
 NEWSLETTER

The Influence of Technology's Interference on Adolescent Addiction to Smartphone: The Function of Core Self-Evaluations and Need Satisfaction Perceived Online

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WHAT is the impact of technology interference on smartphone addiction among teenagers? Recently, a study published in *Psychological Science* selected 11-19 teenagers as the research object, through the science and technology interfere with the scale, the core self-evaluation scale, psychological demand, network meet the scale, and smartphone addiction scale as a research tool, using the method of cluster sampling from two middle schools in Hubei province, a questionnaire survey was conducted among 4,856 students, eliminating invalid questionnaires and obtained 4,372 valid questionnaires. Observe the influence on teen addiction to the smartphone through technology interference in parent-child interaction, and further respectively explore the mediation mechanism from the cognitive level (core self-evaluation) and motivation level (psychological demand network meet). After verifying that there is no serious common method deviation in the study, SPSS 21.0 combined with SPSS macro program PROCESS was used for data management and analysis. The results are as follow:

- There was a significant negative correlation between technological interference and core self-evaluation; there was a significant positive correlation between technological interference, psychological needs network satisfaction, and smartphone addiction.
- Technology interference significantly positively predicted smartphone addiction.
- Both core self-evaluation and network satisfaction of psychological needs play an intermediary role in the influence of technological interference on smartphone addiction.

Based on the data analysis results, the study proposes several suggestions:

- Parents can reduce the frequency of using electronic devices in parent-child interactions to prevent smartphone addiction among teenagers and healthily use electronic devices in family life.

- When parents cannot avoid using electronic devices in parent-child interaction, it is suggested to participate in positive electronic device use activities with children.
- By encouraging teenagers to have peer interaction offline and giving them opportunities to make decisions and express themselves freely, teenagers' needs for friendship and autonomy can be satisfied and their psychological needs can be satisfied in reality so as to reduce their psychological needs online.
- Provide adolescents with high social support to improve their core self-evaluation, thus playing an intervention role in teenagers' smartphone addiction.

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