

Research on Social Work Service of Adolescent Internet Addiction

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Abstract

With the popularity of the Internet, the phenomenon of Internet addiction has become more and more serious, especially among teenagers, the proportion of Internet addiction is very high. How to effectively quit Internet addiction has become a hot research topic in sociology, psychology and behavior. Based on the literature review, this paper analyzes the existing methods of Internet addiction abstinence, and puts forward that social work can be used as a method of Internet addiction abstinence. The research ideas of this method are combed.

Keywords

Social services, adolescents, Internet addiction.

1. Introduction

With the popularization of mobile internet terminals, such as mobile phones, the trend of Internet users is increasing. More and more teenagers are addicted to the network, as shown in figure1. The world's first American psychologist, Kimberly Young, who first put forward the diagnostic criteria for Internet Addiction, believes that the addiction is not an independent mental illness, but a known impulse-control disorder "is embodied in a network user, that is, a television-based air-conditioning disease, and so on. It is only a long-term contact, resulting in a psychological habitual dependence, which can be classified as a psychological problem but must not be referred to as a disease. So how to treat the internet addiction becomes a hot topic in sociology, psychology, and behavior. In this paper, after the analysis of the relevant fields, this paper puts forward a scheme to help the youth to get rid of the internet addiction through social work.



Fig 1. Teenagers are addicted to the network

2. Research Reviewed

① Young's Cognitive Behavioral Therapy: Young proposed his own treatment plan based on the consideration of social function of the network, combining the research on other addiction and the therapeutic effect of IAD. The core part of the treatment plan mainly includes reverse practice, external blockers, setting time objectives, control, warning cards, personal catalogues, support groups and family treatment. The scheme system is good to extract corresponding behavioral therapy from different dimensions and life scenarios.

② Davis's Cognitive Behavioral Therapy: Davis puts forward the corresponding Cognitive Behavioral Therapy according to his Cognitive Behavioral Model used in the morbid Network. He divided the treatment process into seven stages, which lasted 11 weeks. Specific operational stages include: orientation, rules, levels, cognitive reorganization, offline socialization, integration, notification. The core idea is to let patients rediscover other more interesting new things in life, and constantly strengthen psychological cues to achieve good healing results.

③ Drug therapy: the drugs used to treat IAD are mainly antidepressants (antidepressants) and (mood stabilizers), which are mainly used in the treatment of Internet addiction. The aim is to relieve depression and anxiety associated with or as an inducement to Internet addiction. Drugs play a certain role in the treatment of Internet addiction disorder, but drug treatment is still in the trial stage, most of which are combined with psychotherapy. The following figure shows the function model of psychological intervention related research.

3. Existing Methods of Abstinence from Internet Addiction

The research on the intervention of Internet addiction mainly focuses on the theoretical discussion based on the causes of Internet addiction and psychological theory. In recent years, medical, psychological and pedagogical experts have intervened in teenagers with Internet addiction from different perspectives.

(1) Intervention from the perspective of clinical medicine

Mainly drug treatment, more successful practices such as Ningbo Drug treatment Research Center and Beijing military region General Hospital Network dependence treatment Center treatment practice. Its general principle is: destroy first and then establish. The so-called "destruction" is the first use of drug intervention, with a certain amount of scopolamine, once a day, or once every other day, a total of 3 times 5 times. The purpose of this study was to inhibit the excessive excitement of the cerebral cortex, restore the balance system of the body during sleep and rest, and interrupt the forced Internet behavior of the patients, and then "establish", mainly using psychological counseling, traditional Chinese medicine ear acupuncture, traditional Chinese medicine physiotherapy, travel and so on. According to the specific situation of each patient, the total course of treatment is 10 to 15 days. At the same time, drugs themselves pose a greater risk to growing and developing adolescents, so drug treatment has also been criticized by many researchers. Some drug treatments, such as electroshock therapy, have been proved ineffective, as shown in the figure below.

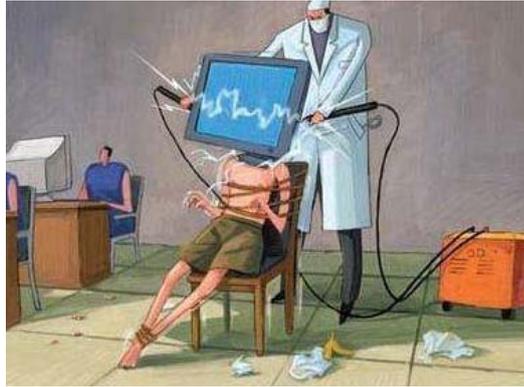


Fig 2. electroshock therapy

(2) Intervention from the perspective of psychology

It is a common and fruitful method to study the prevention and treatment of Internet addiction from the perspective of psychology. The research in this field began in foreign countries as early as the middle and late 1990s, but in our country, with the phenomenon of Internet addiction being paid attention to by all walks of life in recent years, all kinds of diagnosis and treatment institutions of Internet addiction have also appeared. As shown in the figure 3 below, some hospitals provide one-on-one psychological counselling services



Fig 3. one-on-one psychological counselling services

(3) Quality education

Some scholars think that we should prevent teenagers from Internet addiction from three aspects: psychological quality, professional quality and comprehensive quality. By making teenagers identify with the talker, let the teenagers identify with their parents, let the teenagers identify with the study, make the teenagers consciously realize the disadvantages of Internet addiction and consciously quit the Internet addiction four steps to carry out the conversation education method is very effective. Based on his own knowledge, academic background and personality charm, many teenagers and families who are addicted to Internet have successfully got rid of the problem of Internet addiction by talking to him. However, compared with teenagers with Internet addiction, the beneficiary population in this way does not have the conditions to promote it as a whole. just like a variety of summer camps which are shown in fig4.



Fig 4. a variety of summer camps

(4) Research on intervention from the Perspective of Sociology

From the perspective of sociology, Internet addiction intervention is a social system engineering. Some scholars think that teenagers' Internet addiction is a social comprehensive problem, and the serious imbalance of the objective environment (such as ideological and public opinion environment, social and psychological environment, etc.) is an important reason why many teenagers can not extricate themselves from the Internet. She stressed that in order for teenagers to really get rid of Internet addiction fundamentally, they must not rely solely on education and psychological counseling, but must be managed comprehensively by the whole society. Some scholars believe that the prevention and treatment of Internet addiction needs not only psychological counseling, but also environmental support, which mainly includes network legislation and normative support, family support, community and school support and so on. As far as the current sociological perspective is concerned, rich achievements have also been made, but there is still a problem of insufficient feasibility in the implementation of the solution. The solutions put forward by many scholars are often discussed and studied from a macro point of view, and do not have strong maneuverability.

4. A Study on the Involvement of Social Work in Internet Addiction

There are few studies on the intervention of Internet addiction in social work. Some researchers have only theoretically discussed the three techniques of social work, that is, case, group and community can make a difference in the intervention of Internet addiction, but there is no practical intervention. The social work service of Shanghai Sunshine Youth Affairs Center for three years has also carried out a lot of practice in the area of Internet addiction, but at present, most of them are reported and publicized in the form of news, such as the national famous "five-step method of Internet Addiction withdrawal" (similar acceptance method, harm cognition method, decrement control method, identity substitution method, change environmental), and there are few published relevant academic research documents.

Most of the existing problems of Internet addiction are simple theoretical analysis, mainly involving concept definition, classification, diagnostic criteria and so on, and mainly with the help of foreign theoretical research results. Because the population of Internet addiction in China is mainly concentrated in teenagers, the theoretical explanation of the causes of Internet addiction pays more comprehensive attention to the influence of environmental factors than the psychological perspective of foreign countries. However, the practice of Internet addiction intervention is mainly in the field of psychology, and there is a lack of response to environmental factors. The theoretical tradition of social work "people in the situation" can respond to the lack of attention to environmental factors in the intervention of teenagers with Internet addiction in other disciplines. Some scholars have put forward the theoretical hypothesis that social work methods intervene in Internet addiction, but there has not been a study on the specific practical process of social work intervention in teenagers from the

perspective of systematic theory emphasizing the relationship between people and the environment. Generally speaking, the research on Internet addiction is lack of qualitative research on the whole intervention process, which takes the interventionist as the starting point. For example, through community activities such as sports, distract teenagers from Internet addiction, as shown in the following figure5:



Figure 5. Hiking activities of community-based organizations

5. Academic Value

First of all, most of the current research on Internet addiction is the subject of medicine and psychology. Social work has always had the knowledge model of "people in the situation". After the 1990s, the theory of social work was influenced by postmodernist social constructivism. It is believed that the facts are constructed in various situations, and the problems encountered by individuals are not only their own internal problems, but also have external structural causes. This paper emphasizes how to use internal resources and external resources to interact well in the process of personal growth, and what conditions of survival and development should be provided by external resources, and emphasizes the communication and interaction between life process and various systems in specific time and space. Therefore, social work has a "double focus" perspective on the problems faced by individuals, that is, the two missions of improving individual ability and adaptability and changing the social environment for the survival of individuals. This kind of "problem view" is completely different from medicine, and the psychological "problem view" can bring a new perspective to the analysis and intervention of Internet addiction. Secondly, corresponding to the theoretical research, most of the interventions on Internet addiction are medical and psychological intervention, and some scholars only theoretically discuss that the use of social work methods can make a difference in Internet addiction, but there is no specific practical process. The social work service of Shanghai Sunshine Youth Affairs Center for three years has carried out a lot of practice in Internet addiction, but at present, most of them are reported and publicized in the form of news, and there are few published relevant academic research documents. Our study may fill the gap in the theoretical research of social work intervention in Internet addiction.

6. Applied Value

First of all, at present, the drug treatment of Internet addiction as a clinical disease or the psychological treatment of Internet addicts from the psychological perspective has been criticized and challenged to varying degrees. Most of the drug therapy is used to treat drug addiction, whether it is effective or not, as far as drug treatment itself is concerned, there may be side effects on the body. Psychotherapy pays attention to individual behavior and psychological treatment, but only individual Internet addiction as the core of the treatment how to respond to the complex living environment factors of Internet addiction? The closed training

camp intervention model is carried out in a relatively isolated environment. How can the effect of intervention continue when teenagers return to their original living environment? From the perspective of the interaction between individual and environment, the intervention of social work service on Internet addiction regards the subject as non-morbid and resourceful, and focuses on working with the subject to define the problem, so as to help the subject make use of the available resources to improve and improve his social function, so as to restore the normal social function damaged by Internet addiction. This is essentially different from the definition of the role of Internet addicts in medicine and psychology, and intervention is a new attempt. Secondly, through the study of the social work service process of teenagers' Internet addiction, this paper explores how the social work elements play their functions and achieve their goals in this process, and then summarizes the characteristics of the intervention of social work methods in teenagers' Internet addiction.

7. Research Method

By using qualitative research method and taking social workers as the starting point, this paper studies how the existing social work services for teenagers to get rid of Internet addiction are carried out, explores how the elements of social work play their functions and achieve their goals in the process of service, and then sums up the characteristics of the intervention of social work methods in teenagers' Internet addiction. In this study, the purposeful sampling of qualitative research method is used, that is, the extraction of people, places and events that can provide the maximum amount of information for the research problems as the research object. The purposeful sampling is not based on the number of samples, but whether these samples can answer the researchers' research questions more completely and accurately. First of all, after the previous literature review and theoretical preparation, and then began to pay attention to how to find social workers who have experience in providing social work services for Internet addicts, and can contact them for interviews. The social worker who contacted the front line was used as the interviewee. Make interviews with social workers with practical experience as much as possible. Collate and complete the interview materials. Then there is the classification of unified code, which represents the important sentences with color, and then carries on the open coding, names and classifies the important sentences and paragraphs, what common problems the social workers face in each link of the intervention process, what are the ways to deal with them, and so on. After completing the open coding of each interviewee, the cross-case collation and analysis are carried out, the same open coding of different cases is integrated and classified, and the categories are summarized and conceptualized.

8. The Main Objectives of the Study

(1) to understand how social workers construct and analyze Internet addicts themselves and their problems, situations and needs. (2) to show the process of social workers providing services to young people with Internet addiction, and to analyze how social workers, teenagers and their parents, and other individuals and organizations working with social workers interact with each other in this process. (3) summarize the practical experience of social work intervention of Internet addicts, and reflect on the whole service process.

9. Research Plan and its Feasibility

In the early stage, it is necessary to devote a lot of time and energy to the practice of social workers in the field of Internet addiction, to keep in touch with the social workers who carry out the service of Internet addiction for a long time, and to participate in their work practice to a certain extent, which can help us to deeply understand the research problems and get a lot of information. Fully respect the rights and freedoms of the interviewees. Prior to the official

interview, the interviewees were briefed in detail on the purpose and content of the study, respected on a voluntary basis for their decision whether to be interviewed or not, and sought their views on whether they could be recorded. We must keep all the information of the interviewee confidential, and the identifiable information of the interviewee (such as name, work site, etc.) will not appear directly in the researcher's paper. According to the principle of confidentiality, the name of the social worker involved and the name of the social work site in the district are all marked by code, and the names of the subjects involved in the case are all pseudonyms.

10. Innovation

The professional social work method is used to help the teenagers with Internet addiction to improve the abnormal state of emotion and behavior caused by excessive use of the Internet and to restore their normal social function. (1) the establishment of the relationship. Including: the contradiction relationship between the petitioner and the core of the case master system, and the establishment of the relationship between the social work system and the case master system. (2) Analysis of the subject problem and situation. Including: the construction of the subject problem by the social worker; the construction of the relationship between the subject problem and the environment by the social worker. (3) Resource-based service delivery. Including: the formation of the target system; the interaction between the social work system, the action system and the teenagers who are addicted to the Internet; the interaction between the social work system and the parents of the teenagers who are addicted to the Internet.

11. Conclusion

How to effectively quit Internet addiction has become a hot research topic in sociology, psychology and behavior. Based on the literature review, this paper analyzes the existing methods of Internet addiction abstinence, and puts forward that social work can be used as a method of Internet addiction abstinence. The research ideas of this method are combed.

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