

# Research on the Influence of Internet Public Opinion in Weibo on the Development of Teenagers' Mental Health

Xuyuan Li

Jinan Thomas School, Jinan, China

---

**Abstract:** Because of the unbalanced physical and mental development of teenagers, they are faced with more contradictions and conflicts. While enjoying the benefits of network technology, they have quietly become "slaves" of the network, and even formed mental health problems of different degrees. Weibo's network enriches teenagers' emotional experience, which is conducive to teenagers' understanding of society. Weibo platform has a large number of users, which provides a more convenient way for public opinion, becomes the main force of online public opinion, and has a certain impact on social development. Because of the unbalanced physical and mental development of teenagers, they are faced with more contradictions and conflicts. While enjoying the benefits of network technology, they have quietly become "slaves" of the network, and even formed mental health problems of different degrees. Therefore, only by mastering the operating rules of Weibo's public opinion ecosystem can we effectively monitor online public opinion, establish timely early warning and respond to the influence of online public opinion on teenagers' mental health as soon as possible.

**Keywords:** Weibo Network Public Opinion; Teenagers; Mental Health Development; Affect.

---

## 1. Introduction

The internet has become an indispensable part of modern life. More and more teenagers are attracted by the charm of the internet and become "citizens" of this special world. "Chasing the internet" has become their fashionable behavior. The openness of the internet not only provides more learning opportunities for teenagers, but also allows some negative factors to take advantage of the situation and affect their mental health. Microblog is a social tool that is widely welcomed by the public at present, and plays a crucial role in the existing Personal media platform. Weibo has built a new space for online communication with simple content and instant information release. Due to its popularity, strong interactivity and "fragmentation" and other communication characteristics, it has inspired the public's desire for "self-expression and display". It has developed into a platform for Mass communication and communication. Its content covers every bit of life and has a wide range of radiation. It has gradually become one of the mainstream media with greater influence and faster dissemination in China [1]. As a component of online public opinion, Weibo public opinion essentially refers to the generation, dissemination, and development of public opinion events based on Weibo platforms [2]. Due to the imbalance in the physical and mental development of teenagers, they face more contradictions and conflicts. While enjoying the benefits of network technology, they also quietly become "slaves" of the internet, and even form varying degrees of mental health problems. Weibo network enriches the emotional experience of teenagers and is beneficial for them to understand society. The Weibo platform has a large number of users, providing a more convenient way for public opinion and becoming the main force of online public opinion, which has had a certain impact on social development [3]. Teenagers can not only use the internet for learning, but also engage in relaxed and enjoyable activities such as chatting, making friends, and playing games online. They can also learn about various real-life examples in online news. This article studies the influencing factors and

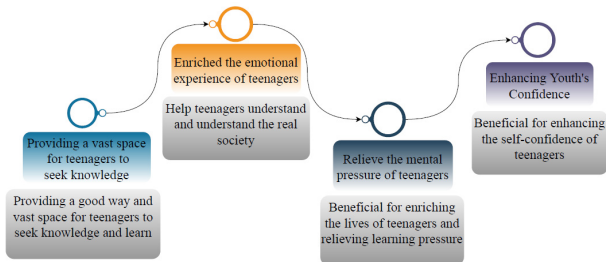
trend prediction of Weibo online public opinion on the development of adolescent mental health. Due to the fast and low-cost expression of opinions on Weibo, the formation and dissemination speed of public opinion are fast and complex, making it difficult to control [4]. Therefore, only by mastering the operational rules of the Weibo public opinion ecosystem can we effectively monitor and establish timely warnings for online public opinion, and respond as soon as possible to the impact of online public opinion on the mental health of adolescents.

## 2. The Influence of Internet Public Opinion in Weibo on the Development of Teenagers' Mental Health

### 2.1. Positive Impact

Weibo network provides a broad space for teenagers to learn knowledge, which greatly meets the needs of teenagers' cognitive development. The rapid development of the Internet provides a good way and a broad space for teenagers to learn and learn. Almost all knowledge can be quickly searched online, and its convenience and extensiveness are beyond the reach of any other way [5]. The Internet can bring people a happy emotional experience. With its characteristics of richness, openness, virtuality, interactivity, immediacy and secrecy, the Internet has a great attraction and temptation to people, especially to teenagers who are in the development period, have a strong psychology of novelty and like to explore. Give people a sense of belonging and human support: First, the anonymity of the Internet plays a positive role in the release of teenagers' bad emotions and emotional interaction between teenagers to a certain extent [6]. With the development of modern society, teenagers are under great pressure in all aspects. They often encounter all kinds of troubles and produce some bad emotions, and their emotional experiences are rich and fluctuate greatly. The positive impact of online public opinion in Weibo on teenagers' mental health can be roughly divided into four aspects, as shown in Figure

1.



**Figure 1.** Positive impact of Weibo online public opinion on adolescent mental health

In real life, people's emotions and emotional expression are always subject to certain restrictions and cannot be freely expressed. The anonymity of computer networks provides new channels for the release of negative emotions among teenagers. Network life and Internet culture have changed the way young people seek knowledge and learn, greatly stimulated their potential, and helped stimulate their enthusiasm and creativity in learning [7]. The internet is filled with fresh stimuli everywhere, which can easily stimulate the imagination of curious teenagers.

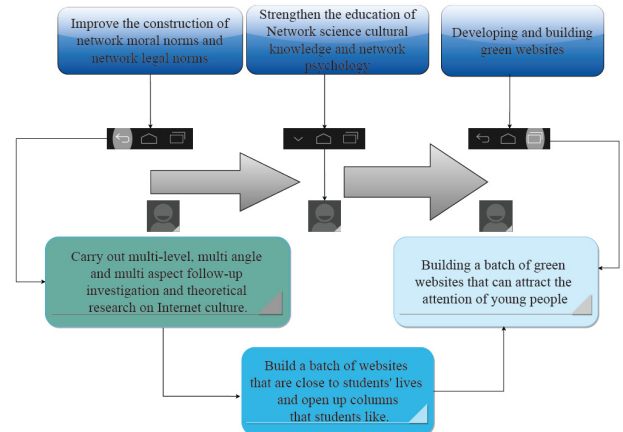
## 2.2. Negative Influence

Due to the fact that Weibo is a relatively free space, people in it can conceal their true identities and communicate freely, and can freely publish their thoughts and opinions without being supervised by others. However, it is also very easy for teenagers to be exposed to it and lack moral constraints to do things that do not conform to social norms, and even violate the law and embark on the path of crime. Teenagers' emotions gradually migrate into the online world, forming a psychological dependence on the internet, leading to the gradual loss of real-life social communication skills, and even consciously avoiding social reality [8-9]. In the online world, everything is freer than the real world, making it easy for people to indulge themselves and no longer care about real life. Returning to reality will create a sense of loneliness, and emotions tend to be more indifferent. Some students indulged in computer networks all day and all night, forming network dependence, which led to physical decline, Circadian clock disorder, inattention, depression, fuzzy thinking, dizziness, shaking hands, fatigue, loss of appetite and other adverse physiological and psychological reactions, and even energy exhaustion or mental abnormalities in serious cases [10]. Over time, if not properly guided, it can lead to internet addiction, affect teenagers' social communication skills, and hinder the formation of optimistic, outgoing, and sunny personalities. Once teenagers become addicted to online life, it can also lead to emotional loss in real life, manifested as indifference to their loved ones, lack of gratitude, self-centeredness, and even a lack of enthusiasm for life.

## 3. Strategies for the Impact of Weibo Network Public Opinion on the Mental Health Development of Adolescents

While the internet brings convenience to people, it also brings many negative impacts. Eliminating these negative impacts and creating an environment conducive to physical and mental development for teenagers is an unshirkable responsibility of schools, families, and society. Therefore, this chapter conducts further research on the strategies for the

impact of Weibo online public opinion on the psychological health development of adolescents, mainly implemented from three aspects, as shown in Figure 2.



**Figure 2.** Impact strategies on the development of adolescent mental health

In addition, basic moral education should be strengthened. While purifying the online environment, it is also necessary to help teenagers establish a correct view of right and wrong, and educate them that the moral standards they should follow in other areas of life are equally applicable on the internet. This chapter will provide a detailed description of the above content [11].

### 3.1. Improve the Construction of Network Moral Norms and Network Legal Norms

The negative effects of the internet are mainly caused by inadequate network policies and regulations, non-standard management, and a lack of operability. Therefore, it is necessary to formulate relevant regulations for the use of the internet and standardize the rules of social behavior in the internet; Each website should strengthen its network management work. In order to stimulate user engagement, Weibo platforms can first publish topics to guide user participation, try to choose content that is close to people's daily lives, and create good social opinion. In addition, Weibo platforms can improve tool functionality, add more communication modes, and stimulate users' interest in participating in public opinion. The current laws and regulations on internet management need to be revised and improved. With the expansion of network application scope and technological progress, the legislative work related to the protection of adolescents has been gradually completed, and the introduction of regulations on age and hierarchical management of network information and network environmental protection has been accelerated. Schools should incorporate mental health education into their teaching and provide long-term and effective psychological counseling for students. Many students who chat and play games online are often frustrated due to the pressure of studying in school, and have no confidants to confide in, which is not understood and accepted by others. The online code of conduct should be formulated according to the national conditions. At the same time, it is necessary to strengthen technological research, rely on technological means, timely monitor and monitor the spread of unhealthy information, and promptly clean up and purify online information waste. For example, "Respect the labor, wisdom, and personality of others, do not use computers to harm others; do not spread reactionary,

superstitious, or obscene content; respect oneself and love oneself, and pay attention to the beauty of online language.

### 3.2. Strengthen Network Scientific and Cultural Knowledge and Network Psychological Education

Guide them to conduct self-study and research-based learning through the Internet, cultivate healthy psychology and legitimate personal hobbies, let teenagers learn to use the Internet to acquire knowledge and ability, and make the Internet serve to participate in social competition. In the face of massive information, the public must have the ability to distinguish, keep calm thinking, and don't blindly follow suit. First of all, we should strengthen information identification and rationally analyze all kinds of public opinions on the Weibo platform. In view of the situation that teenagers mainly engage in chatting, playing games and browsing entertainment information on the Internet, timely education and correction should be given. Public opinion leaders mainly refer to participants who appear as the subject of public opinion. These users are closer to the masses, have a certain influence, have a large number of fans and are supported by the majority of netizens. But in reality, not all opinion leaders are releasing positive energy. With its advantages, schools can build a number of websites close to students' lives and open up columns that students like, thus creating a green grid platform and effectively preventing students from visiting some unhealthy websites. Through various channels, teenagers can realize the illusory nature of the network and the complexity of information, guide and properly control their surfing the Internet, so that they can be alert, learn to distinguish between real life and the online world, cultivate their awareness of network morality and enhance their awareness of network information. It is necessary to set up a psychological education website in a planned and step-by-step manner, and make full use of the attraction of the network to influence teenagers, improve their psychological quality and protect their mental health through rich and varied online activities that are entertaining and entertaining.

### 3.3. Developing and Building Green Websites

At present, there are many websites of various types, but there are not many healthy and educational websites, and there are very few young people visiting them, so their effectiveness cannot be achieved. The main interaction for exchanging information on Weibo platforms is based on first impressions. Innovative user social expression mechanisms need to firmly grasp people's psychological factors, analyze the characteristics of Weibo communication, and improve users' information sharing ability. Properly monitor their online time and content. Teenagers are, after all, immature and lacking in rationality. Therefore, parents should take care of them in their daily lives, pay attention to whether the content they browse is healthy, and whether the time they spend online is appropriate. If there is anything inappropriate, they should be persuaded with appropriate methods to avoid excessive addiction to the internet. The psychological education of young people in China is basically still in a blank state. Therefore, schools at all levels and types should fully attach importance to the importance of psychological education, reform traditional educational concepts, strengthen awareness of psychological health education, and treat this educational work with a positive and serious attitude. Organize social public welfare promotion, change the bad

habits of teenagers who mainly tend to play online games and chat, cultivate scientific and healthy online behavior among young people, cultivate their interest in learning from multiple aspects, and guide them to form a correct outlook on life and values. At the same time, it is necessary to strengthen research on online psychological education, actively establish psychological education websites in a planned and step-by-step manner, and carry out rich and diverse online activities that combine education with pleasure.

## 4. Conclusion

With the rapid popularization of the Internet, the influence of online public opinion on teenagers in Weibo has become more and more obvious. The network is a "double-edged sword". The openness of the network not only improves the efficiency of their life and study, but also opens a dangerous and tempting window to them, which seriously affects the mental health of teenagers. Public opinion in Weibo must be able to guide the right direction, give full play to the positive role of the media, guide the public to participate in the discussion rationally and objectively, express their opinions in the right way, and correctly judge the information facts. Carry out mental health education for all students, so that students can constantly understand themselves correctly and enhance their ability to regulate themselves, bear setbacks and adapt to the environment; Cultivate students' sound personality and good personality quality. Strengthen spiritual care for teenagers, master their ideological and psychological needs, pay attention to students' emotional changes, personality changes and learning situation, parents and schools should communicate frequently, establish an effective supervision system, and control the rest time of teenagers with internet addiction. Maintain a correct understanding of Weibo's online public events, actively participate in public opinion, pay attention to the standardization of speech, and avoid using vulgar language. Finally, when using Weibo platform, netizens should strengthen their personal cultivation, raise their awareness of social responsibility, abide by the management regulations of Weibo platform, and create a good public opinion environment.

## References

- [1] Wang G, Wang Y, Liu K, et al. Multidimensional influencing factors of public opinion information dissemination in social media: Evidence from Weibo dataset[J].International Journal of Modern Physics B, 2019, 33(31):19-45.
- [2] Xuyan L. The Influence of Network on Teenagers' Ideological and Moral Education and its Countermeasures[J].Equipment Manufacturing and Education, 2022, 49(10):19-33.
- [3] Jiayao L I, Nan Z, Center N. Analysis on coping strategies of network public opinion in new media era[J].China Medical Herald, 2022, 50(22):46-55.
- [4] Yun L, Zhen-Hua Z, Lin-Hao Z. Research on the Influence of Weibo Community Network Structure Characteristics on the Spread of Public Opinion Information[J].Information Science, 2019, 49(18):49-61.
- [5] Xiu-Li Z, Gao-Xiang Q U. ANALYSIS OF THE INFLUENCE OF HOT NEWS EVENTS UNDER THE NETWORK PUBLIC OPINION FIELD--TAKE "JIANG GE CASE" AS AN EXAMPLE[J].Journal of Nanyang Institute of Technology, 2022, 39(17):41-55.

- [6] Zong-Min C, Jing Y U. Research on College Students' Network Public Opinion for Their Mental Health Educations [J]. Education Teaching Forum, 2022, 19(5):26-44.
- [7] Jipeng L I. The Influence of Contemporary College Students' Network Psychological Characteristics on Campus Public Opinion Guidance and Psychological Countermeasures [J]. Modern Education Science, 2019, 31(20):16-30.
- [8] Min N, Lei Y, Weimin L, et al. Influence of Student Depression on the Spread of Public Opinion in University[J]. Discrete Dynamics in Nature and Society, 2020, 2020, 15(4):1-9.
- [9] Zhao X, Wu M. Public Emotion Analysis Based on the Influence of Opinion Leaders on Weibo[J]. Francis Academic Press, 2019, 45(2):16-25.
- [10] Zhong-Kui M. Model of Weibo Negative Public Opinion Communication in Colleges and Universities Based on Double-layer Network [J]. Journal of Jiamusi Vocational Institute, 2022, 13(5):20-30.
- [11] Sui S, Sheng-Gang Q. Research on the Positive Guiding Mechanism of College Counselors' Network Public Opinion in the Era of Media: Take Weibo and WeChat as an Example [J]. Journal of Jiamusi Vocational Institute, 2022, 12(5):41-59.