, when these events pass or individuals recover from them, the problem of addiction to online novels also disappears. [16] In online novel addiction treatment, interventions could be conducted by forming and joining mutual assistance groups.

Network addictions have been found to cause changes in the neurophysiological structures of individuals, [17] however, whether changes in the neurophysiological structures occur in response to novel addictions in networks has not been confirmed by previous studies. We have also formulated interventions on exercise and mindfulness from the perspective of preventing and repairing neurophysiological structures when developing therapeutic strategies. Specifically, research has found that exercise can be effective in intervening in changes in the neurophysiological structure of individual network addictions, [17] and that mindfulness meditation is a safe and cost-effective tool to treat behavioral addictions, including network addiction, when properly practiced and administered and can lead to more general improvements in mental health.[18] We suggest that mindfulness also plays a role in the treatment of novel addiction in the network. Regular exercise and mindfulness training were therefore incorporated into the full range of treatment strategies for the novel addiction in the network.

3.2 Intervention from the perspective of interrupting narrative mechanisms

From the perspective of deconstructionism, deconstruction can help us liberate ourselves from literary and non-literary narratives, coherent and independent narratives. De Man believes that deconstruction can disrupt narrative coherence and prevent individuals from forming coherent thinking associations when reading online novels, fundamentally eliminating the possibility of personal addiction to the narrative world. The so-called deconstruction refers to interrupting a construction and transferring exploration of the outside world to oneself. [19] From this perspective, cultivating the deconstructive ability of addicts is a great way to confront the narrative world that makes them addicted. Deconstructive reading requires individuals to not only agree with the author's viewpoint while reading, but also to generate their own new viewpoints while deconstructing the article. By providing reading training to addicts, they can deconstruct reading from a logical or rhetorical perspective, improving their reading level and deconstructive ability.[20] In this process, we should also avoid making addicts fall into the trap of nihilism.

From the perspective of the task priority queuing model in human behavior dynamics, after adding an interrupt mechanism, people tend to switch to the newly generated tasks in the task execution mode due to the interruption of existing tasks due to newly emerging things. [21]This applies to the interruption of behavior during a certain online novel reading process, which may prevent individuals from investing more time and energy in a certain reading process, gradually breaking the addiction mechanism. When intervening with addicts, we can fully use this strategy to monitor their online novel reading situation and intervene and remind them when they exceed their normal reading time. Specifically, we can help addicts develop daily plans, make them think about the tasks they need to complete in their daily lives, and make reasonable arrangements for reading online novels. The

therapist revises the established schedule and provides interruption interventions for addicts based on the schedule. We believe that by developing a schedule, addicts can not only clarify themselves but also gain initial self-control. In subsequent treatment, we may also need to provide self-enhancing interventions for addicts and further help them consolidate their initial results. Of course, in this process, we need addicts to have a strong desire for treatment in their thoughts and actively cooperate with treatment in their actions.

4. Limitations and conclusions

In terms of the explanation of the addiction mechanism of online fiction, we have explained it only in terms of narrative mechanism, and there has been no more in-depth study on individual factors. In terms of therapeutic approaches, we draw on other behavioral addictions, such as treatments for alcohol addiction, but because of the particularities of addiction in web fiction, we may need to make some changes when specifically used. In addition, we did not take into account the effect of specific cultural factors, which may need to differ in treatment strategy development for addicts from different geographies and cultures.

Overall, we started with a narrative transmission mechanism of the online fiction to explain the internal mechanisms of addiction and propose related treatment strategies, including a neurophysiological based exercise intervention and a mindfulness based intervention, but also a psychosocial based cognitive-behavioral therapy, a commitment therapy, and a 12 step autonomous therapy. We also propose corresponding intervention strategies from the perspective of deconstructionism and human behavior from the perspective of mechanics, from the perspective of interrupting the narrative mechanism of online novels. We also propose corresponding intervention strategies from the perspective of deconstructionism and human behavior from the perspective of mechanics, from the perspective of interrupting the narrative mechanism of online novels.

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