

The Effect of Adolescent's Mental Health on Bilibili

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Abstract: This paper's content depends on the research of a social media which names is Bilibili, an app which its users mostly are adolescents. This research tends to study the mental health of the teenagers through the comments and the video content of this app. The author discuss the app on two options, the function and the content. And the author selects "suspend from school" and "cute pets" as two video types of videos from Bilibili. The author analyses the data through comments under the video by two tables, to estimate the mental health changes by the video on the app of the adolescents. The research tends to improve the mental health of the adolescents, and adjust the content of the social media, to help prefect the internet environment. The aim of this research is to make the social media friendly for the growth of the teenagers and hopes that the mental health of the adolescents can be concerned by more people.

Keywords: mental health, adolescents, app study

1. Introduction

As the development of the internet, more and more teenagers choose to share their thoughts and daily lives on the social medias. Also, the scope of they can reach become more extensive than the past, but this can be a problem to the adolescents who haven't built their own personalities and world outlook, especially in some special situations. For the departed fourteen studies of the impact on teenagers which under the Covid-19, body contact and the increase of internet using time will rise the feeling of depressing, boring, and loneliness [1]. The other paper, which also interpret the changes of the adolescents' mentality, but focus on a software named Tik-Tok. Same to this paper, it talked about the using rate of Tik-Tok (if uses over 4-8 hours) reflects on their stress and lead to insomnia [2]. This paper tends to study a simple software: Bilibili, a Chinese software. It studies its impact on the mental health change on teenagers. It will also analysis the different function of this app.

2. Introduction to Bilibili

For the social media becoming an important part of our life (for about 3 billion social media users worldwide). Some studies (about 79 studies) the consequences are showed that some media content and users have relationship of pathology, and most of the results are negative. Also, there are some difficulties of those research. For example, most of them didn't differ the results depend on different kinds of interactions on the social medias [3]. In some cases, about 10%-20% young people may suffer from mental diseases, such as depression and self-harm behaviors. Because they usually spend

many times on the internet. They had their own response strategy to the different kinds of information of the internet [4]. So, they are easily to be influenced.

Bilibili is a software which people can make videos and share their thoughts at the comment area of the videos and the barrage. This app has variety of functions, like present system, live streaming, article publishing, and comment function. Also, it has function for people to write articles and put on anything they want to publish. One reason why this app has so high composition of teenagers is because this app introduces the animations that young people like to watch, and a high variance of freedom for making statements have created this circumstance. In the author's investigation, in all of these contents, adolescents are more likely to see videos on two different sites about "suspension of school" and "cute pets". However, the reason why teenagers watch them are unlikely, the author will analysis this at the next part of the paper.

3. Method

The author statistics the data of the total two categories of videos. The total amount of video the author browsed is 325. It is randomly be chosen by the author. The proportion which "suspend of school" included is 75%, and 25% is the videos about cute pets. The author put the emphasis on the comments because comments are the most visual form to assess the reaction of the viewers and is the best way to evaluate the thoughts and mind changes of the viewers. So, this research tends to study one of the Chinese young peoples' favourite app: Bilibili, by using the statistical method to research. The author analysis the variety of the composition at these two videos.

4. Result

4.1. Video about "Suspend of School"

For example, a video of suspend of school, named "Is suspend from the school the right choice? Depression, anxiety teenagers should or shouldn't be suspended from school", talked about whether teenagers should suspend of school, and the consequences. The comment area, which has 646 comments, has many different types of view. The first, as the largest proportion type of comments, said about their own experience similar to the video. There are three types of comments (see Table 1). The comment with has the most likes said that "I'm dying, but they're worried I won't get into college." The comments below discussed about their school lives and most of them are negative. These kinds of comments include strong negative emotions. Most of them are the teenagers talking about the ravages of life on them, and their bad state of living. Some normal teenagers will sit in the right seat while looking to these comments. That will lead to the deterioration of the condition. The second type is that giving some advises to people which have the same concern. Usually, it is more positive than the other type of comments. But sometimes there are dissenting voices, thinking that they are wrong. This refers to the third type. The third type is which observer criticize the people which suspend of school. This kind of comments usually will lead to a bitter quarrel. Quarrel will lead to teenagers' mental health confusion. They don't have a mature mentality to see through these things objectively. They are easily to be misled.

Table 1: The comments of suspend of school.

Types	Content	Most negative or positive
1: talk about their own lives	78% talk about schools, personal lives, own feelings	negative
2: give some suggestions to the patient	20% told patient to be energetic or give some suggestions as an experienced person	positive
3. criticize people	2% censuring patient	negative

4.2. Video about “Cute Pets”

For the “cute pet” category of videos, there are more positive comments than the “suspend of school” videos. The comments below the video, mostly are discussing about the cuteness of the pets (see Table 2). Some of the people will recall their daily life with pets, or their late pets. The first type is almost positive, and people gather there to transfer positive energy. The second type, usually divide into several parts. A video called that “Feel the change in a foodie’s face when they see their food” which recorded a hedgehog eating things, has 1684 comments. The top comment admires the cuteness of the hedgehog, and the second comment present the hedgehogs’ expression with emojis. The third comment talks about himself. So, in conclusion, these comments have a similar point. It is discussing the cuteness of the pets. However, some teenagers can’t have a pet because of their parents, or because of the economic pressure, they can’t afford raising a pet. They comment their emotion into the comment area, and in another hand, these kinds of videos can cure people, making them gather and relaxing by watching cute animals.

Table 2: The comments about cute pets.

Types	Content	Most negative or positive
1: talk about how cute they are	80% discuss the cuteness of the pets	positive
2. think about their similar experience	20% talk about their pets or pets they have seen	negative most times

5. Discussion

According to the frequency of browse, the conclusion is that the adolescents are more likely to watch videos that are unusual but related to their lives. They might think that “it is kind of cool” and watch these things. Also, these kinds of videos have a large proportion of publishers which underage of 16. Some adolescents share their daily lives of suspending of school, and this video will be pushed to many users. Some teenager users may think that this kind of life is good but neglect the cause of why they out of school. Also, the length of browse time of the videos lead to deterioration of the mental health [5]. Maybe because of depression, or study problems, but many people can’t see these points. They just think that they don’t need to go to school. They won’t have pressure, and they can play and relax wherever they want. Their horizons limited their minds. Some adolescents who have mental illnesses, such have autotomy behaviour, may use social media as a commutation platform [6]. However, the media also bring convenient and acceptance to the teenagers. The function of classify the different of videos can help people find their interest. For example, if a people want to see a specific video about a dobermann, they can screen the “dobermann” tag under the conditions and find the video faster. The comment function and the emoji which designed by Bilibili itself is more friendly

to the teenagers to communicate inside this app. On one hand, the comment area sometimes will have a quarrel. Some people even try to find the address in reality to threaten the opposite site. This topic also related to cyber bullying [7]. Thus, this kind of thing often happens and will influence the mental health of party which involves in it. On the other hand, the time of how long the adolescents spend on the app will change their mental health [8]. But which are the pros? According to the research on positive effect of social media use in 4191 school children (13.9 ± 1.69 years), girls are more easily to be depressed than boys. Also, with the increase of the use of social media, it will increase the rate of children being in depression and mental problems [9]. For the cons of the usage of the social media, with the increase of usage, the rate of the suicide increase. This is a directly proportional increase.

For the improvement of this app, the author thinks that Bilibili can launch new functions to improve the category of comments. According to research, these comments will affect the mental health being to a negative site in other apps like Twitter [10]. Some comments may have negative emotions in it. System can identify the key words to make sure that teenagers can prevent to see these kinds of comments. Also, the classify of the videos can be published. If people want to use this app, they need to register their personal information, to make sure their actual age. For adolescents which under the age of 18, the system will push some “friendly” videos, like pets or some interests related to this people. When the user needs to search some videos which out of limit, the system has the ability to forbidden this progress. Also, if the user really needs this video, Bilibili can update the face recognition system, parents can substitute the children, to search for the materials. This will decrease the risk of young people being affected by the dangerous things and decrease the possible rate that children suicide and depression.

6. Conclusion

In conclusion, this research studies the adolescents’ performance in Bilibili. This research also has some limitations, such as there aren’t enough sample and the categories of the comments are similar, and deficiencies that need improvement. But these data may help the people understand what the teenagers may think about, what they do and like on this video app. So, in the future, the researchers can research the preference of the teenagers, to push out more content which they like, and study the mental health or the growth of mental state of the adolescents nowadays. Bilibili will be a good platform to observe the behaviour of the younger people. The result of the research can be used to study the interest of teenagers nowadays, and to improve the content on the social media.

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