

Research on the Relationship between Smartphone Addiction and Positive Psychological Capital of College Students

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ABSTRACT

In the context of the development of the times, the application of smartphones in the daily life of college students has deepened, and the smartphone addiction of students has become more and more common, which has become an important obstacle to the formation of students' good living and learning habits, and will have a great impact on students' personal growth. This paper discusses the relationship between college students and positive psychological capital to sound the alarm for the smartphone addiction of college students, and explores how to strengthen the psychological defense line of students through the construction of positive psychological capital to have a certain containment effect on the smartphone addiction of college students.

KEYWORDS

college student education; smartphone addiction; positive psychological capital

The positive psychological capital of college students refers to all the positive energies and states inherent in the important period of college student growth and maturity, which can be quantitatively described and analyzed by relevant tools, and can be effectively enhanced by intervention measures^[1]. With the development of the times, the smartphone addiction of college students has become a key problem to be overcome in the development of college education. This paper explores the relationship between positive psychological capital and smartphone addiction through the discussion of practical practice and literature, and achieve the aims of cultivating positive psychological capital and curbing smartphone addiction through the improvement of various measures, so as to achieve the healthy development of college students.

1 The Relationship between Smartphone Addiction and Positive Psychological Capital of College Students

1.1 The Effect of Positive Psychological Capital Growth on Students' Smartphone Addiction

The growth of college students' positive psychological capital will effectively curb the occurrence of smartphone addiction^[2]. First of all, under the influence of positive psychology, students can face life with a positive and optimistic attitude, are not easy to fall into pessimism when facing difficulties and setbacks, and can establish an optimistic attitude of "blessing in disguise". To a large extent, the frustration in career causes the pernicious behavior of students' smartphone addiction. Secondly, with the increase of positive psychological capital, students have

more desire to explore the outside world. Students are more willing to try positive things, so as to achieve the enrichment of their own life and communication. The filling of new things in daily life can occupy a lot of students' time, and avoid the problem of students using smartphones for too long. When college students can obtain spiritual satisfaction from the real world, the appeal of smartphones to college students will be greatly reduced^[3].

1.2 The Influence of Smartphone Addiction on the Accumulation of College Students' Positive Psychological Capital

Smartphone addiction will lead to the loss of students' positive psychological capital. Long-term use of smartphones will significantly reduce students' investment in interpersonal communication and professional learning, and result in more isolation of students and further decline in professional scores, which will further reduce students' self-efficacy. The decline of students' personal ability and quality is not conducive to the accumulation of students' positive psychological capital. In addition, students will be affected by the complex environment of the Internet because of their long-term investment in smartphones. And in the process of forming their values, students are easy to be guided by pessimistic and emotional network information, which is not conducive to the establishment of a correct attitude toward things and people and the formation of an optimistic attitude of students.

2 How to Realize the Positive Effect of College Students' Positive Psychological Capital on Smartphone Addiction

2.1 Promote the Growth of Positive Psychological Capital and Curb the Smartphone Addiction of Students

2.1.1 Carry out Various Campus Cultural Activities

Various forms and types of campus cultural activities can be organized to form a positive campus atmosphere, which can stimulate students' positive emotions and promote the growth of positive psychological capital while squeezing the time of using smartphones, thus achieving the purpose of curbing smartphone addiction^[4]. The first is to do a good job in the planning of activities, clear the purpose of activities, and better play the effectiveness of campus cultural activities, so as to contribute to the enrichment of students' life and spirit, and help students accumulate psychological capital. For example, through sports activities such as tug-of-war, relay-race and other team collaboration competitions, we can drive students with a positive atmosphere of sports competition, and promote students to better integrate into the group through collective projects. The process of working together for the same goal can provide more sufficient conditions for the establishment of good interpersonal relationships. It can help students build confidence in interpersonal communication and gain a sense of self-efficacy through the achievement of collective honors. And it also can help students better cope with the influence of withdrawal caused by smartphone addiction^[5].

The second is to realize the diversified development of campus cultural activities, so as to improve the coverage rate and the practicability of campus cultural activities, and provide more choices for students. In the process of carrying out cultural activities, we should maximize the participation enthusiasm of students through the forms of sports activities, talent activities, knowledge competitions, etc., to help students improve their enthusiasm for real life, relieve life pressure, find their own advantages and improve their sense of self-efficacy.

2.1.2 Strengthen the Attention to Students' Psychological Issues

Students' positive psychological capital is an important part of students' mental health. Therefore, in the process of promoting the accumulation of students' positive psychological capital, colleges must pay more attention to students' mental health issues to realize the adjustment of students' psychological problems, strengthen their ability to deal with setbacks, and avoid escapism through smartphones caused by insufficient psychological resistance. The first is to pay more attention. Teachers and counselors should pay more attention to students' psychological issues in the process of conducting professional teaching for college students. Through the conversation and interaction between teachers and students and taking teachers' daily observations as a reference, they can fully understand and timely intervene the weakness of students' positive psychological capital caused by factors such as students' academic problems and family problems, so as to avoid the loss of students' positive psychological capital. The second is to improve the infrastructure construction related to mental health. In colleges, psychological counseling rooms should be set up and regular psychological surveys of students should be conducted to understand the students' psychological capital status, which is convenient to make timely responses, and avoid smartphone addiction caused by excessive pressure, confusion and other factors. The third is to strengthen parents' attention to students' mental health through home-school exchanges, so as to provide a benign family environment for the growth of students' psychological capital. Teachers can smooth communication channels with parents through online conferences, help parents master appropriate mental health knowledge and communication methods with students, and provide students with positive spiritual support through families, thus helping the accumulation of college students' positive psychological capital and avoiding the phenomenon of smartphone addiction caused by excessive pressure and lack of release channels.

2.1.3 Improve the Student Education Process

With the development of the times, positive psychological capital has become an important standard for talent evaluation, which can vigorously promote the cultivation of students' positive psychological capital, through the conscious guidance in the process of education. The first is to help students to establish a clear self-cognition and professional planning, and help students to make a correct evaluation of their own academic situation and deal with it with positive emotions. According to the personal situation of students, teachers provide guidance for their employment direction, guide students to establish correct employment concepts, and help students understand the future possibilities, clarify their own plans for the future, and build a sense of hope. Teachers can provide countermeasures and guidance for students to help them cope with setbacks with a positive attitude^[7]. The second is to strengthen the teaching efficiency and the pertinence of teaching work, and promote the effective improvement of students' personal efficacy. Through the innovative integration of teaching methods, teachers can make students participate in class with a positive attitude, improve the interest of class, and strengthen the cultivation of students' positive emotions in the process of professional learning. Teachers can provide targeted guidance to students with weak professional foundations to help them identify problems, encourage students' progress, strengthen students' sense of self-efficacy and hope, and help students maintain an optimistic attitude in their studies^[8]. The third is to promote the personalized construction of curriculum. In the teaching process, the addition of elective courses can provide appropriate conditions for the expansion of students' interests, enrich students' learning experience, establish spiritual support for students, help students find like-minded partners and establish a positive and optimistic attitude towards reality, and avoid students' addiction to smartphones. For example, by conducting art appreciation courses, it can train students' aesthetic quality and make good use of

the role of emotional carriers of calligraphy and painting. In the process of appreciation, it can provide students with positive psychological guidance, guide students to improve their appreciation ability of calligraphy and painting and cultivate their ability to find beauty in life, which can help students establish an optimistic attitude, and have an optimistic outlook on life ^[8].

2.2 Help Students Use Mobile Phones Reasonably and Strengthen Positive Psychological Capital

The first is to enhance students' sense of self-efficacy. It can carry out relevant teaching projects to help students understand the software for professional learning on smartphones, encourage students to share useful software functions on their smartphone applications, help students understand different software functions, give full play to the auxiliary functions of smartphones in the learning process, strengthen students' learning effectiveness, and promote the effective improvement of students' self-efficacy. The second is to help students develop a healthy mentality. Through the arrangement of teaching tasks, students are encouraged to make good use of smartphones to connect with the wider world, rather than just indulging in communication and entertainment functions, and guide students to understand the development of the times and the mountains and rivers, so as to help students appreciate and discover beauty, broaden their horizons, and develop an optimistic and open-minded mentality. The third is to help students build a sense of hope. Smartphones are widely used in the current society, so the difficult problems we face can usually be answered through smartphones. The use of smartphones can help students determine the strategy to achieve the final goal and contribute to the realization of the final goal.

3 Conclusion

The lack of positive psychological capital support is an important cause of smartphone addiction of college students, and smartphone addiction of college students will accelerate the loss of positive psychological capital^[9]. Therefore, in the process of college students' education, colleges must vigorously promote the cultivation of students' positive psychological capital to avoid the occurrence of college students' smartphone addiction as far as possible. At the same time, by strengthening the phenomenon of students' smartphone addiction, colleges can guide students to use smartphones correctly, so as to achieve the purpose of increasing students' positive psychological capital, and further promote college students to develop a positive mental state to cope effectively with various problems in life.

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