



The Dissociation Experience and the Use of the Internet for Happiness

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ABOUT THE STUDY

Excessive use of the Internet is difficult to distinguish, and the use of the Internet can impede the development of adolescents' identities. The purpose of our study was to investigate the causal relationship between risk of internet use and protective factors such as maternal upbringing, absorptive dissociation characteristics, bullying, exercise, self-aware depressive mood, and adolescent well-being. In addition, adolescents who spend more than five hours online during school hours are more receptive, feel less upbringing, more likely to be bullied, have a higher level of depression, and a higher level of well-being. Adolescents who spend more than 5 hours online during school hours are more likely to be bullied and affect well-being than adolescents who spend less than an hour online and may be a group of greater concerns. Parenting and regular exercise are protective factors for Internet addiction, so all adolescents, especially those in high-risk groups, need to be educated to protect them from online addiction.

Internet addiction has been reported to be a public health problem in both China and South Korea. In Germany, adolescent internet game addiction had a prevalence of 1.16%, while South Korea had a much higher prevalence of 6%. Internet game addiction has been found to be associated with internalization and externalization problems in teens, such as depression, anxiety, impulsivity, and aggression. In addition to using the Internet for games, increased use of screen time on social media has also been found to be a risk

factor for depression and suicide. This indicates that excessive use of the Internet can have a detrimental effect on mental health. Internet gaming can be used as a method of mood modification to adjust their mood, get away from reality and overcome depression. Adolescents who experience bullying in real life may seek social support online, however, over a third of children who have experienced cyberbullying also reported to have experienced bullying in real life. Nevertheless, whether adolescents seek social support online because they have experienced interpersonal difficulties in real life, or vice versa, is yet to be determined.

Approximately five percent of the teenagers in our study reported to spend more than five hours online during school days. Although currently there is still no consistent set of criteria to define internet addiction, our study used the cutoff point of spending more than five hours online during school day, and a 5.3% prevalence was found, which is within the range of 1.5–8.2% found in a review study. In addition, our research found that teenagers who experienced bullying at school are more likely to belong to this high-risk group because they overuse the Internet. Lam, Peng, Mai, and Jing found that recent stressful events are risk factors for internet addiction, and Young found that excessive internet use is a coping mechanism to avoid negative emotions and problems. Suggested that bullying at school is one of the most stressful events experienced by teens and increases the risk of online addiction.

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