Discussion on the Improvement of Online Learning Ability of Higher Vocational College Students by Online Games and the Existing Problems

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Abstract. In order to make students' online learning ability last, students are required to have positive study habits and autonomous learning ability. With the rapid development of economy and society, the market demands talents not only to master more knowledge, but also to show understanding, application, communication and creativity in the process of rapidly updating practical knowledge. The influence of online games on college students has both positive and negative aspects. College students are the main group keen on online games. This paper analyzes the influence of online games on the improvement of online learning ability of higher vocational college students from both advantages and disadvantages.

Keywords: Online Games, Higher Vocational Colleges, College Students, Online Learning Ability

1. Introduction

With the advent of the information age, vigorously promoting online learning is one of the development directions of teaching methods. Higher vocational education takes service as its purpose, employment as its orientation, occupation as its center, and focuses on students' employability, so as to cultivate high-skilled and applied talents in the production line [1]. Online games have existed objectively in higher vocational colleges, and have been developing continuously. Participants can achieve the purpose of communication and entertainment through the interaction in the game, which is a virtual world created by real people. The reason why online games can make a large number of students indulge in it must have its unique attraction [2]. From a psychological point of view, online games have unique characteristics of beautiful pictures, numerous props and rich colors, which make
online players curious about them, and even have a strong desire, possessiveness and sense of accomplishment.

With the network entering the campus, online games have also been brought to college students, so many college students are addicted to online games, and the problem of online games has become one of the focus issues that colleges and universities need to pay close attention to. Therefore, based on cultivating students' sustainable online learning ability and expanding vocational learning skills, higher vocational education has important practical significance and far-reaching historical significance for improving graduates' competitiveness and meeting the growing talent needs of the economy and society.

2. Learning Ability

Learning ability is an indispensable treasure of contemporary people, which has the ability to transform knowledge resources into knowledge capital. Of course, it also refers to the comprehensive expression of learning motivation, perseverance and ability of a person or a team or an organization, which is also called learning motivation [3]. For a long time, people hold different views on this issue. Some foreign scholars believe that learning ability is equal to intelligence, and that "the convergence of comprehensive abilities about learning ability is intelligence".

Learning ability is mainly composed of three elements: learning motivation, learning perseverance and learning ability. (as shown in Figure 1).

![Figure 1. Composition of learning ability elements](image)

Generally speaking, students with good self-control always think that success and hard work are in direct proportion, therefore, such students have good advantages in achieving their goals. Learning ability is the sum of subjective and objective conditions for learning, which comes from learning methods, mainly including reading ability, memory, comprehension, judgment, learning efficiency, etc. It depends on the ability to accept, digest and understand the learning content, and also depends on the material basis, including the investment of funds, time and energy. In the final analysis, it is a process in which a person constantly accepts and exchanges information with the outside world. Like the continuous upgrading of computers, the process in which the human brain accepts external information is actually a process in which the human brain constantly "upgrades".

Learning motivation comes from clear goals, learning perseverance shows firm perseverance, and learning ability is reflected by the application of learned knowledge in practice. Students with clear learning direction and goals have relatively strong self-discipline and are not easily influenced by the surrounding environment. Use innovative thinking to analyze and solve various complex problems in real life, expand the scope of knowledge itself, enhance the ability, internal cultivation and
characteristics of the original knowledge structure, realize the value of various knowledge, and internalize it into its own elements through the comparison and identification among knowledge organizations, forming excellent learning quality and healthy learning emotion.

3. Significance of Cultivating Higher Vocational Students' Online Learning Ability

3.1. Adapt to the needs of social development

If online learning ability is not strong, the ability of higher vocational students to adapt to social development will be insufficient. Without in-depth understanding and mastery of the learned knowledge, divergent thinking on problems is relatively poor. Perception, attention, memory, imagination and thinking abilities are usually considered as cognitive abilities [4]. Therefore, teachers should strengthen the training of students' cognitive ability. Be good at finding relevant knowledge through effective methods and ways, so as to improve one's cognitive structure. However, when students study in higher vocational colleges, there are more and more specialized courses, many of which are knowledge levels that students have not touched before, and there are relatively many abstract concepts involved in specialized courses, so the requirements for students' autonomous learning ability become higher and higher. Whether a person or an organization has a strong online learning ability depends on clear goals, firm perseverance, broad knowledge system and rich experimental experience. Only when they have all three, can they have a real online learning ability, and none of them are indispensable.

3.2. The need for students to become talents themselves

The more intense the social competition, the greater the learning pressure. Internal motivation and external pressure are closely related, complement each other and transform each other. Only by studying hard, studying hard and being good at learning, can we develop ourselves in an all-round and healthy way, become comprehensive and applied talents who can absorb knowledge and information from various subjects, smoothly integrate into the professional society, and not be eliminated in the competition of market economy. Only teachers are actively making plans and arranging study work, so students are passive. Therefore, we should change this education mode, make students take the initiative, and let students communicate to complete learning tasks. When teachers teach students new knowledge, they should understand students' learning foundation, guide students to carry out task analysis, understand the knowledge and skills needed to achieve new teaching goals, and give appropriate supplements to their insufficient knowledge background to deepen their cognition and understanding of new task learning [5]. Through the comparison and identification among knowledge organizations, they are internalized into their own elements, forming excellent learning quality and healthy learning emotion.

3.3. The need of school development

The only lasting advantage of future learners is their ability to learn faster and better than their opponents. Moreover, these students lack a steady and rigorous learning attitude, which makes it impossible to grasp the overall situation of the knowledge they have learned. According to students' characteristics, higher vocational colleges should cultivate students' social adaptability, educate students to establish the concept of lifelong learning, improve their learning ability and learn to learn.
Under the student-centered teaching mode, teachers are transformed from knowledge givers to learning guides, and students become the main body of the classroom. Through cooperation with enterprises, an off-campus practice base is established, which enables students to better combine their knowledge with practical content and improve their ability to solve problems in practice [6].

4. Positive Influence of Online Games on Online Learning Ability of Higher Vocational College Students

4.1. Develop students' thinking sensitivity

Interest is the best teacher. Students' study of online games can stimulate students' interest in learning and desire for knowledge. The basic reason why online games are favored by a large number of college students is that they meet the psychological needs of college students. Studying the psychological mechanism of college students' addiction to online games is helpful for college ideological and political workers to guide and educate college students correctly. However, when individuals have negative emotions such as anxiety and depression, they can vent through online games, which has reached the function of release, that is, happiness and relaxation generated during online games will replace depressed emotions in real life. Fundamentally improve one's effective autonomous learning ability. They are deeply attracted by gorgeous game pictures, vivid game sounds and various game characters, which make them highly focused, inspired, stressed and excited, free from the negative and sleeping psychological state, and switch to the attention, awakening and excited state.

4.2. Develop self-awareness

Self-awareness is the unity of three dimensions: self-awareness, self-experience and self-regulation. College age is a critical period in which youth's self-awareness grows rapidly, develops rapidly and tends to be unified, showing the characteristics of strong self-concern, independence and immaturity, dynamics and development. The online game community makes full use of the characteristics that the network can span time and space constraints, and the technology of network information transmission and feedback is beneficial to college students' communication. Alleviate fear and shyness, and satisfy their sense of identity and belonging. The openness of online games allows college students to experience the importance of team spirit by simulating interactive and cooperative situations in online games; Can also make their thinking is not limited by time and space [7]. Make full use of modern educational means to cultivate students' ability to practice and think. By means of modern multimedia education, we can provide students with a good individual learning environment. Make use of abundant online learning resources and provide diversified services for students.

4.3. Cultivate good learning quality

In order to make students' online learning ability last, students are required to have positive study habits and autonomous learning ability. In education, teachers refer to the role of online games to put forward new requirements for teaching, learn new teaching concepts, strengthen the interaction between teachers and students, and enhance the communication between students, so that students can have a deeper understanding of teaching rules, grasp the rules of rewards and punishments, and thus strengthen their autonomous learning ability. However, online games are competitive and adopt
customs clearance and upgrade mode, which provides a platform for participants to challenge themselves and surpass themselves. By defeating the opponent, you can get a strong sense of accomplishment, especially when the team fights, the players who make contributions can get the affirmation and gratitude of other teammates; Online games have given them a simulated real environment. The players in the games have no position or power, and the tasks of uniting together to eradicate demons and ghosts alleviate the psychological pressure brought by traditional face-to-face communication. They found themselves after their success again and again, and formed a relatively complete healthy and confident self-image.

4.4. Cultivate innovative thinking

Any game is a process of constantly encountering and solving problems. Educational online games are a process of problem solving and thinking cultivation. The difference is that educational games are closer to reality, more targeted, purposeful and open. Open features can enable students to enhance their team cooperation ability through experiential and cooperative situations in online games; You can also make your own thinking free from time and space constraints. Learning motivation is the internal reason and powerful driving force to motivate, promote and guide learners' learning activities. Learners' needs, learning awareness, interests, beliefs and goals are all important factors that affect learners' learning motivation. Thereby effectively promoting students' enthusiasm for learning, arousing students' learning enthusiasm and initiative, and gradually enabling them to develop good learning methods of theoretical knowledge of specialized courses. Help students improve their learning efficiency, so as to achieve the goal of effective learning [8].

5. Negative Influence of Online Games on College Students

5.1. Harm the healthy development of body and mind

Some college students have been addicted to various virtual scenes and operations of computer games for a long time, and their eyesight has been greatly damaged. They often feel dim, dry, astringent and swollen eyes, and even severe keratitis and temporary blindness. College students who are addicted to online games often stay in front of computers for a long time, eat irregularly and often stay up late to play games at night. In the long run, it is bound to cause damage to health. The game is no longer a game. Instead, it is a hypothetical life. Maybe the game itself is redundant, but the utopian pleasure brought by this hypothetical life is indispensable, and the happiness it creates becomes necessary for players, which makes them unable to extricate themselves. Online games are the accumulation of conditioned reflex, which is not only the root of individual positive emotions, but also the fortress of avoiding reality and closing self. Indulging in virtual network, the brain is excited for a long time, which will easily lead to obsessive-compulsive disorder, and eventually lead to mental disorders such as neurasthenia and listlessness.

5.2. Loss of life goals, affecting academic future

Online games consume a lot of college students' time. According to statistics, 80% of online game participants have skipped classes, and their studies were interrupted during their college career (including dropping out of school and dropping out of school), and 80% were related to Internet addiction. Among many college students, the moral defects of individual heroism, utilitarianism and
Hedonism are obvious, which is undoubtedly a warning. Too much time spent playing online games has greatly reduced the time for college students to participate in meaningful campus cultural activities and social activities, and gradually alienated from other students. In the long run, college students are depressed, lost their interests, fidgety and depressed, and even have suicidal thoughts or behaviors. Thereby weakening moral and legal consciousness, and even weakening survival consciousness. At the same time, online games can't be seen or touched, and can't feel the emotions revealed in language movements, which will also lead some college students to fall into writing and reading difficulties and greatly reduce their interpersonal skills.

6. Suggestions on Guiding College Students to Treat Online Games Correctly

6.1. Schools should strengthen management

Schools should carry out various practical activities to provide colorful campus cultural life for college students, improve the quality of life of contemporary college students and make them healthy and progressive. Putting your own thoughts on teaching problems and measures into the game teaching scene, the whole process embodies the cultivation of learners' hands-on operation ability everywhere. Learning is still the main task to guide college students to correctly understand at present, and studying professional knowledge is the fundamental way to become talented.

6.2. Standardize online games

College students' addiction to online games often shows the phenomenon of declining interest in learning, irregular work and rest, skipping classes in the morning and so on, which leads to lower grades and serious failure. In the content of the game, we should focus on Chinese traditional culture. Promoting the construction of spiritual civilization in online games and ensuring the health of the content are the fundamental solutions. Help college students recognize reality and illusion, enhance their self-control, stimulate their spirit of seeking truth and being pragmatic, and let college students conduct self-education and self-management, so that they can become the "masters" of games. Especially for the future college students, the realistic factors of physiological maturity and psychological immaturity pay more attention to the embedding of their invisible value, and need to reasonably guide them to create value for the society. In addition, the commercial interests of online games should be guaranteed while paying attention to the public interests, so that college students can pay more attention to the public interests in online games. Teachers should also combine theoretical knowledge with practice in the process of teaching, so as not to lead to students' strangeness.

7. Conclusion

To improve students' online learning ability in higher vocational colleges, efforts should be made on all the elements of students' online learning ability, and at the same time, there should be a good system and machine guarantee, so that students in higher vocational colleges can minimize the gap with undergraduates under the condition of poor foundation for admission. Online games are not useless. To some extent, they even have a positive impact on the cultivation of college students' character. However, due to the poor self-control ability and unstable values of college students, online games have a greater negative impact, so it is necessary to treat online games with a correct attitude. Let students learn independently in the immersive virtual and real environment, which may enhance
their initiative, show their own personality and make them experience the sense of accomplishment in this process. At the same time, it is also the intangible value that frustration brings to individuals.

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