

# Psychological Analysis of Internet Addiction

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**Abstract:** With the continuous development and application of Internet technology, more and more people are addicted to the Internet, which has had a serious adverse impact on people's study, life and normal work. Therefore, it is particularly important to carry out psychological analysis on the causes and current situation of Internet addiction. And the paper first discusses the concept and adverse effects of Internet addiction, then analyzes the causes of Internet addiction from the perspective of psychology, and finally puts forward some suggestions on how to carry out psychological intervention of Internet addiction.

**Keywords:** Internet addiction, Psychology, Reasons.

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## 1. Introduction

By June 2021, the total number of Internet users in China had exceeded 1.011 billion, an increase of 21.75 million compared with December 2020, while the Internet penetration rate reached 71.6%. And one billion users had access to the Internet, forming the largest digital society in the world. Among the Internet users in China, students account for the largest proportion, and various Internet applications fill students' daily learning and life. It must be pointed out that the Internet is a "double-edged sword". For it has brought many conveniences to students' study and life, but it has also caused some negative effects to students' healthy growth. Among them, the greatest one is the "Internet addiction" caused by excessive addiction to the Internet. It is well known that Internet addiction is widespread among teenagers all over the world, especially in China and other Asian countries [1]. And Young's research found that the weekly Internet use time of addicts was nearly eight times higher than that of non addicts [2]. And at the behavioral level, long-term Internet use would affect individuals' normal social functions such as time management and interpersonal health [3]. What's more, teenagers' Internet addiction could cause mood, sleep, academic problems and other physical and mental health problems. Also some teenagers are addicted to online social networking and playing online games all day long, resulting in decreased eyesight, biological clock disorder, unable to maintain normal sleep, and also failing exams, failing grades, dropping out of school or even dropping out of school, thus abandoning their studies. Even then, due to long-term use of the Internet, the brain nerve center of Internet addicts will continue to be in an excited state, resulting in increased adrenaline level, excessive sympathetic nerve excitement, increased blood pressure, and gastrointestinal neurosis, cardiovascular disease, tension headache and other diseases.

## 2. Concept of Internet Addiction

From a psychological point of view, "addiction" mainly refers to psychological reactions such as abnormal behavior, irritability and anxiety when there are no addictive substances. Internet addiction is the same. Also Internet users have psychological dependence on the Internet, while using the Internet will bring psychological pleasure to Internet addicts. It is considered that Internet addiction can be divided into the following aspects. Firstly, some would indulge in online chat.

There is a huge difference between the psychological state of online chat and that of daily life. Secondly, some may be addicted to computer games, and they are constantly compulsively addicted to computer games. Once they leave the game, they will have psychological states such as restlessness and irritability. Thirdly, others could be collection addiction of Internet information, constantly looking for web pages on the Internet, as well as having a strong compulsion to browse information.

## 3. Adverse Effects of Internet Addiction

### 3.1. Work and Rest Time Disorder

Students with the internet addiction often go to Internet cafés to surfing during normal classes and bedtime at night. If they can't touch the computer in time, they will feel restless. Also students with serious conditions will even stay in there every day, regardless of day and night. In the long run, students' Internet addiction will become more and more serious, and their work and rest time will be seriously disrupted, leading to problems in their health.

### 3.2. Thoughts Eroded

It is understood that the network is a database containing all kinds of information, full of all kinds of beneficial or harmful information. According to relevant surveys, the unhealthy content related to pornography accounts for 47% of the information on the network, and 90% of the students who have been exposed to such information would have criminal motives or behaviors. Moreover, the network is also full of bad information such as murder games and violent games. Then students with serious Internet addiction will not be able to distinguish between the real world and the virtual world because their ideas have been eroded, resulting in criminal acts such as fraud, robbery, intentional homicide and theft of other people's information.

### 3.3. Mental Health Hazards

It is known to all that students with the internet addiction have been in the virtual world of the network for a long time, and their psychological dependence on the network is very strong. The sense of depression carried by the network will bring strong psychological burden and psychological pressure to students. Furthermore, the bad information in the network will also do harm to students' personality and conduct,

making them unable to recognize and control their behaviors and ideas, which will not only harm their mental health, but also lead to students' psychological abnormality.

#### **4. Psychological Analysis of Internet Addiction**

In terms of the current situation of Chinese students' Internet addiction, the most obvious manifestation is students' dependence on the Internet and computers. The main reason is that the use of the Internet can give students a sense of satisfaction to a certain extent. It is this advantage that is often consistent with the aspirations of contemporary students in many aspects, such as sense of achievement and affirmation. At the same time, middle school students on the Internet can also achieve the satisfaction of self achievement through rich game resources. Therefore, students are often more willing to use the Internet for self realization, which is often one of the main reasons for their dependence on the Internet and Internet addiction.

The use of Internet can make students' interpersonal communication more convenient and fast, which will also make Chinese students have certain interpersonal dependence to a certain extent. Due to the emergence of the Internet, there has been a great change in the way people use it to communicate. And the important factors are as follows.

Firstly, it is the universality of the Internet. Then contemporary students can make full use of this universality, break through the limitations of space on the Internet and arbitrarily choose goals for communication. Therefore, the probability that students can find mutually agreed communication objects through the Internet is far higher than the reality.

The second one is about the indirectness of the Internet. Using the function of the Internet effectively enables students to communicate without face-to-face contact, which also creates a certain sense of mystery between the two sides. Therefore, when there is more common language between the two sides of communication, students often have better illusions about the object of their communication.

Thirdly, it is the security of the Internet. Because the communication through the Internet has greater security, students often do not need to worry about the disclosure of their privacy. And this is often an important reason for students' Internet addiction. From the above discussion, we can know that the Internet mainly causes Internet addiction by meeting the inner needs of contemporary students.

The first thing is cognitive needs. In daily learning or the use of the Internet, the life and learning of contemporary students would be convenient, and the universality of the information content can effectively meet the cognitive needs of Chinese students.

Emotional needs followed. Through the Internet, students can find those netizens who share the same ideas with themselves for interactive communication, so as to get emotional satisfaction through the identification of views.

Next is about the need for self realization. Because the Internet has certain virtuality, students can obtain information through various ways on the Internet, and then achieve self-satisfaction from multiple perspectives such as emotion.

Then it is the demand for compensation. Using online games, students can play different roles and let them experience the ways and emotions that they can't experience in real life learning, which also meets the students'

compensation needs to a certain extent.

Last but not least, it is about releasing the demand. The reason why some students are addicted to online games, especially those with violent tendencies, is actually to release the daily pressures.

#### **5. Thoughts and Suggestions**

##### **5.1. We Should Carry Out Various Forms of Mental Health Education Activities to Improve Students' Self-Control Ability**

After experimental verification, the theme activities of mental health education can regulate students' own emotional problems, help students to understand themselves, promote their own exploration, set new goals, and finally change their bad behaviors and ideas, and improve their self-control ability. Therefore, the center of mental health education in Colleges and universities should organize various mental health education theme activities to guide students to manage their time scientifically and improve their self-control ability.

##### **5.2. College Counselors Play an Important Role in Improving Internet Addiction**

College counselors are young teachers who have the most contact with students. It can find the problem of students' Internet addiction at the first time, and should take some measures to intervene as soon as possible. College counselors should be good pilots of students' thoughts, and form a group of learning interest through various forms of theme activities, such as "getting off the network" and community activities, so as to guide students to use the network reasonably, arrange their time reasonably, cherish the learning life at present, and then establish the ideal and belief of studying hard and serving the country.

##### **5.3. Teachers in College Mental Health Education Should Regularly Screen Internet Addicted Students and Carry Out Positive Psychological Group Counseling Activities**

Teachers of mental health education in Colleges and universities should shoulder the important responsibility of helping Internet addicted college students get rid of Internet addiction. Based on positive psychology, they should regularly and reasonably adjust the counseling program according to the actual situation, and provide effective group counseling for Internet addicted college students, so that students can use the Internet scientifically. To build a "home school" psychological bridge, psychological teaching should not only be carried out in schools, but also between schools and students' families. On the one hand, the causes of Internet addiction come from individuals, on the other hand, from family factors, such as domestic violence, lack of family care and so on. The pleasure of Internet addiction to vocational college students is mainly psychological catharsis. As long as families and schools give appropriate care, students can avoid relying on the Internet. This bridge is mainly to do ideological work of families, so that parents can pay attention to students' actions and emotions, and even if they are busy, they should take time to communicate with students. In the actual teaching, the author finds that some students do not go home all the year round, mainly because they do not have enough attachment to their families. Many students say that they have not even

received a call from home urging them to go back, which also creates their dependence and enthusiasm for the Internet.

In a word, Internet addiction is a common phenomenon among primary school students, junior middle school students, senior high school students, vocational college students, college students and even middle-aged and elderly people. It occurs in schools, families, units, communities, public places and other places, and has become a common and complex social phenomenon. Analyzing the causes of Internet addiction from the perspective of psychology is the key to solve the internal factors of Internet addicts. We should adopt appropriate methods to help Internet addicts, let them gradually get out of the Internet, regard themselves as an independent individual from the heart, and find the goal in real life.

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