

The Influence of Internet Buzzwords on Adolescents Mental Health

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Abstract: Nowadays, the internet has become an essential tool for people's survival. The internet is diversity that brings people from all over the world to the virtual space through social media which enables people have more exploration. Language is an important communication tool between human chatting with each other online, which has significant impacts on politics, economy, society, technology, and even culture. Under the influence of media communication, people have created internet buzzwords, which greatly enriches people's lives and alleviates their work pressure. Furthermore, Online buzzwords can reflect the changes in the values and mental condition of young people. They can showcase personality, express emotions, and have a high degree of focus and discussion topic. Therefore, more and more people bring internet buzzwords on social media into life which have become a part of their daily lives. The thesis summarizes the characteristics of internet buzzwords, the psychological transmission factors, and positive and negative effects of internet buzzwords by searching dozens of literature.

Keywords: Internet buzzwords, psychology, teenagers, mental condition

1. Introduction

Internet buzzwords are born in social media and are known by people watching short videos. As the technology developed, a large number of people start to use internet buzzwords. This language has gradually evolved into daily life that is spoken by most people. Therefore, it demonstrates that Internet buzzwords have become an indispensable part of people's lives. The article searches and collects the characteristics of internet buzzwords from several articles.

1.1. Convenience

Internet buzzwords are consisted of a few words, symbols or numbers, which are concise and convenient. It improves the speed of communication and saves time and money that is spent on the Internet [1]. People can often express a large amount of information in a few words, so onlookers can understand what people are saying even if they do not give too much information. For example, in China, 'emo', as an internet buzzword, is often used to express negative emotions such as disappointment, depression and sadness. When someone uses 'emo' to express the feelings rather than taking a lot, people would understand how they feel.

1.2. Contemporaneity

Internet buzzwords are outputs in a certain era, since many of them demonstrate the social hotspots and political information [2]. Internet buzzwords are produced from popular events, such as social news and fun, and are spread rapidly by social media. People would pay attention to different hotspots in different era. In this way, internet buzzwords keep changing as time move on. Throughout the development of Internet buzzwords, people can have a deeper understanding of society growth and people's daily lives. Although, many new internet buzzwords appear every year, some are gradually forgotten [3]. For instance, ‘蓝瘦香菇’ (Lanshouxianggu) means upset, which was a popular internet buzzwords in 2016. A large number of people are fond of it. However, it finally was forgotten and was replaced by other new words in 2018.

1.3. Entertainment

This is because people generate the mental impact of entertainment, internet buzzwords are mostly created by netizens, which people gain a strong sense of fun. People often surf the internet when they finish the work or off school to release the stress. During the communication, using internet buzzwords to have entertainment satisfies public needs [2]. The data shows that there are 7 options for teenagers to choose why they use internet buzzwords, the highest percentage of choice is having more entertainment during communication [4]. For example, ‘yyds’ means the emotion of excitement and appreciation. This word comes from an interesting event which a woman express the feeling of appreciation to a man. When someone mentions ‘yyds’, it could remind people of a better memory from the event.

2. The Transmission Psychological Factors

Nowadays, Internet buzzwords are created and used by teenagers. internet buzzwords are interesting and unique. Moreover, the psychological qualities of teenagers themselves, such as novelty, independence and rebellion, make them attracted to Internet buzzwords. The article searches for the following psychological motivations for teenagers that keen on internet buzzwords.

Some of the teenagers give the rise to trend psychology of seeking difference, liberation of personality, and accept fresh things quickly. Therefore, they create and use internet buzzwords to appear to be modern and different which satisfy their needs [4]. For example, teenagers often say "thank you" as "3Q", changing the pronunciation of "thank you" from the conventional language to reflect their own individuality.

However, some of the teenagers give the rise to trend Herd Mentality, the observation of adolescents. It is easy to find that some adolescents use Internet terms because they pursue the ‘crowd psychology’. As a member of a group, everyone is bound and influenced by the group’s decision [5]. Therefore, they would give up their own opinions and obey the group’s rules. In their minds, they have to know something when the peers already understood. Otherwise, they might thought they are fallen behind the group they are now in.

3. Negative Psychological Impacts of Internet Buzzwords for Adolescents

3.1. Affecting Teenager Value

With the development of the internet, more and more internet buzzwords have gradually come into people's life. Some internet buzzwords have emerged due to new things or social development, representing the progress of the times which are positive. However, some internet buzzwords are simply the product of entertainment stimuli or even vulgar events [6]. When people hear the negative

internet buzzwords frequently, they would have a better tolerance and acceptance of the negative language, and even participate in the act of forwarding with some excitement [2]. For example, when people back to home at night and feel exhausted, they will express negative internet slang as an emotional outlet. Teenagers are not yet deeply involved in society and are in a stage of seeking group belonging psychological needs. They have a strong herd mentality of integrating into their peers without being outdated or marginalized. They are already in the process of forming their values, which have weaker moral values and discernment ability, making them highly susceptible to external environment. In this way, teenagers may be influenced by negative internet buzzwords to keep bad habits that only focus on money, are crazy about foreign things and neglect others [2]. The article found from a survey questionnaire that 76.3% agree with the impact of internet buzzwords on the mainstream values of teenagers, 11.85% remained neutral, and 11.85% expressed disagreement. It can be seen that internet buzzwords have this influence. Nowadays, the meanings contained in most internet buzzwords differ greatly from the mainstream values on society. In the developmental stage of youth's thinking, these internet buzzwords can easily affect and distort their thinking patterns, which produce viewpoints that are opposed to mainstream social thinking. When unfair phenomena occur in society, driven by the power game, teenagers are extremely likely to cause dissatisfaction and anger to spiral out of control, thus questioning the mainstream values of society. If questioning becomes a norm, this thought evolves into incorrect values.

For example, the internet buzzwords such as '高富帅'(Gaofushuai)(describe a man who is tall, handsome and rich) '白富美'(Baifumei)(describe a woman who is beautiful, rich and has white skin), and '土豪,我们做个朋友吧'(Tuhao,WoMenZuoGePengyouBa)(means that the public separates themselves psychologically from those tycoons and returns to one of the member in society)reflect the ideology of mammonism , and deviate from mainstream core values. However, teenagers tend to have the psychology of seeking differences and are very fond of these personalized internet buzzwords. Therefore, through their immature thinking, they are easily influenced by these internet buzzwords that are non mainstream values and gradually are assimilated by the internet buzzwords. In addition, the internet buzzwords such as '躺平'(Tangping) and '摆烂'(Bailan) often express people that hold a negative attitude would let things go in the wrong direction and no longer control them to get things on track. These types of internet buzzwords have now become a normal language for teenagers to communication in daily life to define themselves as 'mediocre '. The deteriorating value system invisibly runs counter to the mainstream ideology of society, which causes teenagers' thoughts to detach from their correct core values under the prevalence of internet buzzwords, and even leads their values towards the vulgar and childish side.

3.2. Weakening the Moral Sense of Teenagers

Most internet buzzwords have the characteristics of irrationality, which are widely spread among teenagers. If there is no proper guidance, teenagers may lead to negative behavior [7]. When teenagers enter the internet, it means they need to identify a variety of information on the internet, and judge whether it is positive or negative. There are not only academic information, entertainment information, economic information, but also various pornographic and violent information. With the emergence of virtual things such as virtual schools, companies, and banks, the opportunities for face-to-face communication between teenagers have been greatly reduced, which is replaced by contact between people and computers [8]. This is because they can freely communicate with netizens about the popular internet memes in the internet, which makes them feel like they belong to the same circle as netizens. On the contrary, in real life, not everyone may understand these internet memes, so teenagers will think that they have no common language with these kinds of people in real life and do not have the similar social circle. Therefore, they will reduce face-to-face social interactions with their relatives,

neighbors, and classmates online. As a result, they would weaken the relationship with other people. Moreover, teenagers develop a sense of distance from real life. When they step out of the internet, they would feel pessimistic, lost, and negative in the face of unsatisfactory life. Through searching several literature, the article learned from Report on the Development of National Mental Health in China (2021-2022) that about 14.8% of adolescents have high rate of depression risk, which is higher than that of the adult population. They have to require effective intervention and adjustment; teenagers who rank third or younger in families with many children have more problems with depression, loneliness, and mobile phone addiction. About 40% of teenagers feel a lack of companionship and are neglected by peer. Loneliness is an important indicator of mental health, which is a negative emotional experience that arises when the sense of belonging is not satisfied. The main reason for this problem might be that while teenagers are addicted to internet buzzwords, they cannot easily find partners who share the same "meme" on website as themselves in real life. In the consequence, they feel bland and become very self-enclosed, subconsciously excluding others from their social circle, pushing their real-life partners further and further away, and finally feeling lonely with no one around them.

4. Impact of Internet Buzzwords on the Cognitive Development of Teenagers

For the initial internet buzzwords, most of the language elements in terms of semantics, pronunciation, and other aspects were in line with the grammar rules of traditional Chinese. However, nowadays, most internet buzzwords have been generated based on the principle of rapid dissemination and pursuit of entertainment effects, completely breaking away from the grammar rules of traditional Chinese, and most of them do not possess the significance of teaching and inheritance [9]. With the rapid development of the technology, many pieces of information are gushing out, which go beyond the people's ability to process and apply information. Teenagers have incomplete discernment and poor control abilities, so when they face variety of online information, they are easier to get 'Information Syndrome' [8]. They are unable to choose information or absorb too much information, resulting in a decrease in output information. As a result, in the cognitive process, the input information and the information that they can process would lose balance. This can even make teenagers accept information stimuli without thinking, reasoning, and integrating. The article searches the questionnaire survey of relevant papers. It shows that 58.77% agreed that internet buzzwords caused adolescent speech disorder, 31.75% remained neutral, and 9.48% expressed disagreement. This proves that internet buzzwords still have a significant negative impact on people. In the internet, without legal and moral constraints, everyone appears less authentic, where people can freely spread any information and are not responsible for the corresponding criminal consequences. Therefore, influenced by this trend, teenagers begin to pay less attention to language norms and use online language on Moral Anomie without bearing punishment when their emotions are out of control. Their cognition will also be distorted with this habit.

5. Positive Psychological Impacts of Internet Buzzwords for Adolescents

5.1. To Promote the Innovation

Youth has its unique historical background and living environment from generation to generation. Nowadays, teenagers live in the society group that emphasizes development and advocates innovation. The old constraints established on the basis of society have been replaced by a series of new concepts [10]. Society has less dependent on experience than ever before, but on choice and creation. Throughout the history of internet buzzwords, it can be seen that the form of internet buzzwords constantly updates, which reflects the high expectation of people to innovate internet buzzwords. In

2004, the internet buzzwords was still in the form of ‘棒’(Bang) and ‘顶’(Ding), which means excellent, simple and straightforward. In 2006, the internet buzzword used comparative or dual sentence structures, such as ‘骑白马的不一定是王子，也可能是唐僧’ (QiBaimaDeBuYiDiDing ShiWangZi, YeYouKeNengShiTangseng) which means people should realize the nature of one thing rather than facade. As the result, these all reflect the increasing rate of expectation for innovation. According to the survey questionnaire of other papers retrieved, 73.93% of people agree that internet buzzwords help stimulate teenagers' innovation awareness, 26.07% remain neutral, and 4.74% do not agree. From the results of the data, it can be seen that a large proportion of teenagers believe that internet buzzwords can prompt people's innovative thinking. Nowadays, teenagers are full of enthusiasm and curiosity towards new things. They are more likely to explore unknown things that always hold the first hand information. In the internet era, internet buzzwords have caught teenagers' attention a lot. Ultimately, internet buzzwords will continue to update by the creation of teenagers.

5.2. To improve the relationship between each other

As technology progresses, many office workers and student parties surf the internet after work or school to release the stress. The internet buzzwords created by people on social media are essential factors for people to have entertainment online. One of the main characteristics of internet buzzwords, humor, attracts many people to spread out and use it. Gradually, in virtual spaces, people who have the same habit would unconsciously form their own social circle, which they communicate with each other only one internet buzzwords rather than amount of information, then the people in the same social circle can fully understand the meaning that they express. In real life, this will also bring closer the relationship of people in mental condition which belongs to the same social circle, because it is unique and highly recognizable. According to the survey questionnaire of other papers retrieved that 62.56% agree that internet buzzwords increase humor of Chinese, 29.86% remain neutral, and 7.58% disagree. In the data, more than half of the people believe that internet buzzwords have promoted the fun of Chinese. This is because in daily communication, people can express their thoughts and emotions fluently, and even convert Chinese that is too formal into interesting and flexible language, promoting communication with each other.

6. Conclusion

To sum up, internet buzzwords have become a communication tool as a bridge for teenagers to fully express their opinions. Also, the curiosity and conformity of mental condition are two major factors why teenagers use internet buzzwords. On the positive side, the production and dissemination of internet buzzwords not only reflect the innovation of teenagers and characteristics of humor in internet buzzwords, but also indicate the desire of teenagers to pursue independence and strive to integrate into the groups, which gain a sense of belonging and recognition. However, internet buzzwords reflect some drawbacks on teenagers, such as weakening adolescent values, moral awareness, and cognition. Teenagers' physical and mental health is influenced by these problems during the developmental stage. China needs to make some solutions and adjustments to improve the network system. However, based on the circumstance, China's laws and regulations slightly lag behind the development of network technology, causing teenagers to be harmed when facing negative online information. Therefore, the article believes that government should improve the construction on website, regulate netizens behavior online, and avoid netizens to spread out false and irresponsible online information, which poses a threat to internet stability. Therefore, government could formulate reasonable, fair, scientific, and effective punishment measures to prevent teenagers from seriously receiving the negative impact of internet buzzwords.

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