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## **Adolescent Health and Sustainable Development: Reducing Short Video Addiction**

Keyun Li

### **Introduction**

In recent years, with the rise of short videos platforms and the popularity of smart internet devices among students, the phenomenon of teenagers' addiction to short videos has become increasingly prominent. Nowadays, almost all teenagers use mobile phones, including many children under 14. At the same time, short videos apps are also popular among them. It is an indisputable fact that short videos have a deeper and deeper influence on teenagers. In a TED talk about smartphone addiction, Welton (2019) described the madness of teenagers using smart phones today. Teenagers' addiction to mobile phones and short videos will lead to many physical and social problems, which is a challenge to the sustainable health of teenagers' body and mind.

The purpose of this paper is to show the harm of short videos to teenagers and make suggestions to reduce the related harm. The first is related harm, mainly in mental health (Liu, 2022). The second is advice, which requires more guidance, companionship and education (Liu, 2022). Although short videos have many hazards, they can be reduced through limitation and improvement.

### **The Sustainable Development Goals**

The United Nations General Assembly (2015) discusses the UN Agenda for Sustainable Development in 2030 and expresses the need to achieve sustainable development goals through actions. SDGs include eliminating poverty, promoting quality education, creating job opportunities, reducing inequality, coping with climate change and so on. The article emphasizes that these goals need the joint participation of government, enterprises and individuals to strengthen relations and allocate resources (United Nations General Assembly, 2015). Among

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them, the cooperation between individuals and institutions and SDG#3: Good health and well-being are relevant details.

### **SDG#3: Good health and well-being (Nations. , n.d.)**

Ensuring a healthy life and promoting well-being are essential to building a prosperous society, which is SDG#3. The United Nations (n.d.) explains SDG#3 in detail, which contains how to achieve this goal, indicating that people can start by promoting and protecting their health. Starting from self-change is a key link to reduce the harm of short videos.

### **Findings and Discussion**

The harm of short videos is mainly in the mind. Like many other addictions, short video addiction can cause distraction, delay behavior, increase anxiety and possibly depression. Due to spending a lot of time on short videos, the time for socializing and learning is reduced, and the social ability and learning ability are weakened, resulting in less interest in socializing and learning, thus spending more time on mobile phones, forming a vicious circle (Liu, 2022). In addition, watching short videos for a long time and using mobile phones excessively will challenge the eyesight and cause insufficient sleep quality (Welton, 2019). Therefore, it is urgent to reduce the harm of short videos. Here are three suggestions to reduce short videos.

First, organization and platform management can reduce the harm of short video. For example, some short videos applications in China will turn on teen mode automatically. These platforms will analyze user habits to determine whether they are teenagers and children, and then push appropriate content. In this mode, users will also be limited to the length of time they use the applications every day.

Second, the company of family and friends is also very important. This requires parents to put down their mobile phones and communicate with their children in reality. In order to

understand the recent life and study situation of children. Then give companionship and help. Friends and peers can talk and relieve stress through communication, not through short videos and social media (Liu, 2022).

Third, the individual efforts of teenagers are also very important. It is necessary to establish real interpersonal relationships offline and actively participate in outdoor activities, sports and academic campus activities, sports activities can promote teenagers' socialization and exercise. Campus activities can train teenagers' cooperative ability and social skills. Through communication, you can also make friends, talk about difficulties and relieve anxiety.

### **Conclusion**

In a word, short video addiction, as a kind of mobile phone addiction, will cause damage to teenagers' physical and mental health, so society should pay attention to related research and find ways to reduce related harm. This is also to better achieve the health goals of SDG#3.

At the same time, the popularity of short videos and electronic internet devices among teenagers has been overwhelming. Society should find ways to improve the devices and arrange them reasonably to benefit teenagers.

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