

Status Quo of Internet Addiction and Intervention Strategies of Private College Students in the Background of Ideological and Political Education

Xiaojia Hu, Jingyuan Zhang and Jingyi Fan

Xi'an Peihua University 710077

165311606@qq.com

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Abstract: With the development of the internet age, the influence of the internet on college students is growing. Some college students have long been obsessed with the illusion of the Internet and have affected their studies and life. Internet addiction has gradually become a very serious social problem. The purpose of this article is to analyze the current status of internet addiction among private college students, explore its causes, and use ideological and political education to intervene in internet addiction among private college students. This article uses a questionnaire survey to investigate the current situation of Internet use and Internet addiction among college students in a private university. The survey results show that 21.1% of college students have Internet addiction, and 487 people have a potential risk of Internet and online game addiction. Very unfavorable to the development of college students. In order to help college students with internet addiction and college students who are at risk of addiction to eliminate the mental illness of being addicted to online games, based on the principles of ideological and political education, a comprehensive intervention strategy of monitoring, preventing and correcting internet addiction is proposed . Ensuring the effectiveness of internet addiction under the intervention of ideological and political education background will help college students to eliminate internet addiction and prevent the risk of addiction.

1. Introduction

The development of network technology represented by Internet technology has brought about huge changes in people's work, study, and life, and has had a profound impact. However, while network technology has brought great convenience to people, it has also given people work and life. The approach brought a great impact [1]. For college students, because of their higher acceptance of new technologies and new knowledge, they have a higher degree of recognition for the Internet [2]. With the popularity of the Internet, the Internet has completely penetrated into all aspects of college life. Although the network meets the various needs of college students, it also has a great impact on the lifestyle of college students [3]. Many college students are addicted to the virtual world of the Internet and cannot help themselves. It affects the physical and mental health of college students and is very harmful to the growth of college students [4-5]. College students are addicted to the Internet, not only wasting time and money in learning knowledge, but also the key stages of character formation and personality formation, which ultimately affect their contribution and responsibility after entering the society [6]. The growth of college students is not only related to themselves, but also to the development of society and the progress of the country. Therefore, colleges and universities should attach great importance to the growth of college students. It has an important role and significance in the accumulation of knowledge and personality of college students. Colleges and universities should shoulder the important responsibility of cultivating college students, not only attaching importance to the accumulation of students' knowledge, but also attaching importance to the growth of students, preventing and treating college students' Internet addiction [7-8].

Internet addiction among college students has become a serious social problem. Based on the

actual situation of internet use and internet addiction of private college students, this article investigates the current situation of internet use and internet addiction of private college students through a questionnaire survey. Analyze the results of college students' internet addiction survey, and based on the principles of ideological and political education. A comprehensive intervention strategy was put forward in the three stages of monitoring, prevention and treatment of Internet addiction to ensure the effectiveness of Internet addiction among college students under the intervention of ideological and political education background.

2.Method

2.1 Definition and Status of Internet Addiction

Addiction can be divided into material addiction and mental addiction, among which material addiction mainly includes dependence on specific things such as tobacco addiction, alcohol addiction and drug addiction; Mental addiction mainly includes gambling, internet, video games, fans, pornographic movies and other dependence on virtual psychological perception [9]. Internet addiction is a kind of mental addiction. It is an extremely complex social psychological phenomenon. Its addiction mechanism is similar to material addiction. It is a process of forming, consolidating, and habitually operating conditional reflexes. And social factors. When Internet addicts go online, the brain releases a substance called dopamine. This substance chemically stimulates the brain's "happy center", which makes people excited and thrilled. If this stimulation is repeated frequently, the "happy center" of the brain will be in a state of high excitement for a long time, so that the brain will continuously strengthen this chemical reaction, which eventually leads to the formation of Internet addiction behavior [10-11]. For internet addiction has the following characteristics:

First of all, those with Internet addiction must spend more and more time on the Internet, otherwise they will not be satisfied; Second, when they cannot access the Internet, they will feel strongly disturbed; Third, they are hungry for more online time and more times; people who are addicted to the Internet do not care much about other things at work and life. Generally speaking, people with internet addiction need to waste a lot of time, energy, and even money online. Reaching a certain stage will cause specific psychological obstacles, which will cause a series of physical or psychological problems [12].

Now, with the continuous improvement and improvement of family and school conditions, college students basically have a computer, and more than 90% of students choose to go online in the dormitory at night. There is a certain proportion of college students with severe Internet addiction and Internet addiction tendency. Internet addicted college students will spend most of their time and energy on the Internet, have no time to take care of study, and waste their studies. The online content of college students has an important relationship with internet addiction. Many college students are gradually addicted because they often play online games, browse pornographic websites or online chats [13]. In the network, they play a perfect ideal self, concealing and concealing all their shortcomings and deficiencies, staying away from the teachers, classmates and friends around them, and need a sense of belonging in the network. These are not conducive to the growth of physical and mental health of college students. Colleges and universities should strengthen online health education, help college students cultivate a correct view of the Internet, actively disseminate the positive energy of the Internet, free Internet addicts from their dependence on the Internet, and realize their true nature Possession and return.

2.2 Theories and Methods of Ideological and Political Teaching

Ideological and political education is a conscious, purposeful, and planned practice of educating people, training them, and promoting their all-round development. Its essence is to promote social progress and human development. The success of ideological and political education activities depends on the development of educator and educated initiative in practical activities [14]. At present, the theoretical research on the subjectivity of ideological and political education in

academia mainly has the following ideas: First, the research that emphasizes the subjectivity of ideological and political education teachers; The second is to focus on the subjectivity analysis of the ideological and political education trainees; The third is to discuss the subjectivity of ideological and political education by unifying the subjectivity of the educator and the subjectivity of the educated; The fourth is to realize subjectivity education as a principle of ideological and political education; Fifth, constructing a subjective ideological and political education model as a way to enhance the effectiveness of ideological and political education. The theoretical discussion on the subjectivity of ideological and political education from different perspectives provides theoretical support for the prevention and control of Internet addiction among college students [15].

First, realize the network of ideological and political education and expand the ideological and political education position. As a ideological and political educator in the new era, it is necessary to maximize the openness, comprehensiveness, and convenience of the Internet to extend the ideological and political education of college students to the online platform. Clean up internet junk, and set up a group of college student websites that integrate knowledge, education, entertainment and practicality.

Secondly, to achieve the integration of disciplines and apply multidisciplinary research results. For the prevention and treatment of Internet addiction, ideological and political education should be based on knowledge of modern psychology and pedagogy, combined with scientific methods such as cognitive therapy and behavioral therapy in psychology, to help college students prevent Internet addiction.

To realize the organic combination of ideological and political education and social practice. College students have to go to the Internet to look for sustenance due to realistic pressure and boring life. Therefore, the prevention and treatment of internet addiction must combine ideological and political education with some extracurricular recreational activities and colorful social practice activities, strengthen the communication between college students and between them and society, and let them experience the joy of life in activities. Develop interests and hobbies, sharpen the quality of will, and enhance social responsibility.

3. Experiment

Based on the background of ideological and political education, this paper investigates the current situation of Internet addiction among private college students and proposes relevant solutions and opinions. The research object of this article is a college student from a private university. The questionnaire was randomly distributed to college students. The questionnaire was filled by the college students themselves, and then immediately recovered, and finally further statistical analysis was performed. A total of 986 questionnaires were distributed in this survey, and 902 were recovered. Among them, a total of 815 valid questionnaires were recovered, and the effective rate was 90.35 %. The questionnaire is mainly designed for Internet addiction and some content of online games. The final questionnaire has a total of 25 questions. The answers to each question are scored with reference to the frequency and time of participation in online and online games. The current status of the use of online and online games by the private college students was judged according to the level of the score.

Among the 815 questionnaires that were effectively recovered, 156 of them could reasonably arrange the use of online and online game time, 487 had the potential risk of online and online game addiction, and those who met the conditions of online and online game addiction were 172 people. From the survey's overall data, it can be found that the current college students' online game addiction is relatively prominent.

4. Discuss

4.1 Questionnaire Survey Results and Analysis

A questionnaire survey was conducted on the status of Internet addiction among private college

students, and the results of the questionnaire were sorted and classified. It can be seen that the current state of Internet addiction of the private college students, who can reasonably arrange the time of surfing the Internet and playing time, only 156 people; Among students at risk and Internet addiction, the proportion of male Internet addiction is higher than that of female students; The proportion of internet addicted students in junior and senior years is higher than that of juniors and sophomores; The percentage of Internet addiction among science and engineering students is higher than that of liberal arts, as shown in Table 1 and Figure 1.

Table 1. Survey results of the status of Internet addiction among private college students

		People	At risk for internet addiction	Internet addiction	Proportion of Internet addiction
Gender	Boys	413	256	103	24.94%
	Girls	402	231	69	17.16%
Grade	Freshman	202	105	25	12.38%
	Sophomore	195	121	40	20.51%
	Junior year	219	146	60	27.40%
	Senior	199	115	47	23.62%
Discipline	Liberal arts	394	219	76	19.29%
	Science	412	268	96	22.80%

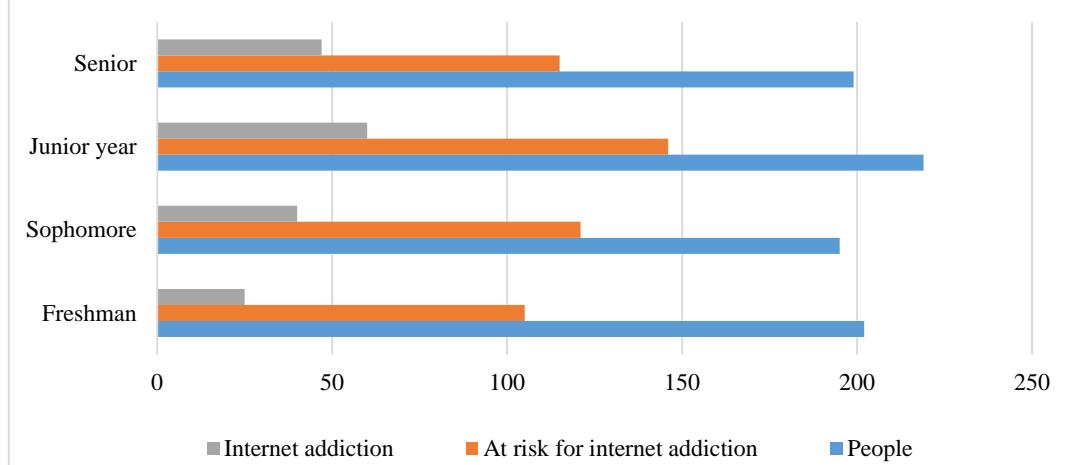


Figure 1. Current status of Internet addiction among college students at all levels in private universities

It can be seen that in the freshman year of private college students, the proportion of students at risk of Internet addiction and Internet addiction is relatively low compared to sophomore, junior and senior students. This may be because there are more freshman courses and school activities, and the students' schedules are relatively full. Sophomores and juniors are relatively relaxed and obsessed with the Internet. When they are in junior year, there may be a crisis of employment, and the relative proportion of Internet addiction is reduced.

4.2 Intervention Countermeasures of College Students' Internet Addiction in Ideological and Political Education

(1) Monitoring strategies for internet addiction among college students

Generally speaking, college students spend most of their time in class life. They have more contact with their classmates and have closer relationships. The construction of a class network information monitoring system refers to the establishment of a counselor-student cadre, party member comrade, and ordinary student network information monitoring and feedback system under

the guidance of school leaders and teachers. Pay attention to the Internet psychology and network behavior, and communicate with students who have the tendency of Internet addiction in thought and emotion, and give them the necessary emotional support to prevent and stop college students' tendency of Internet addiction. If more serious college students with internet addiction can't be persuaded, the student cadres should report their internet addiction status to the school's leading teachers and counselors in time, so that the educators can adopt appropriate ideological education methods and means. The class network information monitoring system has a greater effect on preventing and correcting college students' internet addiction. On the one hand, it is because the monitoring of college students' network behavior is convenient and operable. The same classmates live together day and night and have the longest contact time. They can detect college students' abnormal network status and Internet addiction tendency in a timely manner. They can implement timely and effective monitoring and persuasion to stifle the Internet addiction tendency of college students in the bud. On the other hand, the network penetration of the class is strong. The impact of class groups on college students is often consciously or unintentionally through the interaction between members; similarly, their monitoring of college students' online behavior is also carried out through the way of communication and interaction between students.

(2) Prevention strategies for internet addiction among college students

Enrich the content of the times of ideological and political education, education of ideals and beliefs, and enrich the education content of online sugar prevention for college students. Strengthen gratitude education and cultivate good social mentality for college students. Colleges and universities should persist in giving thanksgiving education to students, and carry out a series of themed education activities with emphasis and pertinence so that college students can feel the warmth of real life and avoid co-indulgence in the online world for comfort. Strengthen the education of network morality and rule of law, and improve the network literacy of college students.

(3) Correction strategies for internet addiction among college students

The loose education management environment in colleges and universities is a breeding ground for Internet addiction problems. In order to ensure the effective development of college students' Internet addiction treatment, the first task is to strengthen the education management of colleges and universities, including ideological and political education management, student management, and addiction transformation education management. By insisting on the combination of ideological education and psychological counseling, the Internet addiction problem of college students is neither a simple ideological problem nor a simple psychological obstacle, but often ideological problems and psychological obstacles are intertwined. Therefore, in the education of college students on internet addiction, we must pay attention to the collaborative treatment of internet thought and internet psychology, and we should effectively combine the two to work together to correct college students' internet addiction based on maintaining the internal connection of ideological education and psychological counseling. Do a good job of ideological education and promote college students with internet addiction to consciously "quit the net." In response to the different addictions of internet addicted college students, ideological and political teachers and counselors should actively carry out ideological and political education. Based on the traditional channel of classroom education, enhance the penetration of daily ideological and political education and help them understand the network correctly. Consciously withdraw from Internet addiction. Adhere to psychological counseling and change the Internet dependence of Internet addiction college students. Cognitive behavioral therapy is mainly used to help college students with internet addiction to face their online psychological problems, guide them to scientifically adjust their psychological state, and gradually change their online dependence. The group counseling is mainly under the technical guidance of a psychological instructor, through the interaction of the group, to enhance the self-confidence and identification of Internet addiction college students, to actively understand themselves, change themselves, promote the development and improvement of self, and get rid of network dependence. Pay attention to the organic combination of ideological education and psychological counseling to ensure the effectiveness of Internet addiction treatment. Combined with the above two education methods, interspersed to improve the Internet addiction of college

students.

5.Conclusion

The internet addiction problem of college students has become a serious social problem, and its consequences not only endanger the comprehensive development of college students, but also affect family harmony, the image of colleges and universities, and social stability. This poses new challenges to ideological and political education. Based on the actual situation of internet use and internet addiction of private college students, this paper explores the causes of college students' internet addiction from the perspective of ideology and politics. Guided by the principles of ideological and political education, a comprehensive intervention in the three stages of monitoring, prevention and treatment of Internet addiction is proposed to ensure the effectiveness of internet addiction of college students under the intervention of ideological and political education background.

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