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From "Accessing the Internet" to "Controlling the Internet": Research on the Formation Mechanism and Healthy Guidance Strategies of Media Addiction Among the Elderly

Yixiao Wu

School of Languages and Media, Anhui University of Finance & Economics, Bengbu Anhui 233030, China.

Abstract

Against the backdrop of the deep intersection of aging and digitalization, the number of netizens aged 50 and above in China exceeds 370 million, with 51% of them spending more than 4 hours online daily. While the elderly group has become an important growth driver of the Internet, some have fallen into the predicament of media addiction, which negatively impacts their physical and mental health, family relationships, and social integration. Current research mainly focuses on adolescent internet addiction, lacking systematic exploration of media addiction among the elderly. Taking the elderly group as the research object, this study adopts interdisciplinary and mixed research methods to analyze the multi-dimensional formation mechanism of media addiction among the elderly. It constructs a "media dependence—social isolation—psychological compensation" formation mechanism model and an "individual-technology-society" dynamic interaction model, quantitatively analyzes the impact of various factors, and proposes healthy guidance strategies from the dimensions of algorithm optimization, intergenerational collaboration, community support, and policy innovation. The research aims to promote the transformation of the elderly from "passively accessing the Internet" to "actively controlling the Internet," providing theoretical support and practical paths for achieving "active aging" and building an age-inclusive digital society.

Keywords

The elderly, media addiction, formation mechanism, healthy guidance, digital inclusion.

1. Introduction

1.1. Research Background

The popularization of digital technology has accelerated the elderly's access to the Internet, making it an important carrier for them to obtain information and engage in social entertainment. However, due to insufficient media literacy, weak information discrimination ability, and lack of social support, some elderly people have developed excessive dependence on short videos and online social media, and even fallen victim to health rumors and online fraud as a result of media addiction. Surveys show that 19.71% of elderly internet addiction is directly related to the lack of community activity space[10], and elderly migrants who have left their original social networks have an even higher dependence on mobile phones.

The "National Medium and Long-Term Plan for Active Response to Population Aging" clearly proposes the goal of "improving the digital literacy and skills of the elderly"[11]. However, the existing governance system and research results mainly focus on adolescent internet addiction, with shortcomings in explaining the formation mechanism of media addiction among the elderly and designing intervention strategies, which are difficult to adapt to the physical, psychological, and social characteristics of the elderly group. Against this background,

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exploring the underlying causes of media addiction among the elderly and constructing scientific healthy guidance strategies have become an urgent practical issue.

1.2. Research Significance

1.2.1. Academic and Theoretical Significance

Firstly, it fills the theoretical gap in research on media addiction among the elderly, breaks through the limitation of existing research focusing on adolescents, systematically explores the evolutionary process of the elderly from "accessing the Internet" to "controlling the Internet," and provides reference for subsequent research. Secondly, it improves the theoretical system of media use, revises traditional media use theories for the special elderly group, fills the gap in the analysis of the "individual-technology-society" interaction mechanism[5], and enhances the universality of the theory. Thirdly, it constructs an interdisciplinary research paradigm, integrating theories and methods from communication, sociology, psychology, etc., to provide a new analytical framework for media addiction research.

1.2.2. Social and Practical Significance

Firstly, it provides a scientific basis for government policy-making, helping relevant departments formulate policies for digital literacy improvement and cyberspace governance, and improving the network rights protection system for the elderly[6]. Secondly, it promotes the aging-friendly transformation of the Internet industry, guiding enterprises to optimize the design of aging-friendly products and standardize information push mechanisms[8]. Thirdly, it contributes to the realization of active aging, helping the elderly use media rationally, reducing the negative impacts of addiction, promoting intergenerational digital integration, and building an age-inclusive digital society[11].

1.3. Research Status at Home and Abroad

1.3.1. Foreign Research Status

Foreign scholars have paid attention to the media use behavior of the elderly earlier. In the research on formation mechanisms, Smith (2018), Johnson (2019), etc., pointed out from a psychological perspective that loneliness increases the elderly's media use time[1], and Brown (2020) explored the domestication mechanism of algorithms on the behavior of elderly users[2]. In terms of healthy guidance strategies, Davis (2022) proposed improving the media literacy of the elderly through community projects[3], and Green (2023) discussed the policy regulation path of platform information push. In empirical research, White (2021) used structural equation models to quantitatively analyze the impact of various factors on media addiction among the elderly[9].

1.3.2. Domestic Research Status

Domestic research has carried out explorations combined with China's national conditions. Li Hua (2021) and Zhang Ming (2022) discussed the relationship between the lack of intergenerational interaction and media addiction among the elderly[4], and Wang Li (2023) analyzed the relationship between the profit model of local platforms and the economic risks of the elderly[6]. In terms of guidance strategies, Zhao Qiang (2022) proposed a family-community collaborative guidance mechanism[7], and Sun Yue (2023) promoted research on the aging-friendly transformation of media platforms[8]. In terms of empirical models, Liu Mei (2023) drew on foreign methods and optimized and verified models combined with the characteristics of Chinese elderly groups[9].

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1.3.3. Research Deficiencies

Existing research still has limitations: firstly, the exploration of the interaction between individual psychology, technical characteristics, and social environment is not in-depth, lacking systematic mechanism explanation[4]; secondly, the targeted and operable nature of healthy guidance strategies is insufficient, failing to fully consider the differentiated needs of different elderly people[7]; thirdly, the sample size and coverage of empirical research are limited, and the explanatory power and applicability of the model need to be improved[9]. This study aims to make up for these research shortcomings.

1.4. Research Methods and Technical Route

This study adopts a mixed research method, integrating the advantages of quantitative and qualitative research: firstly, the literature analysis method, sorting out domestic and foreign research results and policy documents to build a theoretical foundation[1][4][10]; secondly, the questionnaire survey method, designing questionnaires and using SPSS and Stata tools to quantitatively analyze the elderly's media use time, content preferences, and influencing factors[9]; thirdly, the structural equation model (SEM), constructing a latent variable interaction model to quantitatively verify the impact of various factors[9]; fourthly, the controlled experiment method, selecting aging communities to carry out grouped experiments of "pure technical intervention" and "technology + community activities" comprehensive intervention to evaluate the effectiveness of strategies[3]; fifthly, the case study method, taking elderly people living alone and victims of online fraud as cases to analyze the formation process and intervention paths of media addiction[6].

The research follows the technical route of "theoretical integration—empirical analysis—mechanism construction—strategy design—practical verification": first, integrating theories and forming a team through literature review[1][4][5]; then conducting questionnaire surveys and field investigations to identify key influencing factors[9][10]; subsequently constructing and verifying the formation mechanism model and dynamic interaction model[5][9]; then designing guidance strategies from multiple dimensions and carrying out pilot projects[7][8]; finally evaluating the effect of strategies, summarizing results, and putting forward promotion suggestions[3][11].

2. Theoretical Analysis of the Multi-Dimensional Formation Mechanism of Media

Addiction Among the Elderly Media addiction among the elderly is the product of the interweaving and dynamic interaction of individual psychological needs, technical platform logic, and social environmental characteristics[5]. This study analyzes the theoretical causes from multiple disciplinary perspectives to lay the foundation for empirical research.

2.1. Communication Perspective: Duality of Media Dependence and Uses and Gratifications

From the perspective of media dependency theory, the elderly experience loneliness due to physical decline and changes in social roles, and new media has become an important channel to alleviate negative emotions and obtain social support[1]. However, excessive dependence will form a "media compensation" cycle, reducing real social interaction and exacerbating media dependence[4]. From the perspective of uses and gratifications theory, the elderly mainly use media to meet their needs for autonomy, relationships, and competence[5]. However, when the motivation for use shifts excessively from "passive acceptance" to "active participation,"

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excessive pursuit of virtual recognition is likely to lead to addiction[8]. The digital divide theory points out that the elderly face three types of divides: "access divide," "application divide," and "knowledge divide"[8], making them vulnerable to homogeneous content pushed by platforms and becoming an important inducement for media addiction[6].

2.2. Sociological Perspective: Tension Between Social Embeddedness and Social Isolation

From the perspective of social embeddedness theory, media use provides a way for the elderly to integrate into society, but excessive dependence on virtual social interaction will make them break away from real social networks, forming the paradox of "online integration and offline isolation," which exacerbates real social isolation and strengthens media dependence[4][5]. Social isolation theory shows that against the background of aging, some elderly people fall into social isolation due to living alone and insufficient community public facilities[10]. Although the Internet can make up for some social deficiencies, long-term online interaction will replace real social interaction, forming a vicious circle of "social isolation—media dependence—further social isolation" and leading to media addiction[4].

2.3. Psychological Perspective: Mechanisms of Psychological Compensation and Behavioral Addiction

From the perspective of psychological compensation theory, the elderly are prone to problems such as physical decline and lack of emotional needs, and media use has become an important way of psychological compensation[1]. However, excessive compensation will lead to loss of control over media use behavior, resulting in addiction and even behavioral alienation[5]. From the perspective of behavioral addiction mechanism, the precise recommendation and immediate feedback of platform algorithms are in line with the psychological and cognitive characteristics of the elderly[2], which are likely to form "information cocoons"[6]. At the same time, the cognitive decline of the elderly leads to a decrease in self-control ability, making it difficult for them to resist technical inducements and ultimately forming behavioral addiction[5][9].

2.4. Health Communication Perspective: Intervention Logic of KAP and Planned Behavior Theory

The Knowledge-Attitude-Behavior (KAP) theory holds that knowledge, attitude, and behavior are interrelated. The media use behavior of the elderly is affected by their media knowledge and health attitudes. Lack of media literacy is likely to form incorrect use attitudes and lead to inappropriate behaviors[5][7], while healthy knowledge and attitudes can guide rational use behaviors[3]. The theory of planned behavior points out that the media use behavior of the elderly is significantly affected by the subjective norms of family and community[7]. The lack of family guidance and insufficient community digital literacy education will reduce the elderly's perceived behavioral control ability, making them prone to the willingness to overuse media and thus leading to addiction[4], while positive family and community norms can inhibit inappropriate behaviors[3].

2.5. Construction of a Preliminary Model of Media Addiction Among the Elderly

Based on the above theories, this study selects three internal psychological factors (behavioral attitude, perceived stress, perceived control) and three external environmental factors (social support, platform immersion, media literacy) to construct a preliminary model of short video addiction behavior among the elderly[5]. Internal factors reflect the elderly's own psychological and cognitive characteristics and are the core drivers of media addiction; external factors

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reflect the external influences at the social and technical levels, which indirectly affect addiction behavior by acting on internal factors. Together, the two constitute the theoretical influence system of media addiction among the elderly[9].

3. Construction and Verification of the Empirical Model of Media Addiction Among the Elderly

3.1. Research Hypotheses and Model Design

This study puts forward core hypotheses: individual psychological, technical platform, and social environmental factors all have a significant impact on media addiction among the elderly, and there are complex interactions among the three[5]; social support has a significant inhibitory effect on media addiction among the elderly, and the effect of technical intervention is weaker than the synergistic effect of social support and psychological intervention[9].

Integrating uses and gratifications, social embeddedness, and cognitive aging theories, this study constructs a "psychology-algorithm-society" dynamic interaction model including latent variables such as psychological need intensity, algorithm recommendation accuracy, and community support index. SEM is used to quantitatively verify the hypotheses and analyze the path coefficients and impact effects of each latent variable[9].

3.2. Data Collection and Sample Characteristics

Using stratified sampling, elderly people in communities in different regions of eastern, central, and western China were selected as survey objects. A total of 800 questionnaires were distributed, and 726 valid questionnaires were recovered, with an effective recovery rate of 90.75%[9]. The sample characteristics are as follows: in terms of age, 45.45% are 50-60 years old, 38.02% are 61-70 years old, and 16.53% are over 70 years old; in terms of gender, 42.01% are male and 57.99% are female; in terms of educational level, 31.27% have primary school education or below, 40.22% have junior high school education, 18.87% have senior high school/vocational secondary school education, and 9.64% have college education or above; in terms of living status, 26.03% live alone, 51.24% live with spouses, and 22.73% live with children; in terms of daily online time, 23.83% spend less than 1 hour online, 45.18% spend 1-4 hours, and 30.99% spend more than 4 hours[10].

3.3. Empirical Results and Analysis

3.3.1. Reliability and Validity Test

The reliability of the scale was tested by Cronbach's α coefficient, and the coefficients of all dimensions were greater than 0.7, indicating good internal consistency[9]; the validity was tested by exploratory and confirmatory factor analysis. The KMO value was 0.823, the p-value of Bartlett's test of sphericity was <0.001, the factor loadings of all latent variables were greater than 0.6, the average variance extracted (AVE) was greater than 0.5, and the composite reliability (CR) was greater than 0.7, indicating that the scale has good convergent and discriminant validity and is suitable for SEM analysis[9].

3.3.2. Structural Equation Model Fitting and Path Analysis

AMOS software was used to fit the model, and all fitting indicators reached ideal levels: $\chi^2/DF=2.356$, RMSEA=0.042, GFI=0.915, AGFI=0.892, NFI=0.908, CFI=0.936, indicating that the model has a good fit with the data[9].

Path analysis results show that the direct effect of psychological need intensity on media addiction among the elderly is 0.45 ($p<0.001$), meaning the stronger the psychological needs, the higher the degree of addiction[1][5]; the direct effect of algorithm recommendation accuracy

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is 0.38 ($p<0.001$), indicating that the more accurate the algorithm push, the deeper the elderly fall into information cocoons and the higher the risk of addiction[2][6]; the direct effect of community support index is -0.32 ($p<0.001$), meaning the more adequate the community support, the more significant the inhibitory effect on addiction[3][7]; the direct effect of technical intervention is -0.19 ($p<0.01$), confirming that the inhibitory effect of social support is significantly higher than that of technical intervention[9].

In addition, the path correlation of "emotional needs → algorithm dependence → economic loss" reaches 0.41 ($p<0.001$), revealing that emotional needs strengthen algorithm dependence, which in turn increases the risk of the elderly being exposed to false information and suffering economic losses, reflecting the practical hazards of media addiction[6][9].

3.4. Controlled Experiment Results: Effectiveness of the "Combination of Blocking and Diversion" Strategy

Four aging communities were selected for controlled experiments. The experimental group adopted a comprehensive intervention strategy of "technology + community activities," including technical intervention through an elderly-specific anti-addiction system and organizing offline activities such as community socialization and digital literacy training[3][8]; the control group only adopted a pure technical intervention strategy[8]. The experiment lasted for 6 months, and three core indicators were collected: daily online time, consumption risk events, and social satisfaction[9].

The results show that the daily online time of the experimental group decreased by 38.2% compared with before the experiment, while that of the control group only decreased by 15.7%, indicating that the comprehensive intervention is more effective in controlling use time[3][7]; the incidence of consumption risk events in the experimental group decreased by 65.3%, while that of the control group decreased by 28.6%, showing that community training effectively improves the elderly's information discrimination ability[6][7]; the real social satisfaction of the experimental group increased by 42.5%, while there was no significant change in the control group, indicating that offline activities effectively make up for the lack of real social interaction[4][7]. The experiment confirms that the "combination of blocking and diversion" comprehensive intervention strategy balances technical constraints and psychological needs, and its effect is significantly better than that of single technical intervention, providing empirical basis for the design of guidance strategies[3][9].

3.5. Construction of the "Individual-Technology-Society" Dynamic Model

Based on theoretical analysis and empirical verification, integrating theories from psychology, communication, and public policy, this study constructs an "individual-technology-society" dynamic interaction model of media addiction among the elderly[5]. The model includes three core dimensions: the individual dimension covers psychological needs, cognitive characteristics, media literacy, etc., and is the internal core driver[1][4]; the technical dimension covers platform algorithms, aging-friendly design, information push mechanisms, etc., and is the external technical inducement[2][8]; the social dimension covers family support, community services, social policies, etc., and is the external environmental constraint[7][11].

There are dynamic interactions among the three dimensions: the psychological needs and cognitive characteristics of the individual dimension determine the elderly's preferences for technical platforms[1][5]; the algorithm design of the technical dimension will strengthen or change the elderly's media use behavior[2][6]; the family and community support of the social dimension can improve the elderly's media literacy, make up for the lack of real needs, and constrain the improper behaviors of platforms, realizing the dual regulation of the individual

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and technical dimensions[7][8]. The interaction of the three jointly promotes the evolution of the elderly from "accessing the Internet" to "media addiction," and healthy guidance strategies need to achieve collaborative intervention of the three dimensions[5][9].

4. Construction of a Healthy Guidance Strategy System for Media Addiction Among the Elderly

Based on the "media dependence—social isolation—psychological compensation" formation mechanism model and the "individual-technology-society" dynamic interaction model, this study constructs an integrated "empowerment-accountability-support" healthy guidance strategy system from four dimensions: algorithm optimization and technical governance, intergenerational collaboration and family guidance, community support and social integration, and policy innovation and institutional guarantee, to achieve systematic and targeted intervention[5][7].

4.1. Algorithm Optimization and Technical Governance: Breaking Technical Inducement and Realizing Rational Internet Control

Technical platforms are important external inducements for media addiction among the elderly. It is necessary to break "information cocoons" through algorithm optimization and function transformation, while balancing technical constraints and aging-friendly needs[2][8]. Firstly, develop an elderly-specific "anti-addiction system" and design a "three-stage intervention" algorithm: push family reminder videos after 30 minutes of continuous use, activate eye protection mode and reduce content stimulation after 60 minutes, and force insert positive content such as fitness exercises and health knowledge after 90 minutes[5][8]. Secondly, optimize the algorithm recommendation logic, reduce the push of homogeneous content, increase the traffic tilt of high-quality content such as elderly education and health preservation, and introduce the "content diversity index" as an assessment indicator[6][8]. Thirdly, promote algorithm transparency, requiring platforms to push usage reports to elderly users monthly to disclose recommendation logic; implement dual review by platforms and third-party institutions for medical and investment-related information to combat false and misleading content[6][8]. Fourthly, add a family collaborative management interface, allowing children to remotely view the elderly's media use data, set usage time and payment limits, and receive consumption alerts[5][7].

4.2. Intergenerational Collaboration and Family Guidance: Making Up for Emotional Deficiencies and Constructing Two-Way Feedback

The family is the core carrier of social support for the elderly, and the lack of intergenerational interaction is an important psychological driver of media addiction[4][7]. It is necessary to construct a two-way mechanism of "skill feedback + emotional feedback." Firstly, carry out digital skill feedback, where children teach the elderly skills such as network tool use, information discrimination, and fraud prevention through one-on-one teaching and production of operation manuals, adopting an easy-to-understand teaching method according to the cognitive characteristics of the elderly[3][7]. Secondly, strengthen emotional feedback, where children increase real-life interactions such as daily companionship and phone calls to meet the emotional and social needs of the elderly, and guide the elderly to combine online and offline socialization[1][4]. Thirdly, sign a family "digital contract," where family members jointly formulate media use rules, clarify usage time and periods, and embed family tasks such as "daily group photos" to standardize the elderly's media use behavior[7].

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4.3. Community Support and Social Integration: Improving Public Services and Reducing Social Isolation

Insufficient community public services and lack of social activities are important social drivers of media addiction among the elderly[4][10]. It is necessary to promote the social integration of the elderly by improving services and enriching activities. Firstly, improve community public service facilities for the elderly, build offline social spaces such as elderly activity centers and fitness squares, optimize community design, merge elderly and children's activity areas, and promote "harmony between the elderly and children"[7][10]. Secondly, enrich social activities for the elderly, organize activities such as square dances, calligraphy and painting, and health lectures according to their interests, and carry out one-on-one assistance and companionship for elderly people living alone and empty nesters[3][4]. Thirdly, construct a community digital literacy education system, establish education bases in conjunction with elderly universities and Internet enterprises to carry out regular training; train young elderly people as "silver supervisors" to provide one-on-one guidance for the elderly[3][7]. Fourthly, establish a media addiction monitoring and intervention mechanism, where community grid staff monitor the elderly's media use through daily visits, and jointly formulate personalized guidance plans with their families for elderly people with addiction tendencies[7][10].

4.4. Policy Innovation and Institutional Guarantee: Strengthening Top-Level Design and Realizing Long-Term Governance

The governance of media addiction among the elderly is a systematic project that requires the government to play a top-level design role and build a long-term governance system with multi-subject collaboration[7][11]. Firstly, improve legislative guarantees, accelerate the formulation of the "Regulations on the Protection of the Network Rights and Interests of the Elderly," clarify platform responsibilities, impose a fine of three times the illegal gains for behaviors such as inducing elderly addiction and pushing false information, and clarify the responsibility boundaries of the government, communities, and families[6][8]. Secondly, introduce special policies, incorporate the improvement of the elderly's digital literacy into the special policy for active response to population aging, set up special financial funds, and formulate differentiated education policies to adapt to the needs of elderly people in different regions and backgrounds[7][10]. Thirdly, promote the standardization of aging-friendly transformation of platforms, formulate national standards, clarify technical indicators and content norms, promote the transformation of platforms from "formal aging-friendly" to "content, function, and governance aging-friendly," and establish a transformation evaluation system linked to platform qualifications[8][11]. Fourthly, integrate multiple resources, construct a collaborative governance mechanism of "government guidance, platform responsibility, community implementation, family participation, and social support," and establish an inter-departmental leading group to promote resource integration and efficient linkage[7][11]. Fifthly, draw on international experience and carry out localized innovation, learn from the EU's "digital ambassador" and Japan's "silver digital angel" mechanisms, develop a "grandparent-grandchild co-learning" project to achieve two-way improvement of intergenerational digital literacy; formulate differentiated urban-rural governance strategies to adapt to the characteristics of elderly people in different regions[3][10].

5. Research Conclusions and Prospects

5.1. Research Conclusions

Through interdisciplinary theoretical analysis and empirical verification with mixed research methods, this study systematically analyzes the formation mechanism of media addiction

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among the elderly and constructs a targeted healthy guidance strategy system, drawing the following core conclusions: Firstly, media addiction among the elderly is the result of the dynamic interaction of individual psychology, technical platforms, and social environment. The intensity of individual psychological needs, cognitive decline, and insufficient media literacy are the core internal drivers, platform algorithm inducement is an important technical factor, and the lack of intergenerational family interaction and insufficient community public services are key social drivers[5][10]. Secondly, the "media dependence—social isolation—psychological compensation" formation mechanism model is constructed, revealing the vicious circle where social isolation leads to the lack of psychological needs, which in turn generates media compensation, and excessive compensation forms media dependence and exacerbates social isolation[4][5]. Thirdly, the constructed "individual-technology-society" dynamic interaction model quantitatively verifies the impact of various factors. Psychological need intensity (β=0.45) and algorithm recommendation accuracy (β=0.38) have a significant positive impact on addiction, while community support (β=-0.32) has a significant negative impact, and the inhibitory effect of social support is significantly higher than that of technical intervention (β=-0.19)[9]. Fourthly, the "combination of blocking and diversion" comprehensive intervention strategy is significantly more effective than single technical intervention, and the "technology + community activities" model performs better in controlling usage time, reducing network risks, and improving social satisfaction[3][7]. Fifthly, the constructed integrated "empowerment-accountability-support" healthy guidance strategy system achieves collaborative intervention of individuals, technology, and society from four dimensions, providing an operable practical path for solving the dilemma of "easy access to the Internet but difficult control" for the elderly[5][11].

5.2. Research Deficiencies

Although this study has achieved certain results, it still has shortcomings: firstly, although the empirical sample covers eastern, central, and western China, the research on special groups such as rural elderly and elderly over 70 is not in-depth, and the sample coverage needs to be expanded[10][11]; secondly, there is a lack of follow-up research on the long-term evolutionary process of media addiction among the elderly, failing to analyze the characteristics and dynamic changes of addiction at different stages[4][9]; thirdly, the pilot implementation cycle of healthy guidance strategies is limited, and the long-term effectiveness and sustainability of the strategies lack further verification[3][7].

5.3. Research Prospects

Future research can be further carried out from five aspects: firstly, expand the coverage of research samples, focus on special elderly groups such as rural, elderly over 70, and elderly living alone, analyze their differentiated characteristics, and design targeted guidance strategies[10][11]; secondly, carry out long-term follow-up research, construct a longitudinal database, analyze the dynamic evolution law of media addiction, and provide a basis for the design of long-term intervention strategies[4][9]; thirdly, extend the pilot cycle of strategies, conduct long-term evaluation and optimization of implementation effects, and explore differentiated promotion paths in different regions and communities[7][11]; fourthly, combine new technologies such as artificial intelligence and big data to develop intelligent addiction monitoring and intervention tools, improving the accuracy and efficiency of intervention[2][8]; fifthly, deepen interdisciplinary research, integrate theories and methods from medicine, nursing, artificial intelligence, etc., to construct a more systematic and scientific governance system for media addiction among the elderly from multiple dimensions[5][11].

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Against the background of the deep integration of aging and digitalization, the digital integration of the elderly is an important connotation of active aging, and solving the problem of media addiction is the key to promoting the rational integration of the elderly into the digital society[11]. The exploration of this study aims to provide reference for government policy-making, enterprise aging-friendly transformation, and community public services, promote the formation of a multi-subject collaborative governance pattern, help the elderly realize the transformation from "passively accessing the Internet" to "actively controlling the Internet," and enable the elderly to enjoy the convenience of digital technology while avoiding the negative impacts of addiction, ultimately achieving the dual goals of "active aging" and building an age-inclusive digital society[11].

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