

## *Original Paper*

# Research on the Internet Behavior of Teenagers in Xi'an and Its Parental Intervention Mechanism

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### ***Abstract***

*With the development of modern Internet technology, China's Internet services are playing an increasingly important role in youth theme education and youth growth and development. People's understanding of the growth and development of adolescents is limited to their physical fitness and intellectual development, and less attention is paid to the mental health of adolescents. To this end, this article plans to use a questionnaire survey method to conduct research. Through the survey, we can promote the continued development of the mental health of teenagers, so that more teenagers and parents can get better communication, so that teenagers can have a better growth environment, and more Good healthy growth and happy development.*

### ***Keywords***

*Teenagers, Internet, Mental health, Parental intervention*

## **1. Introduction**

In 1969, the Internet first appeared in people's vision. Subsequently, the emergence of computers and mobile phones gradually made the Internet and human beings gradually connected and the relationship became increasingly closer. Today, the Internet has become an indispensable part of people's lives. The Internet is a double-edged sword. While it brings convenience to people's lives and communication, it also brings corresponding harm to young people whose mental development is still in their infancy and development period. In recent years, China has also gradually paid attention to the harmful effects of

the Internet on the minds of young people. By taking the parent group in Xi'an as the main sample, our team investigated parents' intervention on their children's online behavior, hoping to provide parents with more effective intervention measures for their children's online behavior, in order to promote the improvement of Xi'an and even the whole of China. Better healthy growth of teenagers.

As China's economy develops year by year, its Internet base station construction level is also constantly improving. In terms of basic network resources, as of December 2022, the total number of domain names in China has reached 34.4 million, and the number of IPv6 addresses has reached 67,369. Compared with December 2021, An increase of 6.8%; the number of active IPv6 users in China reached 728 million. In the information and communications industry, as of December, the total number of 5G base stations in China reached 2.31 million, accounting for 21.3% of the total number of mobile base stations, an increase of 7 percentage points from December 2021. In terms of the development of the Internet of Things, as of December, the total number of terminal connections on China's mobile network has reached 3.528 billion, and the number of mobile Internet of Things connections has reached 1.845 billion. The foundation of the Internet of Everything is constantly being consolidated, and the level of Internet development is also constantly improving. More than one-third of primary school students begin using the Internet in preschool. In today's society with an increasingly developed network environment, the time for teenagers to first contact the Internet is constantly being advanced. While the Internet brings space for young people to grow, it also contains many hidden dangers. Including the spread of bad information on the Internet, Internet induced fraud, etc., will bring considerable harm to the immature minds of young people. Teenagers are in the budding stage of mental growth. Protecting the minds of minors and promoting the healthy mental growth of teenagers is extremely important, and it is also the direction that China has led the investigation and development in recent years.

The Internet can mainly bring the following three benefits to young people. 1. The Internet provides young people with a new channel for knowledge and learning. Currently, when China's educational resources cannot meet the demand, the Internet provides a vast campus for knowledge and learning. Knowledge seekers can receive higher education at any time and anywhere. This is not only beneficial to the physical and mental health development of young students, but also beneficial to the stability of families and society. 2. The Internet is conducive to innovating the means and methods of ideological education for young people. By using the Internet for online moral education, educators can communicate with young people on an equal footing about their true mentality as netizens. This is very important for educators to understand and accurately understand the young people's attitudes. ideas, and provides a new and fast method to carry out positive guidance and all-round communication. In addition, due to the real-time and interactive nature of network information dissemination, teenagers can interact with multiple educators at the same time, thereby increasing the frequency of ideological interaction and improving educational effectiveness. 3. Expand the global vision of young middle school students and improve their overall quality. Access to the Internet has broadened young students'

political horizons and knowledge, thereby contributing to the formation of global consciousness among young people. Similarly, through the Internet, young people can develop their ability to communicate with various groups of people, read various books online, learn from analogies, and improve their own cultural literacy.

The Internet is a double-edged sword, with both advantages and disadvantages. As a product that provides people with entertainment during the development of the Internet, mobile online games have also made many teenagers addicted to them and unable to extricate themselves. In 2021, the Beijing Youth Legal Aid and Research Center conducted an in-depth survey on the "phenomenon of minors being addicted to mobile online games". The survey found that the majority of minors who are addicted to mobile online games are boys, accounting for 93%. The youngest is 11 years old, and the largest proportion is between 14 and 17 years old. Among the many harmful consequences, disrupting minors' daily routine and diet is the first phenomenon that parents see. The report shows that 90% of parents reported that after being addicted to online games, their children who were originally cheerful changed their temperament and became irritable and cussed. 81% of parents reported that addiction to games has had a great impact on their children's studies, and they have even dropped out of school or had to take a break from school. In addition to being alienated from classmates, friends and other peer groups around them, some children show no interest in external activities, sports, scenery, etc., are depressed and decadent, and suffer serious damage to their physical and mental health. In addition, children's eyesight has been severely reduced due to long-term playing of mobile games, irregular eating has caused minors to suffer from gastrointestinal diseases prematurely, resulting in children's body weight loss or obesity and other problems, and some minors have symptoms of depression. Frequently using parents' money to buy skin props in games, saving living expenses from parents to recharge games, and having serious verbal and physical conflicts with family members due to parents' control over game playing are all related consequences of being addicted to games.

## 2. Literature Review

Hu (2014) believed that there is a significant positive correlation between cyber bullying and depression among adolescents, that stress plays a complete mediating role between cyber bullying and depression, and that online social support mediates the relationship between stress and depression caused by cyber bullying events. The effect of stress on adolescent depression decreases as the level of online social support increases. The Internet Focus Editorial Department (2018) believes that how to further eliminate the risks of teenagers' Internet use still needs to be further promoted and guaranteed by corresponding Internet services and network security regulations; in the process of teenagers' Internet use, family education and guidance are relatively insufficient, and further progress is needed. Improvement and improvement; the government and society need to take on various security issues for some children living together without guardians and avoid the risks they face; uneven regional development leads to imbalanced network capabilities; it is difficult to achieve a balance between

teenagers' learning, entertainment and online social interaction. Lin (2021) believes that parental neglect can significantly and positively predict online game addiction, and the negative predictive effect of parental neglect on hope is also moderated by gender. Yuan (2021) believes that from the perspective of home-school collaboration, by strengthening cooperation between home and school, we can build professional psychological teachers and achieve effective communication between parents and teachers; carry out diversified psychological training activities to allow teachers to assist parents in helping parents Teenagers can get out of their psychological misunderstandings and resolve their inner confusion in a timely manner, which can help the youth group understand the road ahead and live a good life.

To sum up, with the increasing development of computer networks, while bringing convenience to young people, there are also dangers of various negative news on the Internet harming young people's undeveloped minds. Due to the influence of multiple factors such as the Internet and family, some teenagers are on the path to Internet addiction. These teenagers are gradually disconnected from society, feel alone and lonely, and go astray step by step. Strengthening parents' care for their children, improving the relationship between parents and children, and dealing with parents' intervention in children's online behavior in a reasonable manner is an extremely effective way to solve youth Internet problems. But at the same time, schools also need to strengthen home-school cooperation, so that teachers can assist parents in helping teenagers get out of their psychological misunderstandings; the country needs to formulate relevant laws and regulations to reasonably limit the amount of time teenagers spend online, so that more teenagers can take the initiative to contact and understand society. Let young people understand the road ahead and live their lives well.

### **3. Research Content and Research Design**

#### *3.1 Research Content*

The purpose of this study is mainly to understand the basic situation of the Internet behavior of teenagers in Xi'an, including Internet tools, average daily Internet use time and the main purpose of Internet use, etc., and to understand the basic attitude of parents towards their children's Internet use. , opinions, and how parents fulfill their supervisory obligations and use their due rights to intervene and manage their children's inappropriate online behavior when their children use Internet tools inappropriately, rely too much on the Internet, and may encounter Internet hazards. Through surveys and interviews with parents, we have initially learned how parents and children solve the problem of correct and healthy access to the Internet. This reflects parents' principles and attitudes towards this issue from the side, so as to further study parents' attitudes towards their children's Internet access. Behavioral intervention mechanisms.

#### *3.2 Research Design*

##### **1) Investigation method:**

This survey adopts the online questionnaire method in the questionnaire survey method. Using the

questionnaire method can retain the objectivity of our survey results and try to avoid subjective bias. The expression form and method of the online questionnaire design are all relative stable.

## 2) Questionnaire design:

This survey mainly uses the design process of Questionnaire Star, and imports the survey questions compiled during the organization stage (mainly including surveys of teenage parents' attitudes towards supervision of their children's online behavior, etc.) into Questionnaire Star's questionnaire design system to form this survey. Online questionnaire is the main data source in the survey stage. The questionnaire questions were preliminarily processed, questions with similar and identical survey purposes were removed, and the questions in the questionnaire were reordered through analysis methods.

## 3) The specific stages of investigation and implementation:

Learn the theoretical knowledge of survey research; establish research topics and review literature; understand basic data analysis knowledge; and design the overall survey plan. Collect various data and issue online questionnaires; comprehensively analyze and summarize data. Analyze conclusions and elicit expectations and suggestions; organize relevant data, summarize and organize investigations. A total of 457 data results were collected in this online questionnaire survey. Excluding some invalid questionnaires, the total sample size of the final data analysis was 404.

# 4. Analysis of Survey Results

## 4.1 Reliability Analysis

There is currently no unified standard for analyzing Cronbach's alpha coefficient (or half coefficient), but according to the views of most scholars, if the Cronbach's alpha coefficient (or half coefficient) is above 0.9, the reliability of the test or scale is very good. , between 0.8-0.9 means the reliability is good, between 0.7-0.8 means the reliability is acceptable, between 0.6-0.7 means the reliability is average, between 0.5-0.6 means the reliability is not ideal, if it is below 0.5, it is Consider reformulating the questionnaire. Cronbach's  $\alpha$  coefficient value is 0.763, indicating that the questionnaire has good reliability.

**Table 1. The Following Is an Example**

Cronbach's $\alpha$ coefficient	Standardization Cronbach's $\alpha$ coefficient	number of terms	number of samples
0.663	0.763	25	404

## 4.2 Investigation Results

According to the data collection results of this survey, half of the parents' children are between 12 and 15 years old. They are in the period of adolescent development. The children have many psychological

problems or sensitive issues that are gradually emerging. At the same time, they are in the Internet information age. Teenagers Many behaviors and thoughts are highly susceptible to its influence. The questionnaire data collection results show that the age of children's first formal contact with the Internet is 3-6 years old. This range accounts for 68.464% of the entire survey sample. It can be seen that the children who are officially exposed to the Internet are getting younger and younger. How to guide them correctly? Children's use of the Internet has gradually become a compulsory course for parents. Survey data shows that when children go online, leisure and entertainment account for a similar proportion as solving learning problems. At the same time, when parents are asked about the positive role of their children in using the Internet, it also reflects that parents recognize the positive effects of the Internet on their children's growth in many aspects. Guidance and good influence.

In the sample data of this survey, 85.175% of parents equipped their children with their own smartphones. When investigating parents' understanding of their children's general access to the Internet, only 9.973% used mobile phones to access the Internet. Tablets, computers, and other general Internet access methods accounted for 29.919%, 28.841%, and 31.267% respectively. This shows that as parents are familiar with the situation, fewer children are exposed to the Internet world through mobile phones, and more children are exposed to the Internet through tablets, computers and other hardware Internet devices with more complete functions.

In the contingency (cross-over) analysis results of two issues: parents are concerned about the extent to which their children spend too much time online and whether their children will develop certain symptoms when they reduce the time they spend online, parents are more concerned or do not interfere too much. The situation is more prominent, and most children show no changes in their daily Internet time after reducing their daily Internet time, and a very small number of children appear uneasy, behave abnormally, etc.

By analyzing the age group of the teenagers in this survey and the time when they first formally came into contact with the Internet, we can know that the Internet has become inseparable from the current lives of teenagers, so we can further study a series of intervention measures for parents on teenagers' online behavior. By studying the main purposes of children using the Internet and what positive impacts parents think that using the Internet can bring to their children, we found that parents of teenagers have gradually learned and accepted that children go online mainly for relaxation and entertainment, which makes it easier to discover the purpose of teenagers going online. The relationship between the original intention of parents' intervention behavior and the comparison with the subsequent investigation of some inappropriate online behaviors of teenagers can lead to corrective methods for parents to solve the inappropriate online behaviors of teenagers. By understanding the general ways and places for children to access the Internet, it provides the ways in which most teenagers use the Internet, so that parents can be given some supervision suggestions or methods.

The main survey content of Q12-Q14 in the questionnaire data is when is it more appropriate to completely relax the Internet restrictions on teenagers, and then study the relationship between

teenagers' online behavior and their parents' supervision and restraint behavior. The retrieved data shows that 37.62% of parents believe that their children are facing difficulties in facing the Internet. Yes, self-control is more difficult, and 57.18% of parents believe that it is more appropriate to completely let go of their children's restrictions on using the Internet when their children are 15-18 years old. From here, we can clearly feel that young parents have no intention of completely opening up their children's Internet restrictions. Concerns and a series of network security risks and other issues make them uneasy about prematurely relaxing restrictions on their children's Internet access.

From the above survey and analysis process, we can see that when parents supervise and intervene in the online behavior of teenagers, they strongly agree that using the Internet can provide good guidance and positive influence on their children's multi-faceted development, such as broadening their horizons and cultivating innovative abilities. , so it is necessary to give children a certain amount of freedom while intervening. However, there are still a small number of parents who do not pay too much attention to the issue of their children's online behavior. At the same time, there are also many parents who do not interfere too much with their children's online behavior. , parents lack an in-depth understanding of their children's daily Internet use. Parents of teenagers need to strengthen daily communication with their children and manage and supervise teenagers' online behavior in a reasonable and appropriate manner to ensure their safety and health. It can be concluded from the survey data that parents' intervention in their children's online behavior is mainly achieved through traditional methods such as limiting the time spent online, verbal preaching, etc. However, when it comes to effective ways of managing teenagers' online behavior that parents think are more reasonable, most parents It is hoped that communication and understanding methods such as long conversations with children will be adopted. Compared with the previous comparison, it can be seen that when parents actually encounter their children's online behavior exceeding their expectations, it is difficult to correct their children's bad online behavior in the correct management way, but they still hope to use more reasonable communication methods to correct their children's bad online behavior. Providing help and guidance reflects the ambivalent psychological and behavioral entanglements of parents when interfering with teenagers' online behavior.

## **5. Suggestions and Expectations**

### *5.1 Suggestions*

It is recommended that parents work with their children to formulate online rules and clarify online time, content and safety precautions. Parents should regularly check their children's online records to understand their children's online behavior, discover problems in a timely manner, and provide guidance and correction. Parents should educate their children to protect personal privacy, not to disclose personal information at will, and to avoid online fraud and harassment. Parents should guide their children to use the Internet correctly, avoid being addicted to bad content such as online games and online novels, and maintain a healthy lifestyle. Parents should maintain good communication with

their children, understand their children's mental state and needs, help their children solve problems, and enhance their children's self-protection awareness and abilities. Parents should actively participate in their children's online activities, understand their children's interests and hobbies, share online resources with their children, and enhance parent-child relationships. Parents should pay attention to network security issues, understand network attacks and virus prevention knowledge, and help their children establish a safe network environment.

### 5.2 Expectations

By taking the parent group in Xi'an as the main sample, our team investigated teenagers' online behavior and parents' intervention in their children's online behavior, and analyzed the role and effect of parental intervention on teenagers' online behavior. We hope to provide parents with more effective intervention measures for their children's online behavior, reduce the number of teenagers who fail to grow up healthily due to bad online behavior, and promote better and healthy growth for teenagers in Xi'an and even across China.

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