

Micro-Era Impact on Adolescents' Mental Health Implications

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Abstract: Against the backdrop of the rapid development of mobile networks, human life has entered the "Micro-Era." Micro-social tools such as Weibo and WeChat have become indispensable necessities of life. While the "Micro-Era" has a positive impact on the psychological health development of adolescents, it also brings many negative effects. How to use the positive factors of the "Micro-Era" to promote the psychological health development of adolescents, and to minimize the negative impact of the "Micro-Era" on the psychological health development of adolescents has become the theme of the era's exploration.

Keywords: Mobile Network Environment; Micro-Era; Adolescents; Psychological Health Development; Educational Enlightenment

1. Introduction

With the continuous updates and increasing capabilities of smartphones, the outdated mobile network environment no longer fits the development trend of society. The constant updates to mobile phones and their network environments, supported by high-speed networks, mean that the uses of mobile phones are becoming more extensive. The opportunities for adolescents to access and use mobile phones to go online are also increasing. As of June 2014, internet users aged 10-19 accounted for 24.5% of all internet users in China, while the proportion of users aged 20-29 reached as high as 30.7%. In addition, the mobile internet usage rate among Chinese netizens reached 83.4%, with the number of people reaching 527 million, making China's mobile internet usage rate exceed the usage rate of traditional PCs for the first time. [1]

Students mainly use mobile networks for gaming or social activities through social software. Setting aside games, the most attractive to students is instant messaging social software like "WeChat," which not only has instant messaging capabilities but also eliminates the trouble of typing, including various fascinating features such as "Moments" and "WeChat Games." Slightly earlier platforms like "Weibo" and "QQ" are also the main components of students' mobile internet use. Therefore, it is not difficult to see that the "Micro-Era," with its characteristics of "fast, simple, smart, clever, and convenient," has replaced the social era of "blogs, chat rooms, and forums" in the past. But what impact does the "Micro-Era" have on the psychological health development of adolescents? How should we make rational use of the "Micro-Era" to provide more help and education to adolescents?

2. The Positive Impact of the "Micro-Era" on the Psychological Health Development of Adolescents

The "Micro-Era," characterized by its "fast, simple, smart, clever, and convenient" nature, brings great convenience and an enhanced life experience to people in both the real and virtual worlds. For adolescents, social software like "WeChat and Weibo" has become a loyal companion throughout their growth, and they have also had a certain positive impact on the psychological health development of young people.

2.1. Obtain personalized psychological information and knowledge in real time.

The "Micro-Era" is an era of information explosion, where adolescents can browse a wide variety of information and knowledge in various micro-social software in a timely manner. When we don't recognize the road, someone will guide us immediately; when we encounter questions we don't understand, we can get

answers through search immediately; when we want to know what friends around us are doing, we can see them immediately... These real-time information and knowledge allow adolescents to roam freely in a colorful world and an endless ocean of knowledge. What's more important is that adolescents can obtain some psychological knowledge that parents and teachers are unwilling to mention directly or do not often mention through micro-social software. By obtaining the psychological knowledge they need in a timely manner and adjusting their own psychological state, they can improve their physical and mental health to a certain extent.

2.2. An important tool for relieving psychological stress.

Adolescents are in the growth stage, where academic pressure is particularly heavy, especially when facing middle school exams and the college entrance examination (Gaokao), pressures from all sides make it hard for teenagers to catch their breath. Using micro-social software for simple and convenient interpersonal interactions and emotional venting is an important way for contemporary teenagers to relieve stress. Confiding in friends through WeChat and venting inner pressure through Moments, the "Micro-Era" makes communication more convenient, faster, and more casual. It allows teenagers to interact emotionally in a timely manner, quickly receive positive encouragement and support from the responses of friends and family, thus achieving the effect of alleviating and relieving stress.

2.3. Understanding the psychological state of adolescents in a timely manner.

The "Micro-Era" emphasizes the sharing of information. Adolescents are keen on sharing their experiences, feelings, and emotions on micro-social software, thereby gaining affirmation, comfort, and a sense of presence from the outside world. By leveraging the sharing characteristics of the "Micro-Era," we can better understand the inner thoughts of adolescents, pay attention to their psychological changes in a timely manner, and help parents and teachers become listeners and good friends to their children, preventing tragedies caused by negative psychology to the greatest extent possible.

3. The Negative Impact of the "Micro-Era" on the Psychological Health Development of Adolescents.

The "Micro-Era" has brought many positive impacts on the psychological health development of adolescents, but from another perspective, it has also brought many negative impacts, which can distort the psychology of adolescents and even lead to a gradual collapse.

3.1. Living a Life of "Kidnapping"

What is "kidnapping"? It means being led by the nose by others without any ability to fight back. The "Micro-Era" has brought various life experiences and enjoyments to adolescents, but unknowingly, adolescents have become the pets of the "Micro-Era," controlled by this era and unable to extricate themselves. How is one "kidnapped"? Waking up in the middle of the night and being unable to resist the urge to pick up the phone and refresh various messages that don't even make sense; when the phone is out of battery, feeling unbearably lonely, as if life cannot be understood without the phone; secretly taking out the phone in class and constantly refreshing to see others' comments on oneself... The "Micro-Era" has not only kidnapped the lives of adolescents but also their psychological health development. Long-term indulgence in micro-social software makes students inattentive and loses the motivation for real life, making the psychological state of adolescents more and more dependent on micro-social software. Once lost, the psychological state cannot be connected with reality in time, thus making people's willpower weaker and weaker, their personality more and more reclusive, and their temper more and more irritable. Living such a "kidnapped" life indeed makes it difficult to maintain the psychological health of adolescents.

3.2. The Lack of Real-world Interpersonal Interaction

"The farthest distance in the world is that you are on WeChat, and I am sitting right in front of you." A popular internet joke has highlighted the severity of the lack of real-world interpersonal interaction in the "Micro-Era." Walk into restaurants of all sizes, and you will easily find many people sitting together but looking down at their own phones. The "Micro-Era" has enriched the ways of interpersonal communication,

allowing humans to achieve unrestricted and free interaction at all times, but at the same time, it is like a drug that harms adolescents, making them indulge in the embrace of the online world and neglect the real-life interpersonal interactions that truly exist. Adolescents are in a period of physical and mental development, with strong curiosity and poor self-control, making them prone to form an emotional attachment to the information network. Adolescents are also in the peak period of emotional experience, needing opportunities and places for their emotions to conflict with society. [2] The "Micro-Era" provides such opportunities and places for adolescents but makes them strongly dependent on mobile networks, gradually losing the skills of real social interaction, and even deliberately escaping from real society, no longer caring about real life. When they are forced to return to reality, they will show a side completely opposite to online social interaction, producing an unconscious sense of loneliness, and their emotional attitudes in reality tend to be indifferent, with the worst being numb and emotionless.

3.3. The Negative Impact of Information Overload on Morals and Values

Adolescents are in the process of growth, and their outlook on life and values are still in an unstable stage, susceptible to interference from external factors. [3] The "Micro-Era" has brought us a massive and rapid flow of information, interspersed with a mix of truth and falsehood, and a variety of good and bad information. The diverse value concepts on the Internet stimulate the sensitive nerves of adolescents. Negative notions such as "it's better to marry well than to get good grades," "it's easier to get things done with connections," "women should look for rich and handsome men, men should look for rich and beautiful women," can easily cause adolescents with unstable willpower and immature thoughts to lose hope in the future, fail to find motivation to move forward, and treat life and studies negatively, ultimately going astray and wasting their lives.

4. The "Micro-Era's" Implications for Adolescent Psychological Health Education

The "Micro-Era" has brought both positive and negative impacts on the psychological health development of adolescents. As educators, we should make rational use of its positive effects to help students build a healthy mindset. At the same time, we must also try our best to reduce the harm its negative effects may cause to the students' psychological health.

4.1. Utilize the "Micro-Era" to conduct concise and exquisite micro-courses on psychological health education.

Since the "Micro-Era" has taken up a significant part of the daily lives of adolescents, we can leverage its characteristics of being "fast, simple, smart, clever, and convenient" to carry out "micro-courses" on psychological health education within various micro-social software platforms. "Micro-courses" refer to lessons with relatively short teaching times, consisting of audio explanations or video demonstrations of a few minutes on a single topic. Through these concise and powerful video courses, adolescents can select course content for learning based on their own needs and interests, thereby popularizing various psychological health knowledge and achieving the goal of promoting the psychological health development of adolescents. There are already many successful psychological health "micro-courses" that have been promoted online. For example, "One Minute Sexual Education" uses a one-minute duration and a humorous script to explain necessary sexual knowledge and self-protection methods to adolescents in a simple and understandable way, through a combination of speaking and drawing. Such psychological health "micro-courses" have been unanimously loved and recognized by minors, adolescents, teachers, and parents.

4.2. Establish a psychological counseling platform for adolescents in the "Micro-Era."

Adolescents are individuals who are semi-mature, with varying degrees of self-awareness and understanding. Many adolescents can recognize their own psychological doubts, and it is even more encouraging that the majority of them can think of using psychological counseling to help resolve their confusion. Unfortunately, they often do not know where to find such psychological counseling services, and they are even less willing to engage in face-to-face counseling, as it makes them feel embarrassed and ashamed. Therefore, it is particularly necessary to establish a psychological counseling platform for

adolescents using micro-social software in the "Micro-Era." In this way, adolescents can find timely psychological help at any time, without the concern for saving face, and can be helped to the greatest extent possible to get rid of psychological troubles and grow up healthily and happily.

4.3. Leverage the "Micro-Era" to facilitate heartfelt communication between parents, teachers, and students.

The psychological health education for adolescents is not only the responsibility of schools but also of families. Only by combining the efforts of both homes and schools to create a healthy, sincere communication environment with students can we achieve genuine communication with the inner world of adolescents. If adolescents are willing to communicate with parents and teachers, it is essential to make them believe that these individuals are their true friends, and the "Micro-Era" has provided us with a rare opportunity to be true friends to the youth. In the "Micro-Era," we have more chances to understand the inner world of adolescents; we can see their interests, hobbies, and personalities, what they like and dislike. By trying to integrate into the world of adolescents through micro-social software, thinking from their perspective, and reaching a mutual understanding with them, the inner world of adolescents will open up to you, which is also the ultimate goal of psychological health education.

5. Conclusion

In the "Micro-Era" characterized by the rapid development of mobile networks, micro-social tools such as Weibo and WeChat have a dual impact on the psychological health development of adolescents. On the positive side, the "Micro-Era" provides adolescents with access to real-time personalized psychological information, serving as an important tool for relieving psychological stress and helping parents and teachers to understand the psychological state of adolescents in a timely manner. However, on the negative side, it includes the "kidnapped" lifestyle of adolescents, the lack of real interpersonal interaction, and the negative impact of information overload on adolescents' morals and values. The article suggests that educators should utilize the "Micro-Era" to carry out micro-courses on psychological health education, establish psychological counseling platforms, and promote heartfelt communication between parents, teachers, and students, in order to build a healthy online environment and psychological state for adolescents.

6. References

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