Analysis of Teenagers Suicide in the Context of Technological Age

Jiangxin He and Yifan Wang

ABSTRACT

Teenagers are the future of our times, the qualified builders of great cause and reliable successors of the Party and the country’s future. In recent years, however, the phenomenon of youth suicide has become more and more common, and it has become a serious social problem, even endangering the prosperity and the decline of the future cause of the Party and our country. The phenomenon of the teenagers suicide clearly affects everyone nerve in many families, schools and societies, but sadly, there is no one can do about it. So, what causes youth suicide? How to prevent it? Generally speaking, those immature teenagers will lose their reason when facing a lot of difficulties or strain. Clearly, these are only explicit causes and deep ones need to be identified. According to Heidegger’s analysis of the nature of technology, it is not difficult to find that the influence and control of technology as “Ge-Stell” on people is the hidden factor of adolescent suicide. The combination of dominant and recessive factors can eradicate teenagers’ suicide.\footnote{Jiangxin He (1973-), Male, Born in Anqing, Anhui, Doctor of Philosophy, Associate Professor of School of Marxism, Xi’an University of Science and Technology, Distinguished Professor of Hu Yang Talent Project, Researcher of Xi Jinping Thoughts on Socialism with Chinese Characteristics for a New Ear in the Research Center in Xi’an University of Science and Technology
Yifan Wang (1994- ), Female, Born in Lanzhou, Gansu, Postgraduate Student of Marxism of Xi’an University of Science and Technology}

KEYWORDS

Technology Age; Teenagers; Suicide; The Reason
INTRODUCTION

Teenagers are an important force of the country as well as the future of the times. For this group, we outwardly care enough, but actually pay too little attention to them. Happily, as Chunmei Chen pointed out the severity of youth suicide phenomenon in China has drawn great attention in relevant fields in China in analysis of youth suicide research in China in the past 20 years (2017). Yang Xie in his studies of adolescent suicide behavior and influence factors (2017), the National health and family planning commission and comprehensive supervision, and Nanjing in his analysis of the causes of student suicides and coping strategies a (2018), psychological crisis intervention agree that families, schools, society and ego are the important factors, but how to prevent it and the research on the especially deep-seated reason has a little achievement, performance for the whole society to this phenomenon does not exist. Why do so many tragedies persist without effective intervention and prevention? The author believes that, behind these gut-wrenching tragedy, revealed the issues on present education of families, schools and society in China and management, but also more profoundly exposed, since entered the industrial age, science and technology have significant effect on human, especially on the teenagers of the outlook on life, world outlook, values and life view is not formed yet. On the one hand, science and technology provide convenience for people; On the other hand, the harm of technology to human beings, especially the nature of technology, is rarely seen by people. The latter is the hidden killer of teenagers. It urgently needs people to make deep reflection on it so as to prevent the disease from happening in future.

THE URGENCY TO STUDY THE PHENOMENON OF YOUTH SUICIDE IN CHINA

Emile durkheim has pointed out that suicide refers to “some death caused, directly or indirectly, by any positive or negative action performed by the dead person himself and knowing that such an outcome can occur” [1]. According to the relevant investigation, the average suicide rate of the world’s minors is 13/100,000 per day, while the average suicide rate of Chinese minors is 23/100,000 per day (2012) [2][77-87. An analysis of the suicide of middle school students released by Peking University’s institute of children and adolescent health is even more worried -- students of one in five in Middle Schools has considered suicide, accounting for 20.4 percent of the sample, while 6.5 percent have planned for it. Behind these shocking figures are not only the passing of one living life, but also the endless pain of the family and the misery of society. So exactly, what’s the cause to make this choice? Is it the pressure of learning or the loss of meaning in life? If it’s a problem of learning pressure, what we pursue is quality. If it’s said that life is meaningless, all Chinese parents regard their children as the treasure in their heart. So what is it about this group that makes that choice? Generally speaking, people think it is the
result of these children’s bad academic performance. Is that true? The data showed that some of the teens who committed suicide were under achievers, but some of them were excellent. As pointed out by Stillion et al., poor performance and truancy are the general characteristics of adolescents with emotional disorder, rather than distinguishing the general characteristics of adolescent suicide [3]. Adolescent suicide behavior is not mainly caused by poor academic performance. Qichao Liang once pointed out in the book young China speaks that “the wisdom of the country depends on the intelligence of the youth, the wealth of the country depends on the wealth of the youth, and the strength of the country depends on the strength of the youth” [4].But nowadays, more and more teenagers choose to end their lives at the same age. What a terrible thing it would be if it were allowed to continue. Lipeng Fei has long pointed out that there are lots of suicides. How will the construction of the nation continue when the nation’s youth falls down the road of growth? The problem of adolescent suicide has become a major issue affecting family happiness, social harmony and public health.

ANALYSIS OF THE CAUSE OF ADOLESCENT SUICIDE IN CHINA

Different schools in the west hold different views and methods on this issue which affects the sensitive nerve of the whole society. Durkheim classified suicide into four categories of altruism, egoism, anomie and fatalism, and pointed out that suicide is closely related to capitalist economic development, scientific and technological progress and social division of labor. The book also points out that suicide is a social phenomenon originating from economic, political, cultural, religious, families, social organization and other social factors. In the process of explore the risk factors of suicide, Jie Zhang, an international expert of suicide problem, introduced “ uncoordinated pressure” or “torsion” (strain) theory, to illustrate the main body “in case of any conflict and will make a decision when the cognitive psychological experience” [5], which is the suffering of the people face dilemma when can’t decide, torque factor namely the pressure source including conflicting values, desire and the reality of conflict, the lack of relative deprivation, crisis and crisis coping skills and so on four aspects; In the white paper on suicide countermeasures (2013 edition), a survey of the causes of death among young people aged 20 to 29 in 2011 in the JMHW showed that the suicide rate among young people was about 47%, mainly due to the Japanese culture advocating the Samurai spirits.

Similar to the view of suicide in foreign countries, domestic scholars such as Shaoxiong Ku and Xuming Wang also discussed it from the biological, psychological and social fields [6].To sum up, domestic and foreign studies or studies from social, psychological or cultural perspectives all ignore the historical background of suicide, that is, the technological progress and pathological society of capitalism that durkheim vaguely discovered but did not develop fully. When we put the horizon into this big era background to examine, the judgment of the harm of
technology to human will become more and more clear. With the deepening of reform and opening up, the status and function of science and technology are becoming more and more important. In this mode, human personality is bound to be “suppressed in the process of necessary but boring mechanized labor” [7]. The factors of juvenile and adult suicide are different, the imbalanced development of personality and the contradiction between social groups finally lead to the increasing suicide rate of teenagers. Take the suicide rate of teenagers at the end of the first century after China’s reform and opening up as an example, “from 1446/100,000 in 1979 to 1718/100,000 in 1989 to 1979/100,000 in 1995, the annual increase of suicide in 17 years was 36.86%”[8]. From 1995 to 1999, as Shaoxiong Ku pointed out, the suicide rate among Chinese youth has risen rapidly. In addition, as Chun Zhang pointed out, the suicide rate and the number of deaths among young people have been increasing since the new century. That is to say, the suicide rate in China has been on a downward trend in the past 20 years, which is different from that in western countries and China analyzed by Jie Zhang. With the coming of industrialization and modernization, the suicide rate of Chinese teenagers is on the rise instead. It’s said that “due to the fact that you know the etiquette, sufficient food and clothing to know the honor and disgrace”. The material abundance should enhance happiness, security and sense of gain, but the actual situation is not complete. The study found that the lack of life education in families, schools and the whole society is the main reason for the increasing suicide rate of teenagers, while the impact and control of science and technology on teenagers at all levels is the underlying reason for the increasing suicide rate of this group. As pointed out by the research, “rapid modernization and industrialization led to the increase of the suicide rate among teenagers” [2]77-87. In general, the public’s understanding of science and technology, especially for technology, remains at the level of tools and means, but in fact, “in contemporary times, science and technology is no longer neutral, and itself becomes a dissimilating force of domination and manipulation” [9].

So what’s behind technology, or what’s the nature of technology? In fact, this problem is the focus of Heidegger’s later thought. It’s well-known that Heidegger thoroughly deconstructed the traditional metaphysics after discussing the question of “being” (existence) in the earlier stage. How to analyze the disadvantages of traditional metaphysics is the main task in the later period. We know that science and technology are important features and advantages of western society, but people do not know how it is possible. The great thinker Heidegger devoted himself into the later period to reveal the problem of how science and technology are possible, that is: technology and traditional metaphysics are intrinsically related, although traditional metaphysics has ended, its successor—technology is the destiny of human beings, because it is the manifestation of the Dao. In his works such as road signs and speeches and essays, Heidegger made an in-depth inquiry on technology, discussed the relationship between “being” (existence) and technology, and pointed out that technology is the underlying cause of modern people’s homelessness. According to Heidegger’s investigation of the original experience of the ancient
Greeks, the original meaning of the word “to bring forward” (Hervorbringen) or “let it appear” (Erscheinenlassen). Or, technology is not only a means, a tool, but also a way of demasking (ἀλήθεύωντι), it is in demasking and all state (ἀλήθεια) the occurrence of the field, in the absence of all (the truth) of domain into its essence. Modern technology, on the other hand, not only allows the existent (or the person) to appear automatically, but also deprives and oppresses nature by means of “forcing”. Driven by technology, nature is forced to appearance and show a chain that is constantly being developed, transformed, stored and distributed, that is, people make a visual observation of the outside world, and the subject-object dichotomy. It should be pointed out that this kind of frame (Ge-stell) is not freely controlled by human beings. It forces human beings to regard reality as their existence in the way of tectonic activity. Human beings are not free to choose, which the essence of modern technology is. That is to say, technology is something hidden and often manifested as alien, antagonistic and ruling power. Technological domination is a fate that humans cannot escape. However, the ordinary people do not see the nature of science and technology, and thus do not see the repression of people. This is especially true for teenagers, who rely too much on science and technology, because they can only feel the convenience and pleasure brought by science and technology to their life, but cannot see that this mode makes their way of existence more alienated. The depression and other problems caused by the further fermentation of this kind of depressed psychology are the deep reasons leading to adolescent suicide.

Influence and Control of Technology on Teenagers

As is known to all, since the reform and opening up, along with the implementation of the family planning policy, most families, especially those in cities and towns, have become only children. They are born with a sense of superiority and are often called “little emperors”. However, these “little emperors” in the process of growing up are paid too much attention or expectation, this will increase their burden, suppress their nature, cause themselves sealing, lost themselves, which is referred in the context of the Hong Kong adolescent suicide attempters “depressed” [11]. Although they receive a lot of love, they are still full of loneliness, they will subconsciously force themselves to respond and complete the attention and expectations of people around them; Those rural children learn about the gap between the rural conditions and the wonderful world outside through the Internet and media, or find it difficult to adapt to the new environment when they leave the countryside and go to the city, which adds great tangible and intangible pressure on them. The pressure they encounter when growing up, if not properly adjusted and cathartic, will make them unable to bear the burden of life and go to the other end. For teenagers, education in China always advocates all-round development of morality, intelligence, physique and beauty. However, when we observe the age groups of post-80s, post-90s and post-00s, we can find a phenomenon that the older they are, the more colorful their growth stage is. Taking
the post-80s generation as an example, when they were teenagers, their learning mode was mainly based on classroom books, their entertainment mode was mainly based on the group of classmates and friends, and their interpersonal communication was mainly based on face-to-face communication. Therefore, they were not alone or lonely when growing up. Taking the post-2000 generation as an example, they are burdened both in and out of class, looking for sustenance through online games, and virtual contacts such as QQ and WeChat replace real interpersonal communication. The statistics of China Internet Information Center in February 2015 showed that the application of focusing on online entertainment is the most important feature of the young. In addition, according to the statistical annual report of China’s game greenness assessment (2012), 78.5% of the 423 popular online games in 2012 are not suitable for teenagers to use [12]. These violent, bloody, vulgar and even pornographic games are presented in front of this group. By comparing the life styles of teenagers in different times, it can be found that the more advanced and developed the science and technology, the easier it is for teenagers to seal themselves up. As a result, it is difficult for them to be integrated with the society, which leads to pessimism and world-weariness [13]. Although the global sharing era can receive more and more information, teenagers cannot make comprehensive choices due to their lack of judgment ability, which leads to their one-sided and unitary character and cannot achieve comprehensive development.

Influence and Control of Technology on Families

Families are the first and most important gate for the growth of children. However, under the pressure of technology, many families in China have materialized and alienated phenomena, and their concern and care for teenagers have many problems. The article “Chinese rural parents’ migration, care and children’s criminal behavior” says that “how the parents’ migration affects other aspects of children’s life and indirectly affects their bad behaviors” [14]. Comparatively speaking, parents tend to satisfy their children’s material needs and ignore the creation of their spiritual space, which forms a great contrast between the rich material life and the empty spiritual life, and this contrast often leads to their fatal weakness in character. In China, the family education model can be divided into four types: doting, clashing, laissez-faire and democratic. Among the four categories, before the three categories are most prone to adolescent suicide. Spoiled education makes children unable to face setbacks in life. When they encounter difficulties, they cannot afford them, so they will choose the way of give up life to escape. Stick education has a long history, the ancients think “under the rod filial son”. Although stick education is illegal in contemporary China, it still exists in real life. Yuzhang Academy of Nanchang is the product of this concept. This mode will make the children feel the warmth of the family, when they do not see the joy and hope of life, they will choose to give up the pace of progress and even their own life. The laissez-faire education seems very democratic, but the children growing up in this mode will
think that they are not really important at home, and then feel that they are optional. When they do not feel the sense of accomplishment and existence, they may choose to end their life. Of course, what is worth promoting is democratic education. Children growing up in this mode can resort to family or other external forces to provide help and guidance to solve problems and develop their abilities.

The Influence and Control of Technology on Schools

Generally speaking, mental health education courses are offered in schools of all levels and types at present, and psychological consultation room is available. In practice, however, the curriculum and counseling facilities are of little importance to schools, students or parents because they do not produce tangible test scores. The “psychological counseling room”, which has a similar fate to the course, may not be visited by several students in a semester, and students tend to form a bias that those who go to the counseling room are the sick. This kind of public opinion will let those who want to go to psychological consultation student look consultation room and be deterred, because they are mostly weak and extremely sensitive, they do not want to take the “sick” hat. “There must be a teacher for ancient scholars”, says Yu Han. Teachers, so the ministry of education by occupation and confusion. Who knows nothing but what is born? Perplexity without following a teacher is perplexing and eventually confusing. On reflection, in the process of teaching and solving doubts, besides imparting knowledge on books, did the teachers really consider how to relieve the worries of the students? China is a large country with a large population. Although its economic aggregate is the second largest in the world, its per capital GDP and per capital income are still low. The country’s investment in hardware and software of education and the status of teachers are relatively low. Mustard feeding and needlework on children show that teachers in some schools today are hollowing out. With the increase of the number of teenagers, the country also increases the popularity rate of education by means of expansion of enrollment and so on, resulting in the phenomenon of “big classes”. On the one hand, it greatly increases the burden of teachers; On the other hand, it also makes every student get no substantial attention and concern, for example, the individual characteristics, the teachers’ practice and school organization factors impact on students bullying: multi-level analysis of public high schools in Taiwan, the article is talking about “big schools are generally considered the lack of adequate education resources, students discipline and classroom management problems, which leads to increase students' depression and violations of the law” [15]. When teachers are hollowed out, they don’t pay attention to the mental health or changes of each student with love. The problems of the students cannot be solved in time, so they accumulate over time, and finally either break out in silence or die out in silence.
The Influence and Control of Technology on the Whole Society

Every problem has two sides. Since the reform and opening up, China’s society has been advancing by leaps and bounds, and has entered the age of technology. Nowadays, social develops faster and faster, but teenagers in the face of such a fast pace of social development, obviously has not prepared for the corresponding, teenagers in the growth stage to learn more is subject to the way of life of the machine needs to be, because in the real world, the development of the society, economic growth, and innovation of science and technology, which makes the tool of social development is more and more fine, but if these tools are independent of man’s will, it will force people to meet the needs of the social division of labor. This results in the uniqueness of teenagers in the process of growing up -- they do not know how to pursue the value accomplishment of life itself, besides the pursuit of cold achievements, and thus become a one-way person. In this mode, the pursuit of achievement in the process of unexpected, will feel helpless, and choose to end their life. Now, for example, most of the students has become the “bow”, the way they get information’s main way from the network media, the society as a whole did not have enough patience to guide the independent thinking ability is not perfect teenagers accumulation of negative emotions, such highly conducive to teenagers the nurturance of world outlook, the outlook on life and values. Hui-ching Liu et al. stated in the article self-harm and adolescent suicide thoughts related to Internet addiction and Internet exposure that “RSES had lower self-esteem scores in adolescents with attention deficit/hyperactivity disorder, which was significantly associated with more severe symptoms of Internet addiction” [16]. According to the analysis, the virtual world conceived in an unrestrained way deeply attracts those teenagers who lack independent thinking. In addition to gaining speed and passion, in that virtual space, there is also a passage to die without any troubles. The most puzzling thing is that the world without troubles can be transformed from the real world. Under the guidance of such “worldview”, when teenagers encounter a little frustration and pressure, they will fantasize about solving those problems in this way. If we do not have a fundamental understanding of the characteristics of virtual society, we will not be able to grasp the real spiritual world of contemporary teenagers.

To sum up, for now, science and technology for themselves, families, schools and society which affect the teenagers grow up all the time, did not make fully that they learn the right life view, learn how to set up their own more perfect personality, to learn how to bear the responsibility given by life; They are not taught how to face pressure, the interpersonal relationship between classmates and the lack of family company. The society pays insufficient attention to this phenomenon, the excessive burden of education, the poor quality of parents themselves and the incorrect education way are the manifestations of the lack of education in life. More importantly, we need to face up to the fact that in today’s rapid economic development, science and technology bring us more convenience in life, and at the
same time, we should cope with the negative impact on the adolescent’s personality
and life value pursuit.

THE WAY TO ELIMINATE THE MAIN ROUTE OF YOUTH SUICIDE

Through the analysis of the phenomenon of adolescent suicide, we can be sure that when a child chooses suicide, he or she already has a serious mental illness, and finally breaks out in an extreme way. Therefore, the importance of life education is obvious. If we want to curb the occurrence of this phenomenon, we need to start from the combination of internal and external causes. The following ways can effectively curb the spread of teenage suicide.

Pay Attention to the Cultivation of Adolescent Personality

Good behavior habit is the first step for children to grow up healthily. In adolescent initial stage, the surrounding environment guidance is particularly important at this time, actively to get the kids to face-to-face communication, let the child pay attention in class, reduce the side effects of science and technology to people’s physical and mental health, have the basis of good mental health. When teenagers are in the gradual formation stage of their own personality, they can gradually realize that “the individual's pain, frustration and incompetence all stem from some kind of productive and efficient system, in which they live an unprecedented affluent life” [17].This awareness can make them to have a more comprehensive understanding of science and technology, not just stay in the tool level. For teenagers, the cultivation of personality also has more choices, life will be richer and more colorful, fundamentally avoids become a character flaw, one-way, and thus relieve the phenomenon of youth suicide and promote the harmonious development of the society.

Improvement of Family Literacy

Parents can often communicate about how to be a qualified parent, create such atmosphere around themselves first, and guide children in a more scientific way, which can effectively help them establish a correct outlook on life, world view and values. Many children do not want to talk, but do not know who to say or how to say. When a child has an answer to a puzzle, there is no mental time bomb. It should be noted that children who are coddled in the education way can be appropriately frustrated. In this way, when such teenagers encounter setbacks, their tolerance will be enhanced; The education method of stick type will result in the absence of children’s timid and sensitive characters. Therefore, parents of this kind should care and encourage their children more, make them have courage in life, and cultivate positive and persistent characters. Laissez-faire parents should start by caring for their children in every aspect of their lives and let them know that they are necessary
for the world. As Shakespeare put it, “a person born in heaven is like a torch lit by us, and the flame is not meant to illuminate the torch itself”[18]. Family environment is the factor that has the greatest influence on the growth of teenagers. Therefore, in the process of the improvement of family quality, we should pay more attention to the grasp of the degree of dependence of modern science and technology on teenagers when they grow up.

**The School Strengthens the Guidance, Fully Cares about the Student**

In order to solve the external factors, the course “mental health education” can be set as a compulsory course, and students’ mental health can be provided with more guidance. This course, which is really related to the physical and mental health of teenagers, cannot be reduced to a mere form. Secondly, we should strengthen the guidance of teachers and staff to teenagers, and often carry out the theme exchange activities of “caring for students”, so that students can have a platform to pour out all kinds of confusions, which can not only help them solve their psychological problems in a timely manner, but also make them feel that they are cared about. Campus violence happened frequently in recent years, intensified, this greatly damage the adolescents’ mental health, to solve problems in this aspect, the student teams can play an important role, can organize the campus activities and outdoor activities, for growing teenagers put down the phone, computer, more close with classmates, zero distance communication, establish a sense of trust. When addressing internal factors, different from family environment, schools are the places where teenagers rely least on science and technology. Therefore, when solving internal causes, schools are more about guiding healthy life view.

**The Whole Society should Attach Great Importance to Students’ Physical and Mental Health**

We should pay attention to the phenomenon of youth suicide and have a positive guidance for the growth of teenagers to prevent the tragedy from happening again. A teenager’s personality development is formed by education in many aspects, and the current policy of reducing the burden should not only be aimed at primary and secondary school students, but all members of the society. Relevant departments to formulate laws and regulations, such as jointly issued by the department of press and publication administration and so on. On the protection of minors of implementing online game addiction prevention system of physical and mental health notice, for online games publishing and business unit qualification, contents of administrative examination and approval, administrative and technical supervision of business activities and the game place of administrative regulation to make the rules. Game production companies inject health elements into the game program design, and relevant regulatory authorities strictly follow the “online game anti-addiction system development standard” to restrict minors’ online time, which will have a positive guiding effect on the mental health of teenagers. The whole society attaches great
importance to the dissemination and practice of life view and values. When people are in a technological society, they must objectively see the positive and negative effects of the technological age on the growth of teenagers, and fundamentally prevent youth suicide and prevent the occurrence of this phenomenon.

CONCLUSIONS

The development of science and technology is an important support for the development of globalization. Habermas has pointed out that science and technology is the primary productive force. This is undoubtedly dangerous and malpractice for the growth of teenagers. We are in a new era when we are determined to build a moderately prosperous society in all respects, and the principal social contradiction in China has been transformed into “the contradiction between the ever-growing need for a better life of the people and unbalanced and inadequate development” [19], which also proves the importance of science and technology for China’s contemporary development. Based on this reality, the fundamental way to solve the impact of the development of science and technology on the suicide rate of teenagers is to perfect the education system and mechanism to enhance teenagers’ ability to distinguish between the real world and the ideal world. Therefore, in education for teenagers, we should not only pay attention to the value of the real world, but also pay attention to the value of building an ideal world. Life is so precious that we often say that children are the flowers of our country, qualified builders and excellent successors of socialist cause. Everyone’s life is so precious that if you lose it, you will never find it again. Every teen’s death is a tragedy for a family and a tragedy for a country. Guangqian Zhu also pointed out that “life is a kind of art in a broad sense, and the life history of each person is his own work” [20]. I sincerely hope that the phenomenon of youth suicide will arouse people’s great concern and reflection, especially in the process of social development, and make life education in the context of science and technology so as to enable teenagers to deeply understand the meaning of life and to value life more.

ACKNOWLEDGEMENTS

This article is the phased results of projects including National Social Science Fund Project “The Study of the Whole Process of Chinese Dreams Intergarng into Tibetan Undergraduates’ Ideological and Political Education in Western Universities”(Grant No.14XKS035), National Social Science Fund Project “An Empirical Study on Eco-poverty Alleviation in Old Revolutionary Areas of Shaanxi and Gansu from the Perspective of Rural Revitalization Strategy”(18XKS018),the Construction Project of the Model Marxism College and Excellent Teaching Team by the Ministry of Education “Original Contribution of Xi Jinping’s Thought on Socialism with Chinese Characteristics for a New Era to the Development of
Marcxism”(18JDSZK081), the National Youth Planning Office “Adolescent Suicide Phenomenon Cause Analysis and Countermeasures Study” (17BJQ01134), Shaanxi Provincial Federation of Social Sciences “Cultural Confidence and Shaanxi Red Culture Education Path Research”(2018ZI48), Xi’an Social Science Fund “a New Era of Shaanxi College Counselors Professional Psychological Quality Cultivation Mechanism Research” (18Y96).

REFERENCES