

# Research and Governance of High School Students' Mobile Phone Dependence

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**Abstract:** As a typical representative of young people in the new era, high school students occupy a certain proportion of the population with mobile phones. While using the convenience brought by mobile phones, they are more dependent on mobile phones. In addition, high school students are still in an important period of forming their world outlook, outlook on life, and values. The level of self-control, cognitive ability, and self-repair and adjustment abilities still need to be improved, and their self-cognition ability is not yet perfect. In modern times, with the advent of the self-media era, many works in cyberspace are mixed, and even carry a lot of bad information. High school students have a strong ability to accept new things, and bad information will inevitably have varying degrees of impact on the physical and mental health of high school students and their academic performance. If things go on like this, it will inevitably have a serious adverse impact on students' formation of a correct world outlook, outlook on life, and values. Therefore, it is urgent to strengthen the research on the management of high school students' mobile phone dependence and effectively manage high school students' mobile phone dependence.

**Keywords:** High School Students; Mobile Phone Dependence; Research and Governance

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## 1. The concept of mobile phone addiction

Experts and scholars of mobile phone dependence usually refer to an obsessive state in which individuals use mobile phones out of control, and their psychological, physical and social functions are significantly impaired. A description of the phenomenon of excessive cell phone use, also known as cell phone addiction, cell phone anxiety, or cell phone syndrome.

## 2. The dangers of high school students suffering from mobile phone dependence

### 2.1 It seriously affects learning.

High school students are younger and have poor self-control. At the same time, with the improvement of information technology, the functions of mobile phones, especially smart phones, are becoming more and more powerful. The situation of students using mobile phones to play online games is particularly prominent. Boys in particular, especially high school boys with poor grades, are addicted to mobile online games, resulting in severe sleep deprivation, classroom distraction, and a severe drop in academic performance. Some students even use smartphone search functions such as image and text retrieval to find exam questions, and use mobile phones to transmit answers to cheat during exams. These behaviors seriously violated the examination discipline and undermined the fairness of the examination.

### 2.2 Serious harm to health.

According to medical research, playing mobile phones in bed can easily affect people's sleep and easily lead to disturbance of the biological clock. At the same time, it is well known that the radiation of mobile phones, especially smart phones, is very large, which can cause adverse reactions such as nausea and fatigue. According to some data, the harm of non-thermal radiation of mobile phone is more serious than that of thermal radiation, and it may cause more lesions.

## **2.3 Serious harm to mental health.**

With the popularity of the Internet, students exchange information through QQ, WeChat, Weibo and other chat tools through mobile phones. Unhealthy information such as "meat jokes" that are mostly circulated among adults has also spread to high school students through mobile phones. With the advent of the self-media era, there are all kinds of bad information, videos, etc. in the cyberspace, which will inevitably lead to various degrees of infection and damage to the young minds of many high school students. In particular, some high school students are addicted to mobile phones and spend most of their time and energy in the virtual space of the mobile phone network, reducing communication and contact with the surrounding world, resulting in different degrees of psychological problems.

## **3. Analysis of the causes of mobile phone dependence among high school students**

### **3.1 External factors**

#### **3.1.1 Under the situation of epidemic prevention and control, online teaching will be conducted**

Since the beginning of 2020, the pneumonia epidemic caused by the new coronavirus has swept the world. The Party Central Committee has called on people across the country to observe health at home. In recent years, there have been repeated outbreaks in different regions, and the education system has adopted online teaching in line with the principle of "suspending classes without stopping learning". High school students who are at the critical stage of their studies have naturally become one of the most important audiences for online teaching. With home observation and online teaching, mobile phones occupy most of the time and energy of high school students.

#### **3.1.2 The environment created by the development of the times**

With the rapid development of information technology, the way high school students obtain information breaks through the limitations of time and space. It can be said that people can access the Internet wherever there are people, and people are increasingly dependent on the Internet. High school students are good at learning and are very easy to accept and understand new things. Mobile phones have become a must-have for young people in the new era.

#### **3.1.3 The huge appeal of the phone itself**

Compared with computers, mobile phones are personal items, and the Internet is also more conducive to protecting privacy. At the same time, because the mobile phone is easy to carry, low in price, small in size, etc., the qualifications for using the mobile phone are small, and it has obvious advantages in interpersonal communication and communication. Due to the huge academic pressure of high school students, most of the main objects of daily communication are classmates in the class, especially lack of conditions for interpersonal communication and talk, and smart phones just meet the needs of high school students.

### **3.2 Internal reasons**

#### **3.2.1 Psychological needs for the virtual space created by mobile phones**

High school students are in adolescence with rapid psychological and physical growth, and are prone to mild or severe psychological problems. With the adjustment of hormones in the body, it is inevitable that various psychological needs will

arise, and there is often a desire to communicate and talk. The mobile phone can make the communication objects do not have to face each other, even strangers who have never met, and also provide private space and emotional buffer for high school students in the rebellious period.

### **3.2.2 Multi-level needs for the virtual space created by mobile phones**

High school students have stronger self-esteem and vanity, are emotionally sensitive, and are easily affected by the external environment. They are particularly eager to be loved, understood and respected, eager to reflect their own value, and their physical development also leads them to yearn for contact with the opposite sex. Mobile online games can create an idealized space. In such a special stage, high school students can completely conceal their information by interacting with strangers in cyberspace through mobile phones, helping them realize their self-worth and gain peak experience.

## **4. The countermeasures to solve the mobile phone dependence of high school students**

There are many incentives for mobile phone dependence, and the elimination of mobile phone dependence is certainly not a simple matter. The author believes that a unified prevention and control system needs to be built from the country, schools and families, and high school students themselves must give full play to their own initiative.

### **4.1 The state should play a top-level design role.**

Public security and Internet information departments should increase their efforts to clean the Internet, increase the investigation and punishment of pornography spread through the Internet, and effectively remove Internet pornographic information. The propaganda department should increase the propaganda of positive energy, guide people to advocate the truth, goodness and beauty, and jointly create a clean and breezy cyberspace. Educational research institutions should strengthen research on high school students' mobile phone dependence, management and governance of high school students, and play the role of think tanks to provide useful experience for strengthening and improving the governance and management of high school students' mobile phone dependence.

### **4.2 Schools should strengthen the educational management and guidance on the use of mobile phones by high school students.**

Head teachers and teachers should communicate more with students' parents to understand the reasons and circumstances of students' use of mobile phones, and provide targeted suggestions for the school to formulate rules and regulations. Schools should study and formulate practical management rules and regulations, and should analyze specific problems in a specific way, and should not be simple and rude. And strengthen the learning and publicity of rules and regulations, especially publicize the school's rules and regulations to parents, to get the understanding and support of parents. It is necessary to play the role of psychological counseling, strengthen the screening of students with mobile phone dependence, and establish a support mechanism for one person, one policy, and strengthen psychological counseling for students.

### **4.3 Families should intensify efforts to educate, guide, model and manage**

Parents should adopt a positive way, take the initiative to communicate with their children, and help children adjust their emotions in a timely manner. Parents should play an exemplary and leading role. They should not play mobile phones at home, set a good example for their children, and at the same time strive to establish a trusting relationship with their children, create opportunities for cultivating affection, and help children develop healthy and upward hobbies. Parents should do a good job of supervision, establish regulations for the management of children's use of mobile phones, and make three

chapters with their children to supervise children's reasonable use of mobile phones.

## **4.4 High school students should exert their own initiative and consciously overcome mobile phone dependence**

High school students should arrange rest and study time consciously and reasonably, actively cultivate optimistic characters, cultivate healthy and upward hobbies, and actively participate in public welfare activities of schools and social organizations.

In short, to effectively manage the impact of mobile phones on high school students, it is necessary for the country, schools, teachers, and parents to communicate and cooperate frequently, and to achieve an effective combination of "sparse" and "blocking", so as to effectively solve the problem of high school students due to mobile phones. Negative influence, create a good learning and growth environment for children.

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