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Reversing Youth: Labor Practice Brings Physical and Mental Balance, Helps Social Media Addicted Teenagers Recover

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Abstract: With the popularity of social media, more and more teenagers are addicted to it, which affects their physical and mental health and academic performance. Labor practice, as a traditional educational method, can bring physical and mental balance, help alleviate the stress and anxiety of teenagers, and improve their confidence and sense of responsibility. This article explores the definition and significance of labor practice, the importance of physical and mental balance, and elaborates on the positive role of labor practice in rehabilitating teenagers addicted to social media. The article also shares some successful cases in the hope of inspiring and helping teenagers who are experiencing social media addiction. Finally, this article calls for more attention to the importance of labor practice in society and proposes the future application prospects of labor practice in the rehabilitation of teenagers.

Keywords: Social Media Addiction; Teenage Rehabilitation; Labor Practice; Physical and Mental Balance; Successful Cases; Educational Method.

1. Introduction

1.1. The Current Situation of Social Media Addicted Teenagers

The rapid development of social media has led to more and more teenagers becoming addicted to it and unable to extricate themselves. According to statistics, there are currently over 400 million people using social media in China, among whom there are a large number of teenagers. Social media addiction has become an increasingly serious social problem, which not only poses great harm to the physical and mental health of teenagers but also affects their learning and life. Therefore, how to help social media addicted teenagers get rid of the predicament and regain a healthy lifestyle has become an urgent issue to be solved. This article will explore how to help social media addicted teenagers recover from the perspective of labor practice.

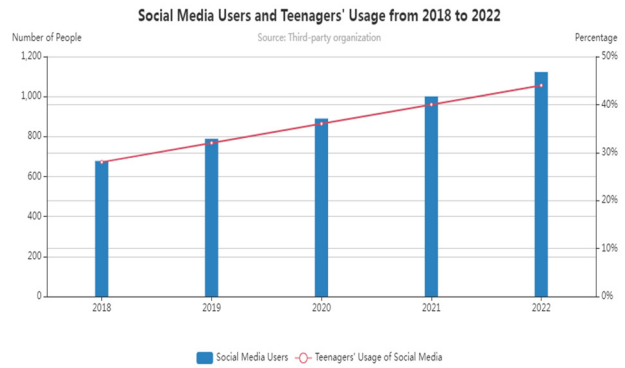


Fig 1. Social Media Users and Teenagers Usage from 2018 to 2022

Social media addiction has a significant impact on the health and learning of teenagers. When teenagers are addicted to social media, they tend to neglect other important things such as studying, exercising, and communicating with family and friends. In the long run, this can lead to physical weakness, declining academic performance, and alienation from interpersonal relationships. At the same time, social media addiction can also have negative psychological effects on teenagers, making them feel lonely, anxious, and depressed. Therefore, helping social media addicted teenagers recover is not only an educational task but also a social responsibility.

Labor practice, as a traditional educational method, has a good physical and mental regulating effect. Through participating in labor practice, teenagers can gain a sense of achievement, self-confidence, and responsibility, which can reduce their dependence on social media and cultivate a healthy lifestyle. Therefore, introducing labor practice into the daily education of teenagers can help them gradually get rid of the predicament of social media addiction and regain a healthy and happy life. The phenomenon of social media addiction among teenagers has aroused widespread attention. More and more parents and educators have begun to realize the seriousness of this problem and actively explore effective solutions. In addition to labor practice, there are many other methods that can help teenagers get rid of the predicament of social media addiction, such as reading, exercise, and socializing. However, labor practice, as a traditional educational method, has unique advantages in helping teenagers cultivate physical and mental balance.

Labor practice can not only improve the physical fitness of teenagers but also cultivate their innovative spirit and practical ability. Through labor practice, they can learn practical skills such as how to arrange time reasonably, how to cooperate with others, and how to solve problems. At the same time, labor practice can also enhance teenagers' sense of social responsibility and citizenship, making them more concerned about social issues and actively participating in social practice activities. Therefore, integrating labor practice into the education of teenagers can not only help them get rid of the predicament of social media addiction but also comprehensively improve their quality of life and social value.

Indicators	Statistics
Number of social media users in China	Over 400 million
Number of teenagers using social media in China	Large number
Negative impacts of social media addiction on teenagers	Physical weakness, declining academic performance, alienation from interpersonal relationships, loneliness, anxiety, and depression
Educational method to help social media addicted teenagers recover	Labor practice
Advantages of labor practice in helping teenagers recover	Improves physical fitness, cultivates innovative spirit and practical ability, enhances sense of social responsibility and citizenship
Other methods to help social media addicted teenagers recover	Reading, exercise, and socializing

Fig 2. The influence of social media on teenagers

2. The Harm of Social Media Addiction

Social media addiction may also lead to problems such as lack of concentration, decreased memory, and weakened judgment for teenagers. These problems may affect their learning and life, and even have a negative impact on their future development. In addition, there is a lot of false information and negative emotions on social media, which may affect the values and psychological state of teenagers, and then affect their behaviour and decision-making.

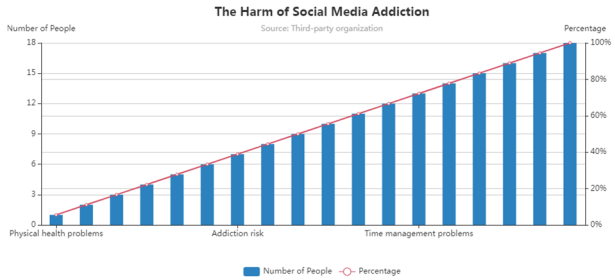


Fig 3. The Harm of Social Media Addiction

It should be pointed out that social media is not without benefits. It can help teenagers expand their social circle, obtain information, and broaden their horizons. However, how to use social media correctly and avoid addiction has become an issue that needs attention. Therefore, measures need to be taken to help teenagers view social media correctly and cultivate healthy online habits. Social media addiction poses great harm to the physical and mental health and learning of teenagers. Specifically, social media addiction may bring the following negative impacts:

1) Physical health problems. Long-term use of social media may lead to a lack of exercise, resulting in obesity and other physical health problems for teenagers.

2) Declining academic performance. Spending too much time on social media may cause teenagers to neglect their studies and affect their academic performance.

3) Addiction to the virtual world. The interaction and feedback on social media may make teenagers addicted to the virtual world, ignoring interpersonal relationships and social activities in real life.

4) Psychological problems. Long-term addiction to social media may cause teenagers to feel lonely, anxious, depressed, and other psychological problems.

5) Interpersonal relationship problems. Excessive use of social media may cause teenagers to become distant from family and friends and even affect their interpersonal communication skills.

6) Privacy leakage problem. On social media, teenagers may unconsciously disclose personal privacy information such as home address and phone number, which may threaten their safety.

7) Addiction risk. The interaction and feedback on social media may make teenagers feel addicted, leading to social media addiction. Social media addiction can seriously affect the physical and mental health of teenagers, and even affect their learning and social skills.

8) Information overload problem. There is a large amount of information on social media, and teenagers may be affected by information overload, unable to effectively screen and understand information, and thus affecting their decision-making and thinking abilities.

9) Cyberbullying issue. There is a large amount of cyberbullying and virtual violence on social media, which may make teenagers become victims, leading to psychological trauma and personality distortion.

On social media, teenagers may suffer from cyberbullying and virtual violence from other users, such as verbal attacks, malicious comments, insults, and threats. These behaviours may cause psychological trauma to teenagers and affect their health and personality development. In addition, some teenagers may join harmful communities through social media and be negatively influenced. Therefore, it is necessary to raise the awareness of teenagers and parents, strengthen the prevention and crackdown on cyberbullying and virtual violence, and safeguard the physical and mental health and safety of teenagers.

10) Sleep problems. Teenagers may use social media at night, which can affect their sleep quality and lead to fatigue, insomnia, and other problems.

11) Safety issues. There is a lot of unsafe content and links on social media, which may cause teenagers to be troubled by security issues such as cyberbullying and fraud.

12)Negative emotions. There is a lot of negative emotions on social media, such as negative news and comments, which may have a negative impact on the psychological state of teenagers.

13) Time management problems. The interaction and entertainment on social media may make teenagers neglect time, leading to a decrease in time management skills and affecting their learning and life.

14)Dependency issues. The interaction and feedback on social media may make teenagers dependent and unable to get rid of the influence of social media.

15) Social anxiety issues. Long-term addiction to social media may cause teenagers to develop social anxiety, affecting their interpersonal communication skills and adaptability.

16) Anti-addiction measures issues. Some teenagers may bypass anti-addiction measures to use social media through improper means, which increases the risk of addiction to social media.

17)Information authenticity issues. There is a lot of false information and rumors on social media, which may mislead the judgment and decision-making of teenagers.

18)Legal risks. Posting inappropriate comments or pictures on social media may violate the law, leading to legal risks and social responsibilities for teenagers. Therefore, it is necessary to pay attention to social media management and supervision, and ensure the physical and mental health and future development of teenagers.

In conclusion, the impact of social media on teenagers is twofold. On one hand, it has positive effects such as improving social skills and expanding social circles. On the other hand, it has negative effects such as affecting physical health, academic performance, and psychological well-being. Therefore, it is necessary to raise awareness among parents and educators and take effective measures to help teenagers overcome social media addiction. At the same time, teenagers need to learn self-management, use social media correctly, and avoid addiction to maintain good physical and mental health, as well as strong academic and social skills.

3. Definition and Significance of Labor Practice

Labor practice refers to the process of actively participating in various labor activities and social production and services. It is a process in which people continuously enhance their own abilities and skills through hands-on practice, creative thinking, and practical operations in actual production and service processes.

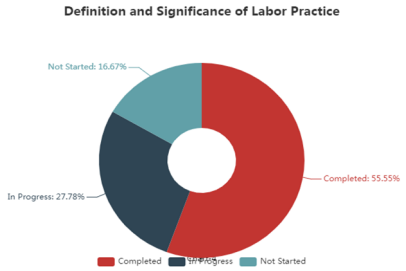


Fig 4. Definition and Significance of Labor Practice

The significance of labor practice for teenagers is multifaceted. Firstly, labor practice can cultivate teenagers' sense of labor and work habits, enabling them to understand the value and significance of labor, and thus cherish and invest more in learning and work. Secondly, labor practice can enhance teenagers' practical abilities and skills, enabling them to possess stronger adaptability and competitiveness in society. Thirdly, labor practice can strengthen teenagers' team spirit and social skills, cultivating their ability to cooperate with others and communicate effectively.

Labor practice refers to labor activities carried out through practical hands-on work, including agricultural production, handicrafts, housekeeping services, community services, volunteer services, and other forms. Labor practice is an indispensable part of the development process of human society, as well as an important component of the physical and mental health and comprehensive development of teenagers. The significance of labor practice is mainly reflected in the following aspects:

1)Cultivating labor awareness and work habits. Through participating in labor practice, teenagers can understand the importance of labor, cultivate labor awareness and work habits, enhance their respect and love for labor, and form correct values and outlooks on life.

2)Improving hands-on and practical abilities. Through participating in labor practice, teenagers can exercise their hands-on and practical abilities, cultivate creative thinking and practical skills, enhance their skills and experience in practical operations, and improve their ability to respond to various complex situations.

3) Enhancing social responsibility and dedication. Through participating in volunteer services and other forms of labor practice, teenagers can enhance their sense of social responsibility and dedication, improve their awareness of social participation, and promote social harmony and development.

4) Promoting physical and mental health development. Through participating in labor practice, teenagers can exercise their body, relax their mind, alleviate study and life pressures, and promote their physical and mental health development.

5) Cultivating the qualities of diligence and thrift. Participating in labor practice can cultivate teenagers' quality of diligence and thrift, enabling them to cherish the results of labor, save resources, and cultivate good consumption habits.

6)Enhancing self-confidence and self-esteem. Through labor practice, teenagers can gain a sense of achievement and pride, enhance their self-confidence and self-esteem, and improve their sense of self-worth.

7) Cultivating innovation and practical abilities. Labor practice can cultivate teenagers' innovation and practical abilities, allowing them to discover and solve problems in practical operations, and improve their problem-solving skills.

8)Promoting comprehensive personality development. Labor practice can enable teenagers to continuously explore and discover themselves in practice, promote their comprehensive personality development, and enhance their social adaptability.

9)Cultivating team cooperation spirit. In labor practice, teenagers need to cooperate with others to complete tasks, thereby cultivating team cooperation spirit and improving their communication and cooperation abilities.

10) Cultivating production skills and professional qualities. Labor practice can allow teenagers to understand different fields of work, learn related production skills and professional qualities, and lay the foundation for future career development.

11) Improving social cognition and social responsibility. Through participating in community services and other forms of labor practice, teenagers can have a deeper understanding of society, enhance their sense of social responsibility, and improve their social cognition.

12) Enhancing the ability to overcome difficulties. In labor practice, teenagers may encounter various difficulties and challenges. By overcoming these difficulties, they can enhance their ability to overcome difficulties and cope with adversity.

13) Cultivating safety awareness and safety skills. In labor practice, teenagers need to pay attention to safety issues, learn relevant safety skills and knowledge, enhance their safety awareness, and improve their ability to respond to emergencies.

14) Enhancing environmental awareness and environmental protection abilities. Labor practice can allow teenagers to understand environmental knowledge, cultivate environmental awareness and protection abilities, and promote the popularization and promotion of environmental awareness.

15) Promoting cultural inheritance and development. In labor practice, teenagers can understand traditional and folk culture, promote cultural inheritance and development, and enhance cultural identity.

16) Promoting a global perspective and international exchange. Through participating in international volunteer services and other forms of labor practice, teenagers can expand their global perspective, understand different cultures and societies, and promote international exchange and

cooperation.

17)Cultivating entrepreneurial spirit and innovation consciousness. In labor practice, teenagers can learn about entrepreneurship, innovation, and other aspects, cultivate entrepreneurial spirit and innovation consciousness, and lay the foundation for future entrepreneurship and innovation.

18) Improving interpersonal communication skills. In labor practice, teenagers need to cooperate with others to complete tasks and interact with different people, thereby improving their interpersonal communication skills and enhancing their ability to communicate and coordinate.

In summary, labor practice has important significance for the growth and comprehensive development of teenagers. It can cultivate labor awareness and work habits, improve hands-on and practical abilities, enhance social responsibility and dedication, and promote physical and mental health development.

4. The Influence of Labor Practice on the Physical and Mental Balance of Teenagers

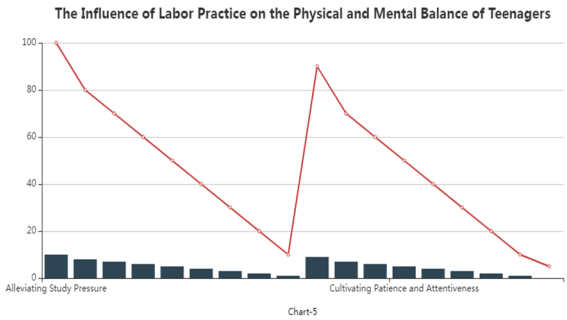


Fig 5. The Influence of Labor Practice on the Physical and Mental Balance of Teenagers

Labor practice can bring about a balance between the physical and mental health of teenagers. This is because it promotes a comprehensive development of their body and mind, while also relieving study pressure, improving physical fitness, enhancing self-confidence and self-esteem, cultivating self-management abilities, promoting social activities, and more. Moreover, labor practice improves concentration, endurance, creativity, imagination, personality development, diversified development, social responsibility, and civic consciousness. By participating in labor practice, teenagers can gain a sense of achievement and pride, enhance psychological resilience and the ability to overcome difficulties, thereby achieving a balance between the physical and mental aspects of their health. In conclusion, labor practice is a healthy and positive way to promote the comprehensive development of the body and mind, which is beneficial for the physical and mental balance of teenagers. Labor practice can bring about a balance between the body and mind, mainly reflected in the following aspects.

1)Alleviating study pressure. In the process of learning, teenagers may face various pressures and challenges, while participating in labor practice can provide a temporary relief from study pressure, relax their body and mind, and reduce psychological stress.

2)Improving physical fitness. Through participating in labor practice, teenagers can exercise their body, enhance their physical condition, promote physical health, and achieve a balance between body and mind.

3)Enhancing self-confidence and self-esteem. Labor practice can give teenagers a sense of achievement and pride, enhance their self-confidence and self-esteem, and improve their mental health.

4)Cultivating self-management abilities. Participating in labor practice requires teenagers to manage their time effectively, pay attention to rest, and maintain their energy levels. These are important aspects of self-management that can help cultivate self-management abilities and achieve a balance between body and mind.

5)Promoting social activities. In labor practice, teenagers need to cooperate with others to complete tasks and interact with different people, thereby promoting social activities, enhancing social skills, and reducing feelings of loneliness and anxiety.

6) Facilitating emotional communication. Labor practice can provide teenagers with more common topics to communicate with family and friends, facilitate emotional communication, strengthen parent-child relationships and friendships, and reduce psychological stress.

7)Enhancing the love and interest in life. Through participating in labor practice, teenagers can understand different aspects of life, cultivate a love and interest in life, and achieve a balance between body and mind.

8)Enhancing psychological resilience. In labor practice, teenagers may encounter various difficulties and challenges. By overcoming these difficulties, they can enhance their psychological resilience and achieve a balance between body and mind.

9)Promoting physical and mental coordination. In labor practice, teenagers need to pay attention to movement coordination, rhythm mastery, and other aspects, thereby promoting physical and mental coordination and improving their athletic abilities.

10) Improving concentration. In labor practice, teenagers need to focus on completing tasks and pay attention to details and the overall situation, thereby improving their concentration abilities, which is beneficial for achieving a balance between body and mind.

11)Building endurance and perseverance. Through participating in labor practice, teenagers can build endurance and perseverance, thereby improving their physical and mental qualities and achieving a balance between body and mind.

12)Enhancing self-awareness and reflection abilities. Labor practice can help teenagers understand their strengths, weaknesses, and personality traits, thereby enhancing their self-awareness and reflection abilities, which is conducive to the development of a balance10. Improving concentration. In labor practice, teenagers need to focus on completing tasks, pay attention to details and the overall situation, thereby improving their concentration and promoting a balance between body and mind.

13)Cultivating patience and attentiveness. In labor practice, teenagers need to patiently and attentively complete tasks, thereby cultivating these qualities, which are beneficial for the development of body and mind balance.

14)Improving judgment and decision-making abilities. Through participating in labor practice, teenagers need to make judgments and decisions based on actual situations, thereby improving their judgment and decision-making abilities, contributing to the development of body and mind balance.

15)Enhancing creativity and imagination. In labor practice, teenagers need to flexibly use their creativity and imagination,

thereby enhancing these abilities, which are beneficial for the development of body and mind balance.

16) Promoting personality development and diversified development. Labor practice can expose teenagers to different occupational fields, cultural backgrounds, etc., thereby promoting personality development and diversified development, contributing to the development of body and mind balance.

17) Improving language expression and communication skills. In labor practice, teenagers need to communicate and cooperate with others, thereby improving their language expression and communication skills, contributing to the development of body and mind balance.

18) Enhancing social responsibility and civic consciousness. Through participating in community service and other forms of labor practice, teenagers can enhance their social responsibility and civic consciousness, contributing to the development of body and mind balance.

In summary, labor practice is a healthy and positive way to promote the balance between body and mind, promoting the comprehensive development of physical and mental health. Participating in labor practice can alleviate study pressure, improve physical fitness, enhance self-confidence and self-esteem, cultivate self-management abilities, promote social activities, facilitate emotional communication, and increase love and interest in life, among other effects.

5. How to Engage in Labor Practice

Labor practice is a positive and healthy activity that can promote the balance between body and mind and comprehensive development. To engage in labor practice, it is necessary to start with selecting appropriate labor content, finding suitable opportunities, arranging reasonable time, paying attention to safety and hygiene, actively participating and cooperating, and making psychological preparations. At the same time, it is also important to focus on teamwork, gratitude, cultivating a sense of responsibility and mission, emphasizing follow-up, actively participating in evaluation, promoting the idea of labor practice, adhering to long-term practice, emphasizing individualization and diversification, and advocating for environmentally-friendly labor practices. By actively participating in labor practice, one can promote the comprehensive development of physical and mental health, improve self-management, social and creative abilities, cultivate social responsibility and civic consciousness, and lay a solid foundation for future growth and development. To engage in labor practice, one can start from the following aspects:

1) Select appropriate labor content: Based on personal interests and strengths, choose suitable labor content such as rural harvesting, community cleaning, and volunteer services.

2)Find suitable labor opportunities: Search for suitable labor opportunities through family, school, community, volunteer organizations, and public welfare groups.

3)Arrange reasonable time: Plan labor time reasonably to avoid affecting studies and other important matters. Participate in labor practice during weekends, holidays, and other free time.

4) Pay attention to safety and hygiene: When engaging in labor practice, pay attention to safety and hygiene, follow relevant regulations, wear necessary protective equipment, and maintain environmental cleanliness.

5) Actively participate and cooperate: Actively participate and cooperate during labor practice, complete tasks seriously, and work with others to complete tasks.

6)Make psychological preparation: During labor practice, one may encounter difficulties and challenges. Make psychological preparation, maintain a positive and optimistic attitude, overcome difficulties, and achieve a sense of accomplishment.

7)Do necessary preparation work: Before engaging in labor practice, do necessary preparation work such as understanding labor content and preparing necessary tools and equipment.

8)Learn relevant knowledge and skills: Learn relevant knowledge and skills during labor practice such as safety knowledge and operating skills, to ensure safety and efficient completion of tasks.

9)Focus on teamwork: During labor practice, focus on teamwork, cooperate with others to complete tasks, strengthen communication, and fully utilize the power of the team.

10)Gratitude mindset: Maintain a gratitude mindset during labor practice, be thankful for the help and support of others, and do your best to contribute to society and family.

11)Cultivate a sense of responsibility and mission: Participating in labor practice can cultivate a sense of responsibility and mission, recognize one's social responsibilities and obligations, and actively contribute to society and family.

12) Emphasize follow-up: After completing labor practice, it is important to emphasize follow-up, provide timely feedback on results and problems, and summarize experiences and lessons learned to lay the foundation for future labor practice.

13)Actively participate in evaluation: After engaging in labor practice, actively participate in evaluation and feedback, provide opinions and suggestions, and promote continuous improvement and perfection of labor practice.

14) Cultivate independent thinking ability: Participating in labor practice can cultivate independent thinking ability, explore one's potential and strengths, and better adapt to the needs of society and life.

15) Promote the concept of labor practice: During the process of participating in labor practice, actively promote the concept of labor practice, encourage more people to participate in labor practice and jointly promote the harmonious development of society.

16)Adhere to the long-term nature of labor practice: Labor practice is not a one-time activity but requires long-term persistence and promotion. When engaging in labor practice, establish long-term goals, persevere, and continuously accumulate experience and achievements.

17)Emphasize individualization and diversification of labor practice: When engaging in labor practice, emphasize individualization and diversification, choose different labor content and methods based on different needs and characteristics to achieve the best results.

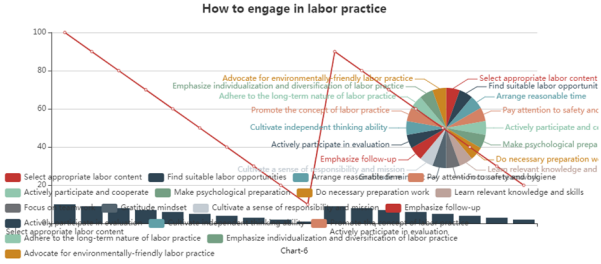


Fig 6. How to engage in labor practice

18)Advocate for environmentally-friendly labor practice: When engaging in labor practice, pay attention to environmental protection, advocate for the concept of environmentally-friendly labor practice, and better maintain ecological balance and human health.

Labor practice is a positive and healthy activity that promotes the balance between body and mind and comprehensive development. To engage in labor practice, it is important to select appropriate labor content that aligns with personal interests and strengths, find suitable opportunities, arrange reasonable time, pay attention to safety and hygiene, actively participate and cooperate, make psychological preparation, and do necessary preparation work. Additionally, labor practice helps cultivate a sense of responsibility and mission, promotes independent thinking ability, and encourages gratitude mindset. Follow-up and evaluation are crucial to improving future labor practice, and promoting the concept of labor practice and advocating for environmentally-friendly practices helps contribute to society and family. Finally, long-term persistence, individualization, and diversification are essential for successful labor practice.

6. The Role of Labor Practice in Rehabilitating Social Media Addicted Adolescents

Social media addiction has become one of the significant problems faced by modern adolescents. Labor practice can serve as an effective rehabilitation method to help social media addicted adolescents quit bad habits and establish a healthy lifestyle.

Firstly, labor practice enables adolescents to temporarily distance themselves from social media, reducing the time and frequency of social media use and easing the degree of addiction. Additionally, labor practice provides a new experience and feeling, increasing adolescents' interest and enthusiasm for life, encouraging them to be more actively involved in labor practice.

Secondly, labor practice can cultivate adolescents' self-management and social skills, helping them better adapt to social environments and daily life. By participating in labor practice, adolescents can learn teamwork, communication, responsibility, and other skills and experiences, increasing their confidence to face challenges independently.

Lastly, labor practice can promote the comprehensive development of adolescents' physical and mental health, enhancing resistance to social media addiction. Through labor practice, adolescents can exercise, improve physical fitness, relieve academic and psychological pressure, enhance concentration and endurance, and strengthen creativity and imagination, achieving a balanced physical and mental state.

In summary, labor practice plays a crucial role in rehabilitating social media addicted adolescents, helping them quit bad habits, establish a healthy lifestyle, and promote comprehensive physical and mental health development. Mainly includes the following aspects:

1)Provide positive alternative choices: Adolescents are addicted to social media largely because they lack other meaningful activities. Labor practice can provide a positive alternative choice that allows adolescents to shift their attention to more meaningful activities.

2) Foster self-restraint and self-control: In labor practice, adolescents need to follow rules, actively participate, and complete tasks conscientiously, all of which require self-restraint and self-control. Through labor practice, adolescents can develop self-restraint and self-control abilities, better controlling the time and frequency of social media use.

3) Promote social interaction: Social media addicted adolescents often fall into a state of loneliness and isolation. Labor practice can promote social interaction, allowing adolescents to cooperate and communicate with others, increase social experience and skills, and better adapt to social environments and daily life.

4)Improve self-esteem and confidence: By participating in labor practice, adolescents can gain a sense of achievement and pride, enhancing self-esteem and confidence, and thus facing challenges in life and work more positively and confidently.

5) Cultivate a sense of responsibility and civic awareness: Labor practice can cultivate adolescents' sense of responsibility and civic awareness, making them aware of their social responsibilities and obligations, and thus more actively participating in the construction and development of society and family.

6)Promote comprehensive physical and mental health development: Labor practice can promote adolescents' comprehensive physical and mental health development, including physical fitness, mental health, social skills, creativity, and other aspects. Through labor practice, adolescents can exercise, relieve stress, enhance self-management and social skills, and better adapt to the needs of life and work.

7)Cultivate innovative thinking and practical skills: Labor practice can cultivate adolescents' innovative thinking and practical skills, enabling them to explore problem-solving methods and strategies from practice, and enhance their ability and awareness of independent innovation.

8)Increase life experience and knowledge: In labor practice, adolescents can come into contact with various work and life scenarios, accumulate life experience and knowledge, and thus better understand all aspects of society and life.

9) Foster teamwork spirit: Labor practice can cultivate adolescents' teamwork spirit and communication skills. Through the process of cooperating with others to complete tasks, adolescents can learn to respect and understand others, enhance their cooperation ability and teamwork spirit.

10) Promote balanced physical and mental health development: Labor practice can help adolescents relieve stress, relax their mood, and promote balanced physical and mental health development. At the same time, labor practice can also enhance adolescents' physical fitness and immunity, prevent and treat common diseases.

11) Improve professional qualities and competitiveness in employment: By participating in labor practice, adolescents can improve their professional qualities and competitiveness in employment, learn workplace skills and experience, and prepare for future career development.

12) Promote social harmony and development: Labor practice can promote social harmony and development, allowing adolescents to have a deeper understanding of the development needs of society and family, actively participate in the construction and development of society and family, and contribute to social harmony and development.

13) Cultivate environmental awareness and sense of responsibility: Labor practice can cultivate adolescents' environmental awareness and sense of responsibility, making them aware of the importance of environmental protection and sustainable development, learning to start from small

things, and contributing to environmental protection and sustainable development.

14) Enhance creativity and imagination: Labor practice can enhance adolescents' creativity and imagination, allowing them to explore and try new things in practice, and cultivate innovative thinking and practical skills.

15)Cultivate independent and autonomous abilities: By participating in labor practice, adolescents can learn to independently and autonomously complete tasks, thereby enhancing their self-management and self-restraint abilities, and facing challenges in life and work more confidently.

16) Strengthen social responsibility and civic awareness: Labor practice can strengthen adolescents' social responsibility and civic awareness, making them aware of their social roles and obligations, and thus more actively participating in social construction and development.

17)Promote cultural inheritance and development: Labor practice can promote cultural inheritance and development, allowing adolescents to understand and inherit traditional culture and cultural heritage, while also learning new cultural knowledge and skills, and contributing to cultural exchange and integration.

18) Improve quality of life and happiness: Labor practice can improve adolescents' quality of life and happiness, allowing them to experience a sense of achievement, pride, and satisfaction in practice, and thus face the challenges of life and work more positively and enjoy the beauty of life.

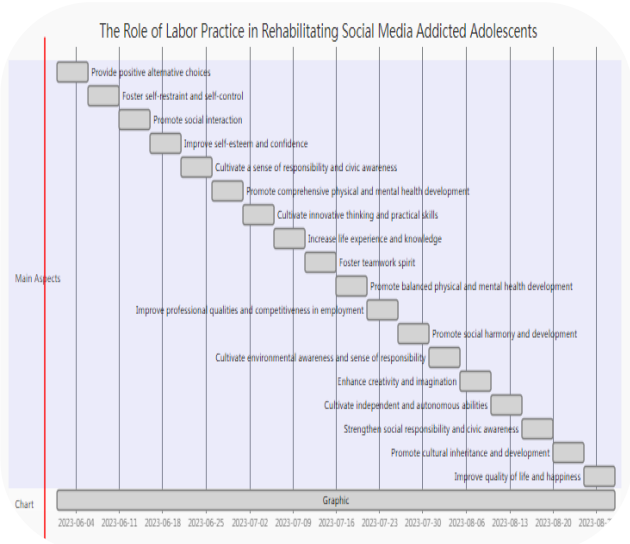


Fig 7. The Role of Labor Practice in Rehabilitating Social Media Addicted Adolescents

Labor practice plays a significant role in rehabilitating social media addicted adolescents. It provides a positive alternative choice, cultivates self-restraint and self-control abilities, promotes social interaction, improves self-esteem and confidence, fosters responsibility and civic awareness, enhances physical and mental health development, and develops innovative thinking and practical skills. Additionally, it strengthens social responsibility and cultural inheritance, increases quality of life and happiness, and prepares adolescents for future career development. Through labor practice, social media addicted adolescents can establish a healthy lifestyle, better adapt to social environments and daily life, and contribute to the construction and development of society and family.

7. Successful Case Sharing: Labor Practice Helps Social Media Addicted Adolescents Turn Their Lives Around

Labor practice has a great helping effect on social media addicted adolescents. By participating in labor practice activities, adolescents can learn social skills such as caring for others, respecting others, and achieving win-win cooperation. They can also enhance their self-management and self-restraint abilities, and improve their innovative thinking and practical skills. These abilities and skills can not only help them get rid of their dependence on social media but also help them better adapt and develop in learning, work, and life.

Here are several successful case sharing examples:

Case 1: Xiao Wang is a high school student who was addicted to mobile games and social media, resulting in declining grades and unstable emotions. His parents decided to let him participate in summer labor practice activities, where he joined a local volunteer service team and participated in various community services and charity activities. In this process, he gradually got rid of his dependence on his phone, began to pay attention to the people and things around him, increased his social interaction and social experience. At the same time, he also learned teamwork and responsibility, improved his self-management and self-restraint abilities, and ultimately achieved a significant improvement in grades and stable and positive emotions.

Case 2: Xiao Li is a college student who was addicted to online games and social media, which affected his academic performance and caused a rift between him and his family and friends. His counselor suggested that he participate in social practice activities, and he chose to teach in a remote mountainous area. In this process, he experienced the living and learning environment of children in poor areas, learned to care for and help others, and also strengthened his social and communication skills. Eventually, his academic performance improved, and his relationship with his family and friends was repaired.

Case 3: Xiao Zhang is a new employee with high work pressure, often feeling fatigued and depressed. Her company recommended her to participate in team-building activities, and she chose to participate in outdoor labor practice. In this process, she learned teamwork, communication, and problem-solving methods and strategies, while also relieving work pressure and promoting balanced physical and mental health development. Eventually, her work performance was recognized, and her relationship with colleagues was also improved.

Case 4: Xiao Zhao is an art student who was addicted to the internet and mobile phone, resulting in a decrease in his creative desire. His teacher suggested that he participate in creative labor practice activities, and he chose to participate in community beautification activities. In this process, he learned to draw inspiration from life, create and express his own ideas and emotions. At the same time, he also strengthened his environmental awareness and sense of responsibility, and made contributions to improving the community environment. Eventually, his creative desire and creativity were restored and improved.

Case 5: Xiao Chen is a foreign student who often feels lonely and helpless due to language barriers and cultural differences. His mentor suggested that he participate in the school's international volunteer service program, and he

chose to teach in a primary school in Africa. In this process, he experienced different cultures and ways of life, learned to respect and understand different cultures and values. At the same time, he also strengthened his social and communication skills and made contributions to the education of local children. Eventually, his language and cultural exchange abilities were also improved.

Case 6: Xiao Yang is a college student who was addicted to games and movies, resulting in declining academic performance and weakened physical health. His counselor suggested that he participate in labor practice activities, and he chose to teach in a rural area. In this process, he experienced the living and learning environment of rural children, learned to care for and help others, and also strengthened his social and communication skills. Eventually, his physical health was restored, and his academic performance improved.

Case 7: Xiao Liu is a junior high school student who was addicted to mobile games and social media, resulting in declining academic performance and tense family relationships. His parents decided to let him participate in summer labor practice activities, and he chose to volunteer at a local public welfare organization. In this process, he learned to care for others, respect others, and achieve win-win cooperation, while also strengthening his social and communication skills. Eventually, his academic performance improved, and his family relationships were repaired.

Case 8: Xiao Wang is a high school student who was addicted to games and movies, resulting in declining academic performance and weakened physical health. His teacher suggested that he participate in labor practice activities, and he chose to volunteer at a local nursing home. In this process, he learned to care for others, respect others, and listen to their stories and experiences, while also strengthening his social and communication skills. Eventually, his physical health was restored, and his academic performance improved.

Case 9: Xiao Zhang is a college student who often feels anxious and helpless due to family reasons and academic pressure. His counselor suggested that he participate in labor practice activities, and he chose to volunteer at a local environmental organization. In this process, he learned to start small, from the things around him, and make contributions to environmental protection and sustainable development. At the same time, he also strengthened his self-management and self-restraint abilities, and improved his innovative thinking and practical abilities. Eventually, his mentality was adjusted and balanced, and his academic performance improved.

Case 10: Xiao Li is a new employee who often feels tired and lonely due to work pressure and communication barriers. Her company recommended her to participate in labor practice activities, and she chose to teach in a remote mountainous area. In this process, she learned to draw inspiration from life, create and express her own ideas and emotions. At the same time, she also strengthened her environmental awareness and sense of responsibility, and made contributions to improving the community environment. Eventually, her work performance and communication skills were recognized.

Case 11: Xiao Chen is an art student who often feels lost and helpless due to a lack of creative inspiration and self-confidence. His teacher suggested that he participate in labor practice activities, and he chose to volunteer at a local cultural heritage protection organization. In this process, he learned to respect and inherit traditional culture and cultural heritage, and also learned new cultural knowledge and skills, making contributions to cultural exchange and integration. At the same time, he also strengthened his self-management and self-restraint abilities, and improved his innovative thinking and practical abilities. Eventually, his creative desire and self-confidence were restored and improved.

Case 12: Xiao Wang is a high school student who was addicted to mobile games and social media, resulting in declining academic performance and tense family relationships. His parents decided to let him participate in winter labor practice activities, and he chose to volunteer at a local environmental organization. In this process, he learned to start small, from the things around him, and make contributions to environmental protection and sustainable development. At the same time, he also strengthened his self-management and self-restraint abilities, and improved his innovative thinking and practical abilities. Eventually, his academic performance improved, and his family relationships were repaired.

Case 13: Xiao Li is a college student who often feels anxious and lonely due to academic pressure and communication barriers. Her counselor suggested that she participate in labor practice activities, and she chose to volunteer at a local nursing home. In this process, she learned to care for others, respect others, and listen to their stories and experiences, while also strengthening her social and communication skills. Eventually, her mentality was adjusted and balanced, and her academic performance improved.

Case 14: Xiao Liu is a junior high school student who was addicted to games and movies, resulting in declining academic performance and weakened physical health. His teacher suggested that he participate in labor practice activities, and he chose to teach in a rural area. In this process, he experienced the living and learning environment of rural children, learned to care for and help others, and also strengthened his social and communication skills. Eventually, his physical health was restored, and his academic performance improved.

Case 15: Xiao Zhang is a college student who often feels anxious and helpless due to family reasons and academic pressure. Her mentor suggested that she participate in labor practice activities, and she chose to volunteer at a local environmental organization. In this process, she learned to start small, from the things around her, and make contributions to environmental protection and sustainable development. At the same time, she also strengthened her self-management and self-restraint abilities, and improved her innovative thinking and practical abilities. Eventually, her mentality was adjusted and balanced, and her academic performance improved.

Case 16: Xiao Chen is an art student who often feels lost and helpless due to a lack of creative inspiration and self-confidence. His teacher suggested that he participate in labor practice activities, and he chose to volunteer at a local cultural heritage protection organization. In this process, he learned to respect and inherit traditional culture and cultural heritage, and also learned new cultural knowledge and skills, making contributions to cultural exchange and integration. At the same time, he also strengthened his self-management and self-restraint abilities, and improved his innovative thinking and practical abilities. Eventually, his creative desire and self-confidence were restored and improved.

Case 17: Xiao Yang is a college student who was addicted

to games and movies, resulting in declining academic performance and weakened physical health. His counselor suggested that he participate in labor practice activities, and he chose to volunteer at a local public welfare organization. In this process, he learned to care for others, respect others, and cooperate for mutual benefit, while also strengthening his social and communication skills. Eventually, his academic performance improved, and his physical health was restored.

Case 18: Xiao Wang is a new employee who often feels tired and lonely due to work pressure and communication barriers. Her company recommended her to participate in labor practice activities, and she chose to teach in a remote mountainous area. In this process, she learned to draw inspiration from life, create and express her own ideas and emotions. At the same time, she also strengthened her environmental awareness and sense of responsibility, and made contributions to improving the community environment. Eventually, her work performance and communication skills were recognized.

These successful cases also prove the effectiveness of labor practice, which can help young people change bad habits, adjust their mentality, and improve their quality and abilities, allowing them to better realize their self-worth and social responsibilities in the process of growing up. Therefore, we should actively promote and support labor practice activities, so that more young people can benefit.

8. Conclusion

8.1. Labor Practice is a Good Way for Youth Rehabilitation

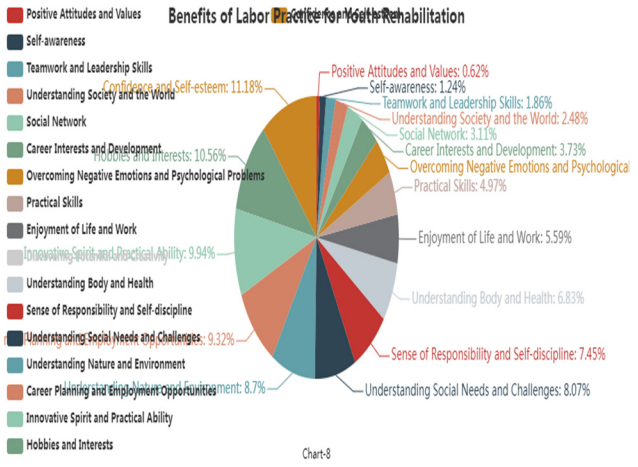


Fig 8. Benefits of Labor Practiefooct Rehabilitation

Labor practice is a good way for youth rehabilitation. In the context of the popularity and use of social media, young people face problems such as addiction, loneliness, and anxiety. As a positive and healthy form of activity, labor practice can help young people overcome these negative influences, adjust their mentality, and improve their abilities and qualities. Through labor practice, young people can cultivate correct life attitudes and values, enhance teamwork and leadership abilities, discover their own strengths and weaknesses, understand society and the world, establish their own social networks, recognize their career interests and development directions, overcome negative emotions and psychological problems, improve their practical abilities, enjoy the fun of life and work, discover their potential and creativity, understand their body and health, cultivate a sense of responsibility and self-discipline, understand the needs and challenges of society, understand nature and the environment, provide opportunities for career planning and employment, cultivate innovation spirit and practical ability, understand their interests and hobbies, and establish self-confidence and self-esteem. Therefore, we should actively promote and support labor practice activities, making contributions to the healthy growth of young people and social development.

In conclusion, through the above discussions and case sharing, we can conclude that labor practice is a good way for youth rehabilitation. The popularity and use of social media have brought many conveniences and pleasures to young people, but also some negative effects, such as addiction, loneliness, anxiety, and declining academic performance. Labor practice, as a positive and healthy form of activity, can help young people overcome these negative influences, adjust their mentality, and improve their abilities and qualities.

Firstly, labor practice can help young people get rid of their dependence and addiction to social media. In labor practice, young people need to invest time and energy to complete various tasks and work, thereby reducing the time and frequency of using social media. At the same time, labor practice can also make young people feel their contribution and achievements, enhance their confidence and self-esteem, thereby reducing their dependence on social media.

Secondly, labor practice can help young people adjust their mentality and relieve anxiety and pressure. In labor practice, young people need to cooperate, coordinate and communicate with others, thereby enhancing their social skills and emotional intelligence. At the same time, labor practice can also make young people feel their value and significance, improve self-awareness and self-worth, thereby relieving anxiety and pressure.

Finally, labor practice can help young people improve their abilities and qualities. In labor practice, young people need to learn and master various skills and knowledge, thereby improving their abilities and qualities. At the same time, labor practice can also make young people feel the needs and responsibilities of society, enhance their sense of social responsibility and citizenship. This is mainly reflected in the following content:

1) Labor practice can help young people cultivate a positive life attitude and values. In labor practice, young people need to learn correct values such as respecting others, caring for society, and protecting the environment, thereby cultivating a positive life attitude and values.

2) Labor practice can help young people better understand themselves and discover their strengths and weaknesses. In labor practice, young people need to take on certain work tasks and responsibilities, thereby recognizing their abilities and shortcomings, and seeking methods for improvement and enhancement.

3) Labor practice can enhance young people's teamwork and leadership abilities. In labor practice, young people need to cooperate with others to complete tasks, thus enhancing their teamwork and coordination abilities. At the same time, young people can also improve their leadership skills by organizing and leading other volunteers to complete tasks.

4) Labor practice can help young people better understand society and the world. In labor practice, young people can come into contact with various people and things, understanding the diversity and complexity of society and the world, thus broadening their horizons and cognition.

5)Labor practice can help young people establish their own social network. In labor practice, young people can meet

various people, and through mutual help and support, they can establish their own social network, which is of great significance for their future learning, work, and life.

6) Labor practice can help young people better understand their career interests and development direction. In labor practice, young people can come into contact with various careers and work environments, thus better understanding their career interests and development direction, and providing reference and guidance for future career planning.

7) Labor practice can help young people overcome negative emotions and psychological problems. In labor practice, young people can alleviate anxiety, depression, and other negative emotions by investing in work, and at the same time, they can also receive recognition and praise from others, enhancing their confidence and self-esteem.

8)Labor practice can improve young people's practical abilities. In labor practice, young people need to have certain practical skills, thus making them more skilled and proficient in completing various tasks and work.

9)Labor practice can help young people enjoy the fun of life and work. In labor practice, young people can experience the fun and sense of achievement of work, and also share and communicate these joys with others, making life more fulfilling and meaningful

10)Labor practice can help young people discover their potential and creativity. In labor practice, young people need to face various problems and challenges, and they need to use their potential and creativity to solve these problems, which is of great significance for their personal growth and development.

11)Labor practice can help young people better understand their body and health. In labor practice, young people need to engage in physical activities, thus allowing them to better understand their body and health status, and seek methods and ways to maintain their physical health.

12) Labor practice can help young people cultivate a sense of responsibility and self-discipline. In labor practice, young people need to follow rules and regulations, complete tasks and work, thus cultivating a sense of responsibility and self-discipline, which is of great significance for their future learning, work, and life.

13)Labor practice can help young people understand social needs and challenges. In labor practice, young people need to contribute to society, thus understanding the needs and challenges of society. At the same time, they can also change and influence society through their own efforts and contributions.

14) Labor practice can help young people better understand nature and the environment. In labor practice, young people need to come into contact with nature and the environment, thus understanding the beauty and complexity of nature, and learning the importance of protecting the environment and sustainable development.

15) Labor practice can provide young people with career planning and employment opportunities. In labor practice, young people can learn about various careers and work environments, thus providing reference and guidance for their own career planning. They can also gain relevant work experience and recommendation letters, enhancing their employability.

16) Labor practice can cultivate young people's innovative spirit and practical ability. In labor practice, young people need to face various problems and challenges, and they need to use their innovative spirit and practical ability to solve these problems, which is of great significance for their personal growth and development.

17) Labor practice can help young people better understand their interests and hobbies. In labor practice, young people can come into contact with various work and tasks, thus better understanding their interests and hobbies, and providing reference and guidance for their future life and career planning.

18)Labor practice can help young people build confidence and self-esteem. In labor practice, young people need to take on certain work tasks and responsibilities, thus feeling their own efforts and achievements, enhancing their confidence and self-esteem, which is of great significance for their future learning, work, and life.

In summary, labor practice is a good way for young people's rehabilitation. It can help young people get rid of their dependence and addiction to social media, adjust their mentality, improve their abilities and qualities, and better adapt and develop. Therefore, we should actively promote and support labor practice activities, and contribute to the healthy growth of young people and social development.

8.2. Future prospects: More Attention to Labor Practice to Reduce Addiction to Social Media

In the future, we should pay more attention to labor practice activities, providing young people with a positive and healthy form of activity, and reducing the occurrence of addiction to social media. To achieve this, we need to strengthen support and investment in labor practice activities, promote new forms and models, establish reward mechanisms and evaluation systems, strengthen activity management and supervision, create a good activity atmosphere, increase the diversity and selectivity of activities, provide guidance and counseling, promote ideas and spirits, enhance social influence, establish databases and information platforms, and strengthen cooperation with enterprises. Through these measures, we can contribute to the healthy growth of young people and social development, and enable labor practice activities to play a more important role in the future.

1) Encourage participation of all sectors of society in labor practice activities. In addition to the support of the government, schools, and parents, all sectors of society can actively participate in labor practice activities, provide resources, experience, and help, and jointly promote the development of labor practice activities.

2) Strengthen the management and supervision of labor practice activities. In order to ensure the quality and safety of labor practice activities, it is necessary to strengthen the management and supervision of activities, establish corresponding rules and regulations and safety measures, and ensure the rights and safety of participants.

3) Promote new forms and models of labor practice. With the continuous development and change of society, labor practice activities also need continuous innovation and improvement, and more new forms and models adapted to the needs of the times and the interests of young people can be introduced, such as internet+ labor practice, cultural experience-based labor practice, etc.

4)Strengthen international exchanges and cooperation in labor practice activities. Labor practice activities can not only be carried out domestically but also can be exchanged and cooperated with foreign countries. By jointly carrying out labor practice activities with young people from other

countries and regions, understanding and friendship can be enhanced, and vision and experience can be broadened.

5) Combining technological innovation with labor practice. In labor practice activities, technological innovation such as artificial intelligence, virtual reality, drones, etc., can be combined to improve the efficiency and quality of activities, and also allow young people to better understand and master technological knowledge and skills.

6)Establish an evaluation system for labor practice activities. In order to better evaluate the effectiveness and impact of labor practice activities, it is necessary to establish an appropriate evaluation system, evaluate and analyze activities from multiple perspectives, and provide reference and guidance for future activity planning and implementation.

7)Establish a reward mechanism for labor practice activities. To encourage more young people to actively participate in labor practice activities, a corresponding reward mechanism such as honor certificates, bonuses, credits, etc., can be established to stimulate their enthusiasm and initiative.

8) Increase the publicity of labor practice activities. In order to let more people understand the significance and value of labor practice activities, it is necessary to increase publicity efforts, promote successful cases and experiences of labor practice activities through various media and channels, and improve social awareness and participation.

9)Create a good atmosphere for labor practice activities. In order to enable labor practice activities to play a better role, it is necessary to create a good activity atmosphere, cultivate participants' teamwork and social skills, enhance interactivity and fun of activities.

10) Promote the achievements and benefits of labor practice activities. In order to let more people understand the achievements and benefits of labor practice activities, it is necessary to timely promote and publicize the results and benefits of activities, such as successful cases, experience and skills gained, and improved quality and ability, encouraging more people to participate in labor practice activities.

11)Strengthen the connection between labor practice activities and education. In order to better serve the growth and development of young people, it is necessary to strengthen the connection between labor practice activities and education, combine activities with school curriculum, teaching, and evaluation, and improve the educational and practical effectiveness of activities.

12) Increase investment and support for labor practice activities. In order to enable labor practice activities to develop and grow better, it is necessary to increase investment and support for activities, including support for funding, venues, equipment, personnel, and other aspects, providing a guarantee for the smooth implementation of activities.

13) Increase the diversity and selectivity of labor practice activities. In order to meet the needs and interests of different young people, it is necessary to increase the diversity and selectivity of labor practice activities, provide more types and forms of activities, and give young people more choices and development opportunities.

14) Strengthen guidance and counseling for labor practice activities. In order to enable young people to better understand and master the skills and methods of labor practice activities, it is necessary to strengthen guidance and counseling for activities, provide professional guidance teams and teaching staff, and provide comprehensive support and services for participants.

15) Promote the concept and spirit of labor practice activities. Labor practice activities are not only a form of activity but also a concept and spirit. It is necessary to promote and popularize this concept and spirit, let more people understand and identify with it, and promote social progress and development.

16) Strengthen the social influence of labor practice activities. Labor practice activities not only have a positive effect on individual growth and development but also have important significance for social development and progress. It is necessary to strengthen the social influence of activities, guide more people to participate in labor practice activities, and promote social development and progress together.

17) Establish a database and information platform for labor practice activities. In order to better manage and utilize the resources and information of labor practice activities, it is necessary to establish a corresponding database and information platform, collect and organize various information and data of activities, and provide them for participants, organizers, and managers to use and reference.

18)Strengthen cooperation between labor practice activities and enterprises. Labor practice activities can not only enhance the abilities and qualities of young people but also provide talent reserves and training channels for enterprises. It is necessary to strengthen cooperation between activities and enterprises, establish good cooperative relationships, and promote social development and progress together.

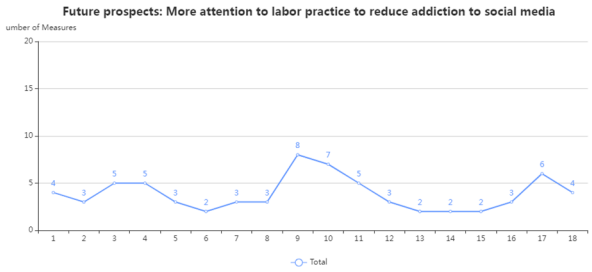


Fig 9. Future prospects: More attention to labor practice to reduce addiction to social media

With the popularity and use of social media, young people face problems such as addiction, loneliness, and anxiety. To solve these problems, we should pay more attention to labor practice activities, providing young people with a positive and healthy form of activity and reducing the occurrence of addiction to social media. In the future, we need to strengthen support and investment in labor practice activities from multiple aspects, including promoting new forms and models, establishing reward mechanisms and evaluation systems, strengthening activity management and supervision, creating a good activity atmosphere, increasing the diversity and selectivity of activities, strengthening guidance and counseling, promoting concepts and spirits, enhancing social influence, establishing databases and information platforms, and strengthening cooperation with enterprises. Through these measures, we can contribute to the healthy growth of young people and social development and enable labor practice activities to play a more important role in the future.

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