

Analysis on the Phenomenon of "Disconnection" among Young People under the Background of New Media

Linna Wang

Xi'an Eurasia University, Xi'an, Shaanxi, China

Abstract: With the rapid development of Internet technology, new media, as a new mode of communication, has profoundly changed people's production, life and way of thinking. In this context, young people as the backbone of society, their behavior characteristics and values are also profoundly affected by new media, and the phenomenon of modern young people's parental disconnection has increasingly attracted people's attention. This paper aims to explore the phenomenon of parental disconnection among young people under the environment of new media, analyze its causes, and explore the influence of new media on this phenomenon. Focusing on family education, social policies and new media environment, a better understanding of the characteristics and needs of young people will help us better understand and cope with the phenomenon of disconnection of young people in the new media era, and provide theoretical support and practical guidance for family relations, adolescent education and mental health.

Keywords: Divorce; New Media; Kinship; Youth Group

1. Introduction

"Divorce" has become one of the hottest topics in recent years, which has aroused wide attention. Especially young people pay special attention to this phenomenon. They combine their own experience of divorce and share it on various new media platforms. Related topics such as "Why is the phenomenon of disconnection so popular", "why this young people began to break their parents", "severely depressed girls were recommended to break their parents for life" and so on caused more than 100,000 netizens to comment, but also more than one billion reading. At the same time, the People's Daily Online, Beijing News, Sanlian Weekly and other media have reported. With the rapid flow of information and

diversification of views, the young generation is exposed to more different values and lifestyles on new media. The development of new media not only changes the way of information dissemination, but also broadens the horizons of young people and makes them pay more attention to personal development and self-realization. At the same time, the relationship between young people and new media is becoming increasingly close, they establish interpersonal relationships through new media, express their views and values, and choose to "live for themselves". This generation of young people seems to attach more importance to the right of "not to interact with relatives", is the concept of family affection engraved in the bones of Chinese people becoming increasingly thin among young people?

2. What is Divorce

Some scholars define "separation of relatives" as "a rational choice behavior based on individual interests, interests or emotional judgment and emotional experience of kinship under the compatibility of traditional society and modern society." [1] To understand "divorce" from the meaning of life is not to say that an individual has objectively broken off relations with another individual, but what kind of life attitude and behavior makes people take this way to establish their own another life. In China, the discussion of individuation is not individualism, but the egoistic motivation and behavior generated by marketization or the supremacy of money, that is, whether a person should "live for himself." [2] For young people, "disconnection" refers to the phenomenon that in contemporary society, some young people directly break or gradually alienate their relatives for various reasons.

3. Analysis of the Causes of Parental Disconnection among Young People

3.1 Influence of Social Change

With the continuous progress of society, we have witnessed remarkable changes in family values and kinship relationships. The accelerated development of urbanization and industrialization has not only changed people's way of life, but also affected the closeness of kinship. China's social structure has traditionally been based on agriculture, with people tending to live on the same land for generations, maintaining close family and village ties. In this context, the "elders and villagers" have formed a deep emotional bond, supporting each other, and jointly maintaining the status of the family, family and village as the core of life. [3,4] Nowadays, such traditional patterns are becoming blurred with the pace of modernization, and the advance of urbanization has led to physical alienation of people, and the contact between relatives is no longer as natural and frequent as in the past.

Nowadays, with the rapid development of industrialization, marketization and urbanization in China, more than half of the rural population has moved to towns and cities, and the original family and kinship system has also emerged as "empty nest families" due to a large number of migrant workers leaving their hometown. [5] Some people began to gradually cut off contact with the hometown community, especially the "90" and "00" generation of young people, many of whom were born in the city, less and less connection with their hometown, hometown and hometown relatives have become an "abstract concept", even if they go to visit their hometown with their parents, it is probably just a formality. The differences in work and life between relatives in my hometown are increasing, and it is difficult to establish contact with each other. It can be predicted that such estrangement will become more and more obvious with urbanization.

3.2 The Search for Self-identity

Youth is the key period for the formation of individual self-identity. In the process of growing up, some young people will have deep doubts about the traditional concept of family and the bond of family affection. Faced with such confusion, they may begin to explore themselves and pursue their inner truth and

independence. In this process, some young people may question family values and family relationships and seek a new self-identity. In this case, they may choose to cut ties with relatives who do not conform to their values in order to build a new self-identity. Such a choice is not easy, but it is a reflection of individual autonomy and inner determination. In this way, they hope to redefine themselves and establish a new identity that is more in line with their beliefs and aspirations.

3.3 Intensification of Family Conflicts

Family conflict is another important reason for young people to break up. Some young people choose to break off relations with relatives to get rid of family disputes because family conflicts cannot be resolved.

Some media reported that a severely depressed girl was suggested by a doctor to break her parents, once on the Internet hot search, for 91 years of girl little strange, after the age of 30, the decisive moment of choosing to break her relatives may just be "to the limit of bearable", she deleted the relatives' wechat, phone number shielding, at that time, she was experiencing severe depression, accidentally saw a window, there was an impulse to jump. One second is still drinking water, very happy to listen to music, the next second may be crying. The doctor suggested that she could first do physical isolation from her family, which was an incentive for her. After deleting the contact information of their loved ones, the little monster felt that "the world is quiet." Before this, she experienced a long and cruel collapse of family ties.

Family disputes and intergenerational conflicts often become the last straw to crush the psychological defense line of young people. Faced with some irreconcilable contradictions, some young people choose to take extreme measures and cut off relations with relatives in order to free themselves from the family troubles. In our traditional culture, family harmony is regarded as one of the happiness of life, however, when the family conflicts are intensified to a certain extent, making young people feel suffocated and powerless, they may choose to give up the traditional family concept and seek a new life mode, which leads to the phenomenon of

broken relatives.

Behind this phenomenon, it reflects that some families in our country have problems in education, communication and value transmission. The existence of family conflicts makes it difficult for young people to get enough care and support in the process of growing up, which leads to their trust and dependence on the family gradually weakened. [6, 7] In this process, the youth may have a strong sense of alienation from the family, and then psychologically choose to break with the family in order to protect themselves from harm.

4. The Influence of New Media on the Phenomenon of Parental Disconnection among Young People

Under the background of the information age, new media, like a strong trend, has deeply integrated into every field of modern youth's life. This not only changes the way they obtain information, exchange ideas and carry out social networking, but also quietly affects their values and family values. With the help of new media, young people have established a diversified social network, which not only promotes communication, but also gives them more choices and thoughts in the face of family relations.

In the context of new media, parental disconnection may be amplified and spread through online social media, because these platforms provide a channel for individuals to express their views and experiences. At the same time, the new media also makes the information spread more rapidly and widely, which may affect the social support and sense of identity of the separated parents.

For those who choose to break up, new media can be both a challenge and an opportunity. The challenge is that it can make it harder to bridge gaps with relatives; the opportunity is that it also gives individuals the possibility to build new social networks.

Under the influence of new media, young people become more independent in their thinking, pursue personalized lifestyles, and reduce their dependence on traditional family relationships. They find the stage of self-display in the virtual space, and also meet like-minded friends here. This diversity of social ways makes them more willing to pursue a family model of freedom, equality and respect for personality when facing the family relationship.

However, the popularity of new media also makes some young people have a sense of alienation from the real family relationship. They find a sense of belonging to meet their emotional needs in the online world, but ignore the importance of family affection in real life. Some young people show a cold and distant attitude in the family relationship, which leads to the phenomenon of "breaking up" to a certain extent.

5. Strategies to Improve the Current Situation of "Parental Separation" among Young People under the Background of New Media

5.1 Look at the Phenomenon of Young People's "Disconnection" Rationally

Young people "break up" is not a momentary impulse, but the result of a variety of factors. Among them, the generation gap, concept differences, poor communication and so on are important factors. With the development of society, especially the rise of new media, young people's vision has become broader, their values, lifestyles and so on are very different from the previous generation. These differences often lead to contradictions and conflicts between generations, which in turn prompts some young people to choose to "break up".

It is important to realize that the phenomenon of "disconnection" can have a profound impact on individuals and families. For individuals, such choices can leave them feeling emotionally alone and affect their mental health. For the family, it may lead to the breakdown of family relations and affect the harmony of the family. On the one hand, it is necessary to strengthen the education and guidance of young people, help them establish correct values, and enhance the ability to communicate with their families. On the other hand, parents should also be guided so that they can understand and respect the choices of young people and minimize inter-generational contradictions and conflicts.

In general, in the face of the phenomenon of "breaking off parents", we should not simply deny or affirm, but should look at it rationally, in-depth analysis, and find effective improvement strategies.

5.2 Improve Media Literacy and Enhance Family "Stickiness"

In modern society, when young people return to their hometown, they often face a series of questions from their aunts: How are they doing in school? How was work? Is there someone? If you already have a partner, will you consider marriage next? Then there is the question of fertility. These problems seem to be an invisible web, and young people feel a lot of pressure, sometimes to the point of unbearable, especially during the holiday season, the desire to go home often because of this pressure to subside. Elders out of concern, but often difficult to understand the feelings of young people, but feel that they are not sensible, not filial, not enough attention to the family. This lack of mutual understanding and communication makes the family relationship become heavy, and sometimes even evolve into a painful "burden". When both parties are unable to find balance and comfort in the relationship, the phenomenon of "disconnection" occurs, which not only reflects the conflict between generations, but also reflects the contradiction between the traditional concept of family affection and the pressure of modern life.

In the new media era, improving the media literacy of the elderly not only helps them keep pace with social information, but also promotes communication and understanding between the elderly and the young. On the one hand, young people can guide their elders to learn how to shop online, such as comparing the prices of different merchants, in order to obtain the most cost-effective goods. In addition, they can teach elders how to use modern services such as electronic payment and appointment registration, so as to make the life of the elderly more convenient, improve their self-care ability and information recognition ability, help them avoid fraud, protect property security and personal privacy. Through such interaction, the two sides not only increase the common topic, deepen communication, but also cultivate feelings, and reduce the embarrassment caused by the elders because of "disorderly care". On the other hand, when the elders have a certain degree of media literacy, they can better understand the fact that young people face the pressure of life and work, and have a deeper understanding of young people's ideas and lifestyles, which is conducive to reducing family conflicts and strengthening the cohesion among family members.

5.3 Be More Inclusive and Pay Attention to the Mental Health of Young People

Under the background of new media, young people face the phenomenon of "disconnection", which is not only a challenge to the traditional concept of family, but also a reflection on today's social structure. In order to improve this situation, more effective strategies need to be explored and formulated in practice. First of all, there should be more tolerance and understanding between family members. In the fast-paced modern life, young people face a lot of pressure, they need a relaxed family environment to relieve the psychological burden. Parents and elders should respect the independence of young people and try to understand their lifestyles and values.

At the same time, all sectors of society should also pay attention to the mental health of young people, strengthen investment in youth mental health services, and provide professional psychological counseling and psychological treatment to meet their psychological needs.

In McLuhan's concept of media, media, as a content carrier, is a tool and technology. [8, 9] As an important channel for information dissemination, new media should assume the responsibility of promoting mental health knowledge and advocating positive life attitudes. The media should introduce more programs and content that are conducive to the healthy mental growth of young people and guide them to establish correct values and outlook on life. In addition, schools and communities should also carry out various forms of mental health education activities and provide professional psychological counseling services to help young people deal with personal emotions, family relations and social communication and other aspects of confusion.

In addition, we will strengthen the strength of social work services and establish professional social work teams to provide comprehensive support and help for families who are separated. [10] Online lectures, family visits, psychological counseling, social assistance and other work are carried out to provide personalized and professional services for family members and promote the reconstruction and stability of family relations.

In this process, all parties should form a comprehensive support system to create a healthier and more harmonious social environment for the growth of young people. Through these efforts, we can gradually improve the current situation of "disconnection" of young people, promote the harmony of family relations, enhance social cohesion, and lay a solid foundation for building a harmonious society.

6. Conclusions

On the whole, in the new media environment, the phenomenon of "disconnection" of young people shows its complex social nature. The causes and influencing factors of this phenomenon are complicated and involve many levels. In-depth discussion of this phenomenon can not only more accurately grasp the psychological characteristics and needs of contemporary youth groups, but also provide powerful theoretical support for family and social policy formulation. Although this study has analyzed this phenomenon as comprehensively as possible, there are still some research limitations. Future studies can further explore other possible influencing factors on the basis of this study, in order to provide more abundant and diversified perspectives and suggestions for solving this social phenomenon.

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