

Exploring the Role of Sports in Quitting Adolescent Internet Addiction

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Abstract. With the advent of the new era of the Internet, the network has penetrated into all aspects of our lives and become an indispensable part of modern society. However, in this process, as a special group in society, the problem of internet addiction among teenagers is becoming increasingly serious, which has attracted widespread attention. Internet addiction not only affects the physical and mental health of adolescents, but also has many adverse effects on their academic performance, family relationships, and social development. Therefore, how to effectively intervene and quit the problem of internet addiction in adolescents has become a topic of great significance for the times. Among various intervention methods, sports are considered a promising approach. Sports, especially full body exercises like badminton, can not only provide a healthy lifestyle, but also attract the attention of teenagers through their unique charm and value, helping them step out of the virtual online world. This article is based on this background and explores in depth the role of sports in helping teenagers overcome internet addiction.

Keywords: Athletic sports; teenagers; quit internet addiction.

1. Introduction

With the advent of the high-tech era, the internet has deeply integrated into people's lives and work, bringing unprecedented convenience and efficiency [1]. Whether it is obtaining information, communicating, or entertaining, the internet has become an indispensable part of modern society [2]. Teenagers, as a special group in society, are also attracted to the internet. The internet not only expands their horizons and enriches their knowledge, but also to some extent changes their way of learning, living, and entertainment [3]. However, at the same time, the internet has also brought many negative impacts on the physical and psychological aspects of teenagers, among which the most prominent problem is internet addiction [4]. Internet addiction, a new type of disease in modern society, is gradually eroding the physical and mental health of teenagers. Teenagers who are addicted to the internet often experience academic decline, social barriers, strained family relationships, and in severe cases, may even lead to psychological and physical health problems.

Faced with this severe social phenomenon, various measures such as psychological intervention, peer assistance, and career guidance have been widely adopted in China to help teenagers overcome the bad habit of internet addiction [5]. These measures have achieved certain results to a certain extent, but more exploration and practice are still needed. Sports, as a course strongly advocated by the national education system, is not only a physically beneficial activity for people, but also an important way to have a positive impact on their psychology [6]. Sports can exercise people's bodies, enhance physical fitness, and improve immunity; At the same time, it can also cultivate people's willpower, enhance their psychological adaptability, and promote mental health. More importantly, sports have the function of promoting interpersonal communication and individual socialization [7]. In sports, teenagers can learn to cooperate and compete with others, learn to respect rules and opponents, thereby cultivating good personality traits and social skills [8]. Among numerous sports, badminton is highly favored due to its unique charm and value.

Badminton is not only a whole-body aerobic exercise, but also can exercise the physical coordination and reaction ability of teenagers; It is also a highly focused and strategic exercise that can cultivate teenagers' concentration and thinking abilities. In addition, badminton has a strong social attribute, requiring teenagers to interact with their teammates and opponents during the game, which

helps cultivate their social skills and emotional communication abilities. Based on this background, this article delves into the role of sports, especially badminton, in helping teenagers overcome internet addiction. Badminton, as a healthy and beneficial sports activity, not only attracts the interest of young people but also transfers their excessive dependence on the internet; It can also help them gradually overcome the dilemma of internet addiction by exercising their bodies, improving their psychological resilience, and cultivating their social skills.

2. The Impact and Causes of Internet Addiction

2.1 Impact

The impact of internet addiction on students' learning and psychological aspects is profound and complex. In terms of learning, once teenagers become addicted to the internet, they are prone to devote a lot of energy and time to online games or virtual socializing, leading to serious feelings of boredom towards learning [9]. In class, they often appear exhausted, drowsy, unable to concentrate, and often neglect or fail to complete homework on time [10]. The continuous deterioration of this learning state not only affects their academic performance, but also may cause them to lose interest and confidence in learning itself, forming a vicious cycle. In addition, internet addiction may also lead to students committing disciplinary violations such as being late, leaving early, and skipping classes, further exacerbating their learning difficulties.

At the psychological level, internet addicted teenagers often have psychological barriers such as depression, anxiety, loneliness, sensitivity, and long-term feelings of inferiority before becoming addicted to the internet. The internet has become a safe haven for them to escape reality and seek comfort. They are more willing to seek a sense of identity and belonging in the online world, rather than facing and solving problems in reality. This long-term human-computer interaction mode gradually leads them to detach from collective activities, reduce face-to-face communication with classmates, family, and teachers, and make interpersonal relationships indifferent and distant. Although the internet provides a convenient way of communication, excessive dependence weakens their ability to establish and maintain interpersonal relationships in real life, leading to a decline in their ability to adapt to society and increasing the difficulty of integrating into society in the future.

The social harm of internet addiction cannot be ignored. It not only affects the growth and development of individuals, but may also have a negative impact on the entire society. For example, internet addicted teenagers may engage in illegal activities such as online fraud and online violence due to a lack of self-restraint and sense of responsibility, which can disrupt the harmony and stability of the online environment. At the same time, internet addiction has also increased the economic burden on families and society, requiring a significant investment of resources for intervention and treatment. Therefore, paying attention to and effectively addressing the issue of adolescent internet addiction is of great significance for promoting the healthy growth of adolescents and maintaining social stability.

2.2 Causes

The reasons for internet addiction are multifaceted, including both internal psychological factors of adolescents and external environmental influences. Firstly, the rapid development of network technology and communication has provided unprecedented ways for teenagers to obtain information and entertainment. As a group with strong ability to accept new things, teenagers are often the first to embrace these changes. However, during adolescence, their discernment ability is not yet mature and they are easily attracted by various temptations in the online world. Secondly, the psychological characteristics of adolescents during adolescence are also an important cause of internet addiction. Adolescents at this stage experience significant emotional fluctuations and fluctuating psychological states, making them prone to developing a strong interest in new things and investing a lot of energy.

If not guided correctly, they are likely to lose themselves in the online world and fall into the quagmire of internet addiction. In addition, adolescents also face psychological challenges such as

self-identity and social needs during adolescence. If these needs in real life are not met, they are more likely to turn to the online world for comfort. Finally, the external environment also plays an important role in the formation of adolescent internet addiction. Poor learning habits, lack of family care and supervision, and negative influences among peers can all be factors that can lead teenagers to become addicted to the internet. Especially when there are a large number of peers around teenagers who have dropped out of school or become addicted to online games, they are more likely to be infected and join this group. Therefore, building a good external environment is crucial for preventing and treating adolescent internet addiction.

3. The Role of Sports

Sports play a comprehensive role in alleviating adolescent internet addiction by promoting physical health, improving mental health, cultivating social skills, optimizing time management, and enhancing family and school support from multiple perspectives. Figure 1 illustrates the mechanism of participating in sports to alleviate adolescent internet addiction.

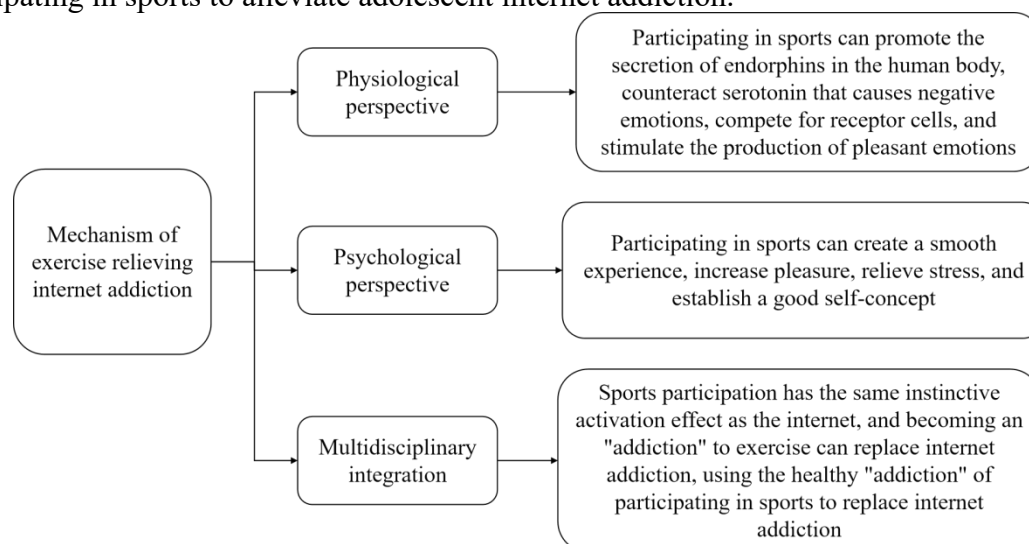


Figure 1 Mechanism of participating in sports to alleviate adolescent internet addiction

3.1 Time Management and Interest Transfer

Adolescence is a critical stage for physical and mental development, and participating in sports is particularly important during this period. In addition to directly promoting the improvement of basic qualities such as physical strength, endurance, speed, and agility, sports also play an important role in time management and interest transfer. In the fast-paced modern life, reasonable time planning has become one of the essential abilities for teenagers. Participating in sports activities can help them learn to balance learning and leisure, by setting training plans and consistently executing them, effectively managing personal time, and cultivating self-discipline and a sense of responsibility. Meanwhile, sports provide a channel for teenagers to release stress and transfer negative emotions. When facing challenges such as academic pressure and interpersonal relationships, exercise has become a positive coping strategy.

Running on the green field and swimming in the pool can quickly distract attention from troubles, bringing relaxation and joy to both body and mind. This interest transfer not only helps alleviate stress, but also stimulates positive emotions in adolescents and enhances overall psychological resilience. In addition, participating in diverse sports activities such as badminton clubs, bodybuilding and fitness not only allows teenagers to enjoy the fun of sports while developing professional skills, but also learns communication, collaboration and leadership through teamwork. These soft skills are equally crucial in future learning and career development. More importantly, the aesthetic experience in sports, such as the precise hitting of badminton balls and the beautiful body lines during fitness, can subtly enhance the aesthetic taste of young people and promote comprehensive development.

3.2 Social and Emotional Communication

Sports, especially team sports such as badminton, provide a valuable social and emotional platform for teenagers, which is in stark contrast to virtual online socializing. On the badminton court, every exchange of shots, discussion of tactics, cheers of victory, and encouragement of failure creates a real, interactive, and positive social environment. This face-to-face interaction allows teenagers to directly feel support and understanding from their peers, satisfying their deep-seated emotional needs and reducing the impulse to blindly seek a sense of identity and belonging in the virtual world of the internet. The teamwork and mutual cooperation in badminton not only exercise the bodies of teenagers, but also invisibly shape their personality traits of perseverance and courage to challenge.

Faced with the pressure and difficulties in the competition, they learned to persevere and not give up. This spiritual strength will accompany their growth and help them face challenges more calmly on their future life path. At the same time, this positive social experience also promotes better integration of teenagers into society and enhances their social adaptability, including key skills such as communication and collaborative problem-solving. In response to the problem of adolescent internet addiction, in addition to strengthening self-management and educational guidance, it is equally important to start with external intervention from the objective environment. Building an objective assistance theoretical model that integrates schools, families, and society means forming a joint force to jointly create a healthy and positive growth environment for young people (as shown in Figure 2). Through such diverse and systematic intervention measures, we can more effectively help teenagers overcome internet addiction and promote their comprehensive development.

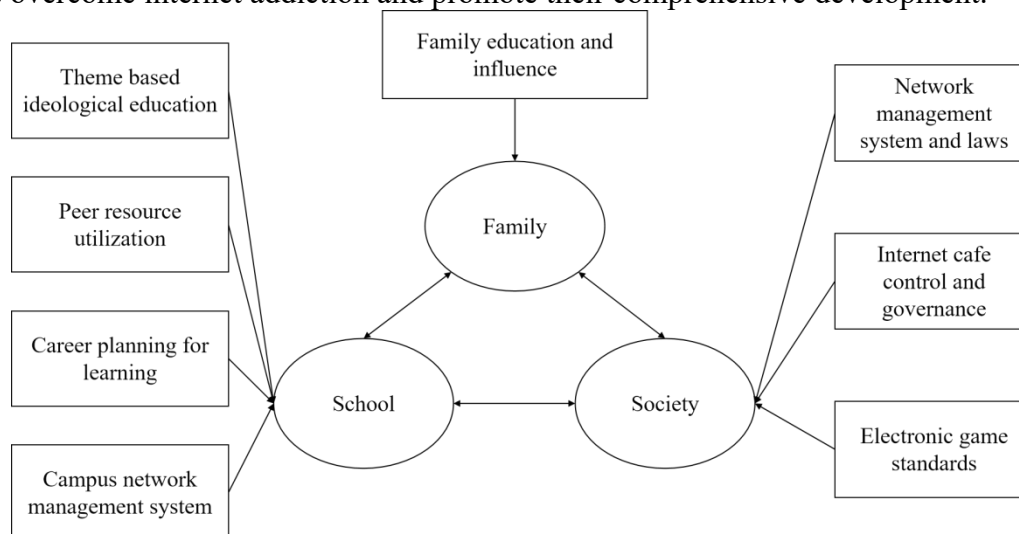


Figure 2 Objective rescue theory model

4. Conclusions

This article deeply analyzes the unique value and profound impact of sports, especially badminton, in helping young people overcome internet addiction. By participating in sports activities, teenagers can not only improve their physical health problems that may arise from prolonged immersion in the online world, such as decreased vision and poor posture, but more importantly, it provides them with an outlet to release stress and regulate emotions. In team sports such as badminton, teenagers have learned how to remain calm under pressure and how to stand up again after setbacks, which greatly enhances their psychological resilience. At the same time, sports are also a bridge to promote social interaction among young people. In a real and interactive sports environment, teenagers can establish more stable interpersonal relationships, cultivate teamwork and communication skills, and thus meet their psychological needs for understanding and acceptance. This positive social experience helps reduce teenagers' dependence on virtual social networking, making them more willing to face real life with an open and confident attitude. Ultimately, the positive effects of sports will encourage

young people to engage in learning with greater enthusiasm and a positive mental outlook. They are no longer addicted to the virtual world of the internet, but instead shift their attention to personal growth and self realization, laying a solid foundation for future learning and life.

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