A Study on the Causes, Negative Effects and Countermeasures of Mobile Phone Use in College Students

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Abstract—**With the rapid development of electronic technology, mobile phone functions and use of more and more widely. Especially in college students in the study and life widely popularization and use of college students in the classroom is a common phenomenon, affecting the efficiency and quality of college students, affecting the classroom order and teaching results. Through the study of this article aims to learn the reasons for the use of mobile phones in college students: teaching ideas obsolete; teaching methods and forms of a single; college students lack of motivation, self-management ability is poor; mobile network smart phone function, student dependence. The negative impact of the use of mobile phones in the classroom: the health of the harm; interpersonal ability to decline; classroom learning efficiency, learning ability to decline. To establish a healthy campus culture environment, to organize a rich campus activities; to establish a correct learning awareness, focus on self-management, aimed at cultivating students' ability; innovative teaching model, use of teaching tools; to the adverse Factors into favorable factors, play the phone's positive energy. The purpose is to improve the quality of classroom teaching and improve the learning effect.**

Keywords—*college students; classroom use of mobile phones; negative effects; countermeasures*

I. INTRODUCTION

College students are the main force of the development of the times is a distinctive group of characteristics of the times, the demand for electronic products and high-tech new things more intense than other groups, but also catch the information experts. Now college students mobile phone coverage is 100%, and some are using more than two mobile phones, mainly intelligent machine [1]. With the development of electronic information and wireless network coverage, mobile phones more and more into life, mobile phones in college students have played a significant role in daily life, college students with mobile phones, communication, entertainment and leisure, access to information, visit the Web site And other activities, it can be said that mobile phones have been integrated into the body part of the students. More and more college students do not leave the body, anytime, anywhere use of mobile phone habits, life, class, leisure places, streets, libraries, cafeterias, dormitories can be seen everywhere the use of mobile phone behavior, The And some even exist

mobile phone dependence, the phone has penetrated their "bone marrow", affecting the normal learning and life.

II. STUDENTS USE THE REASONS FOR MOBILE PHONES, FROM THE CURRENT SITUATION OF COLLEGE CLASSROOM

The main reasons are:

- Teaching philosophy obsolete, reasonable scientific concept is the prerequisite and basis for teaching activities. Classroom teaching is the ability of teachers and students to understand the world together, master the ability to transform the world. The theme of the classroom is teachers and students. Students are the main body of learning. Teachers play a guide and help students manage their skills and skills. Establish students as the center, master the skills as the goal, scientific and rational development of teaching plans, flexible to carry out various forms of teaching in order to introduce students into the classroom to become the master of the classroom.

- Teaching methods and forms of a single, lack of interaction, the content of the course boring, lectures, a single content, the lack of innovation, teachers become self-talker, only note their own PPT or blackboard, courseware system is too old, Mostly in the main text, courseware content is numerous, the theory is too difficult to understand, so that students think of the free classroom.

- College students learning motivation, self-management ability is poor. Learning objectives and learning motivation is correct or not, determines the protection of students in the classroom. Now most of the college students are 98, some 00, they think that high school learning is the pressure of mountains, after entering the university to study the relative reduction in pressure, unknowingly lost the motivation of learning. Once the students lose the support of learning motivation, will be in this relatively small classroom environment, students can not listen to, thinking open, playing mobile phone to become their excuse. At the same time, students face the phone on the rich network resources, difficult to

meet the temptation of mobile phones, it is difficult to focus on class, will not consciously look at the phone, for fear of missing important information.

- Mobile network smart phone powerful, equivalent to the computer readily available to meet the needs of many, mobile phone for students with super sticky. When the students can not find the presence of self in the classroom, then the phone will be the heart of the backing. This time students can only chat through the phone QQ, friends to get the attention of the mind and the spirit of sustenance.

III. STUDENTS' DEPENDENCE ON MOBILE PHONES HAS A NEGATIVE IMPACT

- The health of the harm. Intelligent mobile phone font is small, students are walking or sitting all eyes from the phone, especially in the mobile process to see the phone, will cause vision loss and so on. Sometimes in the news reports to see some students lying in bed at night to play mobile phones, and triggered a series of problems, cell phone explosion, wounded hand, disfigurement and other phenomena, and some cross the road to see the phone caused by the tragedy of the students' body Cause you can not make up the damage.
- Interpersonal ability to decline [2]. Modern mobile phone powerful social function, a variety of communication software applications, so that people before the distance widened. Friends of the exchange to QQ, WeChat, microblogging virtual world-based, when faced with when I do not know where to talk about. In the communication with strangers, because I can not see myself, you can heart to heart, no shy feeling. "The farthest distance in the world is not life and death, but I stand in front of you, but you only appreciate, watch your hands phone" sad ah! The past has lost the ability to communicate.
- The classroom learning efficiency is reduced, learning application capacity decline. Students rely too much on the phone, the students with the phone to the classroom and from time to time to view, and sometimes directly play the phone. Some students use the phone to make phone calls, send information, browse the site, watch movies and other bad behavior, seriously affect their own learning progress, learning effect, classroom order. Class under the teacher for the assignment of the work, directly to find the answer to Baidu search. These phenomena affect the efficiency of student learning and the ability to acquire knowledge.

IV. THE CURRENT SITUATION AND SUGGESTIONS ON THE USE OF MOBILE PHONE FOR COLLEGE STUDENTS.

To create a healthy campus cultural environment, the organization of rich campus activities. School administrators need to guide students from the ideological level to establish the correct concept of mobile phone use. Through the theme of class, publicity column, collective signature activities, seminars and other publicity and education to help students establish the correct mobile phone culture, clear dialectical relationship between mobile phone use. In addition, the school administrators through the second class to enrich the students' extracurricular life, and actively create a positive, healthy and happy campus culture, so that students get the soul of purification, cultural connotation has been improved, self-discipline has been enhanced. Let the group learn, the community to carry out activities, so that students come out from the phone, to participate in the Society, community cultural activities. Such as the electronic production contest, the campus dormitory culture festival, the PCB competition, the psychological sitcom, the basketball game, the "red song" competition, the fun spring games and so on, do the week week activities, the class has the program, let more people participate in the second Class, so that the second class more colorful, vibrant, expanded the class before the classmate exchanges, training college students social skills and team spirit. Our college to carry out "put down the phone, face the classroom" teaching order remediation activities, teachers, students together to create a good classroom atmosphere, in different ways to "no mobile classroom" into the hearts of students.2, establish a correct sense of learning, pay attention to self-management, designed to develop student capacity. The correct sense of guiding behavioral action, classroom use of mobile phone problems, students need to fundamentally establish a correct sense of learning. To enable students to know their own clear that the classroom is planned, organized, systematic learning venues, students should be full of enthusiasm, and actively explore the attitude of knowledge to participate in the classroom. Understand what you are going to university? What future industry to engage in? How is life in college? Good four years of college, rather than being university for four years, understand these in order to establish a correct sense of learning. Now students are adults, but the psychological is not mature, self-restraint ability is not strong, can not be a good control of their own behavior. Therefore, students after school teachers, counselors can be based on each student's own situation, combined with the characteristics of the professional, and guide students to develop their own scientific and rational learning plan, in order to restrain their daily behavior. At the same time, students can develop short-term learning goals, to constantly encourage themselves, and thus focus on learning, excluding external interference. Attention to the quality of the classroom, in the whole classroom teaching, teachers should create a form of students to actively participate in the classroom, there are questions, case studies, typical examples and other forms, so that students share their own feelings, film and television analysis, keynote, The boldness of the classroom came out and became the master of the classroom. Reform the curriculum performance evaluation structure, so that teachers pay more attention to the participation of the classroom assessment, increase the proportion of classroom participation in the total score, the usual assessment accounted for more than 40% of the total score of the course, usually participate in class interaction students to score , To improve the participation rate of the classroom. So that students participate in the process to

show their ability to improve self-confidence, and slowly put down the hands of the phone.3, innovative teaching model, clever use of teaching tools. Teachers in the face of life and blood youth, teaching the form can not use the old way before the "teacher speak, students listen to" teachers should change from the ideological way, with the modern teaching methods, methods of reform, such as "Mu" We will be able to try, the main purpose is to take the initiative to the students to the students, "students speak, teachers listen to" the way, so that every student has the opportunity to participate in the , Let the class returned to the students, mainly students, teachers, supplemented by the classroom into a platform for students to learn to think that each student feel the feeling of their own existence. The new teaching model, the teacher is the director, is the design of 45 minutes of classroom allocation of key personnel. Teachers according to their own teaching classes, teaching content, teaching focus, difficulties and class students in the actual situation, the use of discussion, inquiry, task, project, engineering and other ways flexible teaching, design every link, So that every student can participate in your director's script to come, according to local conditions, with the time into, according to the characteristics of the course and the actual ability of students to choose teaching methods to implement the program. Confucius once said: do not indignation, do not say no hair. Class this stage is the main character of the students, teachers to guide students to consciously participate in, to provide them with an independent thinking, problem-solving ability to encourage students to use different methods, from different angles to see the problem. At the same time teachers can also introduce the current social pop, interested topics to mediate the atmosphere of the classroom, so that students always maintain a relaxed mood [3], to create a teacher and student tacit understanding of the charm of the classroom.4, the unfavorable factors into favorable factors, play the phone is the energy. Mobile phone as the core of the mobile "media" has entered every person's life, prohibit the use of mobile phones in the classroom, not as good as the guide, regulate the use of mobile phones. University is the students self-improvement, self-builders, students of knowledge learning to build, not just from the class to get the teacher to explain, teaching these "fixed resources", usually you can use the "mobile phone" this powerful "mobile library "With the development of electronic information technology, especially

4G, 5G campus wireless network coverage, mobile phone as the most familiar with the current use of the most tools, why do not our teachers to introduce this tool to our classroom teaching. In the classroom, the teacher can discuss the task of the group through the clever "task" decomposition, the group, the group or the micro group to discuss the task of the group, then the students can access the information, ask questions, solve the problem, encourage Students use different methods to obtain information, and the processing of these information, the final task to complete the group. This way of learning so that students develop the use of mobile-assisted learning thinking and habits, play the phone's positive energy.

V. CONCLUSIONS

The development of the Internet is closely related to everyone, are inseparable from the network to bring us the convenience of life, mutual change of people's way of thinking and reshape the way of life, the traditional university classroom is experiencing the impact of the wave of the times. Mobile phone has become everyone's "partner", quietly walked into the university classroom. As a result of teaching resources, regional differences, the actual situation of colleges and universities and other factors, the full integration of mobile phone teaching is still facing great obstacles, so explore the path of mobile assisted teaching long way to go. The simple way to take prohibitions is to prevent college students from exploring the instincts of new things and out of the tide of the times. Teachers and students should be integrated with each other, in the teaching and learning process to be innovative, proficient in research, so that the mobile phone eventually become a classroom booster.

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