

A Study on the Effect of the Mindfulness and Cultivation of Wisdom as an Intervention Strategy for College Student Internet Addiction

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Abstract : The purpose of this study is to investigate the effect of mindfulness and wisdom comprehensive strategy intervention on addiction to the Internet of college students by engaging fourteen intensive full-day mindfulness-based wisdom retreat curriculum. Wisdom, one of the practice method from the threefold training. Internet addiction, a kind of impulse control disorder, which attract the attentions of society due to its high prevalence and harmfulness in the last decade. Therefore, the study of internet addiction intervention is urgent. Participants with internet addiction were Chinese college students and screened by internet addiction disorder diagnose questionnaire (IAD-DQ). A quasi-experimental pretest and posttest design was used as research design. The finding shows that the mindfulness-based wisdom intervention strategy appeared to be effective in reducing the Internet addiction. Moreover, semi-structure interview method was conducted and outcomes included five themes: the reduction of internet use, the increment of awareness on emotion, self-control, present concentration and better positive lifestyle, indicating that mindfulness could be an effective intervention for this group with internet addiction.

Keywords : mindfulness, internet addiction, wisdom comprehensive intervention, cognitive-behavior therapy

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