

The influence of the real world and the network world on human subjective consciousness

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Introduction

With the rapid development of society, the rise of the Internet and short video has led to the decline of the happiness of modern young people, which is controlled by the "information cocoon room", and even often confuse the boundaries between the real world and the virtual world. Based on this, I use cloth and all kinds of composite materials and painting to make a device, around a space, people can enter my device, device inside the Internet represents the virtual world, the device around a circle can touch all kinds of material sutures represents the real touch of the real world, I will wrap the wool around the top of the device, assuming the viewer into the device, can see the top through the light, which means that the people of the Internet world like the kind of fish in the net, but also like people into a information cocoon room, and by touch, access, perception, empathy show the main ideas of works.

This paper discusses that the unreal of virtual world fills the brain, which will reduce people's sensitivity and perception of real objects, and need more sensory stimulation of different degrees to bring spiritual satisfaction. In the information age, people's self-cognition and the development of virtual network lead to our subjective sensitivity consciousness, and the development of anything is necessary to return to reality.

Turn to the real world. Finally, the results of the difference adjustment questionnaire are discussed, and the survey is summarized, which proves that people's subjective awareness and happiness sensitivity are deeply affected by the virtual network, and it can be more tangible to focus on the real world.

The research contents of this paper include the following aspects: first, the investigation and analysis of the current real world and the online world on people's lives, and second, the impact of the virtual world on the real world, including the different emotional states in the virtual world and the real world, the impact of the virtual world on human mental health, and the adverse effects of Internet addiction on subjective consciousness. Finally, we combines the results and theoretical theory.

The significance of this study lies in understanding the importance of the real world for humans. The steps of the research include investigating and analyzing the ideological influence of the current virtual world on the human society, and making their own art installation and illustration creation based on the research and judgment. Research methods include literature review, list question survey, and experimental research on the relationship between the virtual world and the real world.

Chapter I

The Ideological Implications of Virtual Worlds for Human Society

Since the beginning of the information age, the virtual network has gradually penetrated into the social life and thought field of human beings. Virtual world information influences people's judgment, perception of the world, lifestyle changes, and so on, all of which transform modern society into something else. Mobile devices, especially smartphone platforms, are firmly embedded in everyday life (de Reuver et al., 2020). Extensive research has addressed the negative effects of mobile media use, although the literature has yet to provide definitive answers about its ultimate impact on an individual's overall well-being. Some users are used to ritually using their devices, as most have no ill effects when playing games, although some may be susceptible to questionable use. Although existing research has focused on the (mainly negative) consequences of mobile media use (European Psychiatry, 2012)

But the contradictions and conflicts of the virtual information world and the real world have become a common phenomenon in the modern era. As a virtual space, the network not only brings great convenience and enriches people's spiritual life, but also produces a lot of negative effects. First of all, it has great impact on the development of moral personality of young people, which leads to the change of thought mode in the course of the formation of human triple vision. Games have become a mainstream pastime, especially during the COVID-19 pandemic, as the adoption of smartphones and the complexity of apps, including gaming, has skyrocketed. Research recently released by Nielsen found video games at an all-time high (Nielsen, 2020). The use and satisfaction (U & G) theory holds that consumers have a set of cognitive and emotional needs they want to satisfy when consuming media (Rubin, 2009). So in most cases, people may be more likely to want satisfaction and spiritual needs from virtual media, replacing feelings from the real world with virtual networks. This virtual illusion has the potential to lead to addiction and dependence, which can cause a person to detach from real existence. Life goes on after returning to reality, but the mind changes, and the mind guides people's practical behaviour, so it potentially changes for a person and society as a whole.

Loss of control over Internet use can negatively affect daily functioning, family relationships and emotional stability (Computers in Human Behavior Reports, 2023). This phenomenon is described as Internet addiction or problematic Internet use (J. Shi et al. 2019). In recent years, both Western and Eastern societies have reported Internet addiction among adults and youth groups (C.S. Andreassen et al, 2017). It has become an important global mental health issue that deserves further attention. The epidemiological findings of Internet addiction are summarised in table 1. Lam et al found that 13.18% of 10-to 8-year-olds in China are moderately to severely addicted to the internet. Cao and Su report that 18.2% of Chinese middle school students are classified as internet addicts based on the same tests (H. Wu et al, 2022). In addition, IAT showed that 6.44 percent of first-year college students are addicted to the Internet (Y. Yin et al, 2016). A South Korean study found that OCD and depressive symptoms were associated with intermittent and increasing Internet addiction, respectively, according to Symptomatic Checklist -90. Yang and colleagues also noted that excessive Internet use by IAT in South Korea was associated with higher psychiatric symptoms in the Symptomatic Checklist -90 revision (J.H. Ha et al, 2006).

So I made a questionnaire (Appendix), through the list to collect the answer is not hard to see the virtual network brings greater influence to people, the survey of the virtual network to their negative impact of 80%, think the network benefits of 20% (figure 1), research show that more people will be willing to entertainment in real life for satisfaction and happiness, frequent use of virtual network for happiness finally will be empty

and boring, make a person's will decline, thus affect their own life.(Figure 2, Figure 3 and Figure 4).

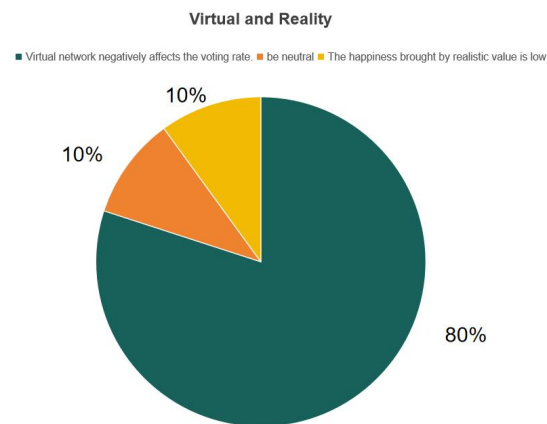


Figure1

Virtual and Reality

Will the virtual information network reduce your mental sensitivity, be easy to fall into decadence, and passively accept information input?

YesNo

The information network develops rapidly, along with the acceptance of a lot of information, so do you need more stimulation to be satisfied?

YesNo

Do you feel more happy in real life and in talking to people?

YesNo

Do you think young people are more energetic and energetic than in the underdeveloped information era?

YesNo

How much time do you think the virtual network takes up for you?

Manymoderatefew

Do you feel that you are often confused about reality or unreal in your life?

YesNo

Do you feel empty after ending the Internet?

YesNo

What do you think your life would be like if you had left the Internet?

HappyBoried

If you choose to be in nature or play a virtual network in a space, which one would you prefer?

play a virtual network in nature

Is it possible to achieve physical and mental satisfaction through real life?

YesNo

What do you feel different when you interact with online?

Relax anxiety

How much do you think the Internet will affect you?

positivenegative

Will you change your behavior patterns when using the virtual network?

YesNo

When you play games online, do you feel more and more boring?

YesNo

What do you feel different when you interact with online?

Relax anxiety

How much do you think the Internet will affect you?

positivenegative

Will you change your behavior patterns when using the virtual network?

YesNo

When you play games online, do you feel more and more boring?

YesNo

*What benefits do you think the virtual network can bring to you?

☐ Pleasure

☐ satisfaction

☐ recreation

Can you experience the fun of the real world in the virtual environment?

YesNo

Figure2

Figure3

Figure4

But we should also see the virtual network brings convenience to people at the same time, because it has some limitations, such as technical restrictions, legal barriers and the defects of the user consciousness level, make people worry about its security increase, which leads to the virtual network is not really become people's life necessities, but also can cause a certain degree of negative impact on society. The virtual world is very different from the real world: on the one hand, there is no real material in the virtual world, on the other hand, the real world cannot fully simulate the virtual world, so the two have huge differences in some aspects. In addition, the dissemination of information in the virtual environment is more free and more convenient compared to the real world. However, all these determine that the virtual world can not achieve the perfect

effect of the traditional society. With the development of The Times, people's ideas are changing, and people pay more and more attention to their spiritual needs and enjoyment, and this change will further promote the rise of virtual community. We want to get more and more pleasure and stimulation, which makes people sensitivity to happiness gradually weakened, when we often by some visual auditory stimulation, large quantities of information, information cocoon control, constantly accept foreign ideas and so on, will make people become numb empty, and lose the taste of human kindness. Unhuman society is cold, losing the human temperature.

It can be seen that poor control in a virtual environment can have a serious impact on psychological and mental health. Today's society is full of information and internet fantasy everywhere, but the real feeling exists in real life. The internet opens our eyes and brings with it anxieties and problems.(S.S.J. Lin et al,2002) Today's internet seems to be telling people that all it takes is grandstanding to get attention, traffic and money beyond the lives of many ordinary people who go to work and study, which is surely misguided value orientation. A lot of people also do a lot of bad things to earn traffic, lose their ego, lose their principles and lose their bottom line. People with mobile phones are also increasingly neglecting interpersonal communication and are accustomed to communicating on communication devices and receiving information. The intensive dissemination of information is overwhelming, requiring a great deal of time to process information and thus consuming their own time in the real world.

In this context, people are more eager to find a balance. The emotions and experiences in real life become precious, and people gradually realize that the vanity of the virtual world cannot replace the depth of reality. Some people begin to advocate embracing nature, moving away from the noise of digital use, and seeking inner peace. They choose to go out of the electronic screen frame, to feel the embrace of the wind, the warmth of the sun, appreciate the magic of nature. In this era of excess information, the pursuit of peace of mind has become a fashion, people more cherish the real and profound communication, appreciate the beauty of life. Perhaps, slowing down the pace moderately and finding the inner peace from reality is the right way to meet the challenges of the future. In the hustle and bustle of the city, there will certainly be a group of people looking for a quiet corner, they refuse to indulge in the riot of the virtual world, choose to stay away from the shackles of electronic screens. Out of the room, they feel the light blowing of the wind, bathed in the warmth of the sun, and discover the magic of nature. In this era of digital information surplus, they embrace reality again at a slow pace. Communication in real life becomes profound and precious. They understand that the peace of mind cannot be replaced by the virtual world. Therefore, slowing down the pace and staying away from the noise is the right way to choose. In this trend of pursuing peace of mind, people regain the depth of their hearts and appreciate the beauty of life. This may be the right way to meet the challenges ahead.

Chapter II

The importance of the real world to humanity

Virtual reality is as real as physical reality, but just different. (Richard Webb, 2022) Since the information age, the virtual network has gradually penetrated into people's social life and thinking field. All kinds of information in the virtual world not only affect people's view and cognition of the world, but also change their living habits. These factors together shape the new look of modern society. Mobile devices, especially smart

phone platforms, have been deeply integrated into our daily lives (Karin A. Haberlin, David J. Atkin, 2022). Although a large number of studies have explored the negative effects of mobile media, the relevant literature has not clearly identified its specific impact on the overall welfare of the individual. Some users are more likely to ritually operate their devices, because in the game, most users do not suffer adverse effects, although some may be more vulnerable to improper use. Although the current study has mainly focused on the negative impact of mobile media use (e.g., Shi et al., 2019; Zastrow, 2017)

However, in the world of virtual information and in the real society, various contradictions and conflicts have become the common problems faced by the modern society. Although the Internet as a fictional space provides people with great convenience and enriches their spiritual world, it also brings many adverse consequences. The cultivation of the moral personality of teenagers is first faced with great challenges, which has a profound impact on the thinking mode in the process of the formation of the human three views. With the popularity of smartphones, apps including games have become more sophisticated, so playing games has become a major form of entertainment, especially during the COVID-19 pandemic; video games have reached unprecedented heights in history, according to recent Nielsen research (Psychoradiology, 2023). The use and satisfaction (U & G) theory states that consumers often choose consumer media with a set of cognitive and emotional needs that they expect to meet (Rubin, 2009). Therefore, in most cases, people may be more inclined to obtain satisfying and spiritual needs from virtual media and replace the feelings in the real world with virtual network. Such fictional fantasies may lead to addiction and dependence, which in turn puts them lose contact with the real world. When they return to real life, although life continues, their thinking guides their actual behavior, and thus, it has a potential impact on the individual and society as a whole.

Failure to effectively control the use of the Internet, this may have adverse consequences for our daily life, family ties, and emotional stability (N.S. Hawi et al,2016). This phenomenon is defined as internet addiction or the presence of problematic internet use by . In recent years, there have been reports on Internet addiction in adults and adolescents (C.H. Ko et al,2005). This has evolved into a global and important mental health issue that needs more attention and attention. Table 1 summarizes the information about Internet addiction Therefore, we should try to avoid those false things in the virtual space, and as far as possible to return to the real world to feel the existence of real things and obtain spiritual satisfaction, so as to avoid the generation of some bad phenomena, so as to maintain a healthy and upward benign development environment.

In doing so, we work to gather valuable information, and hope that they will be our friends, relatives, or partners, so that we will no longer be immersed in the illusion of the Internet.

Real value is not only shown materially, it is deeper reflected in the spiritual level. In our daily life, we are often bound by the real world, so we should focus on improving our true spiritual qualities and return to our true self.

The main differences between people and animals are reflected in emotion and thinking, and the core that really determines emotion and thinking is "real contact" and "real experience". Fantasy not based on reality is a fictional connection, and those indulging in nothingness may choose self-destruction. In the world of "truth, goodness and beauty", the essential power of man is awakened, man becomes a man in the real sense, and the freedom void of man is realized and finally reaches a new height. People continue to pursue the "true self", while our daily lives are gradually approaching this pursuit: material abundance and spiritual satisfaction; social advancement and cultural prosperity; and happiness and happiness. With the progress of civilization, the material civilization has also been promoted. In such a background, people have a higher pursuit of "truth, good and beautiful". However, with the great progress of material life and the extensive improvement of spiritual civilization, we face a new challenge: more people gradually lose their true souls."Real contact" is a way to learn more about your own mind. In this context, "real interaction" has become one of the main ways

that people pursue spiritual freedom. "Real contact" means letting us maintain a relatively real feeling of interacting with others, so that we feel consistent with ourselves without being deceived. So, what exactly is the real "real contact"? What can help us to overcome the "sense of emptiness"? What can help us get rid of that "illusory feeling"? What can bring peace and mind? How should we act in order to truly achieve freedom? We must get out of the unreal reality and enter into the real life, and there is a very important stage in one's life, that is, childhood and adolescence. So we must pay attention to this stage. When we are stuck in an unreal world and unable to extricate ourselves, we often experience all kinds of psychological pain and impulse. These emotions, emotions, desires and so on are often manifested as a pathological reaction, that is, in the spiritual field of a variety of maladaptation state. The symptom is called emptiness syndrome, but it is also called a pathological personality. In the modern society, "emptiness disease" has become a worldwide mental disease, and has become more and more intense trend. "Emptyism" not only has a negative impact on people's daily work, study and life, but also brings a great threat to people's mental health, seriously hindering the comprehensive and healthy growth of a person or even the whole nation.

In real life, due to the material living standard, educational level and other reasons, many people cannot have real happiness. This prompts us to re-examine, what is true happiness? Where does happiness come from, exactly? In the book "Happiness", the author deeply interprets "happiness" from five dimensions: first, "happiness" refers to the satisfaction and satisfaction that people get in the pursuit of their own wishes or goals; second, happiness is the expectation and recognition of a result; and finally, happiness is the inner experience and perception of the individual. Therefore, "the loss of human soul" has become a major subject facing contemporary Chinese intellectuals. In traditional Chinese philosophy, the discussion of "Tao" is still of great significance to our current efforts to solve this problem. It provides us with a unique perspective to understand and change the world, which is a very important reference for modern people. People are eager to return to the world of "truth, goodness and beauty" to find the home of the soul. Therefore, the use of art as a means to realize the pursuit of "truth, goodness and beauty" realm has become a kind of spiritual satisfaction, and this pursuit is a kind of consumer goods, but also a spiritual demand. "The true self is the most important thing for a person", which can only be understood through his own inner perception. In this process, the relationship between people changes. People no longer communicate in a simple and simple way as before, but pay more attention to each other's spiritual communication. In the modern western aesthetics, the existential philosophy represented by Heidegger and the liberal philosophy represented by Rawls and Locke all try to express this idea through art. However, due to the different theoretical premises, as well as the differences of their respective times, there are great differences in their understanding of the form of art works. Rawls considered artistic works a reflection of social reality; Locke emphasized their aesthetic function and educational function. As is often said, art comes from life and is higher than life, so the foundation is also related to the reality of life, and things produced out of thin air often lack some soul. The real things can bring us real pleasure, so as to achieve the highest state of life —— freedom and harmony. Therefore, we can say that art is to allow artists to experience the real life in certain ways. In order to make this experience more profound, we must have the corresponding method to transform it into an artistic image. This idea also guides my paper writing and my works.

Chapter III

Make your own art installations and illustrations

In this information age, people often ignore the existence of the real world, which is discussed through the use of various external materials. I hope to apply these materials to every corner of our lives. I only want to use a variety of external materials, such as: bark, metal, cloth, plush, and simulated grass (Figure 1, Figure 2). Let's put these materials online and implement them through the Internet. Next, you have the opportunity to touch various things in the real world and build them with a variety of different synthetic materials. We call this technology "virtual" technology, which will bring new experiences and feelings to humans. The network virtual world is set in the center of the tent. There is a tent cloth made of materials facing the outside that people can touch directly, and feel the reality directly with their hands.



Figure 1 Net and hula hoop



Figure 2 made of comprehensive materials

Representative texture elements include trees, cloth art, gems and wool, etc. These materials are all common things in our lives. It is no exaggeration to say that reality is not just the pictures we see on the Internet, but also the things that we need to truly experience and perceive, and truly feel the things that exist in our daily lives in these worlds. So I want to present the Internet world through this device, so that more people can know it, understand it, like it, so as to change their view of the world. My practice examines the influence of the real world and the network world on human thought and personal subjective consciousness. With the rapid development of society, the rise of the Internet and short video has led to the decline of the happiness of modern young people, which is controlled by the "information cocoon room", and even often confuse the boundaries between the real world and the virtual world. (Figure 3) Based on this, I use cloth and all kinds of composite materials and painting to make a device, around a space, people can enter my device, device inside the Internet represents the virtual world, the device around a circle can touch all kinds of material sutures represents the real touch of the real world, I will wrap the wool around the top of the device, assuming the viewer into the device, can see the top through the light, which means that the people of the Internet world like the kind of fish in the net, but also like people into a information cocoon room, and by touch, access, perception, empathy show the main ideas of works. (Figure 4)



Figure 3 Tent installation



Figure 4 Comprehensive material in the work

Influenced by Sabina Honig's sculptures, photography, and installations, she undertook a profound redesign of the architectural space and the universal form of the city, aiming to deeply explore the ideas of space, perspective, and memory. Her art form is both strict and full of poetic charm. She places herself in a world hidden by the "real". Through overlapping perspectives and a reversal of size and dimensions, she succeeded in reshaping various places and architectural structures she was known for, including shop windows, city facades, and school buildings. This unique technique has made it a new trend in contemporary art. Through the blurred boundaries between painting and actual space, the audience and the audience, Horig's artwork not only challenge the audience's perception of their environment, and also further broaden their horizons. At the same time, it also expresses our view of life itself, for example, we can see our body, eyes and mind being manipulated by a force, which produces our visual experience. In my subsequent art, I created a lot of illustrations and printed them on cloth, which represented the real world I saw of all colors.(Figure 5)I use mirror technology (Figure 6, Figure 7), and the core idea of this technology is to map what you see and make sure that what we see and do returns you accordingly. I hope that through these efforts, people can get closer to their real life. I think you might spend an hour on your phone and the Internet, or an hour in real life to communicate and experience the environment, which brings very different feelings. In my studio, there are lots of in-life scenes, which are all my own ideas. In this real world, we also have the opportunity to calm down to think deeply and dig into our self-knowledge. In the process, I thought it was a change in the way I knew myself. With the equipment I have, we can clearly feel the significant difference between the real world and the virtual world.



Figure 5

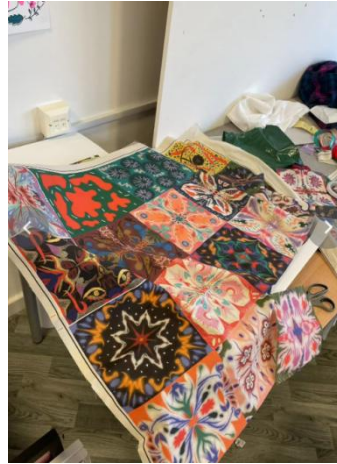


Figure 6



Figure 7

My work Virtual and Reality is to make people realize the difference between reality and imagination through my equipment, allowing us to have a deeper understanding of society. It is not a simple technical problem, but a philosophical thinking: there are two distinct material forms in this world —— truth and fiction. Reality and fiction are two different concepts. Real life is real, and fiction is a fictional life; reality and imagination are also different. Imaginary life is reality, it has authenticity; real life is imaginary life, it does not have reality. In the real world, all human behavior must follow certain rules. For example: to obey traffic rules; to obey public order; to obey social order, etc. These rules are rules, or the sense of rules. So, the real world is made up of many rules. In real life, people always act in a certain way, that is, the so-called "law of survival", this is the rule. A rule is a norm, a code of action that people take to achieve a certain goal. The rule of human behavior is a kind of code of behavior that people follow. It includes people's cognition, emotion, will, habits and so on. Therefore, when we look at the reality from another Angle, we will find that the real world is also full of various rules, and such rules do not only stop at the superficial level. The virtual world also has corresponding rules, but the difference is the lack of some constraints in reality, and can even hide themselves. So, is the virtual world real or unreal? In our ideas, what determines the reality? Why do we pursue the reality in the virtual environment? Is the virtual world really better than the reality? I was very excited about the touch of the actual material. I was very excited to feel the touch of the actual material, so I called it "tactile perception." I think tactile perception should be one of the most important elements in my creative process, because tactile perception can bring me more experience and perception. Therefore, when I create, I always focus on how to make the work closer to People's Daily life. In this paper, I take this question as a research topic, and put forward three main points: (1) real matter is real; (2) real matter should be reduced to a complete space; and (3) real matter needs to be completed with the joint action of multiple senses. Here I also make a theoretical explanation of how to implement these ideas. On this basis, I proved my argument through specific cases: First, I built the real object based on the "truth" and the "touch" in the creation process. Secondly, I used these materials to make something realistic. Finally, I applied this result to the real life, and achieved good results. Therefore, this paper discusses the concept of real matter and the method of "touch" as the main line, hoping to take this opportunity to arouse readers' attention to tactile perception, and further stimulate readers' thinking about the relationship between the real world and the virtual scene. At present, I hope my design can help more people achieve the goals they pursue to practice and accept this view. In the design process, I hope to present myself in a unique way, showing my view of society, life and nature, as well as my attitude towards the world. Here I would like to elaborate from four aspects: 1.

Communicate information through visual language; 2. Use color to convey emotion; 3. Use materials to express; 4. Create space with materials. Through the above means, the audience can feel that the design itself contains a rich and profound meaning.

I want this way to attract more people to care about our real lives and the changes that happen to the people, things and circumstances around us. In my opinion, this is not only one of the most valuable and meaningful affairs, but also a kind of sincere self-expression and the release of the mind, which is also the direction I strive to pursue. When people really realize the world, the whole human society will enter a new era. So I hope that in the future some new art forms and works to express this changed world. I plan to show my talent as an artist and my expectations for the future through these creative works.

Appendix: A list of survey questions about the different effects of the virtual information world and the real world on people

1. Will the virtual information network reduce your mental sensitivity, be easy to fall into decadence, and passively accept information input?
2. The information network develops rapidly, along with the acceptance of a lot of information, so do you need more stimulation to be satisfied?
3. Do people feel more happy in real life and in talking to people?
4. Do you think young people are more energetic and energetic than in the underdeveloped information era?
5. How much time do you think the virtual network takes up for you?
6. Do you feel that you are often confused about reality or unreal in your life?
7. Do you feel empty after ending the Internet?
8. What do you think your life would be like if you had left the Internet?
9. If you choose to be in nature or play a virtual network in a space, which one would you prefer?
10. Is it possible to achieve physical and mental satisfaction through real life?
11. What do you feel different when you interact with online?
12. How much do you think the Internet will affect you?
13. Will you change your behavior patterns when using the virtual network?
14. When you play games online, do you feel more and more boring?
15. What benefits do you think the virtual network can bring to you?
16. Can you experience the fun of the real world in the virtual environment?

Conclusion

Virtual network has become a cultural phenomenon in the new era. This means that we need to hold a correct view to view the consequences of virtual network to human society. We should not ignore the real life because of their excessive reliance on the network. This behavior will only make more people addicted to online games, thus losing their true self. There are also some teenagers due to the lack of correct understanding, will also produce the phenomenon of addiction to the Internet, which is a very bad phenomenon. Therefore, to get rid of people's excessive reliance on the Internet, the key is to start by improving personal literacy. Through the analysis of this paper, we can see that only by improving the comprehensive quality of college students can we better guide them to a healthy road and make contributions to the society. The priority is to improve the ideological and moral quality, establish the correct outlook on life, values and world outlook; next, we

need to deepen the study of scientific and cultural knowledge to improve the personal cultivation; we also need to develop a healthy lifestyle and establish a positive and healthy concept of life.

Test and evaluation

From the collected answers, we can clearly see that virtual networks have had a huge impact on people. Surveys of virtual networks showed 80% of the negative effects, with 20% believing that they brought practical benefits. The study also shows that more and more people want to find entertainment and happiness in their daily life, and want to feel the environment and talk with people in the real environment. Frequent use of virtual networks may cause people to feel empty and bored, which can affect their quality of life.

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