

Study on the Causes of Short Video Addiction Among Adolescents

Yijie Wang^{1,*}

¹11th Middle School, Zhengzhou, China

*Corresponding author: ejiesh@ldy.edu.rs

Abstract:

Prior surveys have indicated that a considerable proportion of adolescents engage in excessive Internet use. However, subsequent surveys conducted in recent years have demonstrated that this phenomenon persists. Consequently, guardians and other relevant parties lack awareness of the underlying causes, and there is a dearth of rigorous scientific research methodologies. In this study, this paper employed a questionnaire to ascertain the hypothesis regarding the causes of adolescents' addiction to short videos. The objective of this study is to ascertain whether adolescents who are experiencing stress may be more likely to develop an addiction to short videos as a means of coping with that stress. Does the practice of scrolling through short videos on the Internet, a common habit among adults, contribute to the development of Internet addiction among adolescents? The hypothesis that a lack of leisure activities other than surfing the Internet may lead to Internet addiction among adolescents is supported by the data. Furthermore, the data indicate that all three problems may lead to teenagers' addiction to short videos. Therefore, it can be concluded that the situation of many teenagers' addiction to short videos can be effectively improved by finding the right way to reduce stress for teenagers, discouraging guardians from changing unhealthy habits of surfing the Internet, and providing teenagers with the conditions for beneficial leisure activities.

Keywords: Short video; addiction; adolescents.

1. Introduction

In the contemporary era, the Internet has become a pervasive force that permeates nearly every aspect of human life. The most representative example is a novel form of the Internet: short video. Short videos possess a number of distinctive characteristics, including a relatively brief duration, a substantial

amount of information, rich content, and an intuitive format that facilitates comprehension. These attributes align with the demands of contemporary, fast-paced lifestyles, making short videos a popular choice. The distinction between short video and traditional long video, article pictures, and other information carriers is notable. The typical length

of a short video is approximately eight seconds, which allows for the rapid dissemination of information. This has prompted numerous scholars to engage in research on short videos. The research areas encompass its commercial value, its impact on social culture, and its influence on human psychology and cognitive processes. The popularity of short videos can be attributed to their distinctive advantages, which have attracted a vast audience. However, as a double-edged sword, they have also given rise to new challenges while enhancing people's entertainment experiences. A significant proportion of teenagers utilize short video software, a demographic that exhibits a lack of self-control and discernment. Consequently, teenagers are particularly susceptible to developing an addiction to short videos, which can negatively impact their daily lives. Furthermore, it is imperative that students and adolescents prioritize their academic pursuits. Prolonged engagement with short videos may impede their academic progress and limit opportunities to cultivate other beneficial interests, potentially impacting their long-term development. It is therefore of great significance to study the problem of

short video addiction in adolescents. In order to develop an effective method of intervening in adolescents' short video addiction, this study first compiled the hypotheses regarding the reasons for adolescents' addiction to short videos into a questionnaire. The real reasons are then analysed according to the data obtained from the survey, and solutions are summarised in accordance with the reasons identified.

2. Questionnaire Design

According to Wang, Liu, Liu and Hu et al, it is hypothesized that the lack of leisure activities other than Internet surfing may lead to Internet addiction among adolescents [1-4]. According to Gui, Huang, Zhang et al., it was hypothesized that guardian's behavior has a great impact on intervening in the formation of adolescent Internet addiction [5-7]. According to Zhang, Wang et al., Tang et al., it was hypothesized that Internet access could relieve stress to a greater extent [8-10]. The specific questionnaires are listed in Table 1 below.

Table 1. Specific questions of the questionnaire

	Specific questions
1	Do stressed teenagers get addicted to short videos in order to reduce stress?
2	Does the bad habit of watching short videos by guardians have a great influence on the formation of internet addiction among teenagers?
3	Is it possible that lack of leisure activities other than surfing the internet may lead to internet addiction among teenagers?

3. Results

In this study, 70 questionnaires were sent to the adolescent student population within the time frame of September 22 to September 29, of which 61 valid questionnaires were

returned, and the results of the questionnaire for question one is as follows. Stressed teenagers will be addicted to short videos in order to reduce stress survey results (See Table 2).

Table 2. The result for question 1

Do stressed teenagers get addicted to short videos to relieve stress?	
Relieve stress to a large extent	Release stress to a lesser extent
61	0
Do stressed teenagers get addicted to short videos to relieve stress?	

The result of the survey on the extent to which guardian's bad habit of swiping short video can affect the formation

of internet addiction among teenagers (See Table 3).

Table 3. The result for question 2

Does the bad habit of watching short video by guardians greatly affect the formation of internet addiction among teenagers?		
small	medium	large
7	38	16

Lack of leisure activities other than internet access may lead to teen internet addiction (See Table 4).

Table 4. The results for question 3

Is it possible that there is a lack of leisure activities other than surfing the internet addiction among teenagers?	
Long time of video swiping and unconditional to do activities other than surfing the internet	Spending a lot of time on videos and having conditions to do activities other than surfing the internet
50	11

4. Analysis

Most teenagers believe that brushing short videos can relieve stress to a great extent. The function of short videos is mainly for entertainment, and the contents are mostly light and interesting. The average length of a short video is eight seconds, so that the brain does not have to concentrate deliberately when receiving information, which is very simple for teenagers who need to concentrate on complex knowledge for a long time in school. There are a lot of contents in short videos that ordinary teenagers cannot see and experience in their daily lives, such as virtual things and scenes synthesized by computers and foreign customs. Teenagers will feel relaxed in these new and interesting short videos, but if they spend a long time reading them, they will be addicted to the virtual and unwilling to face reality. On the other hand, the short video content in order to attract attention, mostly with shocking audio-visual effects, some even have violence and pornography and other undesirable content, which is very stimulating for the long term in a calm learning state of the youth, can play a role in mobilizing the emotional excitement, but in the long run to cause the short video is easy to get addicted to the negative effects. The number of cases in which the guardian's habit of swiping short videos is extremely unlikely to affect the formation of Internet addiction among adolescents is the least, the number of cases in which the guardian's habit of swiping short videos is extremely easy to affect the formation of Internet addiction among adolescents is medium, and the number of cases in which the guardian's habit of swiping short videos moderately affects the formation of Internet addiction among adolescents is the most. Adolescents imitate their guardian's behavior throughout their growth process, and if the guardian spends a lot of time on swiping short videos, adolescents are likely to imitate this behavior and form Internet addiction. Moreover, if guardians spend too much time on watching short videos, they will spend less time on other recreational activities and accompanying their children, which is not conducive to helping teenagers develop meaningful hobbies, and teenagers with single recreational activities and lack of

companionship will be more prone to develop Internet addiction. Therefore, this paper investigated the attitude of guardians to swiping short videos, whether guardians control their children's swiping time, whether guardians effectively help adolescents cultivate healthy and beneficial hobbies, and the proportion of guardians' swiping time in all recreational activities to determine the extent to which the guardians' swiping habit affects the degree of adolescents' Internet addiction. Adolescents who spend a lot of time swiping videos every day are divided into two main groups, the first group of adolescents have sufficient conditions to engage in beneficial activities other than swiping short videos, and the second group of adolescents lack the conditions to engage in beneficial activities. The number of adolescents in the second category who lacked the conditions to engage in activities was much higher than that of the first category, suggesting that adolescents' Internet addiction was most likely formed due to the lack of conditions to engage in activities other than brushing short videos. Because the carrier of short videos is the cell phones or computers that most urban teenagers have, they do not need to spend extra money to buy supplies and equipment, and the cost is much lower than that of activities such as sports, painting, or playing music; there is no technical content in brushing short videos, and they do not need to receive training and practice. The characteristics of short videos meet the needs of teenagers who lack entertainment time. Firstly, the carrier of short videos is the cell phone, so it is very easy and convenient to brush short videos anytime and anywhere by pulling out the cell phone with you during the fragmented time; secondly, by watching a short video of eight seconds on average, you can get complete information in a short time and achieve the effect of quick entertainment. Most of the adolescents who swipe short videos for a long time said that they lacked other recreational activities, which proves that short video addiction may be caused by the lack of recreational activities. The reasons for the lack of recreational activities include insufficient funds for recreation, busy studies, limited physical strength, and lack of playmates.

5. Conclusion

Surveys have shown that many adolescents are overusing the Internet, and follow-up surveys in recent years have shown that the situation has not improved. This means that relevant groups such as guardians do not have a deep understanding of the causes, and there is a lack of precise, scientific research methods. This study used a questionnaire to ask adolescents questions aimed at verifying hypotheses about the causes of adolescent short video addiction. For example, it was investigated whether stressed teenagers would become addicted to short videos in order to relieve their stress; whether the bad habit of swiping short videos by their guardians contributed to a large extent to the formation of Internet addiction among teenagers; and whether the lack of leisure activities other than the Internet would lead to Internet addiction among teenagers. The data shows that all the above three issues may lead to adolescents' addiction to short videos. Starting from these three aspects, reducing pressure for adolescents, advising guardians to change unhealthy Internet habits, and creating conditions for adolescents to carry out useful leisure activities can effectively improve the current situation of many adolescents' addiction to short videos. Through this study, it is possible to formulate a detailed plan for intervening in adolescents' short-video addiction and, by way of example, derive measures for schools to prevent students from using electronic products for entertainment during study time, and methods for managing adolescents' time spent on the Internet through home-school co-management. It is also possible to study the reasons why adolescents are addicted to other recreational activities, and so on. For example, adolescents' addiction to certain things may be caused by too much pressure from studies, lack of companionship, and psychological problems caused by bullying.

References

- [1] Wang Mingjian. On leisure sports and recreational activities and the prevention and cessation of Internet addiction in adolescents. *Sports Research And Education*, 2010, 1025 (005): 4042.
- [2] Liu Yinghai. Theoretical construction and empirical research on sports intervention for adolescent internet addiction. Thesis for master's degree, Shanxi University, 2015.
- [3] Liu Y. Feasibility and Countermeasures of Sports to Quit Youth Internet Addiction. *New West: middle-aged -Reason Theory*, 2015, (6): 2.
- [4] Hu Le, Yu Lin. A study on the motivation to quit Internet addiction among college students with Internet addiction tendency. *Eleventh All-Psychological Science Academic Technology Conference*, 2024.
- [5] Gui Yaling. Research on the Dilemma and Countermeasures of Youth Internet Addiction Governance. Thesis for master's degree, Nanjing Normal University, 2020.
- [6] Huang Yurong. Knowledge and Attitude of Internet Addiction Syndrome among Parents of Students in Huazhou City. *Chinese Tropical Medicine*, 2007, 7 (7): 2.
- [7] Zhang Huimin, Ning Li, Tao Ran, et al. An analysis of the family functioning status of families with Internet-addicted adolescents. *Chinese Journal of Drug Dependence*, 2012, 21 (004):307-311.
- [8] Zhang Mingzhen, Wang Kun, Shi Bin. Analysis of stress and Internet access status of computer majors in higher vocational colleges and universitie. *Fujian Computer*, 2016, 32 (4): 2.
- [9] Wan Xueji, Hwa Cuncai. Evaluation model of college and high school students' Internet access status. *Journal of Qujing Normal College*, 2007, 26 (3): 8-12.
- [10] Tang Liuping, Ma Lianghong. Causes, diagnosis and current status of intervention treatment of adolescent Internet addiction. *Chinese Journal of Children's Health Care*, 2007.