Research on the Countermeasures of Guiding the Internet Game Addiction to College Students

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Abstract: Emotional education is the spirit of adult education, develop education and awakening education. Make full use of the emotional education in the work, on the part of students in some bad phenomena, such as Internet addiction, weariness, interpersonal barriers, by way of emotion education to guide students to explore new ways to use emotional education.

Key words: Emotional education, guidance, online game addiction.

1. Introduction

A good teacher should put their warmth and emotion poured to every student, and enhance students' confidence in the appreciation, building up students' self-esteem, let every student grow up healthy, so that every student can enjoy the joy of success. Therefore, when we face the online game addiction of college students, to be good at the use of emotional education, to help students to strengthen their study, make life career planning, and gradually to be a useful people.

2. The Basic Situation of the Case

Chen Moumou, a boy, as a college student from the countryside, he is the pride of his parents. At the beginning of the school, the students adhere to early reading and night self-study every day, listen carefully in class, review after class and finish the homework on time. In addition, he actively participated in extracurricular activities, and get along well with each other. But from the beginning of the second semester, he became addicted to online games, and didn't do homework, always be late and even didn't go to class. Gradually deviated from the normal track of study, his life becomes no rules. And he had no regular meals,

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lacking of sleep, physical condition is also getting worse. His body appeared insomnia, stomach pain, headache and other symptoms, his learning and life get into a vicious circle.

To the second grade, he gradually lost confidence by himself, and return to the previous state constraints. And personality to become lonely, do not want to communicate with people, even in the final exam, for care for teachers and teaching began to escape. Then his character becomes withdrawn, unwilling to communicate with others, and even do not take the final exam, starting to avoid the teacher's care and guidance. During this period, he was almost alone, didn't to communicate with others. With the aggravation of weariness, in spite of his parents' discouraged, he decided to give up his studies.

His mother knew the situation was very worried, came to the school personally, she bought the milk, bread and other food, but the student didn't eat, even don't willing to communicate with his mother, he still want to be alone.

3. Diagnosis

1. The behavior of the students is the performance of Internet Addiction. The professional name is called "Internet addiction syndrome". Internet addiction mainly refers to indulge in the network browsing or network activity, which is a behavior of negative

consequences of addicts. This behavior can easily lead to the network of psychological barriers. No control of the Internet addiction will causes abnormal behavior, personality disorder and sympathetic nerve dysfunction, and so on.

2. There are many "Only Child" in Contemporary College Students, this is a special group. They accept too much love and attention from parents and other person, so they are easy to form a self-centered way of life. To a certain extent, many of them are lack of respect and appreciation for others, but also lacking of caring for others and cooperating with others. The students addicted to online games, from the beginning of spiritual dependence, desiring to online games, then developed to physical dependence. If he don't surf the Internet, he will be depressed. Due to indulging in online games, Internet chat, bent on the Internet in browsing information for long time, causing excessive dependence on the network, leading to impaired physiological individuals. So his normal study, life and interpersonal relationships have seriously affected.

3. The student has the Internet impulse control disorder. He only thinking about the Internet all day, indulge in the network, he didn't want to do anything except surf the Internet. The student tends to self doubt and negative evaluation, and avoids interpersonal communication. He also thinks that interpersonal communication is no value. Generally speaking, the children in the countryside are relatively shy, introverted, not very good at expressing their feelings. So in his opinion, there are many friends on the Internet that can help him, but in real life, there are many people who are not good for him, So there will be a reduction in interpersonal communication, then his attention is not concentrated, decline in academic performance, and so on. Neglecting of family's, students' and other people's concerns.

4. Reason Analysis

As far as I am concerned, the reason that why the students will be addicted to Internet games, is the interaction by external factors and internal physiology, psychological factors.

1. External factors, including social, school and family factors. At first, the student did not buy his own computer, but he often goes to the Internet cafe and plays computer games or surfs the Internet.

Communicating with his mother, I found that the student did not need to do any housework during holidays, but also had nothing else to do. Therefore, in a certain extent, he is living in a pampered family environment, which is to lay the foundation for the formation of the individual as the center of thought.

To some extent, the online game is an extension of human practice activities. Game is the imitation of life, production and fighting, so it is a virtual representation of real life. Some scholars believe that even a simple doll, but also load a specific ideological function, because the toy and the game is not a simple tool for fun.

2. Factors of the student himself. According to the science research, there is a "Fun Zone" in our brain. When pceople were addicted to the Internet online game, the brain will stimulate in chemical reaction, thus releasing the chemical dopamine. For a long time the Internet will continue to increase the chemical which called dopamine in the brain. This chemical can make people keep exciting in a short time, resulting in the individual addicted to the virtual world of the network. However, with the continuous extension of time on the Internet, dopamine and other chemicals in the brain secretion disorders, and gradually formed a psychological dependence on the network, which is much stronger, than finally lead to Internet addiction. At the same time, after the student enters the university is experiencing confusion and bewilderment in the growth process of life. With the physiological maturation, self consciousness gradually increased, the old values were gradual disappeared, new value system is being established. College students are in a period of growing up, which parents

are not around, they have to rely on their own. In addition, after school time increased, which is undoubtedly a great test of the student's self-control. People's inertia will slowly release, and gradually they have a lot of disappointment of their own life goals, and loss the motivation to learn and live.

3. The game is a powerful attraction. The Internet game transformating circumstances in the real life, and interact with the network environment through technological ways. Among them, interactive and high imitation is the main characteristics of Internet game. At the same time, the Internet game's production is exquisited, beautiful music and rich plot which has increased the attractiveness of the game for the students.

5. Countermeasures

An educator once said: "holding a heart, without a half root grass", this is the best example of selfless dedication of teachers. Combined with work practice, in the process of guiding students, as far as possible to make them feel good, and make students feel the help is from themselves.

5.1 Principle

1. Take the students as the starting point, clear the education connotation, pay attention to the cultivation of students' consciousness, enthusiasm and creativity. To think from the perspective of personality , in order to meet the needs of all students, pay attention to student's all-round development and personality differences unity, help them analyze and sort out the relationship between the various interests, establish correct concept of interests, overcome the impact of erroneous ideas, continue to achieve and enhance self value. As the scholars say that, if teachers do not want to make students to maintain high emotions, but eager to impart knowledge, then this knowledge can only make students become indifferent. The purpose of the school teaching is to help students to grasp the scientific theory, to form a rational thinking, and

constantly enhance the ability and potential of the development of students' personality.

2. Grasp the level of principle, to help students understand themselves and go out of the sense of hardship. We should put the college students as a continuous development group, teaching students in accordance with the requirements of the external timely self reflection, letting their emotions get proper venting, prompting them to progress unceasingly, maintain mental balance and health. Only in this way, students can better adapt to social needs.

5.2 Main Measure

From the perspective of emotional care, the expected result of emotional care is to establish a good consulting foundation with the students. During the six consultations with the students, the first three consultations are general counseling, so the effect is not obvious. In order to let the students have emotional resonance, I was continued to maintain communication with him, so that the student have a positive psychological reaction, than I can help the student to release psychological pressure.

From the perspective of the psychological mechanism of emotional care, the essence of emotion is a kind of psychological reflection that whether others meet their needs. Emotional care is the care activities for students in the field of emotion. Emotional care is more concerned about students' life, emotional state, performance and value. In psychological counseling, in the face of online game addiction students, we can not be impatient, the problem can not be resolved immediately, we should use our own care to affect the students, help students to find the main problem.

Psychology teacher through conversations with advisers, using their knowledge and life experience to give good measures in view of various of psychological problems of the students, helping them to guide the correct attitude, establish harmonious interpersonal relationships and build up confidence. In

addition, we can also establish a comprehensive education website with ideological, intellectual, and service. Continue to expand educational channels, combined online education and practical education. To guide college students to resist temptation, the important means to reject the online games addiction is to help students to do a good job in personal life planning. To help students in college life continue to study around life planning.

From the point of view of emotional care in the specific psychological experience of life events, due to the situation that his self closure is more serious, so his problem is not just a matter of thought. This requires the author to help him grasp the essentials of interpersonal communication through a specific experience of life events. Therefore, the author believes that to help the students should focus on the actual action. The fourth consultation is in late March, the location is in his dormitory, from PM 6:30 to 9:00. We talked a lot of specific life events, mainly talk about his parents raising children is very hard, studying is not easy, the students admitted to the University of the process is very hard. At the same time, I also mentioned a lot of personal experience. We also talk to another online game addiction student, that student was infatuated with the network game, but later he realized his mistake, than he started to study diligently, finally successfully graduated and found a ideal job.

Two problems need attention in the use of emotional care guidance. First, the key to this problem is not on understanding, but on the act. Second, in the course of the rehabilitation of the students, the authors also mobilize the enthusiasm of their parents, teachers and classmates. On the second day of the fourth consultation, the student went home with his mother. After communicated with his instructor, I often communicated with the sdudent be telephone, told him to have a good rest at home. Adjust the attitude and prepare a new study life. In mid April, after he returning to school, I communicated with him

immediately. Arranging class cadres, students initiative to communicate with him and playing basketball with him, to participate in extracurricular activities, so that he can integrate into the collective, and appreciate the collective warmth. Network is essential to our life, but Internet addiction will bring a lot of trouble to our life. As a modern teacher, we need to do is not only to impart knowledge, but also need to care about the students, pay attention to college students' psychological problems, timely find problems and solve problems. Contemporary college students often need access to the Internet, we need to teach students to explore the positive portion of the, away from the negative part of the network.

6. Effect and Reflection

In this case, I deeply realize that psychological counseling is not only interpersonal communication skills, but also the art of language exchange, in the process of language communication, emotional care is more important, it can receive a subtle effect. At the same time, teachers should maintain a high degree of responsibility in the process of education, to affect the students with true love, promoting the comprehensive and harmonious development of students and achieve the harmonious development of students' minds, to help students grow up harmonious. This is important to build a harmonious campus. In modern society, the competition is fierce, students face a complex living environment, they are more likely to have psychological problems. As an educator, we should not only pay attention to the students' academic achievement, but also pay attention to the students' mental state, only in this way we can become a qualified educator. To help the students dare to face the problem, growing up healthy. At the beginning, he also hided in bed, did not want to communicate with me. But with the in-depth exchanges, he began to gradually accept me, and willing to chat with me. Later, we even stood on the balcony to continue chatting, at 10:30, I went downstairs with him,

walking along the dormitory for a chat. In this psychological counseling, talked about his own experience, the students also moved to tears.

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