

Analysis of the Current Situation of Internet Addiction Disorder Among College Students and Its Psychological Treatment and Preventive Strategies

Yuxin Liu¹, Min He², Qining Zhao³

¹Physical School, Southwest Petroleum University, Chengdu, China;

²Southwest Petroleum University, College of Petroleum and Natural Gas Engineering, China;

³Logistics Service Corporation student apartment management center, Chengdu, China.

Abstract

As we all know, contemporary college students are the most popular group in the Internet. Among 513 million Internet users in China, college students rank first. Network has become an indispensable tool in college students' study and life, but at the same time, more and more college students are addicted to the problem of virtual world. The number of Internet addicts in China has exceeded 300 thousand, of which 40 thousand are heavy Internet addicts. Internet addiction of college students has caused a series of mental health problems, ideological and behavioral problems and even serious social problems. This not only impede the development and success of university students, but also concerns the long-term development of the whole country and society. Based on Maslow's hierarchy of needs theory, this paper analyzes the causes of College Students' Internet addiction from the perspective of lack of needs and growth needs. It holds that the formation of College Students' Internet addiction is related to excessive dependence on the Internet to meet the needs of lack and growth needs. At the same time, some related psychotherapy and preventive strategies are put forward to guide college students to use the network correctly, so as to make college students develop healthily physically and mentally.

Keywords

College students; Internet addiction; Maslow's hierarchy of needs; behavior cognition theory.

1. Introduction

The development of Internet and information technology has brought great convenience to human life, study and work [1]. But the network is fictitious, the characteristic of anonymity is very harmful. Internet addiction disorder is a typical product of college students. According to a survey conducted by the Institute of Psychology of the Chinese Academy of Sciences in 13 universities nationwide, 80% of college students who discontinue their studies (including dropouts and suspensions) are all Internet addicts [2-4]. At the same time, there are still students because of Internet addiction decline in grades, credit failures, some of them were demoted, try to read, on the verge of dropping out of school [5-8]. Nowadays, the phenomenon of College Students' Internet addiction is becoming increasingly prominent, which seriously damages the students' learning enthusiasm and physical and mental health [9,10]. Therefore, it is imperative to analyze the phenomenon of Internet addiction disorder and its psychological treatment and prevention strategy.

2. The Basic Content of Internet Addiction.

2.1. Definition of Internet Addiction

Internet addiction, also known as "Internet Addiction Syndrome" (IAD), clinically also known as pathological Internet use (PIU). It refers to a phenomenon that is harmful to the physiology, psychology and society due to the excessive use of the Internet. Its main characteristics are: uncontrolled spending a lot of time on the Internet, must increase the Internet time to obtain satisfaction, can not surf the Internet when abnormal emotional experience, academic failure, poor job performance or deterioration of real interpersonal relations, lie to others to hide their obsession with the Internet, symptoms recurrence, and so on.

2.2. Diagnostic Criteria for Internet Addiction Disorder

Young, the first psychologist to study Internet addiction, believes that of all the diagnostic criteria listed in the American Mental Illness Classification and Diagnosis Manual, pathological gambling is the closest to the pathological characteristics of Internet addiction. Therefore, he revised the 10 diagnostic criteria of gambling addiction to form a measurement tool for Internet addiction. There are 8 questions in the questionnaire.

- (1) concentrate on the network;
- (2) the time of accessing the Internet is getting longer.
- (3) constantly trying to reduce the use of the Internet;
- (4) there will be withdrawal symptoms when the network is reduced.
- (5) time management;
- (6) facing the pressure of environment (from family, school, work);
- (7) to hide the Internet behavior of the people around them.
- (8) emotional changes are caused by the use of the Internet.

If the subjects give a positive answer to 5 questions, they can be diagnosed as Internet addiction. This is the widely used diagnostic basis.

2.3. Symptoms and Symptoms of Internet Addiction Disorder

- (1) salience

Internet addicts' thinking, emotion and behavior are all controlled by the activity of surfing the Internet, and surfing the Internet becomes their main activity. When they can not surf the Internet, they will experience a strong desire.

- (2) emotional changes

If you stop using it, you may experience anger, anxiety and tension.

- (3) tolerance

Addicts must gradually increase their Internet access and time to get satisfaction.

- (4) withdrawal reaction

Under the condition of not being able to access the Internet, there will be emotional experience such as fidgety.

- (5) conflict

Internet addiction behavior will lead to the conflict between addicts and their surrounding environment, such as apathy with family and friends, work, academic performance decline, and other activities of addicts, such as impact on learning, work, social activities and other hobbies. The contradictory mentality of addicts towards addictive behavior: they are aware of the danger of excessive Internet use and are unwilling to give up all kinds of spiritual satisfaction brought about by Internet use.

(6) repetition

2.4. Types of Internet Addiction

The classification of Internet addiction is consistent with the understanding or conclusion of researchers at home and abroad. Armstrong divided it earlier and thought there were five types:

(1). Internet pornography addiction

It refers to the addiction to browsing, downloading and exchanging pornographic pictures, movies, text and other content, online pornographic transactions, or into adult chat rooms.

(2). Internet Addiction

Internet users use a variety of chat software as well as the chat room of the website for interpersonal communication (including online romance), devote all their energy to online relationships or virtual emotions, and use online friends instead of real-life friends and family.

(3). addiction to online games

It means that network users can't be addicted to computer games for a long time. Such addicts are usually found in teenagers who spend a lot of time, energy and money on online games.

(4). information overload

It means spending a lot of time forcibly browsing various web pages to find and collect information, including forcibly collecting useless, unrelated or urgently needed information from the web.

(5). network compulsion

Internet users have an irresistible urge to engage in compulsive online gambling, online auctions, shopping or stock trading.

3. The Basic Situation of College Students' Internet Addiction

3.1. Analysis of Internet Addiction Disorder Among College Students

The Internet has broken the relationship between the three traditional media, i.e. radio, television, newspapers and periodicals, which are "you say I listen", "you broadcast me", "you write me read", and the audience. It has the basic characteristics of freedom of expression, equality of information sharing, virtuality of information existence, and non-centrality of information communication. And advocating equality and individuality. Faced with the virtual world constructed by the Internet, contemporary college students show a high degree of recognition and enthusiasm for participation. Classrooms, laboratories, libraries and other learning and living in every corner, have been covered with the tentacles of the Internet. According to the report of China Internet Information Center (CNNIC) in January 2012, the total number of Internet users in China has reached 513 million. The proportion of students is still much higher than that of other groups. Nearly one-third of the Internet users are students, and a large part of them are college students. At present, about 14.1% of the urban adolescents are Internet addicts, and the number of them is about 24.442 million. Among them, the proportion of Internet addiction among the 18-23 year-old adolescents (15.6%) is the highest, while the proportion of college students in this age group is the highest.

3.2. The Harm of Internet Addiction to College Students

3.2.1. Physiological Effects

Internet Addiction College growth time "bubble" on the Internet, the lack of necessary exercise and rest, its eyesight, bones and other hazards to varying degrees.

3.2.2. Influence on Psychology

(1) influence the shaping of healthy personality. Most Internet users use masks to disguise themselves, which may cause people to lose their sense of self and reality, forming a weak and

illusory personality. Because of curiosity, Internet users can easily lead to unhealthy personality such as cross dressing and homosexual tendencies.

(2) cognitive dissonance. The prominent manifestation of cognitive incongruity is that the number of browsing information increases, but the type of contact information decreases; the time spent on the Internet increases, but the threshold of perceived information decreases.

(3) lead to psychological variation in interpersonal communication. Including information selection disorder; emotional self-loss; moral will weakening; behavior role confusion; network personality disorders.

3.2.3. Other Influences

Internet addiction will lead to individual academic performance decline, triggering social problems, at present, college students because of obsession with online games caused by academic performance decline, and even truancy, truancy phenomenon is increasingly common.

Internet addiction will first cause time management problems, Internet addiction college students because of the irresistible impulse to go online, spend a lot of time on the Internet to do those things that are not urgent and not important, this not only makes the precious time of college students pass, but also affects the development of college students in all aspects.

Internet addiction will increase family burden. College students' online expenses are basically paid by their parents. Many families spend their entire family income on college. College students with internet addiction spend their parents' hard-earned money wantonly, which undoubtedly adds to the family's financial burden.

3.3. Causes of Internet Addiction Disorder Among College Students

Whether in the real world or in the Internet world, human behavior can be traced back to the needs of human beings. Maslow divides human needs into seven layers, the first layer is the physiological needs, including clothing, food, shelter, travel, play, etc., the second layer is the need for security; the third layer is the need for love and belonging; the fourth layer is the need for dignity; the fifth layer is the need for knowledge and understanding; the sixth layer is the need for aesthetics; the seventh layer is the need for self-realization. The need. Maslow believed that human needs were distributed at a hierarchical level. He believes that the needs of one to four are deficient needs, and the five to seven needs belong to the growth needs. The satisfaction of the network to human needs is nothing more than in these missing needs and growth needs, can not be beyond it. Based on this principle, we can explore the causes of Internet addiction disorder.

(1). College students in China are basically 17-24 years old, in the middle and late adolescence, physical development has matured, full of curiosity about sex, eager to associate with the opposite sex. Due to the pressure of the college entrance examination, the high school neglects the communication with the opposite sex, the university stage is relatively free, coupled with active thinking, influenced by western culture and various media, such as movies, television, books and periodicals, etc., the subconscious desire for the opposite sex is particularly strong. The openness and anonymity of the network can provide great convenience for attracting the attention of the opposite sex, getting the favor of the opposite sex and expressing love to the opposite sex directly. Therefore, love is often the main content of many college students chatting online, and once developed into online love, often indulge in which can not extricate themselves.

(2). Most of the contemporary college students have only children. Many students lack the ability of life exercise and independent life. Many things in the University have to learn to do by themselves, so they will encounter many difficulties and setbacks in their study and life in a period of time. Especially some introverted students, when they first enter university, are not

familiar with new students, are unwilling or embarrassed to communicate with their classmates when they encounter difficulties and setbacks. Finding netizens to let off steam may become an ideal way. In the long run, they have formed a dependence on the network, indulged in the virtual world, and have a gap with real life, the network society has become the pillar of their spiritual life, the normal cognitive, emotional and psychological positioning has been affected, the formation of a healthy personality and outlook on life has been affected.

(3). network can meet people's needs of social communication relatively safely at relatively low communication costs. For some introverted students who are not good at communicating with others, in the virtual world, they can re-create an image, an image that hides their own shortcomings, adds more advantages and attracts others, and can put aside their anxiety about social communication in real life.

(4). The network information resources have many kinds, large quantities and fast renewal, and they are three-dimensional forms of communication integrating words, sounds and images. College students are in the psychological weaning period of human beings, have a strong desire to explore, eager to understand all kinds of knowledge, information outside the book, understand the outside world. The characteristics of the network, such as complete functions, rich information, common appreciation of elegance and vulgarity, freedom and openness, can meet the needs of College students.

(5). the growth process of college students is the development process of their self-consciousness. In this process, college students are especially anxious for their self-worth to be affirmed. In the real world, the realization of College Students' self-worth is still faced with many limitations. But in the virtual world of the network, such as online games, communities, forums, people can say what they want to say, do what they want to do, become what they want to be, not only can they realize the value pursuit that can not be realized in real life, but also can they achieve the goal. To a virtual sense of value recognition and achievement, even it is easy to get some short peak experience. Intense desire for individual value realization and relatively easy virtual realization of value provided by the network often lead to some college students' psychological dependence on the network and eventually become addicted to the Internet.

In short, the network, a relatively free stream of consciousness, can trigger people's various potential desires and needs in many ways. The longer the Internet is used, the more easily the ability of self-restraint will be lost. It emphasizes that individuality needs to neglect social responsibility, stresses that meeting the basic requirements of neglecting the moral bottom line will eventually lead to conflicts with the real self. When Internet addiction occurs, the satisfaction of individual spirit in the Internet world changes from escaping from reality to establishing a set of values and ethics which run counter to the needs of social reality in the virtual world. The need for self-development and self-realization on the Internet has been virtually satisfied, even for a brief peak experience, but the individual is deeply aware of their own self-incompatibility with reality, and the surrounding environment has a negative attitude towards the realization of the value of the Internet world, forming inner anxiety, and then communication. The obstacles to communication ultimately show the typical characteristics of social alienation.

4. The Treatment of Internet Addiction Disorder Among College Students

4.1. Cognitive Therapy

Cognitive therapy is a psychotherapy method established by American scholar Beck. It is believed that mental disorders are caused by wrong or unreasonable beliefs and opinions of the patients. Emotional and behavioral improvements can be achieved by realistic evaluation and correction of distorted or dysfunctional thoughts. Cognitive therapy mainly includes

cognitive reconstruction, self debate, self suggestion, self motivation and so on. Zhang Chao and Yu Zongfu reported that after cognitive therapy, patients with Internet addiction realized that their excessive Internet use was due to wrong cognition, and established a correct cognitive style, and achieved certain results. Gao Lei and Li Zhentao used the endoscopic-cognitive therapy created by Professor Li Zhentao to treat the patients. Before and after treatment, they were assessed by SCT, SCL-90, EPQ, etc. Results After 7 days of treatment, the scores of the patients were significantly reduced. Conclusion: internal cognitive therapy is effective and effective in the treatment of Internet addiction disorder in adolescents.

4.2. Behavior Therapy

Behavioral therapy is based on classical conditioning and operant conditioning, adheres to the natural science research methods, and regards human behavior and external environment as the object of study. Behavior therapy is to change old bad behaviors or behaviors through acquired efforts and external factors. Specifically, several methods can be adopted:

(1). target setting method

It is by using some tools to remind Internet addicts, and then control the Internet time.

(2). coercive law

According to Operational Conditioning Theory, if a behavior is rewarded after it occurs, it will persist and recur under the same environmental conditions. Addicts may give themselves a small reward or punishment depending on the progress of abstinence, but be aware that the content is not related to the Internet. Rewards and punishments can be carried out by themselves or others.

(3). distraction therapy

By participating in the school's rich extracurricular activities, enrich their free time, so that they do not have time to surf the Internet. Cultivate students' interests and hobbies to divert students' attention by colorful extracurricular activities, such as reading, listening to music, playing balls, swimming, etc. or standardize and guide students online through school organizations, gradually reducing students' dependence on the Internet.

5. Prevention and guidance of College Students' Internet Addiction Disorder

It is better to take precautionary measures than to stop it. For those college students who are addicted to the Internet but do not form an Internet addiction, prevention and counseling needs a variety of assistance and support.

5.1. Campus Prevention and Control

(1). enrich campus cultural life and transfer students' attention.

We can develop colorful campus cultural activities to enhance the cohesion and communication of students, so that those introverted and isolated students into the campus cultural life, get rid of the virtual world, into reality.

(2). Teachers and students should communicate and communicate with each other, and carry out ideological and political education and mental health education for Internet addicts.

(3). class students pay more attention to students who are interested in Internet addiction.

Through some class cadres, Party members, activists, young student backbone to establish a help organization to abstain from Internet addiction

Using various measures to help students with Internet addiction, pair with them to study on their own, help them with their tutoring lessons and chat, guide them to gradually get rid of Internet addiction and start a healthy learning life.

5.2. Join Hands with Social Forces to Purify the Internet Environment

A good social ethical environment can improve the effect of school education, so we should try to avoid the negative influence of social factors on educational forces. By advocating industry self-discipline and clarifying the main responsibility of network media in the construction of network culture, society should strengthen the construction of network civilization, play a guiding role, promote industry self-discipline and maintain the civilization and cleanliness of network environment. The society should invest more manpower and material resources in media network supervision, strictly standardize the management system, produce healthy network programs, and penetrate correct understanding, selection and utilization of information and entertainment resources of the network. Specific measures such as purify the network environment and eliminate off campus Internet cafes.

5.3. Parent Contact

Regular communication with parents to educate students on addiction. Let addicts and their families work together to develop specific behavior contracts, plans, so that addicted students to accept external supervision, family members give effective supervision and timely encouragement and encouragement.

5.4. Self Control

As adult independent college students, they should have the ability of self-control and regulation. One of the pathologies of Internet addiction is that users lack the ability of self-control. In the complicated network world, college students should be able to grasp themselves and constantly strengthen the subjective consciousness; correct understanding of the network is also the key to the correct use of the network. When using the network, we should grasp the use of scale, improve the awareness of healthy use of the network, and strengthen the ability to resist the erosion and control of the network on the individual body and mind. College students should widely cultivate their own interests and hobbies, actively participate in a wide range of social exchanges, experience the joy of communication in the exchanges, get rid of loneliness, and replace the virtual interactive space with real interpersonal relations.

6. Conclusion

In short, the problem of college students'Internet addiction has attracted the attention of all walks of life. College workers and college students themselves should take preventive measures. College students should form a correct network concept. We should form the resultant force of the "three-in-one" education among the school, the family and the society, so as to achieve joint management, grasp, grasp and produce practical results.

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