Pursuit of the Causes of College Students' Online Game Addiction Based on Non-adaptive Cognition

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Abstract: According to the non-adaptive cognitive theory, college students' online game addiction is closely related to irrational cognition. Online game addiction has had many adverse effects on college students' study, body and life. On the one hand, it is related to the physical and mental condition of college students, on the other hand, it is also related to the school and the surrounding environment. In order to prevent college students from becoming addicted to online games, the school not only strengthens the guidance of college students, but also carries out rich and colorful campus activities, and strengthens the supervision and management of college students. The family should also strengthen communication with students, improve family relationships and create a harmonious atmosphere.

1. Introduction

Cognitive behavior theory of Internet addiction believes that non-adaptation is a sufficient condition for Internet addiction. Non-adaptive cognition is the central factor leading to Internet addiction. [1][2]Cognitive symptoms precede emotional and behavioral symptoms and lead to the latter two appear. Non-adaptive cognition includes cognitive distortions of the self and the external environment. Self-recognition distortions include self-doubt, low self-efficacy and negative self-evaluation. The cognitive distortion of the external environment means that the individual firmly believes that the network environment can better meet their own needs than the real environment, thus confusing the relationship between the virtual society and the real society. The cognitive behavioral theory of Internet addiction believes that the emotional and behavioral symptoms of Internet addiction are induced by non-adaptive cognition, and the cognitive impairment of individuals with addiction tends to exacerbate the symptoms of individual addiction. Relevant research shows that Internet addicts have obtained psychological satisfaction that cannot be obtained in the real world in online game activities. In the online world, they have found self-esteem, sense of belonging and sense of accomplishment that cannot be found in the real world.[3][4]

Online games are constantly evolving on the basis of games. It is a form of games that has been developed using the platform of the Internet. Its influence and popularity are much higher than traditional video games. The most prominent features of online games are "virtual reality in the way of existence, non-utilitarianism in aesthetic appeal, harmony in game operation, and ease of pleasure in emotional experience."[3]The phenomenon of playing online games among college students is quite common. Especially in 2017, many college students are eager to play online games. The emergence of the glory of the king has made many people get excitement and pleasure from this game, and the addicted students are also not a few. The reason is that on the one hand, the traditional attraction of
online games itself is further upgraded; on the other hand, the individualized needs of college students tend to be close to the group. In the process of further communication, college students need to rely on group identification to communicate. Then the game is a very convenient communication platform and a carrier for transmitting information. In addition, if the individual students lack the corresponding self-control ability, they insist on pursuing their original personalized goals. Then, online game addiction will become serious. In addition, the universality of college students' online games is mainly reflected in the online game atmosphere of college students. The larger the online game group, the more active the online game atmosphere.

2. The Impact Of Internet Addiction On College Students

First, online game addicts have serious physical and mental health problems. Long-term online games are not conducive to the visual protection of gamers and the health care of sports joints. Online game addiction often brings problems such as physical damage, physical and mental illness, and even psychological alienation and emotional crisis. According to survey statistics, more than half of online game addicts spend 2-4 hours on online games, while 20% of players spend more than 8 hours, using computers for a long time, and eye fatigue accounts for more than 80%. More than 60% of people with shoulder pain and low back pain, and more than 50% of headaches and loss of appetite. Due to the difference between the setting of the computer keyboard and the height of the body, the game player needs to maintain a fixed posture for a long time, which inevitably causes strain and even damage to the muscles of the waist, neck, shoulders, elbows and wrists, and causes local soreness. Feelings, but severely oppress the nerves, causing symptoms such as pain and dizziness. Shown as Fig.1.

![Fig.1.the effect of playing for a long time on college student's body](image1)

Second, online game addiction directly leads to the status quo of college students' absurd academics and unsatisfactory progress, which has a great negative impact on the academic development and physical and mental health of college students. In the appeal of online games, many college students can't extricate themselves as long as they enter the game. This often leads some students to skip classes, use all the time for learning to play games, and blink is the game. There is no mind to learn at all. So the entire university study time was ruined in the game. In the answer to the question "The online game has had a certain negative impact on my study life, I think that playing online games has more harm than good", the number of people who agreed to reach 35%. 15% of people skip classes and 28% think they have affected their grades. Shown as Fig.2, Fig.3.

![Fig.2.the negative impact of internet access on academics](image2)
Third, online game addicts have a certain negative impact on families and society. At present, there are not many stories and examples in the society due to online game addiction, such as students dropping out of school, unwilling to work and study, causing intentional injury to family and friends, running away from home, social crimes and even bizarre deaths. This shows that online game addiction has already been studied for college students. Life has had a serious impact, as American psychologist David Kanter thinks: "The explosion of information in the knowledge age has made it impossible for many people to absorb new knowledge. Their brains are filled with too many times. When information is saturated and these people tend to forget a lot of important information."[7]Because network game addicts spend a lot of time on online games and even indulge in virtual emotions on the Internet and have no responsibility for family responsibilities, they often accustomed to neglecting the care of their families and even disregarding their families, directly leading to families.

The results in the answer to the questionnaire also prove this. In the answer to "because of the relationship between the Internet and my family’s interaction", the choice of college students accounted for 24.42%. It can be seen that, to a certain extent, online game addiction reduces the actual interaction of college students and leads to family intimacy, and it is not good for the maintenance of family intimacy. Shown as Fig.4.

Compared with the real society, the network society has no corresponding restrictions and requirements on laws and regulations, which may lead to online game addicts violating moral ethics and interpersonal ethics. College students who are active in the real society are accustomed to the unscrupulous and arbitrary desires in the online society. They often do not need to follow the norms of the real society and the supervision of other people, and they will cause many social violence incidents.

3. The reasons for college students' online game addiction

3.1. The characteristics of online games meet the needs of college students
The knowledge, vividness and unpredictability of online games can satisfy the strong curiosity and curiosity of college students. Its interactivity meets the needs of college students to communicate and make friends. Its virtuality and repeatability, as well as the rules of success and game rules, enable
gamers to get rid of the constraints of the real world, accomplish what is impossible in real life, and experience a sense of accomplishment.

3.2. College students regard online games as a way to relieve stress.
In the face of fierce competition, college students face many pressures, such as academic pressure, employment pressure, and the pressure of success. In the face of various pressures, on the one hand, college students lack the correct method of relieving stress, and find a healthy and positive way to ease their own needs. On the other hand, traditional ideal values are difficult to adapt to the needs of college birthdays, so college students choose to escape from reality, pursue a variety of online games to bring them satisfaction, in the game they can completely get rid of the disappointment, pain, anxiety, depression, anger in the real world, fully enjoy the virtual material and spiritual food brought by the network.

3.3. The weak self-control ability makes it difficult for college students to resist the temptation.
College students are in a period of psychological and behavioral changes, their self-control and self-discipline are not strong, and they are easy to impulsive and passive. Therefore, it is easy to be attracted by new games that are endless, and their cognitive ability is not enough to resist their temptation. Therefore, once they are infected with online games, it is generally difficult to effectively quit.

3.4. The surrounding environment of the school is complicated and the management and supervision of the campus network are not perfect, which creates conditions for college students to become addicted to online games.
With the development of colleges and universities, there have been many Internet cafes around the campus. For the purpose of profit, the merchants have launched a series of services such as eating, living and surfing. This is a great temptation for students who love to play computer games. In addition, the campus network has been basically popular, and students can use the campus network for learning and communication. However, due to imperfect school management system or poor implementation, students with poor self-control are often absent from school and even play online games overnight. To a certain extent, it creates conditions for college students to become addicted to online games.

4. Preventive measures for college students' internet addiction

4.1. Guide students to correctly understand the network and recognize the nature of online games.
It is necessary to help college students understand the network correctly and recognize the essence of online games. Counselors engaged in ideological and political education should guide college students to treat Internet problems in a dialectical manner, correctly guide college students to understand the nature of online games, understand the serious harm of online game addiction, and enable college students to truly use online resources to help learn and live. Guide college students to establish correct network concepts, use the network as a source of knowledge and a means of learning, rather than as a way to hunt for bad information.

4.2. Universities should strengthen network and mental health education.
Colleges and universities should strengthen education and guidance, carry out various forms of network mental health promotion and education, and provide network psychology courses for college students to let students understand basic network psychological knowledge and prevent common online psychological problems. Establish a network psychological counseling office, equipped with a special psychological counseling teacher, set up a network message mailbox, psychological counseling for students with psychological barriers, and psychotherapy for different people.
4.3. Develop a sound supervision and management system to strengthen the behavioral constraints of college students who are addicted to online games.

The outlook on life and values of college students have not yet been finalized, and their thoughts and behaviors are not mature. The ability to distinguish between right and wrong, self-control, and ability to resist temptation are not perfect. Therefore, it is necessary to guide students to correct their attitudes on the Internet, to rationally control the time spent on the Internet, to clearly understand the dangers of being addicted to online games, and to prevent warnings. And schools should strengthen the construction of the campus network, enhance the supervision and management of the campus network, require students to log on to healthy excellent websites, make full use of the educational resources of the campus network, give play to the educational role of the campus network, and actively guide students to use the Internet as learning knowledge. Tools to acquire information and develop abilities.

4.4. Carry out a variety of extracurricular cultural activities.

Enrich campus culture and actively guide the migration of students interested in online game addiction. Campus culture is a spiritual environment and cultural atmosphere with campus characteristics. Its impact on the education of college students has greater advantages than network culture. A healthy campus culture is conducive to guiding college students to develop self-monitoring, self-regulation, self-reflection, self-education interests and abilities, encourage their progress, and free them from online obsession. Schools should create a good learning and living environment for students through various forms of campus cultural and sports activities. At the same time, students' interest in learning is stimulated, and the professional expertise of students is explored and cultivated, so that they can build self-confidence, gain a sense of accomplishment in real life, and distract attention from online games in the rich after-school life and the unity and friendship of classmates. Overcome the reliance on online game addiction and move interest to other hobbies and expertise.

5. Conclusion

How to help college students to correctly use network resources and reduce the harm caused by the negative impact of the network is the need to ensure the healthy development of college students, and to cultivate the needs of talents in the modern information society. Schools, families, and society should unite and give enough attention to help online addicts regain their goals in life.

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