Thoughts on Internet Addiction problem of Adolescents from the Perspective of Crisis Intervention

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ABSTRACT. The rapid development of Internet technology has made it widely used in the daily life of the public. As the main group of current Internet users, teenagers are more likely to form "Internet addiction" than other age groups due to factors ranging from micro to macro. This will undoubtedly have a negative impact on their physical and mental health and academic life. Based on this, this article summarizes and discusses adolescent Internet addiction from the perspective of psychological crisis management and intervention. First, it differentiates and analyzes the related concepts of Internet addiction, then elaborates the types and criteria of adolescent Internet addiction, then analyzes the influencing factors of adolescent Internet addiction, and finally proposes strategies for the prevention and intervention of Internet addiction problem of adolescents.

1. Introduction

According to the "2015 Research Report on Youth Online Behavior in China", the number of young Internet users in China has reached 287 million, accounting for about 85.3% of the total youth population and 41.7% of the total number of Internet users in China [1]. This data shows that young people have become the main force of Internet users in my country. It is true that the rapid development of the Internet has brought great convenience to the study, life and work of the general public, but "the Internet is a double-edged sword" is already known to everyone. While considering the advantages that the Internet brings to young people's study and life, its negative effects cannot be ignored. Among them, the most noticeable is the problem of Internet addiction. Related surveys show that among the young Internet users in my country, Internet addicts account for approximately 14.1% [2], which undoubtedly shows that the problem of adolescent Internet addiction is worthy of extensive attention and joint solution at all levels of society.

2. Analysis on the concept of Internet addiction

Internet addiction is also known as "Internet Addiction Disorder" (IAD), or "Pathological Internet Use" (PIU). It was first proposed by American psychiatrist Goldberg, which clinically refers to the phenomenon of obvious psychological abnormalities and accompanying physical damage caused by patients' excessive dependence on the Internet. Specifically, it can be expressed as a strong desire to use the Internet again, and withdrawal reactions when stopping or reducing Internet use, and can be accompanied by mental and physical symptoms. It is a kind of Internet-related including pathological behavior and cognitive maladaptation. Psychological disorder [3]. Young believes that Internet addiction is a "behavioral-control disorder" that does not involve poisoning. Davis believes that "addiction" is an individual's physical and psychological dependence on drugs. Although netizens' dependence on the Internet is different from the dependence on patients' chemical drugs, he advocates replacing "Internet addiction with pathological Internet use". "The formulation [4].

The above are the mainstream views on the concept of Internet addiction in the world. Domestically, Ran Tao and others defined Internet addiction in the "Clinical Diagnostic Criteria for Internet Addiction" as: a mental behavior disorder caused by the individual's repeated excessive use of the Internet, manifested as a strong desire to re-use the Internet, stop or reduce it Withdrawal reactions occur when using the Internet, and may be accompanied by mental and physical symptoms. Hongkai Tao believes that Internet addiction is an irrational behavior caused by psychological problems, not a "mental illness." It is unscientific to include Internet addiction in the category of "mental illness," and the two cannot be compared. When a person brings emotions in the virtual world to real life, it can only show that he can't distinguish between virtual and real life. This is a kind of psychological dependence and it cannot be assumed that they are suffering from mental illness. Based on the above viewpoints of domestic and foreign scholars, Internet addiction refers to the phenomenon of tolerance to the Internet, withdrawal response, continuous desire to surf the Internet, and behavioral loss of control caused by inappropriate Internet use for a long time. Damage to social functions [5].

3. Types and criteria for juvenile Internet addiction

Psychology generally refers to people in adolescence as teenagers, and the age group generally refers to 12-18 years old, that is, the junior high and high school stages of school life. Adolescents at this stage, due to their initial awakening of self-consciousness, but lack of self-control ability, are more susceptible to temptations from the outside world. The online world is complex, and young people are more likely to be addicted to it and unable to extricate themselves. Based on this, the following mainly discusses the influencing factors of adolescents' Internet addiction and the problems of prevention and intervention. Before that, we must first introduce the types and criteria for juvenile Internet addiction.

3.1 Types of adolescent Internet addiction

At present, scholars at home and abroad have fairly consistent conclusions on the types of youth Internet addiction. After sorting it out, it can be divided into the following types:

The most common is addiction to online games. The main manifestation is that young people spend a lot of time, money, and energy in online games, causing them to waste their studies and waste their time. The process of online games can bring a sense of satisfaction and vanity that young people cannot obtain in their studies and life, making it easy for young people to indulge in it and unable to withdraw. In severe cases, it may not be able to distinguish between real life and the game world, and even illegal crimes may occur.

Internet relationship addiction can also be called Internet communication addiction. It mainly refers to young people's excessive indulge in various online Internet chats and online dating software, such as WeChat, QQ, and Weibo. The typical performance is: once they break away from these online and virtual communication methods, they will feel very empty mentally, and they will also have trouble with interpersonal communication in real life. More serious phenomena such as youth online dating and online marriage have a negative impact on the youth's own social adaptability, and the false and deceptive phenomena in the online world will also lead to a decline in the level of trust in the entire society.

Internet pornography addiction mainly refers to addicts who have long been addicted to various Internet pornography and obscene information and content. It manifests as frequent browsing of various Internet pornographic websites, watching Internet pornographic pictures, texts, videos, etc. Adolescents have strong curiosity and weak self-control. Indulging in this will not only cause a certain negative impact on its body and psychology, it may also lead to various social anomies and illegal criminal behaviors.

Internet information addiction mainly refers to young people's excessive dependence on online information, spending a lot of time and energy on the collection of online information, or overly trusting the authenticity of information in the online world, and lacking their own judgment and thinking ability. As a result, it is aimless and aimless when collecting information, and without thinking or distinguishing when using information.

Internet addiction to mobile phones. In today's era, the several Internet addiction behaviors and network functions mentioned above can basically be implemented and used on smart phones. In order to facilitate the study and life of young people, parents basically equip their children in junior high and high school with smart phones. Most of the internet addiction behaviors of young students are also developed when using smart phones. Due to its powerful and convenient functions, smart phones can not only improve the learning efficiency of young people and enrich their entertainment life, but also allow young people to develop their dependence on smart phones [6].

3.2 Judging criteria for adolescent Internet addiction

Foreign scholars mainly conduct research on the judging criteria of adolescent Internet addiction from the perspective of psychiatry and psychology. The main representatives are Young and Goldenberg. Young proposed her "8 criteria for Internet addiction" based on the 10 criteria for pathological gambling in DSM-IV (5 of which can be judged as Internet addiction). Goldenberg proposed his seven criteria based on the six core elements of Internet addiction, namely characteristics (prominence, tolerance, withdrawal symptoms, conflict, recurrence, and mood changes). In general, the international standard for determining Internet addiction has not yet formed a more unified opinion, and the object of measurement is mainly for the adult group.

Similarly, in my country, there is also a lack of systematic and complete measurement tools for Internet addiction. Most researchers also refer to foreign questionnaires and scales to prepare their own questionnaires. The more representative ones are Ran Tao and Hongkai Tao. In their "Clinical Standards for Internet Addiction", Tao Ran and others believe that the judgment of Internet addiction should be comprehensively considered by three criteria. The first is the time standard, that is, for non-work and study purposes, online for more than 6 hours a day; the second is the disease course, that is, the above Internet status lasts for more than three months; the third is the social function standard, that is, whether the ability to learn, work and communicate is due to long-term Damaged by surfing the Internet. Hongkai Tao specifically proposed ten levels of adolescent Internet addiction based on the personality traits of Chinese adolescents. Among these ten levels, reaching level 5 or above can be considered as Internet addiction, reaching level 8 or above is considered as severe Internet addiction.

4. Influencing factors of adolescent Internet addiction

The influencing factors of adolescents' Internet addiction can be interpreted from multiple perspectives, which can be divided into two categories: one is the characteristics of the Internet itself, and the other is the environmental factors of individual growth of adolescents. In terms of the network itself, due to the openness of the cyberspace, the concealment of membership, the abundance of resources, and the timeliness of communication, it is relatively easy to attract adolescent users. Therefore, the richness of the online world is actually the youth network. External triggers of addiction [7]. In terms of the environment for the individual growth of adolescents, it mainly includes three aspects: individual factors, family factors, and social factors. The following is a brief analysis mainly from these aspects.

4.1 Individual factors

The reason why young people are prone to Internet addiction is the lack of self-control ability. They are in a period of psychological and behavioral transformation in adolescence, and their values and behaviors have not yet formed a

fixed pattern. Compared with adults, their self-control and self-discipline are inferior. Second, the cognitive ability of young people is limited. The junior and senior high school stage is the stage of learning basic knowledge. Teenagers have not yet in-depth contact with society, and their understanding of the world is still insufficient. Therefore, in the noisy online world, it may not be possible to distinguish the quality of information, and it is easy to fall into pornography, violence, etc. In the whirlpool of bad information. Finally, the self-awareness of young people tends to be strong. Adolescence is the strongest period of self-awareness and rebellious psychology in life. It is eager to get rid of the control of schools, teachers, and families, pursue independent personality and adulthood, and establish self-worth. The Internet just provides such a virtual space.

4.2 Family factors

Generally speaking, the better the family's economic conditions, the more convenient it is for young people's Internet addiction to a certain extent; and the tension, alienation and disharmony of family relationships will also make young people feel lonely and lonely psychologically. And seek comfort in the virtual world of the Internet; incorrect family education methods can easily lead to youth addiction. The specific manifestation is that parents have too high expectations and requirements for their children, and the discipline is too strict, which will easily make them escape reality and enter the virtual world. Excessive indulgence will also make young people fail to recognize their shortcomings, indulge themselves, and covet for pleasure.

4.3 Social factors

The incentives for young people's Internet addiction at the social environment level are first reflected in the insufficient efforts of the government and other public departments to monitor the Internet. The typical phenomenon is that there are still some Internet cafes in the society that allow minors to enter the Internet, which shows that the supervision and management of Internet cafes is not good. Secondly, currently, the information in the online world is too noisy. Today's network environment is still full of bad and illegal information, such as pornographic and violent information, and these information are relatively easy to obtain for young people. Furthermore, the current laws and regulations on the Internet are relatively lagging behind. The specific manifestation is that there are few policies and regulations related to Internet cafes and network communication, which lag behind the development speed of the network itself to a certain extent [8].

5. Prevention and intervention of adolescent Internet addiction

At present, most researchers in the field of adolescent Internet addiction believe that it is unreasonable to completely quit Internet addiction, and the purpose of prevention and intervention is to make it change the unhealthy way of surfing the

Internet and develop a reasonable, controllable, Balanced Internet habits. Prevention is before the event and intervention is after the event. Both are indispensable. In the following, suggestions are made from two aspects: prevention plan and intervention strategy.

5.1 Prevention method

First of all, it is necessary to use the cognitive change method to carry out systematic psychological education courses or training in schools or communities, and through the persuasion education of experts and teachers, so that young students can understand the advantages and disadvantages of the online world, understand their own needs, and find suitable ways Vent your emotions and develop good internet usage habits. Second, you can also use the role model method to set up excellent student models in schools and encourage other students to learn from them. Thirdly, we must pay attention to the cultivation of young people's psychological quality. Through determination, introspection, motto and other methods, young people can set up positive life and learning goals and cultivate a good attitude to guide and influence real life and learning. Finally, the environmental edification method is very important. Both teachers and parents need to establish a good learning atmosphere and a green network environment for young people. In addition, communities and schools can carry out healthy and active cultural and sports activities to attract the participation of young people, which can also vent their vigorous energy.

5.2 Intervention strategy

At present, mainstream intervention strategies are mainly divided into cognitive behavioral therapy, family therapy, group therapy, etc. Among them, cognitive behavioral therapy is the most widely used. Cognitive behavior therapy is developed from behavioral therapy, based on Pavlov's classic conditioning theory, Skinner's operational conditioning theory, and Bandura's social learning theories. Treatment technology. It can be divided into two categories: cognitive intervention and behavioral intervention [9].

In terms of cognitive intervention, the first is the reconstruction of cognition. This is explained in detail in the first point of the above prevention plan. Secondly, it is self-remind. This requires that young people who are addicted to the Internet have a deep understanding of the pros and cons of surfing the Internet. Every time they want to surf the Internet, they must fight their own thoughts and remind themselves. Then comes the imaginative method, also known as implicit sensitization or imaginative aversion intervention, in which young people imagine the negative effects of Internet addiction, such as decline in grades, misunderstandings by classmates, and criticism from teachers and parents. This will awaken the sense of honor and morality in the hearts of young people, and stimulate their confidence, motivation and determination to fight against Internet addiction. In addition, young people also need to have positive self-suggestion. When Internet addiction occurs,

they must repeatedly remind themselves not to let themselves go and indulge themselves. You need to establish positive goals and beliefs. Whenever you resist the temptation and spend a fulfilling day, you can encourage yourself or reward yourself in other ways. In this way, we can gradually correct unreasonable cognitions and develop good habits.

The methods of behavior intervention mainly include the following: (1) Reinforcement method. Operative conditioning theory believes that if a behavior is rewarded later, that behavior will appear repeatedly under the same environment or conditions. According to this, when adolescents control their desire to go online and get rewards, they will strengthen their control of their online behavior. On the contrary, they will be punished after going online. In this way, the combination of rewards and punishments can effectively control the frequency of teenagers going online. (2) Drug therapy. For adolescents with severe addiction, medication can be supplemented. The effect of emotional control can be achieved by taking some nerve tranquilizing drugs. (3) Aversion therapy. Mainly refers to combining the target behavior that needs to be abstained from with some unpleasant feelings or stimuli. Through the reflection of the offensive condition, we can get rid of the target behavior. For example, methods such as the rubber band pull method and social disapproval of aversion intervention are more suitable for the intervention of young people's Internet addiction problems. (4) Distraction and substitution, delayed gratification method. This method mainly refers to that young people can meet their own entertainment needs through some other alternative activities. For example, when young people want to go online, they can go out to play with friends and participate in collective activities to transfer and replace their own needs to go online. Or when you desperately want to go online, set a deadline for yourself, and then endure a few hours before going online to complete other tasks first. In this way, teenagers may gradually forget their original thoughts of going online while doing other things [10].

6. Conclusion

In summary, adolescence is an important stage in the socialization of life, and it is also an important stage for adolescents to learn basic life skills and improve their abilities. With the rapid development of current society, the information on the Internet is numerous and complex. When facing pressures and temptations, teenagers can easily lose control of themselves and get lost in the online world. This requires parents and teachers to pay more attention and lead correctly. Use reasonable cognitive and behavioral therapies to actively prevent and intervene in adolescent Internet addiction behavior. Through the use and intervention of various treatment modes, they can correctly and reasonably understand themselves, the network, and the society, and have a correct judgment on the things in the society. Whether it is a "small Internet addiction" problem or a "big event" on the road of future life development, they need to form their own correct values and behavior patterns so that they can better adapt to the society and develop themselves.

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