Correction of College Students’ Internet Addiction by Outdoor Outward Bound Training

Cheng SU, Jian LIU*
Wenzhou Medical University

Abstract: with the popularization of social informatization and networking, college students’ learning has been inseparable from the network. With the rapid development of Internet information technology, college students have more and more opportunities to use the Internet. However, college students facing the network is not clear, easy to be affected by the network. In order to strengthen college students’ rational use of the Internet, this paper studies the causes of college students’ Internet addiction, and analyzes the harm of the Internet to students. From the perspective of outdoor outward bound, we should pay attention to the analysis of college students’ Internet addiction. Therefore, this paper focuses on the causes of college students’ addiction by means of comparative and empirical construction. According to the operation idea of outdoor expansion operation, we should pay attention to the cultivation of college students to establish a good mind, and provide the basis in line with the requirements of modern network information construction. This paper analyzes the causes of college students’ Internet addiction from the aspects of harm causes, social impact, learning ability, etc., and analyzes how to provide the network standard correction scheme in line with college students, so as to provide the necessary auxiliary management value for college students’ better learning.

Keywords: Outdoor development; College students; Internet addiction

DOI: 10.47297/wspiedWSP2516-250002.20200410

About the author: Cheng SU (1992-08), Female, Han Nationality, Place of birth: Wenzhou City, Zhejiang Province, University: Wenzhou Medical University, Professional title: Teaching assistant, Education background: Master’s degree, Research direction: Ideological and political education.

Corresponding author: Jian LIU (1983-01), Male, Han Nationality, Native place: Yantai city, Shandong Province, University: Wenzhou Medical University, Professional title: lecturer, education background: graduate student, research direction: College student education management, innovation and entrepreneurship education research and other aspects.

Funded project: An Empirical Study on the Intervention of Quality Outward Development Training on Internet Addiction Behavior of College Students  WGSZ202106.
Wenzhou Federation of Social Sciences, Wenzhou Education Bureau February 7, 2021.
1. Introduction

Since the development of the 21st century, the process of information network industry has been upgrading and speeding up, and the Internet has become an indispensable part of people’s life. According to the data report provided by China Internet Information Center, the Internet improves the diversity of college students’ learning, makes their learning more convenient, expands their communication scope, and provides more diverse entertainment experience without geographical restrictions. But the information on the Internet is messy and full of temptation. College students lack of self-control learning ability, easy to rely on the network, leading to psychological barriers and other problems. College students are in a critical period of social cognition. If they are not guided properly, they may make mistakes in behavior judgment due to the influence of the Internet. Then, we need to start from the causes of college students’ Internet addiction, standardize the management combined with the characteristics of the network, pay attention to psychotherapy and value matching, improve the self-correct discrimination ability of college students, and better meet the development of college students.

2. Analysis of Internet Addiction

Internet addiction refers to escaping from the existing life and indulging in the virtual network. Continuous online, stimulate interest in the brain, from a physiological point of view, similar to drug abuse, gambling. They have a negative interest in life and are not interested in the people and things around them. There are several conditions for judging Internet addiction and there are less time online, online impulse, unable to restrain and reduce the anxiety and uneasiness when surfing the Internet. I think the Internet is more important than school and work. If you don’t surf the Internet, you will have a sense of loss. You think that surfing the Internet is the most important thing and you would rather surf the Internet than socialize or work.

3. The Harmfulness of Internet Addiction

(1) Obstacles in interpersonal communication

The relationship between netizens is a virtual state in different spaces, which is different from the communication between people in traditional society. Netizens are mainly called by net names, which is an extension of the communication in reality. With the help of network media communication, more attention is paid to the spiritual level of communication. The communication based on the network platform is more free and casual and this new form of communication breaks the traditional way of communication and shortens people’s distance. Through the
network, we can quickly establish the relationship between people and realize the personalized communication distribution. At the level of network virtualization, we should pay attention to the management of spirit matching and network virtual form of communication is low binding, people’s imagination space is large, people’s image in the virtual state of packaging.

Internet addicts can often gain a sense of identity on the Internet. In reality, there are confusion and inadequacy in interpersonal communication, and they are afraid of social behavior. The contrast between the network and reality, affect themselves, will be more virtual packaging, and replace the existing real social communication ability. Once you leave the network, you will not be able to communicate with people and have effective social interaction. Fantasy network image is their real image, more willing to show people with the network image, escape the real image.

(2) Simplification of social adaptability

Internet addicts are not willing to socialize and are willing to live in their own virtual world. Lack of social cognition, lack of emotional communication with society, gradually unable to adapt to modern society. Long term with the computer, people's mode of thinking and methods gradually change, lack of adaptability and communication skills in the process of getting along with people. They are often treated as evasive behaviors, and gradually become disgusted with the society and they can’t become normal people in the society.

(3) Lack of learning ability

The information on the Internet is so much and miscellaneous that it destroys the students’ original way of learning. A large amount of information can be collected through the network, and students no longer need to collect knowledge through the library. Under the condition of network, information can be collected quickly and stored on the computer. Students are not willing to think with their brains, and they are passive in learning and they passively receive information instead of careful analysis and understanding, besides, students are not willing to use brain thinking, but more willing to realize information docking on the Internet and lack of information knowledge innovation and independent thinking ability.

Most of the students use the Internet chat, games, no longer and pay attention to knowledge learning. In the virtual world, without thinking about research, we can’t concentrate our thinking and energy, which leads to the low level of learning efficiency. Students rely too much on the Internet, indulge in games and entertainment, have no interest in learning, and are not willing to communicate with students.

(4) Moral disorientation even leads to crime

Virtualization network makes people have different new masks at any time,
and they can make their own plans at will. The basic information entropy of age, state and gender can be changed and adjusted at any time, which is not affected by the constraints of moral virtual environment, resulting in serious moral ambiguity.

The authenticity judgment value of network information is insufficient, and the accuracy of information verification is poor. In the virtual network state, without the supervision of parents and teachers, immature students are easily affected by the information on the network. Online games and pornography will directly affect students, and even lead to crime. Network violence is also a direct cause of students’ moral ambiguity, and even causes the change of values and wrong understanding of outlook on life. In real life, mental, emotional, state are abnormal, serious even appear antisocial state, and even lead to the occurrence of criminal behavior.

4. The Causes of College Students’ Internet Addiction

(1) External causes

College students are in the stage of contacting and understanding society. For the massive network information resources, college students’ own information is single and scarce. However, they can quickly obtain a lot of information in the network state. Without the time to judge and the correct guidance of others, they will fall into the network cognition and cannot extricate themselves. Many students have cognitive bias of social consciousness on the Internet.

(2) Internal causes

College Students’ psychological quality is not mature, and their understanding of network is still in a new stage. The anonymity and convenience of the network make college students feel that the network can be used as an alternative in their daily life. College students rely too much on the network, which affects their study and work.

5. Outdoor Outward Bound is Adopted in Internet Addiction

(1) The value and significance of outdoor expansion operation

Outdoor expansion operation is a traditional ecological form, contact with the natural environment. Through the external physical and mental activities, challenge the personal limit consciousness, and achieve the shaping of firm personality consciousness. Outdoor development pays more attention to various functional exercises of sports activities, corrects college students’ Internet addiction behavior, attaches importance to mutual communication and cooperation in interaction, and guides students to establish more independent thinking and cooperation ability.
(2) Feasibility of outdoor development

Outdoor development is an economical corrective operation. Internet addicted college students indulge in the Internet for a long time. They are isolated and internal and they are unwilling to contact the society, admit their own defects and carry out psychotherapy. The outdoor expansion activities, is a simple way of exercise as the entrance, to build a good way of corrective thinking for college students, pay more attention to the promotion of behavior and consciousness. Through the convenient operation of multiple links, we should pay attention to expand the attention and interest of college students by outdoor activities, turn the complex behavior communication into simple activities, make students more focused on their own thinking activities, and reduce their infatuation with the Internet Thus, outdoor activities is a convenient way to operate.

6. Conclusion

To sum up, outdoor development training can effectively improve the problem of college students’ Internet addiction, fully understand the causes of Internet addiction, combined with the specific situation analysis, study how to build the outdoor activity development program in line with college students, timely standardize the construction program in line with the expansion activities, according to the relevant operation thinking and construction mode, overlap in line with the construction of talent training and the goal of standardization is to implement the reform of network information application. Gradually guide college students to correctly understand the network, apply the network, better serve their study, work and life, and meet the ultimate goal of talent training in modern society.

Works Cited

[1] Bi Yunrui, Liu Kun, Liu Di, Huang Jiacai. “Research on the cultivation of automation professionals under the new generation of information technology” [J]. China Educational Technology Equipment, 2019 (22): 30-31 + 35.

[2] Liu Xiaolian, Yue Lei. “Exploration and practice of “combination of learning and research” in cultivating innovative talents of electronic information science and technology” [J]. Education and Teaching Forum, 2019 (08): 162-63.

[3] Tao Jun, Zhu Ling, Zhang Yunling, Wu Yue. “Teaching mode reform and practice of network engineering and information security personnel training based on o2o” [J]. Journal of Chifeng University (NATURAL SCIENCE EDITION), 2019, 35 (01): 138-40.