Analysis on the Causes of College Students' Network Psychological Obstacles

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Abstract: The Internet not only brings convenience to college students' study and life, but also brings network psychological obstacles such as loneliness and depression, game addiction, Internet love addiction, pornographic addiction, Internet crime and so on. As college students, combined with the reality of College Students' network psychology, this paper analyzes the causes of College Students' network psychological obstacles, and puts forward practical preventive countermeasures.

1. Introduction

According to the report of China Internet Network Information Center (CNNIC), as of December 31, 2009, the number of Chinese Internet users had reached 384 million, ranking first in the world, and the number of College Students' Internet users also increased sharply. With the sharp increase in the number of College Students' Internet users, the change of lifestyle and the impact of traditional values, the following network psychological problems have become the main disease perplexing college students' "Internet bugs".

2. Types and Manifestations of Common Network Psychological Disorders of College Students

The common network psychological disorders of college students mainly include loneliness and depression, game addiction, addiction to online love, pornography addiction, network crime and so on.

2.1 Loneliness and Depression

Long term online communication will make people gradually lose their sensitivity and tension to real life, and loneliness will take advantage of it. This loneliness makes college students more dependent on the Internet. Once they leave, they are at a loss and restless, and then gradually move towards the personal lonely world, and even produce depression.

2.2 Game Addiction

Most game addicted college students have reversed their work and rest time, disordered life rhythm and plummeted academic performance. Once the game is stopped, it is difficult to engage in

other meaningful things, and there is an impulse to play the game that is difficult to get rid of, forming spiritual dependence and corresponding physiological dependence. After resuming the operation of the game, the mental state will return to normal.

2.3 Indulging in Online Love

As a way of spiritual love, online love can meet the idealization of College Students' pursuit of love[1]. However, some college students regard online love as the only pursuit of life. They indulge in online love and can't extricate themselves. They fall in love online all night, but they are listless in class. Some even skip classes in order to fall in love online.

2.4 Porn Addiction

College students are also in the stage of sexual consciousness development, full of curiosity about sex. Imperfect publicity methods on the Internet often enable college students to obtain unhealthy sexual attitudes and knowledge, so that many college students are infatuated with them and can't control themselves. Therefore, unhealthy sexual psychology and behavior will damage physical and mental health, and serious cases will lead to crime, with unimaginable consequences.

2.5 Cybercrime

Network is a double-edged sword. On the one hand, it provides strong support for college students who are hungry for knowledge, on the other hand, it makes the network become the carrier of College Students' crime. Some college students use the Internet to carry out online fraudulent transactions, carry out online theft, occupy other people's property, establish obscene websites, spread obscene articles, and manufacture and spread computer viruses, which has become a public hazard in the network society.

3. Analysis on the Causes of College Students' Network Psychological Obstacles

The emergence of College Students' network psychological disorder is inseparable from the physiological and psychological development stage of college students. Specifically, the causes of "network psychological disorder" mainly include the following aspects:

3.1 Interpersonal Disharmony, Negative Participation in Collective Activities

College students are in a period of psychological development eager for communication and understanding[2]. Good interpersonal relationship is the inevitable requirement for their normal psychological development, maintaining healthy personality and seeking a sense of security, belonging and happiness. However, due to the differences between middle school and university life, many students can not actively adapt to the new life, close themselves, rarely communicate with others, and do not take the initiative to participate in collective activities. They seek happiness in the virtual world for comfort, and become lonely and depressed in real life.

3.2 The Gap between Ideal and Reality

The communication on the network uses a virtual "I" to communicate with each other, which not only avoids the tension and discomfort of communication in reality, but also meets the needs of communication, resulting in college students' indifference and depression in real emotional communication, self loss in communication and indulgence in online love. Game addicted college

students believe that online games are a combination of virtual characters and real themselves. As long as they work hard, they will have a gratifying return[3]. They even use virtual planning instead of real planning, which affects learning and is not conducive to personality improvement.

3.3 The Role of Sexual Curiosity under the Influence of the Contradiction between Sexual Impulse and Self-Control

College students are in the stage of sexual consciousness awakening, and are often troubled by sexual impulse. The Internet is full of all kinds of content related to pornography and violence. Driven by curiosity, some college students with poor self-control can't extricate themselves by contacting them intentionally or unintentionally, and become patients with psychological disorders of Internet pornography, which may also become the motivation and indirect cause of inducing sexual crimes.

3.4 The Lack of Network Ethics and the Existence of Fluke Psychology

The network brings new ideas, which makes the original moral norms lose their due effect to a certain extent, resulting in the lack of network moral norms. College students have strong curiosity and desire for expression, and the virtuality of network behavior increases their speculative psychology of fluke and adventure. This fluke psychology makes the concept of legal system tend to be weak, resulting in some college students taking the Internet as a way to hunt bad information and an object and tool to implement illegal and criminal acts.

4. Prevention of College Students' Network Psychological Disorder

At present, college students' network psychological disorder has become a prominent concern of the society. In view of this increasingly serious phenomenon, as a member of college students, the author believes that the prevention of College Students' network psychological barriers not only needs the help of society and school, but also needs the efforts of college students themselves[4].

4.1 Creating a Good Interpersonal Relationship and Learning and Living Environment

Good interpersonal relationship is a compulsory course for college students. Cultivate an optimistic and upward attitude towards life and reduce pressure appropriately. Establish a platform of mutual trust and mutual assistance with students, teachers and parents, and communicate with them more. Actively participate in collective activities, reflect their own value in collective activities, obtain physical and mental pleasure, and disperse their focus on the network, so as to free themselves from network infatuation. The school should provide a certain place and environment for college students to talk, so that they can vent their bad emotions and communicate easily, so as to reduce their dependence on the Internet.

4.2 Strengthening Self-Discipline and Self-Management

In the network society where there is no strong heteronomy or it is almost difficult to feel the more direct influence of heteronomy, the significance of self-discipline is very important. College students should reasonably arrange their daily life, maintain the normal law of study and life, and surf the Internet in moderation. Especially college students with internet addiction should pay special attention to enriching their after-school life, cultivating their interests and hobbies, and reducing their time on the Internet. At the same time, college students should actively participate in

social activities beneficial to physical and mental health and let themselves get out of Internet addiction and dependence.

4.3 Strengthening Network Moral and Legal Education

With the popularization of the network, schools need to add the content of network moral education to the traditional moral education, add the network code of conduct to the traditional student code of conduct, and actively guide students to learn laws and regulations related to network information, so as to adjust, control and correct college students' online behavior[5]. Parents and teachers should help college students establish correct cognition, make rational use of network resources, accurately grasp themselves, recognize their real needs, deal with the relationship between real society and virtual society, and avoid network psychological problems.

5. Conclusion

Schools should give full play to the role of psychological counseling in college students' mental health education, strengthen the development of psychological counseling and counseling among college students, timely find and guide college students with network psychological obstacles, and eliminate the hidden dangers of network psychological problems. When college students do harm and threat to their physical and mental health due to network psychological obstacles, and they can't get out of the psychological misunderstanding, they should actively turn to others. By means of talking to classmates and friends, consulting psychological counselors, and inviting psychologists for treatment, they can release the network psychological pressure, alleviate the painful psychology, and form a healthy and upward psychological state.

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