

A STUDY ON THE RELATIONSHIP BETWEEN SURVIVAL COPING STANCES AND INTERNET ADDICTION AMONG CHINESE FIRST-YEAR STUDENTS

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ABSTRACT- The popularity of the Internet and cell phones is making the phenomenon of Internet addiction among college students more and more serious, and Internet addiction can be influenced by several factors, both subjective and objective. This study focuses on the impact of the concept of survival coping stances on Internet addiction to provide some theoretical implications for the use of the Satir Model of Internet addiction intervention. The study used convenient sampling to distribute questionnaires to all first-year students in a university, and a total of 4152 valid questionnaires were collected. Data analysis was conducted mainly using SPSS software. The survey results showed positive and significant relationships between the placating stances and Internet Addiction, between the blaming stances and Internet Addiction, and between the interrupting stances and Internet Addiction. There is a correlation between the super-reasonable stances and Internet Addiction, but the regression model of the two is not apparent. The article proposes strategies for reducing Internet addiction among first-year students using coping stance theory from three perspectives: family, college, social and individual.

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INTRODUCTION

The China Internet Network Information Centre (CNNIC) published its 49th statistics report on China's Internet Development. It states that by December 2021, there will be 1.032 billion Internet users in China, with a 73.0 per cent Internet penetration rate. Most people, especially college students, now rely heavily on the Internet. With the deepening of the network life, the network has become an indispensable tool in the study and life of college, which will inevitably affect college students' psychology more and more deeply.

Problem Statement

A physician in New York City named I. Goldberg originally introduced the concept of Internet Addiction Disorder (IAD), usually referred to as pathological Internet usage, in 1994. The phrase "Internet addiction disorder" describes several related phenomena, including Internet tolerance, withdrawal symptoms, an enduring need to use the Internet, and behavioural changes brought on by prolonged, improper Internet usage. According to Goldberg (1996), internet addiction may harm a person's social, psychological, and physical abilities. It can also result in severe distress and make it more difficult for a person to go

about their everyday life (Kalaitzaki & Birtchnell, 2014). Addiction to the Internet has been linked to increased rates of criminality, decreased cognitive function, anxiety, depression, and well-being (Yao et al., 2014; Azher et al., 2014; Jorgenson et al., 2016; Regina et al., 2008).

The Satir Family Therapy model is an efficient psychotherapy approach that has received widespread international promotion and use. This concept aims to enhance interpersonal connections, boost self-esteem, and attain harmony both inside and externally. The Stair Model has recently gained popularity and maturity to reduce Internet addiction. Middle school pupils' internet addiction has been addressed by Bian Huimian (2018) by employing the Satir group counselling model to boost their self-esteem. Using the Stair Family Therapy Model, Du Yufeng et al. (2014) performed intervention research on thirty middle school pupils. The findings demonstrated that the Stair Model might considerably lessen teenagers' reliance on the Internet while fostering more excellent social skills and flexibility.

In the Satir family therapy paradigm, survival coping stances are vital ideas. In practice, changes in coping strategies can lead to internal changes in a person. Exploring the relationship between coping stances and internet addiction can help clarify the theoretical basis for Satir's intervention in internet addiction. This study seeks to respond to the following research question in light of the problem and concerns raised:

RQ1 Do the four survival coping stances, the placating stance, the blaming stance, the super-reasonable stance, and the interrupting stance, impact the Internet addiction of Chinese first-year students?

The following formulation of the study aim corresponds to the research question.

RO1 To examine whether the four survival coping stances of the placating, the blaming, the super-reasonable, and the interrupting impact the Internet Addiction of Chinese first-year students.

LITERATURE REVIEW

Internet Addiction

A subgroup of behavioural addictions includes internet addiction (Kuss & Pontes, 2019). According to research on the prevalence of Internet addiction, it may be regarded as a significant health concern. (Villella et al., 2011; Christakis, 2010; Wang, Wang, & Fu, 2008; Ko, Yen, Yen, Lin, & Yang, 2007). A study of 400 adults in South Korea showed that 85 were classified as potentially addicted, accounting for 21.2% of the surveyed population (Woo & Jae, 2019). An international study (Blinka et al., 2015) indicated that most subjects did not show any signs of excessive Internet use, which include 25 European countries and a total of 18,709 adolescents (aged 11–16 years)

Internet addiction is a highly significant issue among Chinese college students, with a greater frequency of Internet addiction among this demographic: 9.9% of Wuhan college students reported having an Internet addiction, according to a poll. Zhu and Wu, 2004). Shanghai college students had a 12.9% frequency of Internet addiction problem, according to Gu Haigen's 2004 survey. Over 4,000 persons made up his research sample. According to

Yao

Yingshui's (2006) research findings, 14.7% of college students suffer from Internet addiction. Mei Songli (2008) surveyed 1310 college students using the clinical diagnostic questionnaire created by Young K.S. (1999). The findings revealed that 86 persons, or 6.56% of the total, had an Internet addiction. With almost 2000 participants, his research has a sizable sample size. Addiction is determined to account for 8.12% to 12.83% of the total, according to another research (Chen et al., 2007; Li et al., 2014; Zhang et al., 2014).

According to Huang et al. (2018), a survey conducted on 1554 college students from two universities in the province of Anhui revealed that 15.3% reported being dependent on their smartphones. The Internet accounted for 61.3% of the mobile phone usage functions college students use. According to 2018 research by Bian Huimian, 18% of the 707 middle school students in the province of Hubei went above the threshold for Internet addiction. Using the Internet Addiction Scale developed by Young et al., the research conducted a questionnaire survey on 2700 college students who returned to school at a university in Anhui Province in June 2020 and found that the detection rate of Internet addiction among college students who returned to school was 32.4%. This finding may be related to front-line teaching during the epidemic and the closed management after returning to school. In a study of 1,931 college students in Guizhou, Gou Shuang et al. (2021) discovered that 12.85% of them fit the definition of Internet addiction. One hundred thirty-nine medical and non-medical college students were studied by Zheng Tong et al. using Young's scale, and it was found that 36.6% of medical students had Internet addiction. On the other hand, non-medical students had a 75.0% net addiction rate (Zheng et al. et al., 2021).

Survival Coping Stances

Survival coping stance is also called communication stance, which refers to the interaction pattern between individuals and others that can reflect how people communicate information, how they get to know each other better, and how they react internally and externally. According to Satir, survival coping is the key to discerning internal and external processes, identifying ways to control the real world, and defining one's worth. An individual's coping stance could reflect how his self-worth and family rules are connected to the outside world (Satir et al., 2006). Satir categories survival coping stance into congruence, placating, blaming, super-reasonable and irrelevant, in which congruence is a healthy communication method characterised by directness, clarity and frankness. People's verbal information is consistent with non-verbal information, which is a manifestation of high self-worth and is described as one of the goals of healthy change. The other four types of inconsistent coping stances are unhealthy communication stances that are indirect, ambiguous, and not true or honest (Bonnie, 2002). Most of the coping stances are an effort to protect us. To some extent, people may wish to feel comfortable in other ways. Drug, alcohol, Internet and other forms of maladaptive coping are efforts to seek relief and attention, and some people cater to our unfulfilled needs and expectations through these and similar external gratification (Satir et al., 2006).

As one of the core ideas of Satir's Family Therapy Theory, communication coping stance is the basis of SFT change and intervention techniques, such as Personality Parts Party and Family Reconstruction Techniques. The ultimate goal of Satir Family Therapy

is to make

individuals more harmonious and congruent, independent, self-respectful, self-confident, and free, and to change their survival stance from inconsistent to congruent. The advantages of the Satir Model lie in integration orientation, system thinking and focus on positivity. Satir claimed that "Problem is not the problem, how to deal with it is the key" For Internet users, the excessive use of the Internet, Internet addiction, is not the real problem; the core of the problem lies in the user how to deal with in daily stress scenarios and interpersonal difficulties and conflicts, how to interact with others and the outside world. Therefore, the researcher believes that the key to solving Internet addiction should not only focus on the symptoms themselves but also pay more attention to the formation process of the problem and how to deal with the difficulties that individuals may face when they get rid of it. This study explores the relationship between survival coping stance and Internet addiction. It attempts to explore the influencing factors of Internet addiction from the perspective of systematisation, integration and health orientation to provide a reference for changing the relevant theories and practices among college students.

The Relationship Between The Survival Coping Stance And Internet Addiction

The most prominent feature of the Satir Model is the gradual improvement of communication and coping stances to enhance the client's sense of self-worth and achieve the ultimate therapeutic goal. In the study using the Satir Family Therapy Model to treat teenage Internet addiction, Du Yufeng et al. (2014) found that the children had more excellent choices, self-worth, self-esteem, and greater self-acceptance and self-responsibility. They also improved their social function and ability to adapt, which helped to lessen the teenagers' reliance on the network. In Qi Zhenya's master's thesis 2018, she solved the subject's Internet addiction issue by working with his family to strengthen their bond and create a new survival coping stance. The study's first goal is to improve the participants' inner self-potential, self-esteem and ability to deal with problems. The second goal is to unlock the family's potential, improve family communication, and achieve the healthy development of the family system to successfully assist the patient in overcoming Internet addiction and promoting healthy growth. The research showed that the intervention in Internet addiction had a positive effect.

Self-esteem is significantly and positively associated with addictive behaviours. Yang Ling (2006) showed that drug users have significantly lower self-esteem levels than the average population. Studies have shown (Meagher B E & Aidman EV, 2004) that both levels of external and implicit self-esteem affect the long-term mental health of individuals. Thus, changing self-esteem plays a vital role in drug use and relapse (Fiorentine & Hillhouse, 2003). Senol-Durak and Durak (2011) believe that self-esteem is the best factor in predicting impulsive Internet use and Internet addiction. Other studies have pointed out that there is a strong relationship between self-esteem and Internet addiction (Wu, 2013). A longitudinal follow-up of middle school students by Zhang et al. (2013) found that self-esteem significantly and negatively predicted pathological network use. Satir (1991) argues that individuals who use inconsistent coping stances are in a state of low self-esteem and low sense of self-worth, which state may cause them to be prone to internet addictive behaviours.

Based on the above literature review, the study assumes a significant positive

correlation between four inconsistent survival coping stances and Internet Addiction. The specific assumptions are as follows:

- H1 There is a positive and significant relationship between the placating stances and Internet Addiction.
- H2 There is a positive and significant relationship between the blaming stances and Internet Addiction.
- H3 A positive and significant relationship exists between the super-reasonable stances and Internet Addiction.
- H4 There is a positive and significant relationship between the interrupting stances and Internet Addiction.

METHODOLOGY

Research design

This study used a non-experimental descriptive research approach. Descriptive research studies facts or demographic characteristics rather than interpreting and making judgements (Zikmund, 2003). To that end, the researcher used a quantitative (deductive reasoning) technique to quantify the problem by collecting information or numerical data via a survey questionnaire and then transforming it into useful statistics. These quantitative data were afterwards analysed using statistical tools. The quantifiable information following statistical treatment allows the researcher to support or disprove the alternative knowledge claim since it builds on current ideas (Leedy & Ormrod, 2001; Creswell, 2003). The researcher opted for a cross-sectional study because of the limited time frame.

Sample population

The population of this study was Chinese first-year students from 18 to 30. To ensure the target respondents were relevant to this study, all respondents younger than 18 or older than 31 were screened and excluded.

Sample Technique

The study focused on a convenient sampling technique. Convenience sampling is the method by which the researcher draws the sample from the most conveniently available subjects (Lin, 2003). In research, convenience sampling can be used in two situations: (1) in the study of problems with slight individual variation in psychological mechanisms and mental processes, where the overall population is unknown and random sampling is complex, and (2) in situations where the animals or individuals under study are rare. For the study to maintain external validity, the conveniently sampled sample should be randomly assigned to the treatment groups so that the treatment groups are roughly equivalent in subject differences (Lin, 2003). Considering the study data conveniently available, this study chose the university where the researcher works to conduct survey sampling.

Internet Addiction Scale is a clinical diagnosis questionnaire compiled by K.S.Young (1999) of the University of Pittsburgh in the United States. The questionnaire is a clinical

diagnosis questionnaire for IAD revised by the editor based on the summary of online investigation and clinical treatment practice of Internet addicts and by referring to the identification criteria for gambling addiction in DSM-IV. Cronbach α coefficient is 0.736 (Guo, 2006). The questionnaire had eight questions, including "yes" or "no". Each "yes" was counted as 1 point, and "no" was counted as 0. The score of questions was added to the score of the scale. A score of 5 or more was diagnosed as Internet addiction (Mei, 2008).

Satir communication stance questionnaire.

Satir communication stance questionnaire was compiled by Zhou Ming (2013) in his master's thesis, which consisted of four sub-scale: the placating subscale (Including the items 1, 5, 7, 12, 20, 21), the blaming subscale (Including the items 2, 3, 4, 13, 14, 16, 17, 27), the super-reasonable subscale (Including the itemes18, 19, 22, 23, 26, 28), the interrupting subscale (Including the items 6, 8, 9, 10, 11, 15, 24, 25, 29). The five-point Likert Scale was used: "Very inconsistent", "Relatively inconsistent", "Not sure", "Relatively consistent", and "Very consistent". Its coefficient of internal consistency is from 0.758 to 0.926.

Trustworthiness

Wu Ming-Lung (2010). (Statistical Analysis Practise of Questionnaire) claims that the reliability of the created questionnaire is acceptable between 0.6 and 0.7; above 0.7 is good. The Cronbach's Alpha indicators for all Satir Coping Stances Questionnaire dimensions meet or surpass statistical norms (0.786-0.915); the KMO for the scale and all dimensions were from 0.760 to 0.934 as seen in the following Table 1, demonstrating the validity and reliability of the updated Satir Coping Stances Questionnaire.

Table1. Reliability and validity

	Cronbach's				
	Alpha	N of Items	KMO	df	Sig.
IA(Internet Addiction)	.718	8	.801	28	.000
SCS(Satir communication stance)	.915	29	.934	406	.000
PS (Placating stances)	.786	6	.760	15	.000
BS(Blaming stances)	.865	8	.903	28	.000
SS(Super-reasonable stances)	.801	6	.812	15	.000
IS(Interrupting stances)	.849	9	.881	36	.000

RESULTS

The demographic analysis found that the data contained a total of 1550 males, accounting for 37.3%; 2604 females, accounting for 62.7%; 1576 people with home addresses in rural areas, standing for 37.9%; 1197 with families in small towns, accounting for 28.8, and 1381 people with homes in large cities, accounting for 33.2; in terms of region, 1272 people belonging to the Chaoshan region, accounting for 30.6, 2615 in other areas of

Guangdong Province, accounting for 63%, 267 outside Guangdong Province, accounting for 6.4%; among them, 633

Characteristics	Frequency	Percent (%)
Gender		
Male	1550	37.3
Female	2604	62.7
The place of residence		
Rural	1576	37.9
Small towns	1197	28.8
Cities	1381	33.2
The scale of the residence place		
Chaoshan region	1272	30.6
Other regions within Guangdong Province	2615	63.0
Outside Guangdong Province	267	6.4
Belonging to a one-child family		
Yes	633	15.2
No	3521	84.8
Age of first use of the Internet		
3-6	307	7.4
7-12	2531	60.9
13-15	1141	27.5
16-18	175	4.2
Daily internet time		
0	35	.8
Less than 30 minutes;	129	3.1
30-60 minutes;	536	12.9
1-2 hours;	812	19.5
2-3 hours;	994	23.9
3-4 hours;	1004	24.2
More than 4 hours;	644	15.5
The most common thing to do online		
Browse information, news, Weibo, and social media	1575	37.9
Online dating and chatting	710	17.1
Refer to materials, learn and listen to classes	215	5.2
Watching short videos	476	11.5
Watching movies	104	2.5
Online shopping	47	1.1
Listening to the music	262	6.3
Playing online games	532	12.8
Outlook Express	3	.1
Watching TV plays or variety show	230	5.5
Total	4154	100.0

In terms of the age distribution of internet initiation, 307 individuals started using it at

preschool age (3-6 years old) (7.4% of the total), the most significant number of individuals started using it at elementary school level (7-12) with 2531 (60.9%), followed by 1141 individuals at middle school level (13-15) (27.5%), and 75 individuals at high school level (16-18), accounting for 4.2%.

In terms of daily internet usage time, 35 (0.8%) of people do not use cell phones, 129 (3.1%) use less than 30 minutes per day, 536 (12.9%) use 30-60 minutes, 812 (19.5%) use 1-2 hours, 994 (23.9%) use 2-3 hours, 1004 (24.2%) used 3-4 hours and 644 (15.5%) use more than 4 hours. Among the things they do online, browsing information, news, Weibo, and social media (1,575) is the most popular activity at 37.9%, followed by Playing online games (532,12.8%) and Watching short videos (476, 11.5%). Moreover, the less frequent ones are Listening to the music (262, 6.3%), Watching TV plays or variety shows (230, 5.5%), referring to materials, learning and listening to classes (215, 5.2%), watching movies (104, 2.5%), Online shopping (47, 1.1%), and Outlook Express (3, 0.1%). This indicates that first-year students use the Internet more for socialising, information browsing and entertainment.

Table 2. The first-year students' demographic profile with Internet addiction

Characteristics	Frequency	Percent(%)
Gender		
Male	137	33.7
Female	269	66.3
The place of residence		
Rural	139	34.2
Small towns	138	34.0
Cities	129	31.8
The scale of the residence place		
Chaoshan region	116	28.6
Other regions within Guangdong Province	256	63.1
Outside Guangdong Province	34	8.4
Belonging to a one-child family		
Yes	72	17.7
No	334	82.3
Total	406	100.0

The chart reflects the average and standard deviation of various dimensions of the Satir Coping Stances Questionnaire and the Internet Addiction Questionnaire. The Coping Stances questionnaire is scored at five points, with a score range of 1 to 5 and a score of 3 as the midpoint. The average score for each dimension is less than 3 points, indicating that most students are not inclined to use these four inconsistent coping stances.

Table 3. The Descriptive Statistics of coping stances and Internet Addiction among freshmen

	Abbreviations	Mean	Std. Deviation	N
Internet Addition	IA	1.84	1.835	4153

The placating subscale	PS	2.2639	.73908	4153
The blaming subscale	BS	1.5888	.55954	4153
The super-reasonable subscale	SS	2.1265	.77671	4153
The interrupting subscale	IS	2.0859	.70404	4153

Pearson Correlation was utilised to investigate the association between Internet addiction and coping stances. The data revealed a correlation between internet addiction and four coping stances: the placating (0.329), the blaming (0.276), the super-reasonable (0.187), and the interrupting (0.401), with a confidence interval of 0.01.

Table 4. Pearson Correlation

**Correlation is significant at the 0.01 level (2-tailed).

	PS	BS	SS	IS
Internet Addition	.329**	.276**	.187**	.401**

The multiple linear regression analysis showed that the regression equation was significant, $F=216.513$, $p<0.001$. where the placating stance ($\beta=0.130$, $p<0.001$), the blaming stance ($\beta=.036$, $p\leq 0.05$), and the interrupting stance ($\beta=0.302$, $p<0.001$) significantly and positively predicted Internet addiction. The super-reasonable stance did not predict Internet addiction ($\beta=-0.007$, $p=0.670$). Together, these variables explained 17.2% of the variance in Internet addiction. Thus, H1, H2 and H4 were supported, while H3 was rejected.

Table 5. Multiple linear regression analysis

	B	Beta	T	P	F	Adjusted R ²
PS	.323	.130	7.161	<0.001	216.513***	.172
BS	.118	.036	1.965	0.050		
SS	-.016	-.007	-.426	0.670		
IS	.787	.302	14.510	<0.001		

DISCUSSION

In this study, the rate of Internet addiction among first-year students is 9.77%, which is consistent with the findings of Internet addiction among college students in earlier years (Zhu & Wu, 2004) but is lower compared with the results of recent studies (Zheng et al., et al., 2021), which may be related to the time of questionnaire distribution. At this time, first-year students have many entrance procedures to do and are still in the adjustment stage, so they are more curious and concerned about the outside environment and other people around them, so they spend less time on the Internet and have a lower rate of Internet addiction. Survival coping stances are how people respond to others, the environment, and themselves under stress. Satir suggested five basic coping stances: placating, blaming, super-reasonable, interrupting, and consistency. There is a significant correlation between a person's coping stance and self-esteem (Satir, 1984). The four Inconsistent coping stances are essential features of dysfunctional families and are all signs of low self-esteem (Bamen,

2002). People with high self-esteem tend to be consistent in their coping stance and, therefore, have a better state of self-awareness and control, are more responsible for themselves, and are more in tune with themselves. The type of coping stances used reflects the sense of self-esteem of an individual. Those who use inconsistent communication postures tend to have a lower sense of self-worth, cannot handle the relationship among self, others, and the environment well, and therefore have lower performance in self-restraint and self-control. They are more likely to develop a tendency toward Internet addiction. Among them, super-rational students will focus on rational requirements and self-control. Once they think that studying is the most essential part of college life, they will try to control their behaviour very rationally to make themselves fit the requirements of student rules. From this perspective, they are instead less prone to Internet addiction behaviour.

Intervention Strategies

Based on the results of this study, different subjects should have different measures to prevent and intervene in Internet addiction among first-year students from a systematic perspective:

For families, it is essential to develop a consistent way of communication among family members as much as possible to enhance children's ability to face and solve problems. Tao Ran (2012) believes that "all addiction diseases, whether smoking addiction, alcohol addiction, sex addiction, drug addiction, etc., originate from the human emotional world, which is the engine of these addiction diseases, including the 'problem child' of Internet addiction, the root cause is still in their parents' The root cause is their parents." A harmonious family is the most essential condition for raising physically and mentally healthy adolescents, and it can make up for the shortcomings of other social environments (Zhuo & Zhao, 2008). In the family, to improve students' self-esteem and sense of self-worth and to enable college students to cope with life difficulties and study more maturely. According to Yan Hongwei (2013), the most important thing to prevent college students from becoming tumors in online games is to create a good family atmosphere and parent-child relationship, to give children a sense of warmth and belonging, and to give them the necessary social support. He suggested that parents should change the concept of education, respect the child's personality characteristics, find the child's shining point, and increase the child's self-confidence. At the same time, parents should learn scientific parenting methods, create an equal, harmonious, and happy family atmosphere, improve their media literacy, learn more about the Internet, and use it as an excellent channel to communicate with their children.

For the universities, considering the critical impact of the environment on students, firstly, managers need to build a good living and learning environment, carry out specific adaptive education, accelerate first-year student's adaptation to the university, and reduce unnecessary adaptation setbacks. The environment can infect people with its unique image so that people can be unknowingly educated and influenced. A good campus environment can play a role in educating students with Internet addiction (Li, 2012). the second is to build a harmonious and smooth communication channel to enhance interaction and communication between first-year students, first-year students and seniors, and students and

teachers so that students can enhance interpersonal interaction and support in real life. The third is to create a reasonable learning task and activity platform, allowing first-year students to fully immerse themselves in campus learning and activities rather than having too much free time to immerse themselves in the Internet.

It is also essential for society to establish a social environment support system from a system perspective. The social environment largely influences the Internet addiction of college students. As a subsystem of the off-campus support system, the social environment support system mainly promotes forming a good and healthy social environment by purifying and optimising the social climate and eliminating the adverse effects of the hostile social environment on college students. Li Chaomin (2012) pointed out that the social environment support system can be established by strengthening the educational and administrative environment support, policy-oriented support and social opinion, and the standardised management of social Internet addiction correction institutions to build an excellent social atmosphere to influence college students' use of the Internet.

For the individual learner, the first step is to recognise that each person is responsible for himself/herself. As a college student, he or she may have learnt inconsistent communication methods from his or her family. However, as an adult, everyone is accountable for their lives and decisions and should not blame others, family, or school for their troubles and issues. Second, improving self-awareness, connection, appreciation, acceptance, and self-worth is critical. People with high self-worth are likelier to use consistent communication, make beneficial choices, avoid Internet addiction, and improve themselves. Lack of goals is one of the reasons why college students become tumors in online games (Yan, 2013). Some college students lack goals and plans for their college life and future development, so they lack motivation to study and are in a state of muddle and confusion. Therefore, for first-year students, it is essential to set up the goal of study and future development in time and do an excellent job of life planning.

CONCLUSION AND IMPLICATIONS

Summary of the research

The following conclusions were drawn from this study:

- a. There is a positive and significant relationship between the placating stances and InternetAddiction.
- b. There is a positive and significant relationship between the blaming stances and InternetAddiction.
- c. There is a correlation between the super-reasonable stances and Internet Addiction, but itcannot prove that hyper-intelligence can positively predict Internet addiction.
- d. There is a positive and significant relationship between the interrupting stances and InternetAddiction.
- e. Strategies can be adopted from three different perspectives: family, college, social andindividual to improve communication stance and reduce Internet addiction.

Limitations

One of the main limitations of this study is that it only briefly explored the relationship between four inconsistent survival coping stances and Internet addiction. However, the deeper mechanism of the effect of survival coping postures on Internet addiction was not explored. In addition, the subjects of this study only included first-year college students. First-year college students are a particular group, while the first year does not represent the entire population. Future studies can expand the scope of the study to include all first-year, second year, and junior and senior college students to better understand this group of college students.

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