Social Psychological Analysis of Internet Chat Addiction

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Abstract. The rapid development of the Internet has a negative impact can not be ignored on a number of Internet users, and thus lead to the network alone, Internet addiction, Internet addiction and other issues. In this paper, for chat addiction youngsters who occur more frequently, and analyzed from the perspective of social psychology, and make recommendations accordingly.

With the advent of the Internet age, people connect to the Internet more closely. Teenagers with its high degree of acceptance, learning ability and strong advantages, the first to be the object impact of the Internet. Internet users through the Internet with friends and family to communicate, gather the required information, learning or entertainment. However, some Internet users do not have the proper use of the Internet, in varying degrees, different types of Internet addiction, such as online games addiction, chat addiction, internet addiction, addicted to online information and online addiction and other adventures. Among them, chat addiction is more common phenomenon.

The Concept of Internet Chat Addiction

So-called Internet chat addiction or craving refers to the individual for a long time indulging in online chatting and to eliminate the net after the irritability restless and continuous extension of time on the Internet, thus obtained satisfaction, resulting in the network excessive dependence and attachment, lead to individual physiological and psychological stress. Normal work, study, life, interpersonal relationship even jobs have been seriously affected. Data show that about 6 of the domestic young people into the Internet, about 7 into commonly used smart phones. When the study only accounted for 8% of the overall length of the Internet, while the chat is the most used Internet application services, the use of the ratio is 66%.¹¹ Data shows that teenagers have dependence on chat, habit-forming.

Internet Chat Addiction Psychological Process

Chat Software to Meet the Needs of Internet Users

Young people are in a growth stage, the outside world has a strong sense of curiosity, baking each have a thirst for knowledge, through chat software to Internet users and friends around the world to exchange ideas, find understanding in learning, living, entertainment and other kinds of things, including a lot of new things, which is the psychological is not yet mature, poor control of teenagers pose a huge temptation, so that they gradually addicted chat. Moreover, when the problem of juvenile life experience, learn, they subconsciously choose to communicate with friends on the network, doubts, will get the answer to my own satisfaction.
So that Internet users benefit from Internet chat, it will rely more and more without it.

**Internet Chat is Easy to Find "Like-minded" Friends**

American social psychologist Milgram (Stanley Milgram) proposed a "six degrees of separation" theory. Anyone between you and a stranger spaced not more than five, that is, by a maximum of five people you will be able to recognize any stranger. Chat software to break the distance limitations of time and space and geographical space, so that Internet users can easily find like-minded friends.

First, Internet chat software has closed. The Internet is an extremely huge amount of information space, in all aspects of learning, work and life, in all areas, it is all-encompassing. The chat software as the primary tool to interact with the network, the Internet, compared with those who provide the most open space of expression. However, it is this inclusion and equality interchangeability on the surface, so that Internet chat's living space closed up. Internet users create a relatively closed space of living and thinking.

Second, the chat software in various forms, rich in content. Internet users using chat software for a variety of news and information, will push the software can not refuse to chat by way appears on the screen. So who can always chat to exchange information of interest, you can recommend your favorite software, you can share some event ideas. Therefore, the use of chat software can give more opportunities to participate Chatter, more forms, more topics. Since the information transfer is bidirectional, Chatter is the recipient of the information, but also communicators. Thus, when talking with those who return to real life at the same time, it will get accustomed to the traditional way of information, and thus will have a sense of the gap, there will be obstacles in real life exchanges with others.

Finally, the chat software to change the meaning of friendship. Chatter in real life most intimate circle of friends may not exceed 10 people, but in the friends list chat software is likely to have more than one hundred people. Real-life friends and contacts with the consolidation and chat friends are at a time to participate in activities to participate in a chat topic know, there may be free to search for accounts to add, chat software, etc. The recommended way to get to know, a variety of add like-minded friends in the way that time becomes zero distance, while breaking the geographical constraints of space, but this approach greatly with the randomness and arbitrariness. Moreover, the real-life Internet users should always pay attention to his words and behavior, but on the Internet, individuals can freely. There is no psychological burden to others to express their views, and with a variety of expression package, in order to attract people to find like-minded friends. This online dating bad habits, so that the individual is difficult to find friends in real life.

**Internet Chat to Give Internet Users a Sense of Security and Sense of Belonging**

Internet chat is a "dark dealings." In a closed environment, Internet users can choose to tell the truth or fabricated information, there is no concrete and effective way to check, even if the failure Internet users can also re-apply for an account, start over, rarely found. This gives Internet users a sense of security greatly, because no matter what the reality will not produce any bad influence themselves on the Internet.

People need to approval of others and society, the need for a sense of belonging. Only after getting social acceptance and recognition, it can be self-confidence and sense of security. Network chat, Internet users can follow their own ideas, looking for interesting topics to chat, enter personalized chat rooms, published on the topic of the most realistic idea, once...
encountered minded when it will have a favorable impression of the chat room, habitual use and then a sense of belonging. When views are inconsistent, there will be those who argue chat, while other chatters will not publish the same or opinions, whatever the outcome, have a better understanding of network rules, consistent with the formation of a network of social values, found in the network society a sense of belonging.

**Internet Chat to Make the Internet Social Role Dislocation**

Real life for adolescents with various social expectations and requirements, the constraint, and online communication is actually a "dark" in communication, users can abandon the social role in real life, beautification of their own, others will not refuse. So, the other is accepted, in fact, the Internet is the ideal self described themselves. In this way, in the network, the Internet has formed a new social role, the social role of the self has a new position, and these roles are not consistent with the reality of society. In reality, the people around will still be in accordance with the standard requirements of the real life of the individual, in order to measure the actual social value of the individual actions. In this way, when the Internet back to real social life, it will be because of the different values and feel no one understands, feel lonely.

**Internet Chat Easy to Make Internet Users become Dependent, and Thus Addiction**

According to social psychology, a person only through certain social learning and practice of social life, access to adapt to human social life of society, the formation of the human psychological structure and behavior of dynamic systems, and to obtain a clear self-concept, so that their behavior with a clear self-direction and self-control, he became a man in the true sense. The human socialization, refers to an individual living beings become social beings, and gradually adapt to the process of social life, making social and cultural accumulation to continue, maintain and strengthen the social fabric, the human personality to the formation and development.\(^2\)

First, the network chat disrupted the social process. Socialization is a continuous, lifelong process. Socialization every stage of life, are based on the previous stage of the gasification-based society. Success of each stage is determined by the environment, the success of the previous phase to meet the next challenge prepared to bring the hidden personality development if a certain stage of development in which all will not go well beyond, even on the socialization process a huge impact. Therefore, when the Internet users in the network chat to make a lot of like-minded friends, to meet the various needs of the virtual world, to get a sense of security and well-being greatly when, and then to have a social role to reposition. But when Internet users back to real life because of the time difference in the gap and loneliness. Thus, many Internet users want to get rid of addiction to chat, but can not help but spend a lot of time on the chat, and then deeper and deeper.

Secondly, Internet addiction disorder caused by Internet users real relationships. Internet users spend a lot of time and energy in the network chat, Internet users will certainly reduce the interaction time with real people. Moreover, real life did not get more than the network chat support and recognition. In contrast, this will lead to Internet addiction were dissatisfied with the reality of human relationships. Moreover, the formation of online self-centered way to make friends, but also the real-life people can not accept. Thus, the reality of Internet addiction make relationships worse, in turn prompting more individuals seeking to understand the Internet, which further addicted, unable to extricate themselves.
**Relevant Recommendations**

After chatting for young Internet addicts the psychological process of analysis, we will be able to prescribe the right medicine. From adolescence itself is concerned, the first with more friends, family communication, you have to establish the confidence to communicate with people. Thus, the virtual world of the Internet with their own social positioning slowly approaching, reducing the sense of loss and loneliness. Second, the network began to set up a time to chat, their mental state have a clear understanding. You can make around friends and family for their supervision, in order to get out the virtual world. Finally, I have found a tendency to become addicted to chat when the heart must be vigilant so that they divert attention, or perform other recreational activities they are interested in the activities, to avoid chat addiction.

Young people growing up, the family, school and society plays an important role and, therefore, can these three aspects.

From the family point of view, we must first increase intimacy teenagers and parents. Studies have shown that low intimacy teens more likely to indulge in online chat to find comfort and a sense of belonging. The family members should be promoted interaction between each other, so that young people have a sense of belonging to the psychological and spiritual basis, and feel the warmth of the family, so as to promote the development of adolescent healthy personality, avoiding the loss when teenagers face of the network impact sense. Secondly, to correctly guide young people deal with online chat attitude. In the process of education in the family, and youth exchange should be more Internet chat pros and cons, and to develop further the network's bottom line chat, online chat help teens correct attitude.

From the school's point of view, we must first carry out a network of quality education. Should educate young people to various Internet chat friends have the reason and the ability to distinguish right from wrong, training young citizens who have good network of morality. Second, we must strengthen psychological counseling young people. Adolescence is a life period of intense psychological changes, particularly in the network chat, teen extremely difficult to adapt to environmental changes. Therefore, schools should strengthen psychological counseling young people to cope with the impact of the Internet. Last school youth education process for young people to have patience and faith. To encourage teachers to communicate with students, the more sure, praise, support, so that young people are more willing to spend time learning life, more life is full of expectations.

From a social point of view, we must first strengthen the supervision of network information. Teenagers in the use of chat software, will push variety of information, it should be based on age, gender and other complex network information classification, to avoid teenagers received bad information. Secondly, we must create a good chat environment. It can be identified by means of the network, information technology and other non-performing filtering and blocking, to create a harmonious, safe, green environment for their chat.

**Summary**

The Internet has brought great challenges to the ideology and behavior of young people, which is most likely to make young people addicted to chat or addictive. From the analysis of the social psychology, chat addiction is a continuous process, teenagers from interested to have a sense of security, and that real life dislocation, and addiction. How to grasp the rational scale of adolescent chat this requires? Youngsters and family, school, and society work together to jointly create a better Internet era.
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