

# Intervention Study on Internet Addiction of Higher Vocational College Students from the Perspective of Positive Psychology



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**Abstract:** With the rapid development and popularization of Internet technology, Internet addiction has become an important issue affecting the healthy growth of higher vocational college students. As a new means of psychological intervention, positive psychology provides a new perspective and method. This paper discusses the application and potential value of positive psychology in the intervention of Internet addiction among higher vocational college students. By analyzing the phenomenon of Internet addiction, this paper proposes a series of intervention strategies based on positive psychology, including cultivating psychological resilience and coping strategies, daily exercises to cultivate positive emotions, advantage-oriented personal development plans, and establishing positive relationship networks. These strategies aim to reduce Internet dependence and promote students' mental health and personal growth by improving students' self-efficacy, social belonging and life satisfaction.

**Keywords:** positive psychology; higher vocational college; internet addiction; mental health

## Introduction

In the digital age, due to the particularity and pressure of professional learning, higher vocational college students are easy to indulge in the network world and seek temporary escape, thus forming a dependence. This dependence not only consumes their precious time, but also may lead to psychological problems such as anxiety and depression. Different from traditional psychotherapy methods, positive psychology pays more attention to the exploration of individual's internal potential and the cultivation of positive attributes. It aims to help higher vocational college students establish healthier Internet use habits by enhancing individual's positive psychological capital such as self-efficacy, optimism and social skills. Through the intervention of positive psychology, students' overall well-being can be effectively improved, thus reducing their excessive dependence on the network. Therefore, exploring the potential value of positive psychology in the

intervention of Internet addiction among higher vocational college students is not only a theoretical innovation, but also a new solution to the problem of Internet addiction.

## 1. Analysis of the Current Situation of Internet Addiction in Higher Vocational Specialties

### 1.1. Internet addiction phenomenon and its impact on higher vocational college students

The phenomenon of Internet addiction among higher vocational college students can be defined as the excessive use and dependence of some students in this group on the Internet, especially the addiction to Internet services such as social networks, online games, video watching, which leads to a series of negative effects in their daily life. This addiction is manifested as uncontrollable online behavior, which lasts for a long time and has a high frequency, so that it affects students' academic performance, interpersonal communication, physical and mental health and quality of life.

The influence of Internet addiction on higher

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vocational college students is far-reaching and multifaceted. In terms of academic performance, continuous Internet addiction will lead to a decrease in students' learning time, a decrease in learning efficiency, and ultimately affect academic performance. Facing a computer or mobile phone screen for a long time will also cause health problems such as decreased vision and reduced sleep quality (Yi, 2022). In terms of mental health, Internet addiction may lead to or aggravate emotional problems such as anxiety and depression, affecting students' mental health. Students will ignore the challenges and opportunities of real life because of the sense of achievement in the virtual world, resulting in a decline in the ability to adapt to reality. Internet addiction also affects students' social skills and interpersonal relationships. Excessive dependence on online communication may lead to the degradation of face-to-face communication ability. Students may feel uncomfortable in real social interaction, and it is difficult to establish and maintain healthy interpersonal relationships. Moreover, Internet addiction can also lead to family tensions and increase family conflicts. Therefore, the negative impact of Internet addiction on higher vocational college students is comprehensive, involving academic, health, psychological and social aspects, which need to be paid attention to and intervened.

### **1.2. Causes of Internet addiction**

The causes of Internet addiction are multifaceted, involving psychological, social and environmental factors. First of all, from a psychological point of view, some higher vocational college students are easily addicted to the Internet because of their weak self-control ability, depression, anxiety or other psychological problems. They use the Internet as a means to escape from real pressure and unpleasant emotions. The anonymity and virtuality of cyberspace provide them with a temporary solution to escape from reality. In particular, the short video platform, with its high instant satisfaction and strong visual stimulation, aggravates the problem of students' Internet

addiction and makes them fall into the cycle of continuous browsing and watching (Li, 2021). Secondly, social and environmental factors also play a key role. In the highly digital social background, the network has become the main channel for access to information, social and entertainment, higher vocational college students vulnerable to the influence of the surrounding peers, to imitate the peer online behavior. Thirdly, academic stress, interpersonal problems and unstable family environment may also promote students' excessive use of the Internet as a coping mechanism. The popularity and appeal of short videos have further deepened this dependence, especially among young people, which provides a quick and simple way to escape from the plight of real life. The lack of effective time management skills and positive coping strategies in real life, as well as the high attractiveness of network content, jointly contributed to the development of Internet addiction. Therefore, solving the problem of Internet addiction needs to start from many aspects, including enhancing individual self-control ability, improving social and environmental factors, and providing appropriate psychological support and intervention measures.

## **2. The Role of Positive Psychology in the Intervention of Internet Addiction Among Higher Vocational College Students**

### **2.1. The basic principles and advantages of positive psychology**

Positive psychology is a science that studies the positive attributes of human well-being, advantages, resilience and positive emotions. Different from traditional psychology, which focuses on the treatment of mental illness and defects, positive psychology is more concerned with promoting individual mental health and well-being, and helping people achieve their potential and best state. Its basic principles include positive emotions, positive personality, positive mentality, positive relationships and positive institutions, emphasizing the cultivation of individual advantages and virtues to enhance their well-being and life satisfaction. The advantage of

positive psychology is that it provides a new perspective and method to help people understand and improve life from a positive perspective. It encourages people to identify and use their strengths, such as creativity, curiosity, optimism, courage and perseverance, to deal with the challenges and difficulties in life. Through the practice of positive psychology, individuals can improve their sense of self-efficacy, enhance their ability to cope with stress and adversity, and promote personal growth and development. When intervening in problems such as Internet addiction, the application of positive psychology can help individuals discover other pleasures and satisfactions in life other than the Internet, guide them to establish positive life goals and meanings, and enhance social skills and interpersonal relationships in the real world. In addition, the techniques of positive psychology, such as gratitude practice, advantage discovery and utilization, and the cultivation of positive emotions, can effectively improve individual well-being and reduce excessive dependence on the Internet. Therefore, positive psychology not only improves the level of individual mental health, but also provides effective strategies and tools for dealing with psychological and behavioral problems in modern society.

## **2.2. The application value of positive psychology in the intervention of Internet addiction among higher vocational college students**

The application value of positive psychology in the intervention of Internet addiction among higher vocational college students is reflected in many aspects. First of all, it emphasizes the exploration and utilization of individual internal advantages and potential, helps students realize their own value and ability, so as to enhance their self-efficacy. This improvement of self-cognition is the key to reducing network dependence and promoting mental health. Secondly, positive psychology effectively improves students' emotional level and life satisfaction by cultivating positive emotions, such as gratitude, hope, optimism and happiness, and alleviates the emotional disorders behind Internet addiction, such as

loneliness, depression and anxiety. Thirdly, positive psychology also focuses on establishing and maintaining positive interpersonal relationships and social support networks, which provides students with real-life social satisfaction and reduces their over-reliance on virtual online social networking. Finally, by guiding students to explore and find the meaning and goals of personal life, positive psychology helps students build a more purposeful and meaningful life orientation. This goal-oriented lifestyle helps students reduce the excessive use of the Internet and turn to real life and personal growth. It can be seen that the application of positive psychology in the intervention of Internet addiction among higher vocational college students not only helps to alleviate the phenomenon of Internet addiction, but also promotes the overall development and mental health of students, showing its far-reaching application value. Through this individual-centered positive intervention, students' intrinsic potential can be stimulated and they can be guided to establish a healthier and more positive attitude towards life and behavior patterns.

## **3. The Implementation Strategies and Methods of Using Positive Psychology to Intervene in the Internet Addiction of Higher Vocational College Students**

### **3.1. Cultivating psychological resilience and coping strategies**

Cultivating psychological resilience and coping strategies is one of the effective strategies to use positive psychology to intervene in Internet addiction of higher vocational college students. This method focuses on enhancing students' resilience in the face of online temptations and various pressures encountered in life, as well as cultivating their ability to effectively manage emotions and behaviors. The key to implementing this strategy is to help students recognize their emotional triggers and learn how to deal with these emotions in a healthier way through a series of specially designed training and activities, rather than escaping to the virtual online world. Specific measures can include emotional

management workshops, stress management training, time management skills lectures, etc. These activities aim to teach students how to identify and adjust their emotional state, how to set realistic and feasible goals, and take effective action plans to achieve these goals. For example, by means of an emotional diary, students are asked to record daily emotional changes and related events, and then analyze the causes of emotional changes under the guidance of counselors or psychological counselors to explore more active coping strategies. Through group activities and role-playing games, students can practice new skills in a supportive environment, such as how to stay calm in stressful situations, how to communicate effectively and resolve conflicts. These practical activities not only help to consolidate students' new skills, but also enhance their self-confidence and social skills, so as to find more satisfaction and sense of achievement in real life and reduce their dependence on the Internet. Through these comprehensive interventions, higher vocational college students can show stronger psychological resilience and effective coping strategies in the face of Internet addiction (Wei, 2022).

### **3.2. Daily exercises to cultivate positive emotions**

In the process of using positive psychology to intervene in the Internet addiction of higher vocational college students, the daily practice of cultivating positive emotions provides students with an effective method of self-improvement and emotional management. This practice is based on the core concept of positive psychology, that is, by enhancing the individual's positive emotions and self-awareness to promote their internal well-being and life satisfaction, thereby reducing the dependence on external stimuli, such as Internet addiction. For example, gratitude exercises encourage students to write down at least three things that happen on the day that make them feel grateful or happy every day. By reviewing and recording positive events in daily life, students are guided to pay attention to and cherish the good moments and positive experiences in life, which helps to improve their emotional state and well-being. In the long run,

this positive emotional experience can form a positive feedback loop, making students more willing to participate in real-life activities, rather than escape to the virtual network world (Guo, 2024). At the same time, teachers can arrange a short time every day, combined with mindfulness meditation and self-reflection exercises, guide students to practice and improve their awareness of their emotions and behaviors, and learn how to respond to challenges and pressures in life in a more positive and conscious way. This process of self-observation and reflection enables students to identify the motivations and emotional triggers behind Internet use, and then develop healthier coping strategies to manage their emotions and behaviors. Through this combination of positive emotions, students can not only improve their psychological resilience and ability to cope with stress, but also gradually reduce their excessive dependence on the Internet and achieve a healthier and more balanced lifestyle. The implementation of this strategy is essentially to promote the continuous change of students' behavior through the positive changes of internal psychology and emotion, which shows the far-reaching influence and practical application value of positive psychology in the intervention of Internet addiction.

### **3.3. Advantage-oriented personal development plan**

The advantage-oriented personal development plan is an efficient strategy to intervene in the problem of Internet addiction by identifying and utilizing the personal advantages of higher vocational college students. This strategy is based on one of the core principles of positive psychology, that is, everyone has unique advantages and potential. By exploring and applying these advantages, individuals can achieve higher levels of achievement and satisfaction. In the implementation process, it is necessary to help students identify their core strengths through professional tools or activities in advance, such as creativity, teamwork, leadership or problem-solving skills. This strategy not only focuses on individual self-improvement, but also coincides with the goal of cultivating all-round development of

individuals emphasized in ideological and political education, and promotes the internalization of socialist core values through the development of personal advantages (Cheng & Chao, 2023). Once students have identified their strengths, the next step is to design a personalized development plan that combines these strengths with learning, interest exploration, or career planning. For example, for students with creative advantages, they can be encouraged to participate in artistic creation, design competitions or innovative projects. For students who are good at teamwork, they can be guided to participate in team projects or social service activities to enhance their teamwork and social skills. This process also encourages students to combine personal growth with social responsibility, actively participate in social practice activities, reflect personal values, and promote the harmonious development of society. The advantage-oriented personal development plan also includes regular feedback and adjustment links to help students continuously assess their progress and challenges, and adjust the plan as needed (Fang & Dai, 2019). This process can not only enhance students' self-efficacy and sense of achievement, but also promote them to find satisfaction and happiness in real life, thus naturally reducing their dependence on the network. At the same time, by combining personal achievements with social responsibility, the strategy also reflects the core requirements of ideological and political education, that is, to cultivate responsible and capable socialist builders and successors.

### **3.4. Building a supportive positive relationship network**

In the use of positive psychology to intervene in the problem of Internet addiction among vocational college students, the construction of a supportive positive relationship network focuses on enhancing the individual's social support system by promoting positive interaction between students, between students and teachers, and between students and family members. A strong social support network can not only provide emotional support, reduce loneliness and social isolation, but also enhance

students' sense of belonging, thus helping to reduce their over-reliance on the network (Liu & Zhou, 2022). The first step to implement this strategy is to encourage communication and interaction among students by organizing team building activities, group discussions and social activities. These activities should be designed to enhance understanding, respect and trust, and promote positive interaction between students. This includes participating in volunteer service projects, academic competitions or interest groups to enhance the spirit of teamwork and a sense of collective belonging. At the same time, schools should provide specialized training and seminars to help teachers and parents understand how to establish effective communication channels with young people and how to provide appropriate emotional and psychological support. This kind of training can help adults become trusted listeners and mentors for students, and provide students with the support and guidance they need to face the challenges of Internet addiction (Yuan, 2023). For example, through communication with parents, counselors are able to understand students' personal family background and the reasons for their low self-esteem. And use cognitive therapy to help students understand that academic performance is not the only standard for evaluating themselves, so as to change their unreasonable cognition. Using social media and network platforms to establish active online communities is also an effective way to build a supportive relationship network. Through regulation and mentoring, these online communities can serve as platforms for promoting healthy discussions, sharing successful experiences, and providing mutual encouragement. Through these measures, the constructed supportive positive relationship network can provide students with a safe, supportive and encouraging environment, help them overcome Internet addiction, promote their personal growth and social adaptability, and achieve a healthier and more active lifestyle.

### **Summary**

The application of positive psychology in the

intervention of Internet addiction among higher vocational college students shows significant potential value, which can effectively help students reduce their excessive dependence on the Internet and promote their mental health and personal growth. Adopting the strategy of positive psychology not only enhances students' sense of self-efficacy and social belonging, but also improves their quality of learning and life. The future research direction should explore the intervention effect of positive psychology on Internet addiction under different backgrounds and conditions, examine its long-term impact, and develop more personalized intervention programs for the specific needs of higher vocational college students. At the same time, it is recommended to strengthen interdisciplinary research, combine knowledge in the fields of information technology, education, and psychology, and develop integrated intervention tools and platforms to provide more comprehensive and convenient support services. Through these efforts, the application of positive psychology in the prevention and intervention of Internet addiction among higher vocational college students will be more extensive and effective, and provide solid support for the healthy growth and development of students.

#### Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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