

# Harm and Governance of Mobile Phone Dependence of College Students

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**Abstract.** The fact that mobile phone comes into campus and becomes popular makes students' learning and living more convenient, but also brings trouble to them, i.e., forming mobile phone dependence, which has impacted the learning and physical & mental health of college students seriously. The reasons causing mobile phone dependence of college students include factors of student ideology and factors of school teaching and management. Governance of mobile phone dependence of college students shall be conducted in aspects of improving students' self cognition and strengthening school management, to achieve good results.

## Introduction

According to the 36th Statistical Report of Internet Development Status in China released by China Internet Network Information Center, up to June 2015, there are 668 million netizens in China, in which there are 594 million mobile phone netizens. [1] Mobile phone is convenient for college students' study and communication, and also brings many troubles, i.e., forming mobile phone dependence. It not only impacts college students' study, but also causes damage to their attention, memory, hearing and sleep, etc.

## Harm of Mobile Phone Dependence of College Students

### **Impact the effect of classroom learning.**

College classroom is an important place to students for receiving education. If they play mobile phone in class, it will cause distraction of student learning, go against the acquisition of new knowledge, and also impact the study of other students and teachers' teaching. For a long time to do so, college students' memory, system thinking ability and understanding, etc. will reduce.

### **Endanger college students' physical and mental health.**

Researches show that playing mobile phone in class will form an inertial behavior as time passes, and they will feel strange without mobile phone. At the same time, chatting with QQ, browsing news, and listening to music when walking will make them lose sight of the surrounding environment, without safety consciousness, which easily causes personal risk. [2]

### **Impact the harmonious interpersonal relationships of college students.**

In the rapidly developing internet age, college students' living needs and safety needs are mostly realized by virtual world. Depending on communication in virtual world for a long time causes a result that not a few college students have communication phobia, which impacts the development of harmonious interpersonal relationships.

## Cause Analysis of Mobile Phone Dependence of College Students

### **Subjective Reasons of Mobile Phone Dependence of College Students.**

First, Lack of self-control. After entering into college, the students are unadaptable to fail to be strict with themselves for lack of supervision of families and teachers, rich of spare time. Under the condition of lacking self control, playing mobile phone for a long time must impact sleep and damage their eyes.

Second, Group psychology. Behavior habit popular in group will be accepted and followed by

members in the group, so does college students playing mobile phone in class. They think that playing mobile phone is fashionable, and don't want to be different with others or be isolated.

Third, Character flaw. Some college students are introvert, not good at talking, and have fear-like psychology for normal social interaction, which reduce their desire for social interaction. In order to obtain emotional satisfaction and support, they will use mobile phone to resolve loneliness and annoy, which will cause mobile phone dependence. [3]

### **Objective Reasons of Mobile Phone Dependence of College Students.**

First, The mobile phone is convenient to carry and communicate. With the emerging of smart phone, its convenience, virtuality and interactivity are increasingly prominent, which attracts college students pleased to seek new and different things. Mobile phone operators continuously launch a number of applications and games catering to popular taste for benefits, which attracts many mobile phone netizens to download various mobile applications and be addicted in them.

Second, Impacts of management system in college class. Classroom management systems of most schools do not explicitly stipulate that students cannot play mobile phone in class or answer the telephone. Since there is no normative system, so college students don't have psychological burdens and play mobile phone in class unscrupulously.

Third, Impacts of teachers' teaching attitude and method. Teacher is the leader of classroom teaching, and the teaching attitude and method directly affect teaching result. Some teachers never pay attention to the teaching discipline in class, and even do not care if students listen to the lectures; some teachers use too old teaching method, and never interact with students, as well as pay no attention to innovation. By these ways, students will lose interests in listening to lectures greatly, and then transfer their attention. Thus, mobile phone becomes the best tool to kill the boring class.

## **Countermeasures for Governing the Mobile Phone Dependence**

Mobile phone dependence has many adverse impacts on college students' study, mind and body, and interpersonal communication, so it is necessary to improve and govern.

### **Students Themselves.**

Conduct psychological correction, improve self-management skills. College students should try to obtain knowledge positively, consider parents' hardships to support you to go to college, and change from themselves, conduct mental regulation, restrain yourself using mobile phone in class. If necessary, you can seek for psychological counseling or psychological guidance, to cultivate healthy mentality and personality. Pay attention to real life, regard face-to-face communication as chief. Communication by mobile phone is always the communication in virtual world, so college students should not be addicted to the virtual world built by network, while should pay attention to the development of real world. Only by face-to-face communication, can you express and understand mutual emotions actually, enhance the level of interpersonal perception, subtly seize the emotions and feelings change of others, so as to conduct deeper emotion communication and establish good interpersonal relationship.

### **Schools.**

Build up good campus environment. Schools should declare strict discipline at the beginning of new semester, and be stricter on disposal of student's violation to use mobile phone, to play a deterrent effect. As the administrator, colleges and universities should lay emphasis on developing students' subjective initiative, respect, understand and trust them, guide them to conduct self-management initiatively, and cultivate their self-management abilities by fully playing the functions of student organizations and student cadres as a bridge. [4] Increase the attraction of class. Teachers should attract students in class by developing teaching materials, innovating teaching materials, putting forward independent opinions, and sharing with students. When college students think that the teacher's teaching content is novel and peculiar, as well as close to their life experience and self practice, they will pay attention to the content lectured by teachers, abide by the classroom behavior standards, so as to reduce the undesirable phenomenon of playing mobile phone in class. Strengthen psychological counseling. Colleges and universities should establish and perfect the psychological health education mechanism, introduce professional psychological counseling

staff, establish special psychological health education center, and do good psychological counseling and psychotherapy work by combining with practice positively; or carry out psychological counseling by using network media, establish WeChat, Microblog and other network platforms, and provide catharsis channel for college students with psychological difficulties, to help them remove psychological problems.

All in all, emergence of mobile phone dependence of college students is not an accident or exception, and the reasons causing this phenomenon is not only objective but also subjective. Therefore, schools should strengthen education and management, conduct psychological counseling and reform teaching method and means to make students get rid of their dependence on mobile phone. I believe that the phenomenon of mobile phone dependence in colleges or universities will be controlled by the common efforts of schools and students.

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