

Investigation and Analysis on the Current Situation of Internet Addiction Among College Students of Traditional Chinese Medicine

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Abstract: The full development of the Internet provides great convenience for social production and people's life, but at the same time, there are some disadvantages in Internet technology, among which the problem of Internet addiction of college students is more obvious. From the current actual situation of college students, there are many college students who are addicted to the Internet, which has a great negative impact on the learning and development of college students, so this problem has also been widely concerned by the society and the school. In this context, this paper investigates and analyzes the phenomenon of Internet addiction among college students, and expounds its influencing factors in detail.

1. Introduction

With the continuous progress and development of science and technology, Internet technology has shown an unprecedented development trend, in such a situation, many traditional industries have used Internet technology to achieve comprehensive optimization and upgrading, it can be said that Internet technology has gradually become an important content to support the social and economic development, and also played a very obvious role in improving people's quality of life. But it is undeniable that although the rapid development of the Internet has changed people's lives, it has also brought some negative effects. At the educational level, many students are addicted to the Internet because of the richness of the Internet world, among which college students are the most serious. These college students are looking for happiness in the virtual world of the Internet, and some of them have seriously affected their study and life. From the actual situation of TCM colleges and universities, the number of Internet addicts is not a small number of college students.

Usually, Internet addicts college students have more obvious characteristics, these college students are not interested in everything around them, whenever they have time to indulge in the network, in the virtual world to play their own value. Because of the long time of Internet addiction, there will be obvious changes in college students' social, study and life. In the long run, many college students who are addicted to Internet will suffer from malaise and lack of interest in life[1]. It can be said that the phenomenon of Internet addiction of college students has become a key issue in the process of education management in traditional Chinese medicine colleges and universities. Therefore, it is of great theoretical and practical significance for the future education and development of traditional Chinese medicine colleges to deeply analyze the phenomenon of Internet addiction among college students and the reasons behind it.

2. Investigation of Internet Addiction in College Students of Traditional Chinese Medicine

From the actual results of the survey, college students of traditional Chinese medicine have a wide range of use of the network, almost all college students have the habit of using the Internet. Among them, many college students will choose to surf the Internet in Internet cafes, which is mainly due to the better conditions of Internet cafes, which can meet the actual needs of different students for the network. At the same time, the majority of college students in Internet cafes are

playing games as the main purpose, almost few Internet cafes will access relevant learning materials and learning phenomenon. A large proportion of college students will choose to go online in their dorms-a significant proportion of students will play and entertain online-but a small number will use the internet to access relevant professional information or study. There are also some college students who choose to use mobile phone to surf the Internet, but the proportion of students with different majors is not obviously different.

Table 1 Type of internet terminal

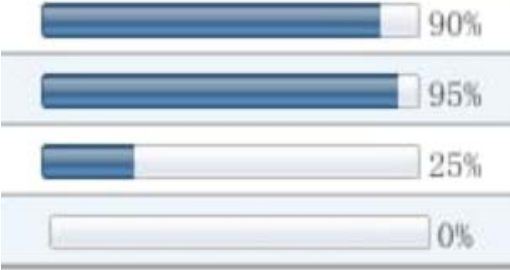
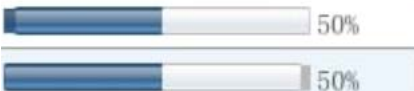
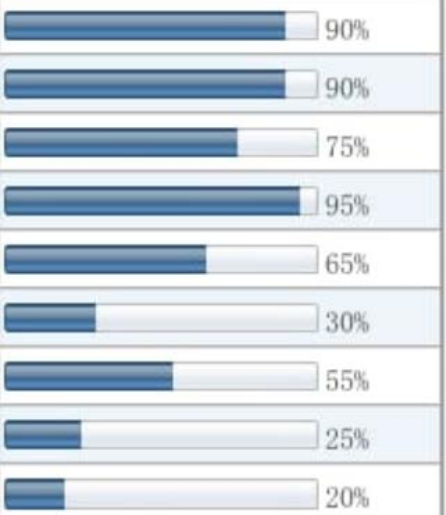
Type of Internet Terminal	Proportion
Computer	
Smartphone	
Tablets such as iPad	
Other	0%

Table 2 Type of internet terminal

Professional category	Proportion
Literature and History	
Tech	

Due to the popularity and application of smart phones, the current smart phone functions are very complete, so it is also very convenient to access the Internet. The survey shows that college students in traditional Chinese medicine use the Internet in the process, the top ranking are online chat, games, watching movies, browsing news and learning. This also covers almost the entire purpose of college students of traditional Chinese medicine online. In the survey, more than a fifth of college students had a strong interest in online games, and the group often played online. Nearly half of Chinese medicine college students have a clear tendency to play games online, and they spend a lot of time on the Internet for recreational activities such as games[2]. And many college students think that they can find a sense of accomplishment in Internet games, and at the same time, they can exercise and develop their own ability to respond. At the same time, in the course of the survey, it is found that college students in traditional Chinese medicine have a long online age, and everyone will spend different amounts of time on online chat.

Table 3 Online reasons survey

Internet reasons	Proportion
Chat	
Search Information / Learning	
Listen to music	90%
Movies, series	75%
Social networking sites	95%
Reading e-books	65%
Playing games	30%
Programming, making web pages	55%
Other	25%
	20%

3. Analysis of the Reasons Behind Internet Addiction Among College Students of Traditional Chinese Medicine

From the current actual situation, college students' internet addiction has become a very important problem in the practice of teaching management. In order to solve this problem fundamentally and create a good learning and living environment for college students, it is necessary to deeply understand the motivation behind the Internet access of college students in traditional Chinese medicine. Specifically, there are several main reasons for Internet addiction among secondary vocational college students:

3.1. Getting Satisfaction Online

College students are in the critical stage of growth, and students in this stage, generally have the need for self-realization, eager to get the recognition of others in the process of interpersonal communication and communication, to get respect from others, and to get a certain sense of achievement and satisfaction, which is the potential psychological needs of almost all college students. However, for the college students of traditional Chinese medicine, not all of them have this ability and quality, and many college students' interpersonal skills themselves are relatively lacking, so this part of college students will find a certain sense of achievement on the network.[3]. That is to say, on the network, no matter how the college students usually study and interpersonal skills, as long as the game has a higher level, can get higher points in the process of the game, naturally there will be a lot of players to pursue. It is also in this process that the college students of these traditional Chinese medicine colleges will get a certain degree of satisfaction and a sense of achievement. At the same time, it is also driven by this sense of achievement, so that many college students indulge in it and cannot extricate themselves.

3.2. Confusion Over Reality

For college students of traditional Chinese medicine, because they are in the important stage of the formation of world outlook, outlook on life and values, many factors in the process of learning and growing up may have a great impact on college students. Because these college students have just been released from the stress of college entrance examination, without the pressure of the head teacher's supervision and study, but because of this, many college students have been relatively confused about their career planning, and this part of college students will choose to spend a lot of boring time on the Internet. In addition, many college students are studying in other cities, not familiar with the urban environment, will inevitably have a strong strangeness, at the same time, due to learning tasks and various aspects of interpersonal relations, it is easy to produce some confusion in it, and the network can be used as the emotional catharsis path of college students, but also can be used as an excuse for college students to escape from reality, so many college students will choose to temporarily eliminate confusion in the network world.

3.3. Higher Rate of Internet Addiction Among Senior Students Compared to Lower Grades

From the actual situation of the investigation, among the traditional Chinese medicine colleges, the Internet addiction rate of the senior students is obviously higher than that of the lower grade, among which, the Internet addiction rate of the senior students is the highest, and from the survey results, the proportion of Internet addiction of the senior students is nearly five times higher than that of the lower grade. This is mainly because senior students are facing more severe pressure to go to higher education and employment, whether it is to choose to continue to study for postgraduate studies, or to choose employment to find work, are facing unprecedented pressure, afraid of their choice is not correct. At the same time, many Chinese medicine college students will regret that they did not study hard, so in the important node of life do not know where to go, many of these students will choose to relieve the pressure on the Internet[4]. On the other hand, many college students with relatively good or advanced consciousness have decided their future development direction long ago, some have been admitted to the target colleges and universities to further their studies, some have found their ideal jobs, so this group of students have more free time, and many

people will choose to spend their time on the Internet.

4. Effective Countermeasures to Solve the Phenomenon of Internet Addiction among College Students of Traditional Chinese Medicine

In the process of actual investigation, it is found that there are many Internet cafes around the traditional Chinese medicine colleges, which provide excellent convenience for college students to access the Internet, and there are some management loopholes in many Internet cafes that are not conducive to the physical and mental growth of college students. Therefore, in order to avoid the occurrence and development of college students'Internet addiction phenomenon, relevant departments should actively strengthen the management and purification of the network environment, strengthen the comprehensive management and control of public network places, and establish a perfect network supervision and management mechanism. At the same time, actively carry out the corresponding educational activities to help college students learn to self-regulate and control, in the face of related problems and puzzles, cannot find solutions in the network, can find teachers or students to talk to find solutions together. In normal study and life, college students of traditional Chinese medicine should pay attention to cultivate their hobbies and interests, actively strengthen interpersonal communication and communication, improve their comprehensive ability in all aspects, develop good study and life habits, and gain a sense of achievement in the process of continuous progress and promotion.

5. Conclusion

To sum up, there are many reasons for the phenomenon of Internet addiction among college students in TCM. Therefore, in the education and management of college students, traditional Chinese medicine colleges and universities should actively strengthen the psychological counseling for college students, cultivate the positive psychological state of college students, help college students gradually get rid of the excessive dependence on the network, use the Internet reasonably, and promote the better growth and development of college students.

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