

# ***Study on the Influence of the Anti-addiction System on Adolescent Media Use Habits***

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**Abstract:** In this era, the number of teenagers still accounts for a large part of the population, and the development of the country is inseparable from the development and future of adolescents. The research topic is a study on the influence of the anti-addiction system on adolescent media use habits. The thesis will revolve around three questions, namely: 1. Why are teenagers so obsessed with the web? 2. Does the adolescent have the ability to judge whether the media is good or bad? 3. The effect of the anti-addiction system on adolescent media use behavior; The author will analyze the reasons behind the investigation and the corresponding countermeasures based on existing literature. The general conclusion is that the use of electronic devices has a great impact on most adolescents without self-control, and the anti-addiction system ensures the uniformity of the use time of adolescents to reduce the degree of obsession with electronic devices and better helps minors return to normal life and enter life, but there is no lack of using parental identity for authentication and continuing to be addicted to video games, which does not allow students to end the status quo of "delaying their studies because of games."

**Keywords:** Anti-addiction System, Teenagers, New Media, Real-name Authentication, Network

## **1. Introduction**

Studies over the past two decades have provided important information on social media. In the history of development media, as Spanish information sociologist Castre pointed out: "The society is positive." [1] Some scholars equate "micromedia" with new media, that is, relative to newspapers [2]. Electronic devices have been thought of as a key factor in adolescents growth. Despite their long clinical success, devices have a number of problems in use, like certain barriers in age and gender. The elderly may not have enough ability to use electronic devices correctly; they are derailed by the times, cannot keep up with the rhythm of the times, and are thus eliminated. Girls and boys may pay more attention to makeup, clothes, etc., while boys will choose to watch a series of videos such as basketball or games, so there may be a gap in information between the sexes in the media. However, these rapid changes are having a serious effect on youth. Although extensive research has been carried out on social media, few single studies exist that can analyze the link with teenagers. The present research explores the effects of the difference between teens restricting and not restricting the use of the internet. The first part of this paper introduces the research background, which will briefly summarize the development history of the anti-addiction system. The second part is the key

conceptual and theoretical framework, and Chapter III deals with the methodology used in this study. The results of the study are presented in Part IV. This research question can help teenagers and adults better understand the meaning and good and bad of media invention.

## **2. Generation of Anti-addiction System**

From the first Internet users in China in 1994, the number of Internet users will reach 1.079 billion by 2023. According to the 52nd Statistical Report on Internet Development in China, released on August 28, as of June 2023, there were 1.079 billion Internet users in China, and three-quarters of the people in China have access to the Internet, including many minors. Due to the gradual increase in the frequency of minors' use of electronic devices in recent years, the government has emerged in order to prevent minors from being overly immersed in the electronic world, but in the process of policy implementation, it is not the ideal Plato but faces many difficulties that make it difficult to continue. In order to make teenagers use media more healthily and distinguish between right and wrong, there is an anti-addiction system.

## **3. The Reasons That Teenagers are So Obsessed with the Web**

On October 21, 2008, the China Youth Research Center released the Report on the Rights and Interests of Minors in China to the media. The report shows that 31% of minors participate in forums online, 24.5% have their own homepage, and 28.9% have their own blog [3]. This shows that most teenagers are involved in the construction and composition of the Internet, and a large number of minors are active in major network apps, such as WeChat, QQ, TikTok, Weibo, and foreign ins, Twitter, YouTube, etc.

### **3.1. Differences in Personality**

The psychological activities of adolescents will always be richer and more sensitive than those of parents, so a casual sentence from parents may leave a great psychological shadow on minors. In real life, there may be a lack of recognition from parents and teachers, and teenagers urgently need the recognition of others to enhance their own value. With the birth of new media, the Internet has become a good outlet. People are wearing a "veil" making it more convenient to talk about their troubles, which makes teenagers more dependent on the Internet because they will meet many peers with the same experience. In fact, adolescents are more likely to self-reveal on the Internet and to access online social support [4]. The friction generated in real life can be dissipated in the mutual comfort of online peers. There is also a group of people who are so-called "social fears". They are extremely inferior in real life, and even cannot communicate with people normally, and the emergence of new media provides a platform for these "social fears" to express their ideas. It increases the sense of participation in society and makes them feel needed. The increase in the sense of participation will greatly affect the physical and mental development of minors.

### **3.2. Cost Constraints**

The entertainment of teenagers is relatively simple, and electronic devices are the lowest-cost and cheapest way of entertainment. Teenagers are no more likely than adults to achieve complete economic freedom, so they will be more inclined to more relaxed and cheap online media than more expensive entertainment such as travel and sports. At the same time, while watching short videos, you can also see the scenery and well-known buildings of different countries, and many young people think that the difference between "cloud tourism" and tourism is not very big, so they should also feel that they have completed the tour." With the prevalence and popularity of online communication, the

emergence of group gatherings and different forms of online expression in different virtual communities has made carnival culture enter people's fields of vision again and become a cultural trend that cannot be ignored in the current society." [5] But due to increasing globalization, many cultures have been mixed. Different cultures are intertwined and complex; teenagers' ability to distinguish is limited. Different from the field understanding of tourism, the combination of two or three similar cultures on the network makes it very likely to confuse different cultures into the same culture, which has a great negative impact on the inheritance of culture. But adolescents do not realize this and even feel that they have learned cultural knowledge. For example, in recent years, China, Japan, and South Korea have quarreled over the history and culture; South Korea denies that hanbok originated from China, but the Myeongshi Record counts the number of North Korean costumes rewarded [6]. For example, Japan has never been willing to admit that it has violated Chinese territory, but a large amount of film evidence has proved the traces of the Japanese army to China. But teenagers are mostly just for fun and don't delve into these cultural categories.

### **3.3. Degree of Psychological Construction**

Rebellion refers to a psychological state in which people adopt opposite attitudes, words, and deeds to meet each other's requirements in order to maintain self-esteem. Teenagers often find that some people are "uneducated" and "disobedient", and often "collide" with educators. This kind of behavior that runs counter to common sense and shows one's "smart" and "extraordinary" behavior with an abnormal psychological state often comes from "rebellious psychology" [7]. Many teenagers are not addicted to the habit of playing mobile phones at the beginning, but due to the excessive control of parents, they produce a rebellious psychology with the purpose of making parents feel angry and use electronic devices. In order to get the attention of those around them, they will find many ways to gain a sense of existence, not just through good behavior.

## **4. Whether the Adolescent Has the Ability to Judge Whether the Media is Good or Bad?**

As an adult providing media tools, the length of time minors use is determined by the provider. Literacy leads to difficulties and even violations in the process of identifying, forwarding, and publishing information for some teenagers [8]. Most adolescents will lack some rationality, be more emotional than adults, and lack a certain ability to distinguish facts. Some teenage fans will only listen to what their idols say, but the truth behind them is deafening. For example, teenagers are in a period of strong hormones, many men and women are very concerned about their appearance, and many people will pay attention to some so-called "beauty bloggers". Because of their humorous personalities and fans of the same age, teenagers will ignore the doctor's advice and choose to buy the products recommended by the blogger. Even if the effect is not good, they will not blame the blogger but reflect on themselves. Long-term exposure to these contents will make teenagers more and more virtual and networked.

American scholar Harold Innis once pointed out: 'New communication technologies give us not only new content to think about but also new ways of thinking.' [9] Therefore, the anti-addiction system is set up to protect the cognitive system of adolescents from "pollution". "The child charged money for the game without my knowledge."

A grandmother said that because the child's parents are away, she is powerless to rein him in. The phones rang continuously in the office area of Tencent's underage parent service platform in Chengdu, Sichuan. Parental help was provided by more than 500 customer service representatives in addressing the issue of excessive gaming and reckless consumption among young people. Li Jing, the person in charge of Tencent's platform for minors' parents, stated, "The platform's main focus is the issue of family education behind children's excessive gaming and providing useful counsel to parents in

addition to assisting in solving unreasonable consumption difficulties [6]. Using parents' funds to recharge games without parental permission, this situation has been seen in teenagers playing games, which just shows that young people actually lack a certain ability to distinguish the pros and cons of the Internet, or teenagers know that this matter is wrong, but they do not care and insist on recharging games.

## 5. The Effect of Anti-addiction System on Adolescent Media Use Behavior

Statistical data shows that the internet has become an important way for students to access information, understand the world, and engage in leisure and entertainment. Specifically, as of December 2020, the number of Chinese internet users reached 989 million, with students accounting for the largest proportion (21%). Accompanying this is the problem of internet addiction among minors.

Major online video, live streaming, gaming, and other platforms have improved their mechanisms for preventing youth addiction. The 'youth mode' content library is optimized. On June 1, which is International Children's Day, this occurred. Experts advise that in order to prevent and treat internet addiction in minors, unified anti-addiction standards should be established as soon as possible. To increase the internet literacy of minors, the state, society, schools, and families should each carry out their individual roles [10].

First of all, the most direct impact on adolescents is definitely the reduction of use time. Due to the loss of control of adolescents, anxiety, depression, and other mental diseases may be induced. Of course, it depends on the individual's ability to bear, and some minors feel that it does not have a great impact, but it is just a shortening of the use time.

She can watch 40 minutes of short videos in 'teenage mode' every day. This is an agreement reached between Chen Ping and her daughter in fifth grade elementary school. This agreement has yielded good results. Now she is studying popular science education and knowledge, and gradually has developed the concept of time management. Chen Ping said that after having the "teenage mode", her daughter's daily time to watch short videos has been relatively fixed for two years, and her studies have not been affected.' Teen mode is also a type of anti-addiction system, which protects the physical and mental health of minors by limiting the time spent browsing videos and specific push content (turning on teen mode will automatically filter out bloody violence or content that does not conform to minors' values). This case shows that the anti-addiction system has played a positive guiding role for some teenagers, and children have both time to use electronic devices and obtain certain knowledge reserves through the anti-addiction system. Parents and children form a win-win situation. Teenagers are given a certain amount of space to move, but they are not overly protected. The appropriate relaxation time will not cause subsequent adolescents to develop a strong rebellious mentality.

But will every child be satisfied by the anti-addiction system? Tencent and other online game platforms have progressively introduced a number of rigorous restricting measures to stop kids from becoming addicted: "Limited play," where all accounts with real name authentication as minor users are restricted to 1.5 hours per day on weekdays, 3 hours on holidays, and are not permitted to play from 22 o'clock to 8 o'clock the following day; "Limited charge," where users under the age of 8 are prohibited from recharging, users aged 8 to 16 are restricted to 200 yuan per month, and users aged 16 to 18 are restricted to 400 yuan per month. In parallel, face recognition software is used to check allegedly underage players in approximately 100 games, including "Honor of Kings" and "Peace Elite".

Liu, a first-year junior high school student in Beijing, was unimpressed by the restrictions introduced by major game manufacturers. He told reporters that it is now easy to bypass vendor verification through cross-vendor, cross-network terminals and other methods. Behind this is the current situation that the game anti-addiction systems of major manufacturers lack unified

management and are separated. But these restrictions don't seem to be successful in stopping some 'game-maniacs' from moving forward. The anti-addiction system seems to have a series of loopholes, and the real-name system is useless. Some teenagers can directly use their parents' ID cards to start the game without parental objection. If parents are harshly opposed, extreme teens will choose to steal their parents' ID cards or buy virtual ID numbers online in order to play games. This is the disadvantage of the anti-addiction system compared to the previous unlimited time. The sudden rapid compression of time makes some teenagers feel unacceptable, so try everything to restore to the original state, including but not limited to theft and robbery, etc. These behaviors that refresh the lower limit may begin after the emergence of the anti-addiction system, which is a fatal blow to adolescents with poor self-control but addicted to games. They may accidentally make the wrong choice, and values will become distorted.

## 6. Discussion

These anti-addiction system measures cannot be applied to all teenagers; the most important thing is to cooperate with the accompaniment of parents and the education of teachers, with psychological counseling, so that adolescents can voluntarily reduce the use of electronic devices, which is the most fundamental core need. The anti-addiction system still needs to be further improved, and some of the content of the current system exceeds the acceptance of children, and some content cannot meet the needs of adolescents for knowledge.

## 7. Conclusion

In summary, the anti-addiction system is a major effective measure to limit the time adolescents spend using the media, but it is not an absolute measure. The paper has not found a completely alternative tool to replace the anti-addiction system and will then further study the relationship between the anti-addiction system and the family and the side impact on the psychology of adolescents. Focus on the various problems facing teenagers and the media, why short videos are so popular among teenagers, and whether teenagers are really willing to imitate Internet memes in their subconscious. Online game addiction is a social problem, and anti-addiction work is a systematic project. Only by attaching importance to and taking action from all relevant sectors of society can the society unite forces, solve problems, and work together to protect the healthy growth of minors. Current research is mostly based on existing literature and data, and future research will combine specific surveys and other methods to obtain actual data and further analyze the solution to this problem.

## Acknowledgment

First of all, I would like to thank my supervisor and my professors for giving me timely feedback and suggestions, which allowed me to learn a lot. Secondly, I would like to thank my teaching assistant and thesis teacher for providing me with many opinions for me to adopt and consider; without their advice and guidance, I might not have been able to write this article.

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