The Influence of Mobile Internet Addiction on Interpersonal Communication of Vocational College Students

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Abstract: With the popularity of mobile phone, mobile phone of the students in Higher Vocational Colleges rely more and more prominent, seriously affecting the college students' physical and mental health of students in higher vocational colleges, aggravating the economic burden of the family, and at the same time, the adverse impact on the style of study in colleges and universities. The reasons for mobile phone dependence of higher vocational college students are various, which requires the society, schools, families and students to work together to minimize the risk of mobile phone dependence.

Keywords: colleges and universities; vocational students; mobile phone dependence

As the mobile phone after newspapers, radio, television, Internet "fifth media", have a certain impact on people's lives, learning, communication and thinking mode, which has positive effects, also have a negative impact. And mobile phone dependence is one of the negative effects. In this paper, college students as the object of study, analysis of their mobile phone dependence of the status quo, harm, causes and countermeasures.

1. Characteristics of mobile phone dependence of Higher Vocational College Students

The author conducts a market research on many colleges and universities in Nanchang, and finds out that the excessive dependence on mobile phones of vocational college students is manifested in the following aspects:
1.1, mobile phone use time is too long. Of the surveyed vocational students, 35% of the students in the vocational school are in the state of 24 hours of mobile phone, and 65% of the vocational students use mobile phones more than 8 hours a day. Higher vocational students use mobile phone calls, send text messages, mainly mobile phone Internet and mobile phone entertainment, of which 3% of the students every day in more than 2 hours of talk time, 7% students every day and texting time in more than 2 hours, 45% students every day using a mobile phone Internet time in more than 2 hours, 22% of the students in Higher Vocational Colleges daily use of mobile phone to listen to music, play games and entertainment time in more than 2 hours.

1.2, mobile phone problems prominent. Mobile phone has become students' communication tools and entertainment tool, learning tool, plays the role of daily necessities, like mobile phone cell become a part of College Students' body, become a necessary condition for their existence, showing "man-machine" state. The relationship between higher vocational students and mobile phones is no longer the relationship between decision and decision, use and use, but mutual possession and interdependence, so that the way of mobile phones become reality. In the mobile phone there, instead of the other higher vocational students through the use of mobile phone functions: one is to play mobile phone to replace other forms of entertainment: some students addicted to mobile phone entertainment, to play all kinds of mobile phone games and watching video programs instead of other healthy entertainment; two is the mobile phone QQ, Fetion instead of the reality interpersonal communication: some vocational students all the emotions and energies to instant messaging, SMS and phone chat, to seek a kind of emotional comfort, while ignoring the people, the reality of face-to-face communication;

1.3, mobile phone dependence psychological problems are obvious. Through the survey found that some students in the process of frequent use of mobile phone, some psychological problems have emerged, 23% of the surveyed students think that because you can not use the mobile phone to become restless, 36% vocational students feel shutdown is difficult, 37% of the surveyed students will feel sitting because I forgot the mobile phone to Ann, 10% of the surveyed students will often take them as their own mobile phone ringtones. Then contact in real life, some students will put the mobile phone at any time can take place, even when sleeping on the side; often subconsciously out mobile phone; over reliance on mobile phone in communication with people, you can directly face to face, but to send text messages or phone calls. All these indicate that the problem of mobile phone dependence has become an increasingly prominent problem among higher vocational students.
2. The influence of mobile phone dependence on Higher Vocational College Students

2.1. The impact on physical and mental health: first, a fixed posture and repetitive and mechanical motion of electromagnetic wave and the use of mobile phone, will cause the symptoms of physical discomfort; long time use of mobile phone will lead to loneliness, depression, closed or other adverse psychological behavior; second, the frequent use of mobile phone, likely to make the higher vocational students accept the bad information, such as pornographic text messages and network picture spread, easy to mislead students, resulting in a decline in the level of individual morality, personality and psychological loss.

2.2. To increase the economic burden of Higher Vocational Students. With the increasing levels of social life, higher vocational students' consumption level is rising gradually, mobile phone consumption has become an essential part of the daily expenses of vocational college students, mobile phone purchase costs, mobile phone calls, mobile phone and Internet fee, entertainment package fee has become an important part of Higher Vocational Students' daily consumption, it is bound to bring unnecessary the economic burden to the poor economic conditions of the family.

2.3. To destroy the normal order of colleges and universities. Higher vocational students rely on mobile phone but also seriously damaged the normal teaching order, mainly in the following aspects: first, part of the higher vocational students because of poor self-control, play mobile phone in class, using a mobile phone to send entertainment class time, is bound to make the students learning quality grades, second, landslide; college class mobile phone ringing frequently affect the normal teaching order, the teacher interrupted the normal teaching content; third, with the popularity of mobile phone in higher vocational students, contributing to higher vocational students cheating.

3. Reasons for mobile phone dependence of Higher Vocational College Students

3.1. Social factors. First, pay close attention to it. The current social dependence on Higher Vocational Students' mobile phone attention is clearly not enough, unlike the Internet addiction research the impact to be in full swing, although human and society itself to the rapid development of the mobile phone is presented concerns, but most of the research has talked about the hazards of mobile phone radiation on the human body, mobile phone on planes and ships due to navigation errors, but the influence of social and cultural has rarely attracted the attention of scholars.

3.2. Students themselves. First, higher vocational students are eager to
obtain information. Because of the large amount of mobile phone information transmission, convenient and quick, and can send the mobile phone whenever and wherever possible, characteristic, can stimulate the students' age enough to meet the higher vocational students' sense of smell, thirst for information, reduce the students due to lack of information caused by psychological stress, self and eliminate the uncertainty in the environment. The psychological characteristics of young students decide that mobile phones can get the favor of higher vocational students; two, higher vocational students pursue fashion. For the keen fashion fashion tentacles of young students, the tree is different from the people, people are seeking in their pursuit of fashion of psychological motivation. In order to pursue fashion, many vocational college students frequently change their mobile phones, constantly pursue the mobile phone model, brand, function, style and price; three, the emotional transfer of Higher Vocational students.

3.3 University factors. First, the system is not perfect. The survey shows that most colleges and universities do not have a system related to using mobile phones. The survey did not specifically with the system in terms of mobile phone use, only the counselor or teacher verbal reprimand, lead to higher vocational students self-study class, with a mobile phone was rampant, and affected the teaching effect; two education is not in place. At present, colleges and universities do not educate vocational students how to use mobile phones properly, reasonably and healthily, and then follow the relevant mobile etiquette. It is common for vocational college students to call, send messages and play games in the classroom or study room. Most students believe that the use of mobile phones in classroom is a common phenomenon, showing the lack of education in the rational use of mobile phones and mobile etiquette, and the three is to divert ineffective. In the face of Higher Vocational Students' mobile phone dependence increasingly serious situation, university leaders and teachers do not take effective measures, just to remind students of warning, or stop, but can not fundamentally solve this problem, the students still go its own way.

4. Countermeasures for mobile phone dependence of Higher Vocational College Students

4.1 Social aspects. The government should formulate the corresponding legal system to implement the supervision of mobile phone culture, strengthen the development and utilization of mobile phone monitoring technology, and call on the society to pay close attention to the social problem of mobile phone dependence.

4.2 Students. The first is to cultivate their moral self-discipline ability. Higher vocational students should firmly resist the bad mobile phone culture, strengthen self-cultivation, and enhance the unhealthy information
of mobile phone culture in the immune system, do a really good media literacy; the two is to strengthen the self education. Higher vocational students should be through their own efforts, with a positive attitude to give full play to the initiative, with a strong will to resist the temptation to bring the mobile phone culture, strictly regulate the use of mobile phone, personal ability and moral self-cultivation.

4.3, family aspects. Many parents to care and help children with equal communication, to understand their inner world, and timely guidance and supervision of education, children, move, daniel. Encourage children to take part in some healthy activities so that they can feel relaxed and happy. In addition, we should also contact with the teachers, the monitor or the children's classmates, understand their children's learning, life, mental state, in order to help the teacher to correct their bad habits and habits in time.

4.4. School. First, we should guide and educate vocational college students to use their mobile phones correctly. Colleges and universities should improve the rules and regulations, strengthen the vocational students' mobile etiquette education, as well as the necessary and effective supervision of Higher Vocational students. Let students use mobile phone to realize civilization promote good social morality formation, to promote the construction of campus civilization, an important significance in promoting the personality cultivation of higher vocational students; the second is to carry out rich and colorful campus activities. Colleges and universities should regularly organize higher vocational students interested in rich content, healthy campus cultural activities. For example, the school can be combined with the current situation of entrepreneurship practice of higher vocational students, to cultivate the ability of higher vocational students good, also shifted their attention, thereby reducing the possibility of mobile phone dependence; three is the mobile phone as a platform for ideological and political education of Higher Vocational students. The ideological and political work in Colleges and universities should grasp the opportunity to respond effectively to the new period, the mobile phone as the ideological and political work in the new era of cultural position, via SMS, Fetion and other publicity policy of the party and state, the school campus news, carry out online activities, to carry out ideological and political education of higher vocational students to.

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References


