

Strategies for Preventing and Curing Information Anxiety of College Students Based on Analysis of Mobile Phone Dependence

Dongmei Shang

Zhejiang Tongji Vocational College of Science and Technology, Hangzhou 310000, China

Keywords: Mobile phone dependence; Information anxiety; College students; Behavior characteristics

Abstract: With the rapid development of the Internet, the Internet has penetrated into life more and more deeply, and is more and more closely integrated with life. With the overload and disorder of network information, the problem of "information anxiety" is constantly affecting the ideological state and thinking mode of college students, and also changing their behavior characteristics. More and more college students use mobile phones and gradually rely on mobile phones as an indirect way of communication, thus becoming the largest group of mobile phone users. In this process, once the information received exceeds the brain's processing ability, the individual may be at a loss, distracted, nervous, anxious and other emotions, which is called information anxiety. Based on the analysis of college students' mobile phone dependence, this paper puts forward the prevention and control strategies of college students' information anxiety, which provides reference for guiding higher vocational students to improve their media literacy, overcome their mobile phone dependence and establish correct values.

1. Introduction

With the rapid development of the Internet, the penetration of the network into life is deeper and deeper, and the combination with life is closer and closer. Especially for contemporary college students, the network has quietly changed their study, work and life style [1]. With the overload and disorder of network information, the problem of "information anxiety" is constantly affecting the ideological state and thinking mode of college students, and also changing the behavior characteristics of college students [2]. With the fast pace of modern life and frequent information exchange, the use of mobile phones is becoming more and more common, and more and more people rely on mobile phones. College students are the most representative and socially influential group. They are easy to accept and be affected by new things [3]. More and more college students use mobile phones and gradually rely on mobile phones as an indirect way of communication, thus becoming the largest mobile phone user group. Due to the free release and dissemination of Internet information, there are a lot of redundant, false and shoddy information between effective information, so people need to spend more energy to find and screen the required information [4]. In this process, once the received information exceeds the processing capacity of the brain, individuals may have feelings of confusion, distraction, tension, anxiety and so on. This discomfort caused by information is called information anxiety [5].

With the rapid development of the Internet, the penetration of the network into life is deeper and deeper, and the combination with life is closer and closer. Especially for contemporary college students, the network has quietly changed their study, work and life style [6]. More and more college students use mobile phones and gradually rely on mobile phones as an indirect way of communication, thus becoming the largest mobile phone user group. With the overload and disorder of network information, the problem of "information anxiety" is constantly affecting the ideological state and thinking mode of college students, and also changing the behavior characteristics of college students [7]. With the fast pace of modern life and frequent information exchange, the use of mobile phones is becoming more and more common, and more and more people rely on mobile phones. College students are the most representative and socially influential group. They are easy to accept and be affected by new things [8]. Contemporary college students are eager for knowledge

and growth, focusing on autonomous learning. Information collection and acquisition are more common than other groups, so they are more vulnerable to information anxiety. Under the network environment, it is an urgent and realistic task for us to make a thorough psychological analysis of the characteristics of College Students' network information anxiety, then explore its formation mechanism and put forward effective guidance and coping strategies.

2. Internal characteristics of College Students' network information anxiety

As an active and vibrant group in social groups, college students are easy to understand and master network technology, and are good at using network media to express their views, suggestions and opinions, so as to meet their needs to be respected and recognized. As a special group of mobile phone users, college students have obvious characteristics in the form of mobile phone use due to the uniqueness of their living environment and psychology. It is worth noting that, although on the whole, mobile phones play a positive role in the life and study of most students, they also have a negative impact on some students who use them improperly. Many students like the feeling of being submerged by information. When playing computer games, they will have a strong sense of satisfaction. They find a long lost sense of identity in the virtual world, resulting in the continuous extension of the game time [9]. Under the publicity of advertising media, college students pursue fashion and have great interest in new things. The pursuit of using high-end mobile phones is popular among college students. The convenient SMS communication mode and various mobile phone packages provided by the telecommunications department enable students to quickly establish an exchange network. Mobile phone complex is a kind of psychological emotion. Due to the differences in personality and psychological characteristics of each student, the influence of mobile phone complex on each individual is different.

Many college students rely on mobile phones because of their excessive use of mobile phones, which is largely due to their weak self-control and self-discipline. However, we should also see that mobile phone dependence is like internet addiction. It is also a spiritual addiction. If we can't control it in the early stage, we will get deeper and deeper, resulting in aggravation of symptoms and difficulty in extricating ourselves. At present, we are in the era of information explosion, social development is changing with each passing day, and individuals increasingly rely on mass new media to obtain information and self social positioning. As a young generation with strong ability to accept new things and poor ability to screen information, higher vocational students are both cheering and at a loss in the face of massive information. They enjoy new social ways, new audio-visual feelings and new shopping ideas brought by information technology, but they are easy to waste their youth and lose themselves in the virtual mobile phone world [10]. Students' over dependence on network information makes their cognitive and perceptual abilities gradually dull and convergent, their observation and understanding, attention and memory become weak, and their imagination is gradually poor. When facing practical problems, they show the characteristics of real anxiety. The emotional experience of college students is similar to that of middle school students and adults. When college students encounter network information overload and cannot fully digest, network information interference and accurate screening, ineffective network information and timely control of network information, their internal state of mind will change, which is often reflected by some immature emotional expressions, such as the conflict between optimism and depression. The conflict between anxiety and calm, the conflict between irritability and gentleness.

3. Coping strategies of College Students' network information anxiety

3.1. Constructing the ecological environment of network information

We should innovate the network mechanism of network ecological environment construction, explore and make full use of economic, scientific, social, cultural, legal and even public opinions and social control modes, give full play to the role of government, media and schools, integrate various resources and build a healthy and civilized network ecological environment. School student

management departments should understand that if mobile phone dependence is serious, it has become a psychological disease, and realize its harmfulness and the necessity and urgency of solving problems. Through effective means, college students should be made aware of the existence and harm of mobile phone dependence, and actively publicize and vigorously advocate a positive, healthy and civilized view of mobile phone use. We should strengthen the supervision of the network, purify the network environment and improve college students' awareness of network prevention. It is also necessary to establish a social integration system for network news business management, expand its influence according to the characteristics of traditional media reports, and combine it with the instant publishing function and information integration function of the Internet. Figure 1 shows the structure of a system for jointly building and sharing digital educational resources.

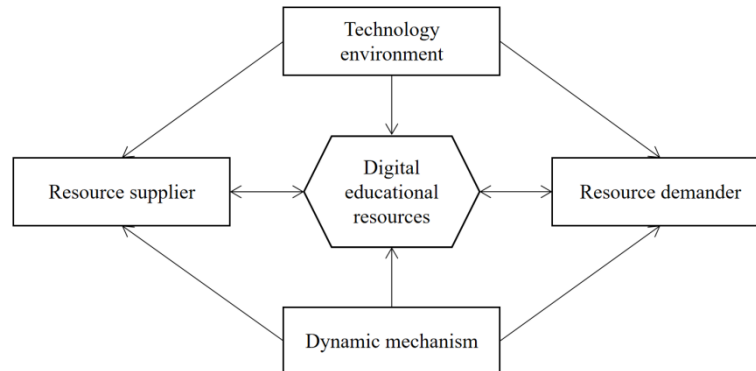


Figure 1 Structure of digital educational resources co-construction and sharing system

Because mobile phone dependence has the same characteristics as internet dependence, it needs scientific methods and personal efforts, especially the improvement of mobile phone users. As long as the mobile phone usage specifications are formulated reasonably, and the users, usage time and usage methods are strictly required, especially if the painful period of mobile phone usage psychology is solved scientifically, good results will be achieved.

3.2. Guide the rational use of network information

Information anxiety is a negative emotional state, including self-esteem damage, loss of self-confidence, feeling of failure and guilt, which is interwoven in the face of information explosion, information invalidation and information degradation. Therefore, in the face of psychological problems, we must return to the main body of emotional changes, encourage students to understand and analyze the causes of their psychological pressure, choose suitable adjustment methods and conduct psychological self-adjustment, so as to maintain a positive and vigorous mental outlook. Students in higher vocational colleges lack the ability of judging and screening information, and are easily led by wrong values such as hedonism and money worship, and feel disappointed in society, and even give up on themselves and go with the flow. When bad emotions appear, we can take the method of diverting attention to find a novel stimulus, activate a new excitement center to offset or dilute the original excitement center, and make the bad emotions disappear gradually.

4. Conclusions

In order to effectively improve the information management ability and business operation ability of the graduate enrollment managers, it is necessary to strengthen the business training and post assessment of the managers and implement certain performance management, so as to urge the graduate enrollment managers to comprehensively improve their personal qualities. On the whole, mobile phones play a positive role in the life and study of most students, but they also have a negative impact on some students who use them improperly. School student management departments should understand that if mobile phone dependence is serious, it has become a psychological disease, and realize its harmfulness and the necessity and urgency of solving problems. Through effective means, college students should be made aware of the existence and

harm of mobile phone dependence, and actively publicize and vigorously advocate a positive, healthy and civilized view of mobile phone use. Over-reliance on network information makes students' cognitive and perceptual abilities become dull and convergent, their observation comprehension, attention and memory become weak, and their imagination become poor. When faced with practical problems, they show the characteristics of realistic anxiety. In the face of psychological problems, educators must return to the main body of emotional changes, encourage students to understand and analyze the causes of their psychological pressure, choose suitable adjustment methods and conduct psychological self-regulation, so as to maintain a positive and vigorous mental outlook.

References

- [1] Sun Weiwei, Hu Yu. The relationship between mobile phone dependence and personality characteristics and social support of college students[J]. Chinese Mental Health Journal, 2018, 32(05):78-84.
- [2] Ma Lin. Cross-lag analysis of passive social networking site use and missed anxiety in college students[J]. Chinese School Health, 2020, 313(01):76-78.
- [3] Gong Huaping, Wu Haochi, Mei Jiao. Influencing factors and coping strategies of information anxiety behavior of college students[J]. Information Theory and Practice, 2020, 043(002):55-60.
- [4] Lei Yanzhi, Ying Jiefeng, Luo Shuangshuang, et al. Internet addiction and its relationship with loneliness in college students[J]. Modern Communication, 2017, 450(04):50-51.
- [5] Tao Xiangnan. Research on the Influencing Factors of College Students' Information Anxiety from the Perspective of Media Contact[J]. Communication Research, 2019, 003(033): P.233-234.
- [6] Zhao Shunping. Psychological problems of college students and their coping strategies[J]. Quality Education in West China, 2019, 005(010):123-123.
- [7] Niu Luying, Huang Hai, Guo Lan. The influence and interaction of subjective well-being and impulsivity of college students on mobile phone dependence[J]. Chinese School Health, 2018, 296(08):1259-1261.
- [8] Liang Yan, Hu Xiaobin, Du Shan, et al. The impact of mobile phone addiction among college students in Lanzhou on the sensitivity of interpersonal relationships[J]. Chinese School Health, 2018, 39(10):1492-1494.
- [9] Chen Yuxuan, Li Mingxian, Huang Zhizhi, et al. The effect of college students' mobile phone dependence on the quality of healthy life[J]. Sports, Leisure and Catering Research, 2018, 13(2):1-14.
- [10] Liu Liyuan. Research on the relationship between interpersonal relationships, self-regulated learning and mobile phone dependence among college students[J]. Advances in Psychology, 2016, 006(007):836-845.