

## Group Counseling for College Students Mobile Phone Addiction

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**Keywords:** Mobile phone addiction, group counseling, curative effect

**Abstract:** *Purpose* Objective to assess the practical value of group counseling in student mobile phone addiction. *Method* Selecting 12 typical mobile phone dependent students through "mobile phone dependency index scale", dividing into the experimental group and the control group. After 10 times group counseling, comparing mobile phone dependence scores of the two groups students. *Result* The scores of the two groups were significantly different after 10 times group counseling. *Conclusion* A series of activities conducted by group counseling are effective for the treatment of typical mobile phone addiction.

### Introduction

Over the past ten years, the use of mobile phone in industrial countries has increased dramatically. For example, according to the Swiss Confederation Bureau of Statistics, most European countries have an average of more than 1 handsets per person (such as Finden: 1.66; Sweden: 1.31; Spanish: 1.13) [1]. So it is Chinese, as of the end of December 2014. There are as many as 1 billion 286 million mobile phone users in China. An early investigation of mobile phone stressed its positive impact [2]. Mobile phone, for example, promotes communication between individuals and groups [3]. Since then, more and more people have begun to pay attention to the positive effects of using mobile phone, so that you can use text messages to promote healthy behavior, including self-management of diabetes, quitting smoking or weight loss management [4]. Even data showed that playing specific video games can enhance certain cognitive functions (of consciousness, attention, and visual motor skills) [5]. This also opens a new way for mobile phone applications. However, without controlling to use phone makes bad effects [6]. In the potentially negative consequences of excessive use of mobile phone, rising bills, sleep disturbances caused by phone calls or text messages, the dangers of driving and the prohibition of use in public places can be found everywhere[7]. Moreover, it also has an adverse effect on the mental health of individuals [8], such as prone to high anxiety, obsessive-compulsive, depression, and interpersonal sensitivity [9], and even lead to suicidal behavior [10]. Therefore, the issue of mobile phone addiction has attracted more and more attention. Prior to the study, the researchers tested mobile phone addiction tests in 200 college students in a university in Wuhan, which would discover the individuals' self-control and impulsivity which relates to mobile phone addiction( correlation coefficient 0.445, 0.323, P<0.05) . This conclusion is consistent with previous research conclusions. Based on it, this study assumes that patients with typical mobile phone dependency can be treated with group counseling. This study will focus on the effect of group counseling on mobile phone dependent patients.

### Research Methods

#### Subjects.

200 students were selected randomly, who use mobile phone in a higher frequency. After the test by "The college students' mobile phone dependency index scale", 20 students which scores ranged from 85% -95% were selected randomly. The determined 12 subjects come from Volunteers. 12 subjects were randomly divided into experimental group and control group. The experimental group was 6 members, and the group counseling method was adopted to treat them with mobile phone addiction. The control group (6 members) received no treatment. The average age of the two group

was  $20\pm2$  years old, and their demographic variables were strictly controlled, the difference was not significant.

### **Method**

The tool. "The college students' mobile phone dependency index scale" translated and adapted by Huanghai .etc [2], the music relaxation training system and group counseling equipment.

The statistical method. The SPSS17.0 was used for data processing.

The Group Counseling. Group name: Mobile phone dependency mutual help group. Group properties: The structured group which was the combination of the development and treatment .Objective: to help members improve self-awareness, social ability and self-control ability, and prefer to establish life goals and healthy use of mobile phone. Group agreed: fixed time and place, and discuss the members' changes in the group, the end of group counseling and the separation of emotion. The activities of group counseling program had the corresponding target of the cognitive behavior and individual factors of the dependence tendency. Based on these, the group counseling program had been designed, so it had a strong target.

The treatment program. The an-hour group counseling had been taken once a week. Ten times as the total. There were nine people in the group, including six group members, one group director and two assistants. Before the group counseling was started, all the members of the experimental group and the control group were tested for mobile phone use preference, and the post-test had been taken one week after the group counseling. "The college students' mobile phone dependency index scale" was both adopted in the two tests.

The therapists and their training background. The therapist with the master of applied psychology is a full-time teacher severing in the mental health education center of a university in Wuhan, who is professional in psychological counseling, group counseling theory and practice and was supervised by professional supervision for nearly four years. The two assistants, also as the observers, were both undergraduate students with psychological counseling learning experience.

### **Result**

Table The mobile phone dependence index comparison of the Pre-test and Post-test between control group and experimental group ( $M\pm s$ )

Group	Pre-test	Post-test	t	P
control group	$39.65\pm7.37$	$30.52\pm4.46$	0.12	0.92
experimental group	$40.25\pm6.80$	$40.13\pm6.46$	2.83	0.03
F	0.33	1.30		
P	0.53	0.27		

Statistical analysis showed that there was no significant difference between the experimental group and the control group in the Pre-test. There was significant difference between the experimental group and the control group in the Post-test. There was no significant difference between the Pre-test and the Post-test in the control group. There was significant difference between the Pre-test and the Post-test in the experimental group. These data showed that the experimental group members who were in the group counseling treatment have significantly reduced the tendency of mobile phone dependence.

The Self-assessment report after one week of the group counseling.

The written report showed that the members significantly reduced the time of using mobile phone. When the members forgot to bring the phone, their anxiety symptoms were significantly reduced. After the group counseling, members also learned to manage their emotion and time very well.

## Discussion

With the gradual increase of studying and living pressure, college students' relying on the mobile phones seems more and more serious. This research has outstanding treatment effect on college students' relying on the phones by the way of group counseling. From the self-assessment report of the members of the experimental group, after the group counseling, the time that members spend using the mobile phone is significantly reduced. When the mobile phone powers off, members' anxiety is reduced apparently. In addition, members also have different degrees of improvement in academic attitude, life goals, interpersonal and other aspects. This reflects the problem that mobile phone dependence may also be the main reason for the healthy development of college students.

It is an effective way to treat mobile phone-dependent symptoms by group counseling. It provides enhanced opportunities for adolescent groups, and group partners will give regular and diverse enhancements that are far more effective than adults. In group counseling, the sense of identity between members changes their cognition and behaviors, which plays a huge role in supporting and reduces the anxiety, tension of members. Group counseling can make mobile phone dependencies get a sense of security. Because of their paying much attention, mobile phone dependent students ignore their other aspects of the advantages and ability, group counseling can make students aware of their ability, and enhance self-confidence and security because of their contribute to other members' growth. Dependents in the group can discuss the common issues of the members, get psychological support in the group, practice social communication skills, formulate time management program and supervise each other between members. This friendly, encouraging and supportive atmosphere will help mobile phone dependencies correctly determine the location of the phone in life, expand the scope of life and vision, and get rid of the invisible bounds of mobile phones.

The results of the study show that group counseling based on psychotherapy theory is effective for the treatment of college students' cell phone dependence. However, because the number of samples is limited, the feasibility of the conclusions remains to be tested. There are more relevant content worthy of researchers dig subsequently.

## Conclusion

A series of activities conducted by group counseling are effective for the treatment of typical mobile phone addiction.

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