Study on Mental Health Status and Related Factors of Internet Addicts based on Subconscious Theory

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Abstract: Based on subconscious theory, Internet addiction is regarded as a mental sub-health state. The mechanism of Internet addiction is analyzed, and the principles of prevention and elimination are put forward. The purpose of this paper is to explore the mental health, social support, coping style and personality characteristics of Internet addicts. The social support scale (SSAS) was used to evaluate 65 research groups and 75 control groups. The total average score, somatization, interpersonal relationship, depression, anxiety and psychotic factors in the study group were significantly higher than those in the control group (P < 0.05). Social support scores, objective support, and utilization of social support were significantly lower than those of the control group (P < 0.05). The mental health status of collateral addicts is poor, the mental quality, neuroticism, and disguise tend to be obvious, lack of social support, and the use of immature coping styles in the face of stress. The principle of quit Internet addiction is to downplay the criteria for judging test, distract attention, cultivate a sense of accomplishment, enhance self-confidence, and adhere to heart-to-heart.

1. Introduction

Network is an important part of modern society. Online games and other industries drive the rapid development of other industries, producing considerable economic benefits, but also have negative effects, such as easy to make people addicted to the Internet [1]. Internet addiction also includes terms such as Internet addiction syndrome, pathological Internet use, and problematic Internet use [2]. Refers to the individual in the absence of addictive substances under the action of impulse control, overly dependent on the Internet for online behavior and result in obvious social, psychological damage, obsession with level and difficult to get rid of the behavior of the state and psychological state, namely the individual unrestrained use of network, affect the life, study and work, impair the health of body and mind, and so on and so forth [3]. "Internet addiction" can be divided into online porn addiction, online social addiction, information overload addiction, online game addiction, Internet audiovisual addiction, Internet relationship addiction, network technology addiction, online gambling addiction and other types [4]. "Internet addiction" patients have four characteristics: ① behavior and psychological dependence. ② The self-discipline and self-control ability of behavior is basically lost. ③ The normal order of work and life was disrupted. ④ Physical and mental health is seriously damaged. Internet addiction refers to an impulsive control disorder that causes psychological dependence on the network due to excessive use of the network. It is accompanied by tolerance, withdrawal, negation, compulsive behavior, and life-related issues related to Internet access [5]. The resulting psychological behavior problems are endless.

Internet addicts will generally experience the same psychological and behavioral processes, that is, guilt, depression and self-blame will occur after excessive Internet use, and take some measures to prevent this uncontrolled behavior, but it will happen again soon [6]. Individuals with internet addiction show low self-control ability, that is to say, the behavior inhibition ability of Internet addiction is weak, and they often fall into a difficult cycle of "behavior out of control, psychological self-accusation and self-control" [7]. Self-control is not a major feature of Internet addiction.

Self-control behavior refers to the behavioral activities that are consciously and purposefully monitored or adjusted by individuals. Self-control is a high-level psychological activity targeted at itself, which can stop or trigger specific behaviors and is goal-oriented, especially the ability to inhibit delayed payment when there is a conflict of interest [8]. At present, researches on Internet addiction mainly focus on foreign countries, especially the United States. There is a lack of systematic research on Internet addiction in China, which shows that Internet addicts are mainly teenagers [9]. With the popularity of the Internet in China, many teenagers in China are addicted to the Internet, which has a negative impact on their social and psychological functions [10]. This study attempts to take Internet addicts as research objects, to study the characteristics of Internet addiction behavior, personality characteristics and factors affecting Internet addiction, and to provide theoretical basis for the prevention of Internet addiction.

2. Materials and Methods

The total score of social support, objective support and utilization of social support in the study group were significantly lower than those in the control group ($P < 0.05$), but there was no significant difference between the two groups ($P > 0.05$), as shown in Table 1. Good social support can improve individual's cognitive evaluation of stress process, and reduce the degree of injury that individuals suffer in the face of stress situations. The results show that the total score of social support, objective support score and utilization score of social support of Internet addicts are lower than those of normal control group (Fig. 1). This shows that the social support of Internet addicts is poor, so they go online to seek all kinds of satisfaction and create new personality masks by using the internet.

Table 1 Comparison of social support between two groups

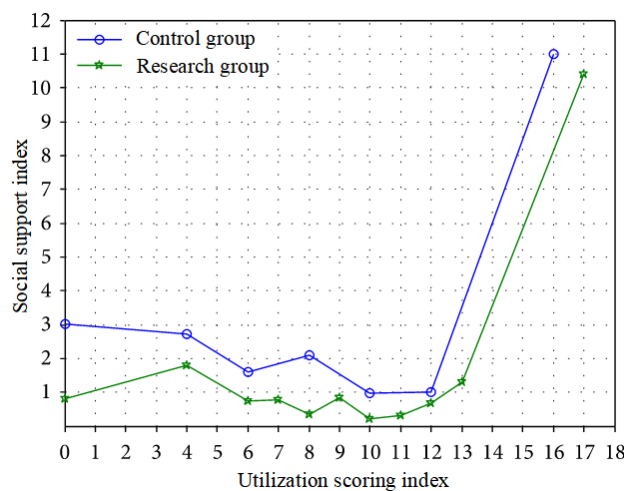| Project	Research group(n=65)	Control group(n=75)	t	P
social support	33.6±4.55	35.74±5.41	2.13	<0.05
Objective support	7.69±2.34	8.86±2.29	2.10	<0.05
Subjective support	20.20±3.25	19.28±2.54	1.14	>0.05
Supportive Utilization	7.45±.58	7.86±1.56	2.11	<0.05

Fig.1. Social support of Internet addicts

The results of this study showed that the total score of SCL-90 in Internet addicts was significantly lower than that in the control group (Fig. 2). It is suggested that Internet addicts have poor mental health status and have certain psychological problems, which are prominent in physical discomfort, anxiety, depression, interpersonal sensitivity and psychotic symptoms. Some research suggests that the factors leading to Internet addiction may be to escape from a bad feeling and obtain a certain need. It is the escape from guilt, helplessness, depression and anxiety and the search for comfort on the Internet that causes the symptoms of Internet addiction. Internet addiction

aggravates psychological and physiological problems, including depression, anxiety, mental retardation and sleep disorders. The results are similar to those of this study.
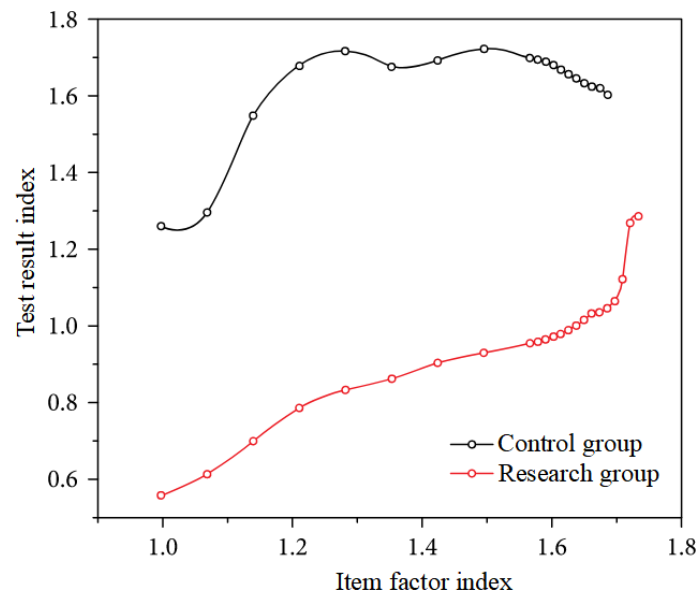

Fig.2. Comparison of SCL-90 assessment results between two groups

Addicts spend most of their time and energy on the Internet, often divorced from real life, ignoring contact with others. Internet can create a virtual interpersonal relationship, which is safer and freer. When a person's contact with others is mostly conducted online, it will cause difficulties in interpersonal communication in real life, which can lead to his loneliness and unsatisfactory peer relationship, make his contact with real life more frustrated, so that he further into the whirlpool of Internet addiction, forming a vicious circle. Depression, anxiety scores of people in real life, easy to feel more setbacks, and in this virtual network world, social support can be obtained, for comfort and relief and satisfaction, make those who are suffering from low self-esteem, emotional people who do not meet or are often blame others can rely on the ideal self online to avoid unpleasant thoughts or the environment. The new self-image allows them to break through the image in reality, expand the range of emotional experience and expression to others, and make individuals gain recognition and a sense of power. All of these are full of temptation for Internet users. Once they find the benefits brought by the Internet, they will place more reliance on the Internet and strengthen this behavior.

3. Results

In real life, if you can't achieve the ideal self-worth and can't get the recognition you deserve, it will cause a serious sense of loss in the psychological. Through the network, you can easily gain the sense of accomplishment and identity to achieve self-worth. It may be accidental at first, but after many times of strengthening this sense of experience and subconsciousness, it will become dependent on the network, leading to Internet addiction. The mediating role of coping styles in life events and mental health has been confirmed by numerous research institutes at home and abroad. Active response can slow down stress and contribute to health. The results of this study show that the scores of self-blame, fantasy and withdrawal of Internet addicts are significantly lower than those of the control group, suggesting that the Internet can make him or her escape from real problems, or relieve helplessness, guilt and anxiety, and return to the Internet to seek satisfaction when needed again. This kind of operation behavior strengthens intermittently and forms a cycle leading to Internet addiction. The response to life events (outside) stress is mostly negative and immature. In addition, the results of this study also suggest that Internet addicts have psychoticism, neuroticism and disguise tendency. They are not good at using mature coping styles when facing stress environment. They have anxiety and depression characteristics and show neurotic personality

characteristics. They are eager for stimulation, emotional impulse, irrational, disguising lying and lack of stability in their mood and behavior.

The dependence of consciousness on the network can be rid of the controllable characteristics of consciousness, while the subconscious is more difficult to remove. Ideas in the subconscious must be influenced repeatedly to change. There are two stages in the development of Internet addiction. One is the generation of psychological dependence; the other is psychological disorder due to other related reasons. The first stage is usually: a crisis with the surrounding people, or a pessimistic fear and boredom in the family environment, occasionally through the network, or find some information to make yourself excited, or get through the difficult game. Achieving a sense of accomplishment, compared with the unpleasant real life, the network has made it a good impression. This kind of good feeling will make it have a desire to go online again. After many times of surfing the Internet, the connection between this network and good feelings is repeated in the subconscious. Being strengthened, according to the characteristics that the subconscious will change after repeated influence, the desire for the Internet will become more and more intense, and eventually the psychological dependence of feeling of loss and frustration will occur if you do not go online. The second stage is at the beginning of psychological dependence occurs after a period of time, because time online and wanted to be too much time online, so that affect sleep, based on the mechanism of the occurrence of psychological disorders and end up psychological or mental disorder state of sub-health status, make irrational behavior, the subconscious dependence on network once formed, it must be a full range of interference, get repeated in all aspects of the society, school, family counseling and care to gradually lifted. According to the subconscious theory, psychological problems occur when people stick to a certain idea. Therefore, psychological dependence is a psychological problem, and the behaviors it leads to are compulsive. By cultivating other interests to divert and distract attention from the network, the connection between the network and favorable impression can be weakened. The cultivation of the sense of achievement and the enhancement of self-confidence are the key to get rid of Internet addiction, which can weaken the connection between the Internet and good will in the subconscious, and fundamentally remove the root cause of Internet addiction, which is the method to remove the bottom from the bottom.

4. Conclusion

There are a certain proportion of Internet addicts in today's society. There are differences between Internet addicts and non-Internet addicts in the use of the internet, which should be paid attention by relevant departments to prevent the occurrence of Internet addiction. Internet addiction has become a public health problem that can not be ignored. People from all walks of life should pay attention to the new changes brought by new technologies to human society, and strengthen the study of network psychology and behavior in order to prevent the occurrence of Internet addiction. According to the subconscious theory and the psychological characteristics of Internet addicts, the preventive measures and abstinence methods of Internet addiction should be based on the basic principles of avoiding and eliminating psychological dependence. This paper analyzes the mechanism of Internet addiction based on the theory of subconsciousness, and puts forward the principle of quitting Internet addiction, which provides the train of thought for helping Internet addicts to quit. Therefore, this paper suggests that we should pay attention to the interaction between multiple factors of Internet addicts' mental health level and conduct comprehensive intervention when intervening Internet addiction. The future task is to study Internet addiction from the establishment of causal relationship, to study different types of addiction, and combine with other biochemical indicators.

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