

# Research on the influence, causes and countermeasures of college students' mobile phone dependence

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**Abstract.** Based on the rapid development of Internet technology and the popularity of mobile phone use, there are more problems caused by college students' mobile phone use. This paper analyzes the influence of College Students' mobile phone dependence from two aspects, and states the causes of this phenomenon from both subjective and objective aspects. Finally, it gives the Countermeasures of College Students' mobile phone dependence from five aspects, in order to enable college students to reasonably control the time of using mobile phones, Use mobile phones scientifically.

## 1 Introduction

Mobile phone dependence is a psychological disease, more withdrawn, low self-esteem and relatively lack of confidence. As the pace of life accelerates, this psychological discomfort is increasing, they can't help taking out their mobile phone on any occasion and can't properly control the use time of mobile phone. Unconscious behaviors such as watching mobile phones first when getting up and staying up late before going to bed have become the norm of college students. From the perspective of mobile phone dependence, this paper analyzes its influence and causes, and puts forward countermeasures from the perspective of schools and students to guide college students to use mobile phones correctly and reasonably, slow down the dependence of mobile phone dependence, and exercise the improvement of self-control ability.

## 2 Influence of students' mobile phone dependence

In order to better understand the mobile phone use of contemporary college students, a questionnaire is designed. In order to ensure the authenticity and reference of the questionnaire, different college students from 15 universities in Hangzhou are randomly sampled. The following conclusions are drawn.

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## **2.1 Learning**

### *2.1.1 Positive impact*

In the survey, 52.24% of the students believe that mobile phones can enrich learning resources. To a certain extent, the mobile phone as a carrier, in which the software provides a platform for college students to carry out academic exchanges. Divorced from its inherent paper resources, image resources and electronic resources are now derived to enable students to study at multiple levels and enhance their interest in learning [1].

### *2.1.2 Negative effects*

The survey shows that 43.79% of students' mobile phone dependence has a great impact on learning efficiency, and only 10.26% of students' mobile phone dependence has no impact on learning efficiency. It can be seen that mobile phones affect all aspects of college students, so the impact of contemporary college students' mobile phone dependence on learning efficiency is widespread and has a great impact. 52.24% of the students believed that mobile phones could enrich learning resources. To a certain extent, the mobile phone as a carrier, in which the software provides a platform for college students to carry out academic exchanges. Separated from its inherent paper resources, image resources and electronic resources are now derived to enable students to study at multiple levels and enhance their interest in learning. [2] On the contrary, 45.77% of the students believed that the dependence on mobile phones made them develop learning inertia. The emergence of apps such as "homework help" and "little ape search questions" has a subtle impact on the mentality and learning motivation of college students, making them develop in the direction of laziness, not thinking and reducing learning efficiency.

## **2.2 Life**

### *2.2.1 Positive impact*

In the survey, it was found that 60.7% of the students believed that the dependence on mobile phones made their communication methods more diversified. The client on mobile phones enabled you to understand the development of something with front-line reporters at the same time. The emergence of various social software enabled you to communicate with each other more diversified [3]. 52% of students prefer to communicate with teachers and students online. Many self-contained software on mobile phones also bring many conveniences to students, such as flashlight, computer and other software, which greatly facilitates daily life.

### *2.2.2 Negative effects*

The survey shows that most students are in the stage of often staying up late because of mobile phones, 42.64% of students often sacrifice their sleeping time to play mobile phones, and 19.82% of students always stay up late because of playing mobile phones. It often causes dizziness, sore neck and chest tightness. It can be seen that mobile phone dependence has become a very serious problem, which may cause sub-health problems over time. 60.7% of the students thought that the dependence on mobile phones diversified their communication methods, and 52.74% of the students thought that the dependence on mobile phones reduced their practical contact with each other. The client on the mobile phone enables you to understand the development of something with front-line reporters at the same time. The

emergence of various social software enables you to communicate with each other more diversified. [4] But to a certain extent, the mobile phone weakens our social ability. The endless talk on the Internet forms a huge contrast with the submissive in reality, and some even become antisocial personality. The survey results show that 52% of students prefer to communicate with teachers and students online. Many self-contained software on mobile phones also bring many conveniences to students, such as flashlight, computer and so on.

### **3 Reasons for college students' dependence on mobile phones**

This paper believes that the main reasons for contemporary college students' dependence on mobile phones are low self-control, want to release pressure, feeling lonely and uneasy, fear of communicating with others in reality and other reasons. These reasons mainly come from two aspects, one is their own subjective reasons, the other is the external reasons.

#### **3.1 Subjective reasons**

##### *3.1.1 Learning attitude of college students*

The transition from a high school with high pressure and mandatory management to a loose and laissez faire university often leads to indulgence and dependence on mobile phones in class because of uncontrolled and self-planning. In the later stage, the life with low self requirements, self indulgence and no planning has slackened the main learning tasks.

##### *3.1.2 Low self-control ability of college students*

Some researchers believe that the lack of self-control and self-management ability is the root cause of College Students' mobile phone dependence. [5] Because college students have poor independence, low self-control and no clear requirements and plans for the future, they have low self-control, so they can spend their leisure time through mobile phones.

##### *3.1.3 Loneliness of college students*

Some college students feel empty because they have more spare time, and they are strongly interested in novelty. Without strong self-control and good guidance, college students will soon indulge in it. Lonely college students are more likely to have mobile phone dependence. [6] Mobile phone is a channel for college students with a strong sense of loneliness to relieve their depression and a good tool to vent their emotions. Research shows that college students' mobile phone dependence is related to self-esteem. Han Yongjia's research shows that the level of self-esteem is negatively correlated with the degree of mobile phone dependence, and the degree of mobile phone dependence of college students with high self-esteem is relatively low. College Students' satisfaction through mobile games makes people indulge in it.

#### **3.2 Objective reasons**

##### *3.2.1 Development of the times*

With the continuous development of the times, people's living standards are improving day by day. Chen Hao put forward that when the per capita income of the society reaches US

\$1000-3000, the society will begin to transform from a traditional society to a modern society. Its basic feature is the fragmentation of the social system, that is, the traditional social relations, market structure and the integrity of social ideas are changing, and the spiritual home, credit system, discourse mode and consumption mode are disintegrated, the whole society is fragmented. It can be seen that with the continuous improvement of living standards, the society is making continuous progress and more and more new things are changing, which makes us more and more dependent on mobile phones and unable to leave mobile phones - a tool that connects us closely with the outside world.

### *3.2.2 Social atmosphere*

Environment is the main factor affecting people's consciousness. Marx thought: man creates environment; Similarly, the environment creates people. From the perspective of psychology, one of the strongest driving forces that trigger human social behavior is "not to be isolated". Individuals will change their actions because of fear of isolation. The root cause of College Students' dependence on mobile phones is the spread of bad mobile phone culture. When everyone is playing with mobile phones, people with low self-control tend to drift with the tide and start playing with mobile phones. Maslow's hierarchy of needs is an incentive theory in psychology. From the bottom to the top, the needs are: physiology (food and clothing), safety (job security), social needs (friendship), respect and self realization. The process of following the public to play with mobile phones is to realize the need of belonging and love: a person requires to establish emotional contacts or relationships with others. For example: make friends and pursue love.

### *3.2.3 Convenience of mobile phone*

In addition to the most basic call functions, mobile phones can also entertain, socialize, read, watch TV, listen to radio, etc. Therefore, mobile phones are known as the "fifth media" after newspapers, radio, television and the Internet. To a certain extent, they penetrate into newspapers, radio, television and computers, and are a combination of the four advantages. Therefore, mobile phone has become an indispensable "tool" for people to communicate with the outside world, socialize and consolidate relations with the surrounding people, and has become an important medium for information transmission among social individuals. In this way, the convenience of mobile phones makes us more dependent on it. However, whether the mobile phone brings office efficiency or busy; Whether it is timely communication or isolation, we need to know from the research.

### *3.2.4 Boring classroom form*

In today's education mode, the classroom is boring and boring. We stick to the knowledge of books and can't communicate with the outside world. Our classroom form is relatively single, which will only be carried out in the classroom, and there is no innovative way of education. Therefore, today's students often doze off and play with mobile phones in college classes. At the same time, when the knowledge in the book can not meet or understand, we will rely on the mobile phone software query.

## **4 Countermeasures for mobile phone dependence**

### **4.1 More offline activities in school**

Now many students are repeating the three-point and one-line lifestyle of dormitory, classroom and canteen. They don't have to go out of the dormitory, which resonates with many college students. Tiktok can organize a series of activities or competitions that students are interested in, such as shooting small video, small video, photo competition, fashion T, cross stitch, reading marathon, etc., in order to attract students' attention, let students participate in, enrich campus life and reduce dependence on mobile phone, so that students can cultivate more hobbies and interests in various attempts, and lighten their psychological loneliness. The school can also organize study groups. Everyone needs to take CET-4 and CET-6 and computer in the University. They can set up study groups to find time to study together and supervise each other, change the direction of students' attention to a certain extent, and reduce the dependence of college students on mobile phones.

### **4.2 Offering psychological counseling courses**

Now college students generally believe that mobile phones can bring more happiness, but lack of interpersonal communication. In the psychological counseling class, constantly inculcating the harm of mobile phone dependence and its impact on us can make students pay attention to this problem. Because some students may not be aware of their dependence on mobile phones, some psychological games can shorten the relationship between students and make new friends. To a greater extent, students can feel that they can gain happiness different from that brought by mobile phones in interpersonal communication, and let students take the initiative to put down their mobile phones and talk to their classmates face to face. At the same time, psychological counseling courses can enable students to carefully think about their ideals and future and plan their life. With these goals and plans, they will have the motivation to learn, consciously reduce their time playing mobile phones and find the focus of life.

### **4.3 Spend some time outdoors every day**

Playing badminton, table tennis, rope skipping, etc. in the outdoor, you can't contact any electronic products during the exercise time, so as to reduce the time on the Internet, make yourself devote yourself to the exercise, enjoy the fun brought by the exercise, vent your bad emotions and negative pressure, and achieve the effect of relaxing your body and mind. At the same time, sports can open their social circle of friends to a certain extent, rather than close themselves. Students' personality can be fully adjusted and developed, and their personality can gradually become cheerful, which can reduce college students' dependence on mobile phones. Students tend to spend their spare time in club activities or get together with friends, thus spending less time playing with their mobile phones.

## **5 Conclusions**

Mobile phone dependence is an inevitable result with the advent of the era of big data Internet, but overcoming mobile phone dependence requires the joint influence of users themselves and external factors. In order to reduce the adverse effects of mobile phone dependence, external factors can be the use of mobile phones themselves, such as time control software, the enforcement of mobile phone management by schools, or psychological assistance by

teachers, so as to reduce the use of mobile phones, correct learning attitude and clarify goals, so as to improve self-control ability. Only with the improvement of self-control ability can it be possible to stimulate college students' correct learning attitude, strengthen the management environment of the school to help college students reduce their dependence on mobile phones, develop a good atmosphere for all staff learning, promote the steady rise of academic level, help college students form a healthy learning psychology and create a good campus environment.

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