

# Research on the Relationship between Mobile Phone Dependence and Social Adaptation of Freshmen

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**Abstract:** With the rapid development of information technology in today's society, everything is inseparable from the Internet. As an important medium of the Internet, mobile phones are closely related to people's daily life. Mobile phones gradually replace computers as an important way of entertainment and information exchange for young people. However, over-reliance on mobile phones has led to some negative effects. College students, as an important group of mobile phone users, are even more troubled by their dependence on mobile phones. In this paper, a questionnaire survey is used to analyze the relationship between the mobile phone dependence of contemporary freshmen and their social adaptation, so as to prevent the adverse effects of mobile phones on college students and improve their social adaptation.

## 1. Introduction

In today's society, there are not a few people who rely on mobile phones, and even it has gradually become a common phenomenon. However, the boundary of the dependence on mobile phones is still unclear and cannot be shown by specific phenomena. Even some people think that mobile phones are the fifth type of media after newspapers, radio, television and other information media. According to the survey results, China has the highest usage rate of mobile phones, and the number of people who own mobile phones is also increasing year by year. Among them, because college students have passed the college entrance examination, which is the most important examination in their lives, most of them have shifted their mind to other things, which has also led to the increase in the use of mobile phones and has gradually become the mainstream group using mobile phones, especially the student group whose personal values and outlook on life have not yet been established [1]. For them, the popularization of mobile phones is a double-edged sword. Indeed, mobile phones have brought great convenience to personal life. People can even go shopping and order food without leaving their homes, but on the one hand, when they enjoy the convenience and comfort brought by science and technology, there are also many adverse effects, even seriously affecting their personal lives. Domestic research on the relationship between mobile phone dependence development and social adaptation is relatively few. Most of the research is limited to exploring why addiction occurs and how to relieve it. Relevant research shows that in the positive aspect of social adaptation, Internet addicts score significantly lower than non-addicts, while negative factors are just the opposite [2].

## 2. Research Significance

With the development of the Internet, I believe the functions of mobile phones will become more diversified and diversified in the future. At the same time, there will be more and more people who are addicted to mobile phones. Although it brings more convenience to life and saves more time and cost for people, the over-reliance on mobile phones will inevitably affect students' studies and extracurricular life. In college students' classes, the ubiquitous use of mobile phones has interfered with teachers' normal teaching. The use of mobile phones for communication will even affect the communication between people [3]. The social platform gradually formed on the Internet has gradually replaced the social communication in daily life. College students, who are the focus of national knowledge training, have become the hardest hit areas where mobile phones rely, causing

extremely serious impact on the development of students. At the same time, more and more loneliness and depression are inextricably linked to the dependence of mobile phones. Therefore, the research on the relationship between social problems and mobile phones is becoming more and more important. The word addiction was first introduced by drinking behavior [4]. As early as the 18th century, scientists made a detailed description of the term drinking addiction. At that time, there were also drug addiction and drug addiction, etc. But at that time, it was mainly focused on the material aspect. When individuals abstain from certain substances, the normal life and actual use of substances were affected or the use of substances exceeded the normal range, resulting in the loss of corresponding interest in social communication or other entertainment behaviors. With the continuous progress of science and technology and research, more and more addiction phenomena have been discovered. At the same time, these new addiction patterns have greatly influenced the addiction patterns that used to rely only on substances. Internet addiction is obviously one of addiction behaviors. Some phenomena show that Internet addiction is a compulsive Internet use behavior, and its excessive phenomena may even lead to obvious social and psychological damages. At the same time, mobile phone dependence also has a variety of defined names: mobile phone addiction phenomenon, mobile phone anxiety, etc. Therefore, according to different research methods and angles of research problems, there will be a variety of different definitions for the causes of mobile phone addiction. Mobile phone addiction can be a kind of extended behavior of Internet addiction, and their formation conditions and causes are generally the same. This study conducts research on this problem through questionnaire, aiming at exploring the problem of mobile phone addiction and the social adaptability relationship of freshmen.

### 3. Research Methods

A questionnaire survey was conducted among college students in a domestic university, of which 48% were women and 52% were men. The average age was concentrated at 21 years old, which is the common age for freshmen to enter the university. The investigators were all resources. This study adopts the College Students' Mobile Phone Addiction Tendency Scale, which is specifically divided into thinking reaction when not using mobile phone, psychological reaction when occupying inner thinking and activities when using mobile phone, and psychological change after using mobile phone. The higher the total score, the heavier the dependence on mobile phone [5]. According to the results of the survey, the average score of college students' dependence on mobile phones is about 50 points, including the lowest 17 points and the highest 76 points. If the dependence score exceeds 45 points, it indicates that they are more dependent on mobile phones. The results show that women's dependence on mobile phones is better than men's, especially in behavior and psychological effects after using mobile phones. Next, statistical methods are used to check the social adaptability of students, so as to show the differences in social adaptability of different individuals. The research results show that, in terms of social adaptability, the scores of people with low dependence on mobile phones are generally higher than those with high dependence on mobile phones, which also shows that the relationship between mobile phone dependence and social adaptability is negative feedback. In order to further analyze the relationship among them, it is concluded that college students' dependence on mobile phones is negatively related to social support and social adaptation. Secondly, various factors and parameters in the mobile phone dependence survey are also closely related to social adaptation, often reflected in negative correlation [6].

Table 1 Differences in mobile phone dependence of college students

Indicators	Variable	Withdrawal symptom	Prominent behavior	Psychological changes	Social behavior
Gender	Male	15.3	10.4	6.2	7.1
	Women	16.2	11.5	5.9	8.5

#### **4. Research Conclusions**

In the individual's life and study, the psychological function that is valuable to the student will first be retained. In order to seek this psychological function, the individual will seek information support from the outside world, which is the so-called social communication. However, if the individual cannot get effective communication from the current external environment, he will obtain satisfaction and identity through other ways. When a student cannot get satisfaction from the outside world, he will put his behavior into the mobile phone or the Internet to find some illusory comfort and support. Therefore, this influence exists for everyone and is a kind of satisfaction to the psychological needs. Freshmen's ability to adapt to society is mainly reflected in their learning ability, communication ability and interpersonal skills. If an individual has strong control over himself, he will make reasonable and effective use of his free time, and his dependence on mobile phones will not be so obvious. He can correctly handle social problems encountered in his life, and his frustration in the process of adapting to society will be greatly reduced. Then he will not choose to use mobile phones and the Internet to fill in the boring and blank inside. Compared with students with poor learning and social skills, they will not choose to use mobile phones to make social contacts with others. Therefore, with the continuous development of individual social communication, the dependence on the use of mobile phones by college students will be greatly reduced, and their dependence on mobile phones can be eliminated within a certain period of time, gradually improving their social communication and adaptability to society [7]. At the same time, college students should take the initiative to control and reduce their use time and frequency of mobile phones, and promote their normal physical and mental development. As college students, they should take the initiative to improve their abilities in all aspects. There are two sides to everything [8]. They should use mobile phones rationally and fully explore the favorable side, so as to help them live a more favorable university life, gradually cultivate a good mentality and better adapt to society.

#### **5. Conclusion**

In recent years, researchers have begun to notice a strong positive correlation between social support and health. Most researchers pointed out in their research that social support has an important impact on people's mental health and social functions in the whole life process, including the ability to adjust pressure and adaptability, as well as some positive contributions. Social support can alleviate the negative impact of life pressure and promote individual social adaptation and physical and mental health. Different types of social support have different effects on individual mental health and function. Some researchers have also made it clear that subjective support, especially emotional support, is very important to physical and mental health. Social support also has a significant negative predictive effect on mobile phone dependence, that is, the stronger social support, the lower the degree of mobile phone dependence, that is to say, if individuals can often get appropriate help from their families, then excessive use of mobile phones will be reduced. On the contrary, they tend to use mobile phones excessively and are less willing to receive social support from others. The influence of mobile phones on freshmen is increasing [9]. The characteristics of freshmen bring new challenges and management problems to the cultivation and management of talents in colleges and universities. According to the imbalance between social adaptation and development of freshmen, targeted counseling can achieve certain results. According to the results of this study, guiding freshmen to form a good habit of using mobile phones correctly may help improve freshmen's social adaptation. Previous studies have mainly focused on the influencing factors of mobile phone dependence, and little is known about the consequences of mobile phone dependence. This study has studied the freshmen and explored the relationship between the dependence on mobile phones and social adaptation, which enriches the research results in this field to a certain extent. In the future, it is necessary to continue to carry out follow-up investigations to further reveal the development and changes of the relationship between college students' social adaptation and mobile phone dependence.

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