Research on social work intervention in adolescents' blind star chasing

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Abstract: At present, the problem of blind star chasing among some adolescents occurs from time to time, so it is urgent to carry out research on social work intervention for such problems. Taking the adolescent star-chasing groups in some areas of Anhui Province as the research object, this paper uses literature research, questionnaire survey, case analysis and structured interview to analyze the existing problems in the current social work intervention in adolescents' blind star chasing: conflicts with traditional education, shortage of social workers and small service scope, low professional knowledge and practical skills of social work interveners, etc. It discusses the purpose and feasibility of social work intervention in adolescents' blind star chasing, and analyzes the intervention principles and paths, aiming to provide references for social work to better intervene in the research on adolescents' blind star chasing.

Keywords: Social Work Intervention, Adolescents' Blind Star Chasing, Feasibility

1. Introduction

Adolescents generally refer to young people aged 10 to 22, who are between children and adults. Adolescents are the main force for the future development of the motherland, the hope of the nation, and the fresh blood of China's modernization drive. Since the 21st century, with the rapid social transformation and the diversified development of social culture in China, terms such as "star" and "star chaser" have frequently appeared in the public eye. "Star chasers", namely "fans", is a transliteration of the word "fans", referring to fanatical admirers of a certain star. Thanks to the rapid development of the Internet and transportation, adolescents are getting closer to stars, and the group of adolescent "star chasers" is gradually expanding. Surveys show that 44.2% of adolescents have had the experience of chasing stars and regard themselves as "star chasers". In recent years, incidents of blind star chasing among some adolescents have occurred frequently. For example, on August 14, 2014, Taiwanese actor Kai Ko was arrested in Beijing for drug-related offenses. During Ko's administrative detention, some of his "fans" voluntarily confessed to drug use and got arrested just to see their idol in the detention center. In response to this incident, surveys show that 37.9% of adolescent fans believed that "this kind of star-chasing behavior is normal, but the method is wrong", and even 7.8% of adolescent fans considered it "a very brave act worthy of admiration". Obviously, the problem of blind star chasing among some adolescents has become a social issue that cannot be ignored, attracting widespread attention from all sectors of society.

The implementation of social work is characterized by working methods guided by certain theories and adapted to different times, events and individuals [2]. Social work intervention is the specific implementation and execution process of social work, and also an important stage in the process of social work assisting others by applying social work theories and methods [3]. If relevant personnel apply social work methods to intervene in the solution of adolescents' blind star chasing, it will have a positive impact on correcting adolescents' deviant behaviors.

Scholars at home and abroad have conducted extensive research on fan groups. For instance, American scholar Adams Prince Greene conducted a survey on the phenomenon of "idol worship" among American adolescents in 1990, and proposed two types of adolescent attachment to idols: romantic attachment and identification attachment [4]. Some foreign researchers on adolescent issues have carried out extensive

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and in-depth studies from their respective professional perspectives, such as psychology, communication, sociology, pedagogy, culturology, demography, semiotics, evolutionary biology and other disciplines. Among them, sociology, psychology and pedagogy account for the largest proportion in the overall research. In China, since the talent show Super Girl became popular across the country in 2005, the term "fan" has been widely used with a fixed meaning [5]. With social development and the continuous growth of adolescent star chasers, Chinese researchers on adolescent issues have paid more attention to adolescent fan groups in recent years. For example, some studies link the issue with the broader social and cultural environment, researching adolescent star chasing from the perspective of mass cultural consumption, or exploring the role of idol worship and setting examples from the perspective of pedagogy, or discussing the psychological causes and effects of idol worship from the perspective of psychology. Generally speaking, current researchers on adolescent issues tend to focus more on the motivations, behaviors and psychology of adolescent fans, lacking research from the perspective of social work and actual intervention.

2. Research ideas and methods

2.1. Research ideas

This paper takes the adolescent star-chasing groups in some areas of Anhui Province as the research object, and adopts methods such as literature research, questionnaire survey, case analysis and structured interview to analyze the existing problems in the current social work intervention in adolescents' blind star chasing: conflicts with traditional education, shortage of social work professionals and small service scope, and low professional knowledge and practical skills of social work interveners. It discusses the purpose and feasibility of social work intervention in adolescents' blind star chasing, and analyzes the intervention principles and paths, aiming to provide references for social work to better intervene in the research on adolescents' blind star chasing.

2.2. Research methods

On the one hand, the literature research method is used to analyze and summarize the existing research results at home and abroad, and put forward new research ideas. On the other hand, 1,015 questionnaires were distributed to students from 9 schools to understand the adolescent star-chasing groups and the current situation of social work intervention. The nine schools are the Affiliated High School of Anhui Normal University, Wuhu No.3 Middle School, Wuhu Normal School, Wuhu Ding feng Art School, Suzhou No.11 Middle School, Suzhou Kuang Jian Middle School, Suzhou Art School, Tian Thushan Town Central School in Qian Shan County, and Chungu Middle School in Nan ling County. A total of 972 valid questionnaires were collected in this survey, with an effective recovery rate of 95.76%. The specific data are shown in Table 1.

Table 1 Demographic Characteristics of Adolescent Questionnaire Samples

Category	Gender		School Location			Age					
	Male	Female	Urban	Rural Town	11	12	13	14	15	1617	18
Frequency (persons)	379	593	646	326	5	28	74	51	168	267272	107
Percentage (%)	38.99	61.01	66.46	33.54	0.51	2.88	7.61	5.24	17.28	6.4627.98	11.01

3. Problems in social work intervention in adolescents' blind star chasing

The survey finds that current interventions by professional social workers in some areas of Anhui Province for adolescents' blind star chasing are mostly pilot case or group interventions, and there are still some unresolved problems.

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3.1. Conflicts between social workers' methods and traditional educational methods

Social workers follow the principle of "helping people to help themselves" when assisting others to solve problems, that is, while helping others solve immediate difficulties, they help them tap their own strengths, build self-confidence and improve their own abilities [6]. In contrast, for various problems encountered by adolescents in their growth process, China's traditional education method is mostly "cramming education", in which educators impart what they have learned to adolescents step by step. Adolescents are in a passive role of blindly receiving knowledge and concepts. Unfortunately, this rough education, which conflicts with the methods and principles of professional social work, is still the mainstream method to guide adolescents to solve problems at this stage. Taking the group of adolescents with blind star chasing as an example, the survey found that when star chasing was stopped by parents and teachers, only 39.35% of adolescents chose to "give up star chasing", while other adolescent star chasers chose to "resist firmly and continue star chasing" or "continue star chasing secretly". It can be seen that traditional education only teaches adolescents what is "right", "wrong", "should" and "should not", which not only cannot fundamentally solve the problem, but may also induce adolescents' rebellious psychology. In addition, at this stage, parents and schools focus too much on the cultivation of adolescents' learning ability and ideological and moral quality, while ignoring other aspects, and even think that star chasing is a "minor matter" that will not affect adolescents' study and life. The survey found that 37.72% of adolescent star chasers said that parents and teachers never asked about their star chasing behavior. This one-sided focus may not only be one of the reasons leading to adolescents' blind star chasing, but also a stumbling block for social work intervention and multi-party collaborative problem solving.

3.2. Shortage of social work talents and limited service scope

In recent years, although the number of people who have passed the social worker professional level examination and obtained professional qualification certificates has increased year by year, China is a populous country. Compared with the social demand for social work talents, professional social work talents are still scarce. At present, the service scope of professional social workers can only cover some people and areas in need, and the service scope needs to be further expanded. Taking Anhui Province as an example, although the number of social work service agencies, especially private ones, has increased rapidly in recent years, compared with the huge population base, the service scope of social work service agencies still needs to be expanded. In addition, the geographical distribution of existing social work service agencies is uneven. More than half of the social work service agencies in the province are distributed in relatively developed areas such as Hefei, while in less developed areas, social workers often face the pressure of many problems and heavy tasks.

3.3. Low professional knowledge and practical skills of social workers

Research on solving the problem of adolescents' blind star chasing is a systematic project, which requires social workers to integrate multi-disciplinary professional knowledge, keep up with the development of related disciplines, and adopt comprehensive research in multi-disciplinary fields in combination with the three methods of social work intervention in actual work. Therefore, building a high-quality and stable professional social work team is an important guarantee for the efficiency of intervention. According to the survey, due to blindly expanding the social work team according to demand, a large part of the existing social work team comes from other professional fields, which is not conducive to the construction of a professional social work team. Taking Anhui Province as an example, by the end of 2014, the total number of social workers in the province had reached 15,000, of which only 4,229 had passed the national social worker professional level examination [7].

4. Purpose and feasibility of intervention in adolescent blind star chasing

4.1. Purpose of social work intervention in adolescents' blind star chasing

Some adolescent fans are obsessed with chasing idols, and incidents such as skipping classes, running away from home, and even committing suicide for idol worship occur frequently. If parents and teachers handle such issues improperly, they cannot fundamentally solve the problems, but will trigger adolescents'

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rebellious psychology. Social work intervention in adolescents' blind star chasing has the dual purposes of prevention and correction. On the one hand, social work intervention helps adolescents with blind star chasing to establish correct values. By publicizing positive energy events of stars, such as participating in public welfare undertakings and making continuous progress in overcoming difficulties, the role of idols in adolescents' blind star chasing can be transformed. It guides adolescents to choose healthy and positive idols, gradually turns idols into role models for adolescents to learn from, and stimulates the progressive fighting spirit of adolescent fans. On the other hand, social work intervention helps parents and teachers jointly solve the problem of excessive worship of stars among some adolescent fans, reverse the phenomenon of blind worship and star chasing, remind adolescent groups of their due responsibilities and missions to family and society, bear in mind the persistence and pursuit that should be possessed in their flowering age, and help adolescent fans return to the normal track of study and life.

4.2. Feasibility of social work intervention in adolescents' blind star chasing

Social work takes sociology, psychology, anthropology and other disciplines as the theoretical knowledge base, and mainly adopts methods such as case work, group work and community work for intervention activities. By applying social work theoretical knowledge and intervention means, we can timely understand the ideological trends of adolescents' blind star chasing, eliminate the differences in understanding of stars between adolescent groups, parents and teachers, and make parents and teachers correctly realize that adolescents are at the turning point of life, with weak cognitive ability and self-control ability, and need correct guidance from parents, teachers and society. In addition, although social work was introduced into China in the late 20th century, it ushered in the spring of social work development in China in the early 21st century: the Sixth Plenary Session of the 16th Central Committee of the Communist Party of China adopted the Decision of the Central Committee of the Communist Party of China on Several Major Issues Concerning the Construction of a Harmonious Socialist Society, which incorporated social work into the Party’s action plan, and the construction of social work professional theoretical knowledge and talent team has also become an important task in the 21st century. With the continuous improvement of social work professional theoretical knowledge, social work intervention methods will serve the society more effectively and pragmatically.

5. Principles and paths of intervention in adolescent blind star chasing

5.1. Principles of social work intervention in adolescents' blind star chasing

When intervening in adolescents' blind star chasing, social workers should first accept and trust the thoughts and behaviors of service targets. Facing star-chasing adolescents who have lost themselves, social workers should adopt the principle of "neutral acceptance", that is, showing tolerance and respect to them, and recognizing adolescents' right to freely express their emotions. The problems in adolescents' growth cannot be entirely attributed to star worship, while ignoring the influence of stars' positive behaviors on adolescent groups. Social workers should pay attention to discovering the true, good and beautiful sides of the stars worshipped by adolescents, and use the positive energy of their favorite stars to influence adolescents' behaviors [8]. Meanwhile, adhering to the principle of "non-judgment", social workers should view their behaviors with a calm, objective and rational attitude, that is, not making judgments on the individuals of service targets, not judging whether their behaviors are right or wrong, and not blaming them [9]. Social work interveners should clearly realize that star worship is a normal social phenomenon, and fully understand and affirm its reasonable components. The behavior of adolescent groups worshipping stars is an experience of life pursuit and an important process of life. Tracing back to history, it can be found that adolescents in every era have their own life goals and idols in their hearts. In addition, using the principle of "individualization" in social work, individualized plans should be formulated according to the individual differences of adolescent groups in family background, education level, star-chasing behaviors and personality traits, so as to actively and effectively study and solve the problems of adolescents' blind star chasing.

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5.2. Paths of social work intervention in adolescents' blind star chasing

Social work intervention methods mainly include case work, group work and community work. Adolescents with blind star chasing come from families of different classes, and their growth environments and reasons for losing themselves are also different. The case work method is one-to-one, face-to-face service. Aiming at the different personalities of adolescents, it clearly analyzes the problems of service targets, establishes a good platform of mutual trust, formulates effective guidance plans, guides adolescents to rationally analyze the talent characteristics, personality traits and struggle experiences of the stars they worship, gradually transforms star worship into role model learning, and enables adolescents to learn the positive energy behaviors of stars. The group work method of social work takes groups as the object and carries out social work in the form of groups. Through the joint efforts of social workers and adolescents in the group, various problems faced by adolescents with blind star chasing are overcome to help them develop physically and mentally. Community work takes the community as the service object, so that community members can establish a sense of belonging and identity to the community, jointly solve community problems, meet community needs, and give play to the potential of community members in the process, cultivating the spirit of self-help, mutual aid and self-determination of community members. To solve the problem of adolescents' blind star chasing through social work intervention, community spaces can be used to publicize diversified role models, establish targeted publicity windows for different types of role models, promote the transformation of adolescents' worship orientation and content, and help them accept reasonable social role models.

6. Conclusion

Blind star chasing among adolescents is a problem of deviant development derived from a diversified social environment. Relying solely on family preaching and traditional school education makes it difficult to resolve contradictions from the root, and easily triggers adolescents' rebellious psychology. Social work adheres to the concepts of acceptance, non-judgment, and individualization, and relies on the three professional methods of case work, group work, and community work to provide a new path for guiding adolescents to chase stars rationally and establishing a positive value orientation. At present, social work intervention in this field still faces practical dilemmas such as conflicts with traditional education concepts, insufficient supply of professional talents, and the need to improve the professional capabilities of practitioners. In the future, it is necessary to continuously improve the localized social work service system for adolescents, expand the team of professional social workers, promote multi-party collaboration among families, schools, and communities, give full play to the dual functions of social work in prevention and correction, guide adolescents to view idol worship rationally, draw positive strength from role models, and help adolescents grow up physically and mentally healthily.

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