An Analysis of the Development Trend of Psychological Problems Reflected by Social Media During the Epidemic

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Abstract: The outbreak and global spread of the novel coronavirus have brought huge impacts and changes to the lives and psychological states of all people. In particular, the young people in China are facing various challenges of psychological problems in this special period. The study aimed to explore the psychological problems reflected by Chinese adolescents on social media during the epidemic period and to analyze its development trend. By using relevant theories and methods of social psychology, collecting and analyzing a large amount of social media data, as well as combining questionnaires and interview surveys, this study attempts to deepen the understanding and attention of Chinese adolescents' mental health and put forward some innovative views and suggestions in this field.

Keywords: epidemic, Chinese youth, psychological problems, social media.

1. Introduction

COVID-19 is an extremely contagious disease that has induced significant psychological distress among individuals worldwide. In accordance with stress theory and perceived risk theory, public health emergencies have the potential to elicit negative emotions in individuals, thereby influencing their cognitive evaluation. Prolonged negative emotions can compromise an individual's immune system and disrupt the equilibrium of normal physiological mechanisms.[1] Individuals may overreact to illness due to inadequate guidance from authorities, resulting in excessive avoidance behavior and blind compliance.[2]

The COVID-19 outbreak has caused people around the world to face major changes in their health and lifestyles. This has a huge impact on psychological conditions. Research into the introduction of social contact restrictions has found several unique patterns of associations between themes and emotions, with people's anxiety and sadness related to social contact restrictions, life during lockdown, infection-related topics, and the impact of the COVID-19 pandemic on public and private life.[3] Especially in China, "We compared the differences in frequencies of LIWC word categories before and after lockdown and found that the number of word categories whose frequencies were significantly changed is more in Wuhan than in Lombardy, "[4] The outbreak and the implementation of control measures have led to long hours of home isolation and online learning. This has had a profound impact on the adolescent population. The researcher confirms that mental health symptoms resulting from COVID-19 are significant.[5] During this special period, teenagers express psychological issues through social media platforms which also demonstrate certain characteristics and developmental trends. However, there is limited research available regarding the psychological

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