

个体心理因素与青少年智能手机成瘾关联的研究进展

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【摘要】 智能手机成瘾影响青少年的身心健康发展, 而个体心理因素是影响青少年智能手机成瘾的直接因素, 智能手机成瘾同时也影响个体心理因素。研究认为, 焦虑和抑郁、社交焦虑和孤独感、自我控制、自我感觉寻求、正念等心理因素与青少年智能手机成瘾均存在相互影响。文章通过综述上述个体心理因素与青少年智能手机成瘾关联的研究进展, 为从个体心理角度出发干预和防治青少年智能手机成瘾提供参考。

【关键词】 精神卫生; 便携式电话; 行为; 成瘾; 青少年

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Research progress on the association between individual psychological factors and adolescent smartphone addiction

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【Abstract】 Smartphone addiction adversely effects the physical and mental health of adolescents. Individual psychological factors serve as direct contributors to smartphone addiction in adolescents, and smartphone addiction also affects the individual mental well-being. Research suggests that psychological factors such as anxiety and depression, social anxiety and loneliness, self-control, sensation seeking, and mindfulness interact with adolescent smartphone addiction. The article reviews the research progress on the relationship between these individual psychological factors and adolescent smartphone addiction, so as to provide a reference for understanding and addressing adolescent smartphone addiction from an individual psychological perspective.

【Keywords】 Mental health; Cellular phone; Behavior, addictive; Adolescent

智能手机成瘾又称问题性智能手机使用、智能手机依赖, 是指个体由于对智能手机的过度使用且对该种使用行为无法控制而导致社会功能受损, 并带来心理和行为问题的一种新型的行为成瘾^[1], 在青少年群体中尤为常见, 成瘾率为 10%~30%^[2]; 中国青少年网络协会第四次网络成瘾调查显示, 我国青少年网民中网络成瘾者约占 9.72%^[3]。智能手机成瘾不仅干扰青少年的学习和生活, 更对其身心发育造成负面影响。

个体心理因素会影响青少年的思维、情感、行为和应对方式^[4]。焦虑和抑郁^[5]、社交焦虑和孤独感^[6]、自我控制、自我感觉寻求、正念等均为个体心理因素, 这些因素贯穿于个体所有的心理活动和行为表现, 与青少年智能手机成瘾关联紧密^[7]。本文将对个体心理因素与青少年智能手机成瘾的相互关联展开综述, 为揭示青少年智能手机成瘾的病因和建立防控措施提供参考。

1 焦虑和抑郁与青少年智能手机成瘾的关联

焦虑和抑郁是两种典型的负性情绪^[5], 也是儿童青少年群体高发的情绪障碍^[8]。多数横断面研究发现, 焦虑和抑郁与智能手机成瘾均呈正相关^[9-13]。个体被焦虑和抑郁困扰时, 常会选择上网聊天或网络游戏等方式排解, 无形中增加智能手机成瘾的风险^[12]。研究发现, 智能手机成瘾虽能短暂缓解焦虑和抑郁, 但作为一种消极应对方式, 不仅无法解决实质问题^[13], 反而会加重个体心理负担, 引发更多焦虑和抑郁^[12]。个体长期沉溺于手机还可能导致睡眠不足、现实社交减少等, 从而增加焦虑和抑郁倾向^[14-17]。

部分纵向研究发现智能手机成瘾和抑郁症状存在双向因果关系^[18-19], 成瘾与焦虑随时间推移可能会形成症状的恶性循环^[20]。也有研究指出, 智能手机成瘾不能预测焦虑和抑郁, 但焦虑^[13]、抑郁^[21]均可单向预测智能手机成瘾^[13]。另有研究认为二者无相互预测关系^[12, 22]。综上说明, 焦虑和抑郁与智能手机成瘾

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的双向因果关联研究结论分歧较大。

2 社交焦虑和孤独感与青少年智能手机成瘾的关联

孤独个体过度关注自我世界,常用消极方式交往且社交技能匮乏,难以建立亲密社交网络,长此以往易引起社交焦虑^[23]。横断面研究发现,社交焦虑^[24-25]和孤独感^[26-27]与青少年智能手机成瘾均呈正相关。青少年倾向于通过智能手机观看视频、玩游戏等方式排解孤独感^[28];而社交焦虑的青少年可能将手机视为缓解负性情绪、满足人际交往需求和归属感的工具^[29]。手机使用需求的提高会增加手机使用频率和时间,最终加重智能手机依赖^[30]。但智能手机成瘾不仅无法缓解社交焦虑和孤独感,反而可能使其加剧。有研究显示过度智能手机使用与高分的社交焦虑相关^[31],另有学者发现大学生智能手机成瘾倾向与孤独感呈正相关^[32]。

一项滞后追踪研究表明,中学生的社交孤独正向预测智能手机成瘾^[33]。交叉滞后研究显示,社交焦虑^[34-35]和孤独感^[27,36]只能单向预测智能手机成瘾,也有研究表明孤独感与智能手机成瘾可以相互预测^[37]。研究者认为,手机提供的虚拟社交可暂缓个体的不良情绪,但长期依赖会极大干扰现实社交,进而削弱人际关系处理能力^[38],使个体的社会疏离感更强,加重孤独感和社交焦虑^[23]。

3 自我控制与青少年智能手机成瘾相互关联

多项研究发现,个体自我控制能力越强,智能手机成瘾指数或倾向越低^[39-40],且直接影响显著^[41]。一项 Meta 分析指出,自我控制与青少年智能手机成瘾呈负相关^[42];相反,智能手机成瘾也可能削弱个体自我控制水平。自我控制能力较强更能抵御诱惑,进而减少智能手机的过度使用^[39]。基于自我控制双系统模型(冲动系统和自我控制系统)的研究指出,存在智能手机成瘾倾向的个体冲动系统可能比自我控制系统更强,易导致自我控制水平下降或诱发自我控制失败^[43-44]。智能手机依赖占用较多的通用注意资源,从而减少自我控制资源,降低自我控制水平^[45]。

近年来,有学者采用纵向研究探讨二者的相互因果关系。有多项交叉滞后分析结果支持自我控制与智能手机成瘾的相互负向预测关系^[46-47]。一项针对初中生的纵向研究结果显示,自我控制与手机网络娱乐成瘾、手机网络社交成瘾可相互负向预测,但与手机网络信息成瘾未呈现双向关联^[48]。提示未来需细化智能手机成瘾的维度并做进一步追踪研究。

4 自我感觉寻求与青少年智能手机成瘾的关联

拥有高感觉寻求人格的个体着迷于新体验、新刺

激,而智能手机提供的海量新奇信息与娱乐方式可以极大满足其体验需求,但也更易使其成瘾^[49]。

目前,多数研究证实青少年的自我感觉寻求与智能手机成瘾呈正相关,感觉寻求水平越高的青少年,智能手机成瘾倾向也越高^[50-51]。从依赖维度来看,感觉寻求与智能手机依赖指数及其失控性、戒断性、逃避性、低效性 4 个维度均呈正相关^[52]。在戒断场景下,感觉寻求基线评分更高的个体过度使用智能手机的得分更高,表明感觉寻求与戒断共同作用会加剧过度使用智能手机的情况^[31]。不过,也有研究认为感觉寻求与智能手机成瘾关联无统计学意义^[53]。另有学者综合感觉寻求多个维度研究发现,经历感觉寻求、放纵欲望、不甘寂寞与智能手机成瘾均呈正相关,危险和冒险寻求与智能手机成瘾均呈负相关^[54]。然而,目前研究多聚焦感觉寻求对智能手机成瘾的影响,反向关联和双向关联的研究尚显不足,未来需要更多纵向研究进一步明确两者之间的因果关联。

5 正念与青少年智能手机成瘾的关联

有研究者认为正念是一种心理特质,是对当前生活状态的觉知,并能够通过意识的控制,而让个体注意当下的一种意识状态^[55]。在正念与青少年智能手机成瘾关联的研究中,学者多把正念当作一种心理特质^[56]。

研究发现,正念与青少年智能手机成瘾呈负相关^[57]。正念水平越高的个体,智能手机成瘾程度越低^[58-59],且正念对智能手机依赖的直接影响作用较大^[60]。个体正念水平越高,应对智能手机成瘾风险行为的心理资源越丰富,智能手机成瘾倾向也越低^[57]。Kim 等^[61]发现智能手机成瘾群体的正念水平低于正常手机使用群体;Woodlief 等^[62]也观察到较高程度智能手机依赖与较低的特质正念水平相关。未来需要更多纵向研究进一步明确两者之间的因果关联。

6 小结与展望

青少年的焦虑和抑郁情绪、社交焦虑和孤独感、自我控制、自我感觉寻求、正念等个体心理因素与智能手机成瘾之间可能存在双向因果关联,但研究尚有争议。未来需要细化个体心理因素和智能手机成瘾的维度,开展纵向研究、干预研究、动物和细胞实验研究等,以进一步揭示青少年心理因素与智能手机成瘾之间的因果关联和机制,为防控智能手机成瘾、改善青少年心理健康提供依据。

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