

Harm and Coping Strategies of College Students' Mobile Phone Addiction

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Abstract: The popularity of mobile phones is becoming more and more extensive, each student has at least one mobile phone. The appearance of mobile phone, although brought a lot of convenience to our life, but also brought a lot of harm, such as the problem of mobile phone addiction. Mobile phone addiction will affect college students' psychology, physiology, study and life, and even endanger their safety. Facing the harm of mobile phone addiction, college students should improve their self-control and promote their health; Parents should pay attention to family education, develop a correct habit of using mobile phones; Schools should properly guide and supervise students' use of mobile phones.

Introduction

In recent years, with the rapid development of science and technology, mobile phones have developed from a single communication function into a set of communication, photo taking, video, games and other functions in one mobile terminal equipment, bringing great convenience to people's study and life. According to *the 41st statistical report on the development of China's Internet*, as of December 2018, the number of Internet users in China has reached 0.829 billion, mobile Internet users dominate, accounting for 98.6%. One important group of mobile phone users is college students, whose typical characteristics are high penetration rate and high usage rate.

Although mobile phones provide convenience to college students' life, they also bring them a lot of negative effects. More and more college students become phubbers, and some of them are addicted to them. They have too much dependence on mobile phones, thus forming the bad habit of mobile phone addiction. Generally speaking, mobile phone addiction is not a dependence on mobile phone itself, but refers to excessive use of mobile phone and even addiction to mobile phone functions such as novels, games, micro-blog and wechat moments, which further affects the normal work, study and life of college students as well as their physical and mental health. In essence, it is a kind of behavior addiction.[1]

1 Harm of mobile phone addiction

Mobile phone addiction is a kind of infatuation caused by excessive use of mobile phones for a certain motive, which results in impaired mental, physical, behavioral and social functions.[2] Mobile phone addiction has actually become an important factor affecting the mental health and daily life of contemporary college students. S. P. Walsh et al. have shown that some students would feel anxious and irritable when they cannot use mobile phones, due to signal interruption or no signal and other problems.[3] In addition, excessive dependence on mobile phones will also have a negative effect on college students' psychology, physiology and normal study, resulting in a variety of problem behaviors.

1.1 Mobile phone addiction affects college students' physical health.

Scientific studies have shown that frequent use of mobile phones produces high levels of radiation that inhibits metabolic function in the right hemisphere's anterior temporal lobe.[4] In addition, it can also make the individual nervous system and internal and external secretion system appear disorder. Exposure to mobile phone radiation for more than 10 hours a day can cause neurological and endocrine disorders and abnormal cytokine expression.[5] Excessive use of mobile phones can also cause a range of unpleasant symptoms, such as dizziness, persistent headaches, damage to the retina and eardrum, inattention, impaired memory and a constant sense of fatigue. Also can produce cervical vertebra disease at the same time, such as cervical vertebra is out of shape, cervical intervertebral disc prolapse disease to wait. Through the investigation of 739 medical students, Li Li et al. found that college students who rely too much on mobile phones have different degrees of physical dysfunction, such as finger injury and cervical spondylitis, due to the use of mobile phones for a long time.[6] In addition, according to the survey, the overall quality of sleep of teenagers has been decreasing year by year in recent decades. The most prominent problem is that college students who often use mobile phones or rely too much on mobile phones have worse sleep quality.[7]

In addition, for a long time use of mobile phones as well as the long-term close eyes staring at the screen, especially some college students use mobile to surf the Internet and chat before sleep in the dark condition for a long time, not to make her eyes rest, easy to cause the loss of vision, severe cases may even appear the disease such as pseudomyopia, retinal detachment and vitreous opacity.

1.2 Mobile phone addiction affects college students' academic performance.

The main task of college students is to study, while many students focus their energy on mobile phones. The results show that excessive dependence on and use of mobile phones will cause college students to gradually lose interest in learning, such as learning fatigue, irritability and other symptoms.[8] A survey by Wang Hao at a university in Shanxi Province found that 37.05% of the college students surveyed, put their obsession with mobile games and social software in class, which distracted their attention and reduced their learning efficiency, leading to nothing learnt after the whole class.[9] Some students play mobile phone day and night, delayed the study, even because of the influence of overnight play mobile phone, they feel faint to sleep in the next day's class, leading to the study abandoned. Some students can't concentrate in class because they are immersed in mobile games, and they will be slow to respond to questions raised by teachers, which will also affect their intellectual development in the long term. In addition, college students' excessive dependence on and use of mobile phones will not only reduce their learning efficiency, but also increase their weariness and aversion to learning. In addition, through the search engine function of the mobile phone, the knowledge points needed to solve the test questions can be quickly searched and the answers to the questions can be quickly found. The ability of college students to think about questions independently is also decreasing.

1.3 Mobile phone addiction affects the mental health of college students.

College students are in an important stage of physical and mental development. However, as the most extensive group using new media devices, college students' psychological health is also subtly affected. Ha et al. found that the following symptoms are common among teenagers who rely heavily on mobile phones: depression, low self-esteem and anxiety.[10] Snchez - Martinez survey found that too much mobile phone use causes more frustration and social isolation,[11] which reduces the ability of dealing with others, and the decline of interpersonal communication will easily increase the complain about negative emotions to the students, teachers, parents and society, easy to produce estrangement and contradictions between friends and lovers, making the students lose faith in life and study, and even appear the phenomenon of learning disabilities, playing truant.[12] James et al. found that excessive use of mobile phones has a profound impact on people's cognition and memory, which will affect people's normal life and learning in the long run.[13] In addition, some students get some

pornographic movies through mobile phones, which will cause severe erosion of college students' heart, affect college students' mental health.

1.4 Mobile phone addiction endangers the safety of college students.

College students' excessive dependence on mobile phones also provides opportunities for criminals, which further endangers their personal safety. Some college students cannot see correctly about the emergence of some phenomena in the society, the ability to identify problems is weak, and thus become the attack object of criminals. Some criminals took advantage of poor college students' weak social cognitive ability, call their parents to do Internet fraud, or steal the students' QQ and WeChat and pretend to be a friend to borrow money, or the campus naked loans, which cause enormous damage to the students' physical and mental health, some college students even lose their lives because of the fraud. In addition, some college students play with their mobile phones while walking or even riding their bikes, which also poses a risk to their safety.

2 Coping strategies of mobile phone addiction

2.1 Students should improve their self-control ability.

The key to solve the problem of "mobile phone addiction" is to rely on college students themselves, with a positive attitude and strong will to resist the temptation brought by mobile phones.

First of all, every college student should have a rational understanding of smart phones. Mobile phones serve us, and serving us with the convenience of mobile phones does not mean relying on mobile phones all the time. College students should improve their ability of information judgment, screening and evaluation, and consciously screen out junk information. As for the use of smart phones, it is necessary to reasonably allocate time, obtain useful points from them and aim at the right target. Smartphones should not be a stumbling block to one's normal study and life, but a cornerstone for one's growth. If your "cell phone dependence" has been established, adjust your attention to things, to the playground to run, exercise, or go out to play.

Secondly, college students should actively improve self-discipline ability, learn to manage and balance to the various needs in the process of growth, such as when someone is weak in social and interpersonal skills, he should be positive to communicate with people, gradually improve his communication and build up confidence in interpersonal communication.

Finally, a clear and reasonable career planning is an important prerequisite for the realization of personal goals and the value of life. In particular, contemporary college students should make clear goals, and make a reasonable career planning according to their own strengths and development rules. Therefore, every college student should work out a reasonable life plan that suits his/her actual situation and apply it to his/her future long-term development, and adjust his/her own plan in the later stage. On the road of life development, they should strive to improve their science cultural quality and ideological cultivation, and then lay the foundation for achieving their own life goals as soon as possible.

2.2 Parents should attach importance to family education and develop correct habits of using mobile phones.

Many parents have relaxed their focus on their children on the grounds that they are adults or far away from home. In fact, college students who are away from their families still need guidance and education from their parents. Parents should pay more attention to their children in daily life, often communicate with them, and pay attention to their children's study and living conditions in a timely manner. In addition, they can know their children's life and study at home and at school as well as their thoughts through various channels. They can often contact with their teachers and classmates and have active communication. Communicate and instruct your children when they have the bad habit of using mobile phones excessively. Parents should create a good living and learning environment and atmosphere. For those children who tend to rely on mobile phones and are

introverted and sensitive, they should use family affection and friendship to touch them, so that they can experience the fun of communication, reduce their anxiety and loneliness, and accompany their children as much as possible to help them out of difficulties. For the children who have become addicted to mobile phones, do not blindly blame and abuse, to help him understand the harm of mobile phone addiction, accompany them to quit. Through the power of the outside world, take the initiative to guide children to contact with new things in the natural and cultural environment, so as to distract their attention from mobile phones, and help children find more meaningful and valuable things in the colorful world.

2.3 The school shall correctly guide and supervise the use of mobile phones by students.

First of all, schools should establish perfect rules and regulations to regulate college students' use of smart phones. For example, during the class or self-study class, put the mobile phone into the mobile phone bag, and implement the mobile phone deduction system in class. In addition, teachers in colleges and universities should innovate educational concepts, change teaching methods, enrich teaching contents and attract students to switch from mobile phones to classrooms. In the process of activity organization and design, Colleges and universities shall start from the physical and mental health of college students, on the basis of guarantee the majority of students to participate in, carry out abundant diversity of cultural and recreational activities, promote the diversification and multidirectional development of college students' thought ideology and lay a foundation on improving their own ability, and truly realize the "out of the network" guiding value for society. Finally, the school can carry on the psychological education to the addiction student, guides the student to do the psychological consultation, helps them to adjust the good state of mind, teaches them to learn to let go.

Summary

The current situation and harm of college students' mobile phone addiction are not acceptable. College period is a very important stage in their life, both college students themselves and their parents and schools should pay attention to the problem of mobile phone addiction and adopt effective strategies to help college students return their main energy to study.

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