

Survey and Thoughts on Computer Usage Situation of University and College Students

Henan Guo*

School of Public Administration, Hebei University of Economics and Business, Shijiazhuang, Hebei, 050061, China

Abstract: With the rapid development of science and technology and the continuous advancement of society, computers have also entered thousands of households, playing an increasingly important role in people's production and life, and college students have become one of the most active groups of computer enthusiasts. While computers are gradually becoming popular in college campuses, the consumption and use of computers has had a tremendous impact on the life and learning of college students, which has also aroused widespread concern of the society and relevant scholars. This paper takes the 2016 freshmen of School of Public Administration of Hebei University of Economics and Business as the research objects, conducting research on the usage of computer and network of university and college students, and analyzes the survey results, providing some suggestions for university and college students and schools.

Keywords: University and college students; Computers; Influences; Countermeasures

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1. Introduction

On January 31, 2018, China Internet Network Information Center (CNNIC) released the 41st "Statistical Report on the Development of China's Internet Network" in Beijing. The report shows that as of December 2017, the number of Internet users in China reached 772 million, and the penetration rate reached 55.8%.^[1] As the main body of this group of people, the use of computers will inevitably affect the tendency of their behavior and the change of ideas. The author takes the 2016 freshmen of the School of Public Administration of Hebei University of Economics and Business as the research objects, conducting research on the usage of computer and network of university and college students, which issues 198 questionnaires, and actually recovers 196. The effective recovery rate of the questionnaires is

99%, and the ratio of male to female is 51:145.

2. Basic Usage Situation of Personal Computers in University and College Students

2.1 The Current Personal Computer Ownership Rate is not High, But with Strong Will to Own One

Among the 196 students surveyed, a total of 82 people had personal computers in the bedroom, with a ratio of 42%. There are 94 students who currently have no computers but will purchase or bring from home, accounting for 48%; only 10% of the classmates currently do not have a computer and do not plan to purchase during the university. The proportion of students who own or want to have a personal computer in the future is 90%. It is predicted that the number of students who have a personal computer will increase rapidly in the future.

***Corresponding Author:** Henan Guo, Hebei University of Economics and Business, No. 47 Xuefu Road, Xinhua District, Shijiazhuang, Hebei, China. E-mail: guohenan@heuet.edu.cn.

2.2 90% of University and College Students' Online Time Control Is More Rational, and the Time Spent Online is Concentrated

According to the statistics, 67 students spend most of their time online in the afternoon, while 105 students spend the time at night. Those two kinds of students together account for 88%. For the time spent online on Sundays, the authors obtained the following data: 31% of the students who spent on the Internet for less than 2 hours; 33% of the students for 2 to 4 hours; 27% of the students for 4 to 8 hours a day. In addition, there are 9% of the students who spent more than 8 hours online, and the sum of the first three ratios is 91%. More than 86% of university and college students have chosen "substantially in my own grasp" (49%) and "sometimes addicted, but still know that it is appropriate" (37%) in the question of "the degree of your understanding of the time spent on the Internet", which shows that most of the students are still able to control their time spent online. However, the loss of control of the online time of a few students is still worrying.

2.3 The Purposes of Personal Computer Internet Access are Mainly Leisure and Entertainment, with Small Share of Learning

66% of college students buy personal computers in order to facilitate learning, 17% of college students are for leisure and entertainment, 10% of college students are to keep up with the trend of the times and easy to contact with family and friends, the other accounted for 7%. The author divides the main purpose and use of college students to use the personal computer to access the Internet, such as work and study, chat, friends, games, travel news, online shopping, and movie videos (this is a multiple choice). The results showed that the proportion of chat friends was the highest, 89%; followed by movie videos, accounting for 79%; again, work and study, accounting for 70%; browsing news, 42%; online shopping, 15%; games, 13%. It can be clearly seen that the main purpose of college students using a personal computer to access the Internet is to chat and make friends, watch movies and work and study. It seems that learning and entertainment are combined, and the proportion of chat and movie watching is much higher than work and study. Most students have a big gap in their intention to buy a computer. According to further understanding, most students admit that there is very little time to learn and search for information on computers. Personal computers are undoubtedly used in leisure and entertainment at a much higher rate than learning.

2.4 Most Students Have Long Been in Contact with the Computers

When answering "When do you start using your computer regularly?" the proportion of students who chose A. primary school, B. junior high school, C. high school, and D. university were: 19%, 29%, 29%, 23%, indicating 77% of students use computers frequently before university. Most students have mastered the basic operations of computers, which reflected the current high penetration rate of home computers.

2.5 Over 90% of Students Think That Personal Computers Have Less Change in Their Own Time Control

When answering the question "Whether the use of computers in your spare time has changed your after-school life? For example, you used to play basketball frequently but now rarely do because you have spent more time online," only 8% of the students think that "there is a big change", 53% of the students think that "there is a slight change", and 39% of the students think that "there is basically no change".

2.6 Most Students Want to Learn Computer Software Knowledge

On the question of "what do you want to learn about computer most" (multiple choices), 77% of the students chose "Microsoft office", 41% of the students chose "Computer Hardware, Maintenance, etc." and students who chose "Video Animation" accounted for 73%; who chose "image processing" accounted for 63%, and who chose "data search" accounted for 56%. Students' desire to learn computer software such as Microsoft office, video animation, and image processing is much higher than learning computer hardware maintenance.

3. Problems, Countermeasures and Suggestions

Through the analysis of the above data, it is found that the penetration rate of college students' personal computers will be higher and higher, and the dependence of college students on computers and networks is becoming stronger. It has profoundly affected the way of learning, living and leisure and become necessary essentials for university and college students. However, through analysis, it has also been found that students have more problems in using personal computers. First of all, the proportion of college students who are addicted to online chat and watching movies and TV is too high, and the entertainment function of the computer is greater than the function of learning. Secondly, a small number of college students are obsessed

with online games. 13% of college students buy personal computers to play online games. Although the proportion of obsessed games is a minority, it can seriously affect the learning life of college students. Once again, in terms of personal computer use, whether it is drunken TV dramas, obsessed with online games or indulging in online chats, college students will be over-reliant and addicted to the Internet. This will not only affect the study, harm the physical health of college students, but also greatly affect the time of interpersonal communication. It will also have a negative impact on the integrity of college students, the formation of healthy psychology and the cultivation of social responsibility. In recent years, college students have been unable to extricate their achievements due to indulging in online games, until they are ordered to drop out of school, and even reports of sudden death and crime are not uncommon. Of the 41 students who dropped out of a university in Qingdao in the 2013-2014 school year, 36 were ordered to drop out of school because of the stagnation of the network, and the proportion of students who dropped out of school accounted for nearly 88% of the total number of students who dropped out.^[2]

In order to prevent and reduce the occurrence of such incidents, and to guide students to use computers and networks healthily and rationally, the author proposes the following countermeasures.

3.1 Strengthen Psychological Counseling and Improve Self-Control

University and College students are in the transition period from the student era to the society. Many students are not mature enough in psychological development, and their personality development is not perfect enough.^[3] After going to college, the strict supervision status of high school teachers and parents suddenly changed to a state of liberation and freedom. Students with poor self-control ability and weak family and social responsibility will easily overindulge themselves and even feel the feelings and schools of their family and students. The system is ignored. In addition to integrating online moral education into the entire moral education system, universities and colleges should cultivate students' self-education, self-discipline, self-management awareness and ability,^[4] and should also establish and improve psychological counseling institutions and mechanisms so that when problems are discovered, Can give students more professional and more targeted psychological counseling and help. Carry out early diagnosis and treatment, killing unhealthy behaviors and psychology in the cradle, not simply pushing them to society.

3.2 Conduct Network Standard Education and Improve Supervision System

In order to control students' indulging in network behavior, better protect students' sleep, improve the quality of lectures, and promote the healthy growth of university and college students' physical and mental health, some universities and colleges have adopted various regulatory measures for college students to purchase personal computers and online behaviors. In Hebei University of Economics and Business, in order to control college students to indulge in online games, the dormitory is temporarily powered off and disconnected at night (except summer). At first, who opposed the timing off network accounted for the majority, but as time goes on, there are more and more proponents. Timing power off network not only effectively controls the phenomenon that students are addicted to online games, but also improves the sleep status of university and college students and the situation during the daytime. In the past few years, Nanjing University, Zhejiang University, Shanghai Jiaotong University and many other universities have banned freshmen from bringing their own computers to campus.^[5] Universities such as Wuhan Engineering University and Huazhong University of Science and Technology in Wuhan have introduced the same regulations more earlier.^[6]

In addition, it is also possible to implement incentive mechanisms such as rational use of the network and selection and evaluation. In order to prevent Internet addiction, Hefei University of Technology adopted a "one-vote veto" system in the evaluation of student work: "Units and individuals who are seriously obsessed with Internet cafes should not be evaluated in the school student work evaluation and commendation. For excellence, students who have students who are addicted to online games should be disqualified from participating in the selection of classes." This greatly mobilized the enthusiasm of the student workers in each department. The counselors began to pay close attention to the dynamics of Internet addiction students. They often went to the dormitory and Internet cafes to visit, and provided timely psychological counseling and help to Internet addiction students. Two months later, the number of students who wanted to go online at Hefei University of Technology dropped from more than 250 to more than 10. Many college students who have long indulged in the Internet have caught up with their homework and helped to find a healthy campus life with the help of teachers and students.^[7]

3.3 Carry out a Variety of Healthy Campus Activities to Enrich the Cultural Life after School

It is inevitable that college students living in the Inter-

net age have a certain degree of close integration of life, study, entertainment and network. It is inevitable that there is a certain degree of dependence. However, everything is too late, and excessive dependence and indulgence on computers and networks can jeopardize the physical and mental health of college students, and their extracurricular life tends to be monotonous. In order to maintain a certain distance between college students and the network, it is necessary for schools to actively design, guide and supervise the extracurricular cultural life of college students. Encourage all kinds of healthy cultural and sports activities, give necessary financial support, and connect students between schools and other organizations to help students develop various social and cultural activities and activities to promote the physical and mental health of college students and the formation of good personality.^[8] For example, our university proposes a "Five-one" comprehensive quality training program for freshmen every year, that is, obtaining one scholarship, participating in one social practice, participating in one research project, doing one part-time job, cultivating one hobby, thus guiding new students to plan their own affairs of university life.

In addition, the community activities that are not conducive to the healthy growth of students should be vigilant.^[9] For example, a student association of a university publicly holds a Tik Tok short video contest or a LOL online game competition. This kind of activity will inevitably encourage students to indulge in the online game. The school should strictly supervise such activities.

3.4 Improve the Interest of University and College Students in Computer Learning and Improve the Technical Level of Students' Computer Usage

According to the survey, most students want to learn such as Microsoft Word, video animation software, and image processing software. However, there are not many schools offering similar courses in schools. Schools can organize such courses or encourage related organizations or interests. The establishment of the group will enable more students to use computers correctly and improve the operation level of computer professional software. This will also help to alleviate the phenomenon that students are addicted to chatting and games, thus guiding college students to make rational use of computers and improve their overall quality.^[10] For example, our school will provide Photoshop introduction training for freshmen every year, and recommend some common software such as office, flash and picture painting to guide them to use the computer reasonably.

4. Conclusion

In short, in the use of computers and networks, the optimization of internal and external factors should be fully integrated.^[11] First of all, students should improve their self-control, clarify their obligations and responsibilities, and enhance their sense of social responsibility. In addition, the school should also create a healthy, harmonious and colorful campus culture atmosphere for students, provide timely, necessary and humanized psychological guidance and services, establish and improve online education and supervision mechanisms, so that university and college students can standardize the use of computers, Make reasonable use of the network.

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