Research the problems of stress and isolation experienced by computer users in China.  
Write a simple report on your findings.

Digital media could lead to negative effects including being distracted from important activities at work or school, disseminating inaccurate information about people, online bullying, and fewer in-person social connections. As a result, this digital media could ultimately be harmful to mental health. Recent studies have shown that those who substitute virtual engagement for social interaction may later exhibit stronger social boundaries and feel more alone. These could potentially result in additional physiological and psychological issues. Key mental health concerns in childhood and adolescence include psychopathological conditions like anxiety, depression, and suicidality. These issues are frequently connected to the social environment and functional limitations in the home and at school.

Previous studies have shown that conduct issues, depressive symptoms, and suicide have increased since the Second World War in almost all developed countries, despite the fact that prevalence rates of psychopathological issues in adolescents vary widely depending on the different assessment methods and study samples. Students also had worse physical health than non-student controls, according to the study, and significantly worse mental health problems, particularly depressed symptoms. Adolescents in China are likewise struggling with major psychological issues. Particularly among children and adolescents, depression symptoms are on the rise in China and are particularly widespread. According to recent data, Chinese students are more likely than other students to experience depression symptoms in the range of 11.7% to 22.9%. Given the well-established connection between depression and suicide in the general population, this poses a serious public health risk.

Daily problems, accumulative life stress, and unfavorable life events like poverty, a lack of social support, interpersonal conflicts, or punishment have been demonstrated to significantly worsen depression. Other societal and personal circumstances, including as low socioeconomic position, gender, victimisation of intimate partner violence, and substance abuse, can amplify depressive symptoms to the point where they cause negative life events and strain on the individual. As a result, it has been discovered that turning to social support networks like friends, family, and your place of faith for comfort and support can be a potentially beneficial strategy for dealing with stress- and strain-related depression. Through the supply of emotional substantiation, such as compassion and empathy, as well as through encouragement, social support is believed to help reduce depression.