

The Relationship between Internet Use and Mental Illness Risk among Chinese Adolescents

Completed Research Paper

Zhang Yating, Wang Xiaoting, Zhou Zhongyun

Abstract

The issue of teenagers' mental disease is becoming conspicuous in recent years. This research digs into the influence mechanism between use of internet and mental health of teenagers with data from China Family Panel Studies (CFPS). By measuring mental condition, analyzing correlation and building SEM, this research has five findings: More use of internet brings higher risk of getting mental disease; people who text and listen to music more often are likely to get mental disease; communicating with strangers increases risk of catching mental disease; people who use mobile device to entertain and access information properly are less likely to catch mental disease; influence from communicating with strangers on promoting mental disease is most significant. This research is a complement to extant researches and provides some practical advices to educators to help teenagers maintain mental health and better use internet.

Keywords: Internet, mental disease, Chinese teenagers, correlation analysis, structural equation model