

Study on Academic Problems of Health Service Management Talents from the Perspective of Smartphone Addiction

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Abstract: In recent years, the development of China's health industry has shown a new trend, that is, to begin to pay attention to the scientific research of health management. The Ministry of health and local health departments and bureaus have successively held many workshops for health management cadres, and established research organizations closely related to health management science, including hospital management society, health economy research society, dialectics of nature research society, medical sociology research group and so on. In addition, with the popularity of mobile phones in university campuses, the problem of mobile phone addiction brings severe challenges to the construction of study style in Colleges and universities in the new era. Health is an issue related to the national economy and the people's livelihood, related to the life and health of the broad masses of the people. It is of great significance to prevent diseases and improve the overall quality of the people. The quality of a country's health management is also an intuitive response to the overall quality of its country. At the same time, it will also have a corresponding impact on its national cohesion and economic development. Health service is a social public welfare service in which the government implements certain welfare policies. Its goal is to establish public health, which is to stand in the perspective of the public and realize public health for the benefit of the public. This paper studies the academic problems of health management talents from the perspective of smartphone addiction.

1. Introduction

With the popularization of mobile phone, its negative impact has penetrated into the talent group of health care management. Mobile phone addiction has brought a big impact on the teaching quality of health care management, and brought new challenges to the current construction of study style of health care management [1]. The cause is a system formed by a group through work in order to achieve a certain goal, and the so-called industry is to pursue the maximization of interests through operation and management [2]. The most basic difference between them is that the pursuit of social benefits is the first; What the industry pursues is the economic benefit first. The reform of economic system and management system is further deepened, the voice of changing from "exam oriented education" to "all-round quality education" in the field of basic education is rising day by day, and the reform of higher education has also reached a key stage [3]. Due to the employment problem, especially the extremely low elimination rate of colleges and universities, the view of "all for further education" has a great influence on teachers, students and parents, resulting in the phenomenon of "exam oriented education" in basic education [4]. This not only affects the development of primary and secondary school students' overall quality of morality, intelligence, physique, beauty and labor, but also endangers China's health management and the healthy growth of the next generation.

In recent years, China's social economy has developed rapidly, and at the same time, health care has also received corresponding attention and been continuously improved, which has a very positive significance for improving the overall health level of our people and promoting economic development [5]. At present, the grass-roots public health team in China has taken shape, and the health service system has basically taken shape, and it is gradually developing into a health service organization integrating prevention, health care, medical treatment, rehabilitation and health education [6]. If the industrialization of health service is regarded as the work goal, the particularity

of health service is ignored, and the phenomenon of supply inducing demand will appear. Due to the serious asymmetry of health service information in the relationship between supply and demand under the state of monopoly competition, the expenses paid by patients will rise [7]. In the context of the continuous improvement of people's living standards, people's health awareness is also gradually enhanced, and pay more and more attention to the prevention of diseases. It is very necessary to train health management students with the basic theories and skills of modern health management [8]. The popularization of mobile phone addiction is not conducive to creating a good dormitory and class atmosphere in dormitories, classes and majors, and is not conducive to the formation of a good style of study. It is necessary to study the academic problems of health management talents from the perspective of smartphone addiction.

2. Discussion on Smartphone Addiction

2.1. Challenges of Smartphone Addiction

Smartphone addiction refers to the out of control behavior of the impulse to use mobile phones under the action of non addictive substances, which is manifested in the obvious impairment of academic, professional and social functions after excessive use of mobile phones. Due to the convenience and accessibility of mobile Internet access and the integration of mobile Internet content, individuals are more prone to mobile addiction [9]. The purpose of mobile Internet access is mainly to browse web pages, play games and online shopping, which brings serious hidden dangers to the normal study and life of health management talents. The laziness of the lifestyle of health management talents not only affects the physical quality and mental state of students, which is not conducive to the healthy growth of students, but also further limits the ability of students to contact society and innovative practice, which has a severe impact on the construction of study style of health management talents in Colleges and universities. Relevant data show that a considerable number of Internet addiction health management talents are not satisfied in real life. There are problems such as academic difficulties, job-seeking and employment pressure, interpersonal difficulties, etc. They are addicted to the online world all day, or they are idle, restless, or completely immersed in the virtual world created by the network. They are moody, escape from the pressure of reality, and are unwilling to associate with others. In the virtual cyberspace, due to the lack of scientific and rational judgment of some online views, it is easy to cause irrational behaviors of health care management talents, resulting in extreme consequences. Health management talents have a broad vision, a strong desire for knowledge, and a lot of energy. They are far away from their hometown, and the changes in their living environment make their pursuit of new things and excitement more intense. The functions of mobile phones, such as online dating, emotional catharsis, audio and video, virtual games, etc., greatly meet the psychological needs of management talents, and make health management talents rely on them. Studies have found that self-control is an important mediating variable in the relationship between mobile phone addiction and academic procrastination.

2.2. Analysis of the Causes of Smartphone Addiction

As a simulation culture, network culture has created a new and illusory "public sphere", resulting in the separation of people's social attributes, such as age, gender and identity, from reality [10]. At the same time, because the network has the characteristics of anonymity, fast time, wide range and high degree of freedom, it is not limited by the way of communication in real life, which makes interpersonal interaction very attractive. Internet addicts are often sensitive and like to be alone. Their behavior tends to abstract thinking, high alertness and disobedience to social norms. Many people lack self-control and self-care ability. When encountering problems that are difficult to solve, many health management talents place their hopes on the Internet and hope to help them escape from reality, but they eventually indulge in the Internet, and the actual difficulties can not be solved. Such vicious cycles make them increasingly dependent on the Internet and develop into Internet addiction. Excessive indulging in virtual activities such as online games and community social

activities will delay their studies and affect the normal interpersonal communication of health management talents; Contact with virtual content such as live webcasts and campus loans, which will affect your studies and even commit crimes. The increasingly fierce social competition has led to the higher requirements of the society for the quality of talents. Employment is full of conflicts, contradictions and setbacks, while health care management talents have not yet established an objective self-evaluation system, so they are prone to ups and downs in the process of self-cognition, which has halo effect on self-evaluation and serious academic burden and psychological pressure. Self-control defects exist in mobile phone addiction health care management talents, which may be caused by self-loss, so the regulation of negative emotions through cognitive emotion regulation strategies may compensate for the loss, thus reducing the occurrence of procrastination. Individuals with low self-control ability or high impulse level pay more attention to short-term goals while ignoring the possible benefits of long-term goals, which leads to procrastination. The network gives them a sense of identity or belonging. Some health management talents are satisfied with virtual interpersonal relationships, unwilling to communicate with their parents, teachers and classmates, but keen to express their opinions on the Internet and exchange their inner feelings with "netizens" in order to seek social recognition. The treatment method of smartphone addiction is shown in Figure 1.

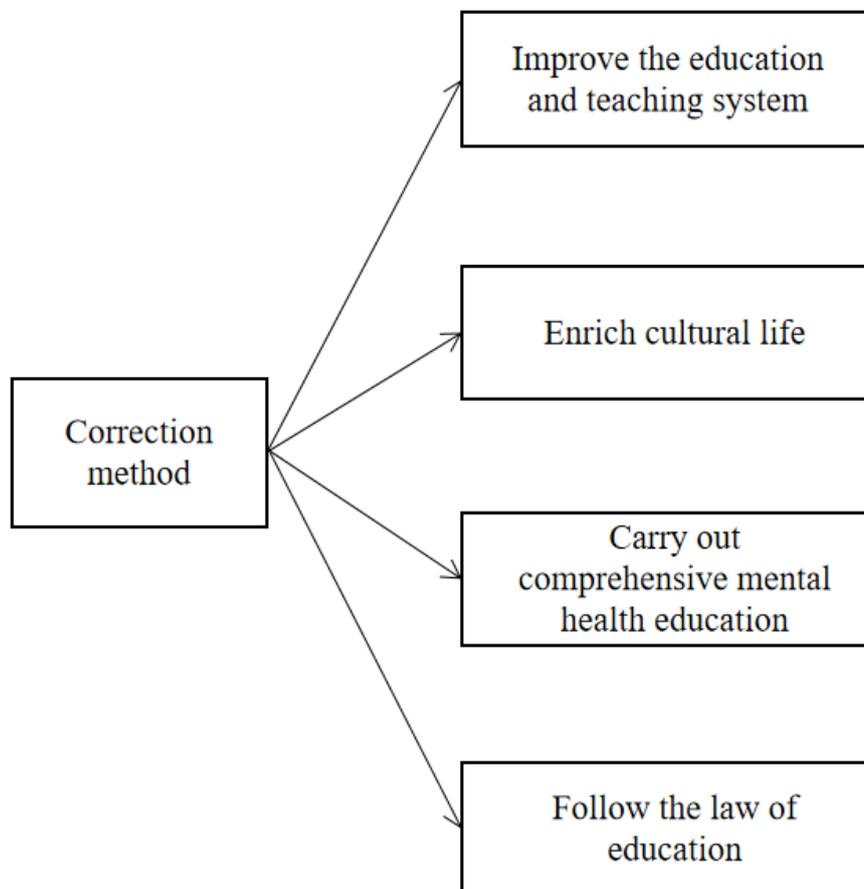


Figure 1 Treatment of smartphone addiction

3. Problems Existing in the Study of Health Management Talents

3.1. Unbalanced Distribution of Health Resources

Affected by the uneven level of economic development in different places, the investment in health care varies from place to place, which leads to the uneven distribution of health resources in different places. Specifically, the eastern coastal areas and other areas with high economic development level have higher investment in medical and health conditions and professional and technical human resources, while the investment in underdeveloped areas is smaller. The staff

engaged in medical and health services at the grass-roots level generally have some problems, such as low academic level, slow knowledge update, backward concept, limited clinical operation level, poor policy interpretation ability, etc., which directly affect the quality of service for the grass-roots masses. What we want to reform is the places and links that are incompatible with the economic society-market economy-people's needs-medical laws, etc. In the past, we focused our work on the interests of the industry, and there appeared the view and phenomenon that the more sick the people are, the more the health care will develop, and the more difficult it will be if the people are healthy. These must be reversed as soon as possible. According to the statistics of the Ministry of health, 80% of the country's medical resources are concentrated in big cities, while 30% are concentrated in big urban hospitals. Under the environment of market economy, the waste phenomena such as repeated allocation of health resources and idle equipment are prominent in economically developed areas, especially in cities; In economically backward areas, the development of township health centers is relatively backward, lack of talents, backward infrastructure and medical equipment, which can hardly meet the medical and health service needs of rural people. At present, urban health human resources are relatively abundant, but they are still in shortage in rural areas. Medical and technical talents in rural areas account for 70% and only 37.5% of the country. In addition, medical technicians with high academic qualifications and high professional titles are mostly concentrated in large-scale grade III hospitals, and most grass-roots medical workers have college degree or above or below.

3.2. Lack of Systematic Planning for the Study of Health Management Talents

From the current situation of health management in China, there are still many deficiencies, such as the lack of comprehensive understanding of health management, the confusion between health and medical services in many places, and the lack of awareness of the importance and independence of health services. The main way to carry out academic planning education in Colleges and universities is to set up vocational guidance courses. It is necessary to introduce the fierce academic competition mechanism into the adult group of college students in order to reduce the academic competition pressure of minors receiving basic education. It is required that personnel engaged in health services must be able to provide effective, economic, convenient, comprehensive and continuous medical services. Therefore, the content of education and training must be realistic, in order to improve the students' theoretical knowledge level and clinical operation ability as much as possible in a relatively limited time. In addition, holding some academic planning education lectures, academic planning competitions and other activities is still theory to theory for health management talents, lacking social practice links and "one-on-one" targeted guidance. Teachers talk about theory in class, only pay attention to commonness, not practice, and ignore individual requirements. After the teacher finished the class and assessed the results, he was busy with the next teaching task. He failed to discuss the formulation and implementation of personalized academic planning and career planning with health management talents, and he was too busy to follow up and evaluate the feedback of the implementation of academic planning of health management talents, and failed to provide better and more feasible suggestions to health management talents. At present, there are corresponding health laws and regulations and early warning mechanisms for public health emergencies in China, but the management and coordination system among various systems is not perfect, and the implementation of various rules and regulations is not effectively supervised, so it is difficult to fully implement them. At present, China's medical and health system is still in its infancy, mainly focusing on the prevention and treatment of various common diseases, but there are still some deficiencies in the prevention and treatment of various diseases. The strategy of strengthening the education of health management talents is shown in Figure 2.

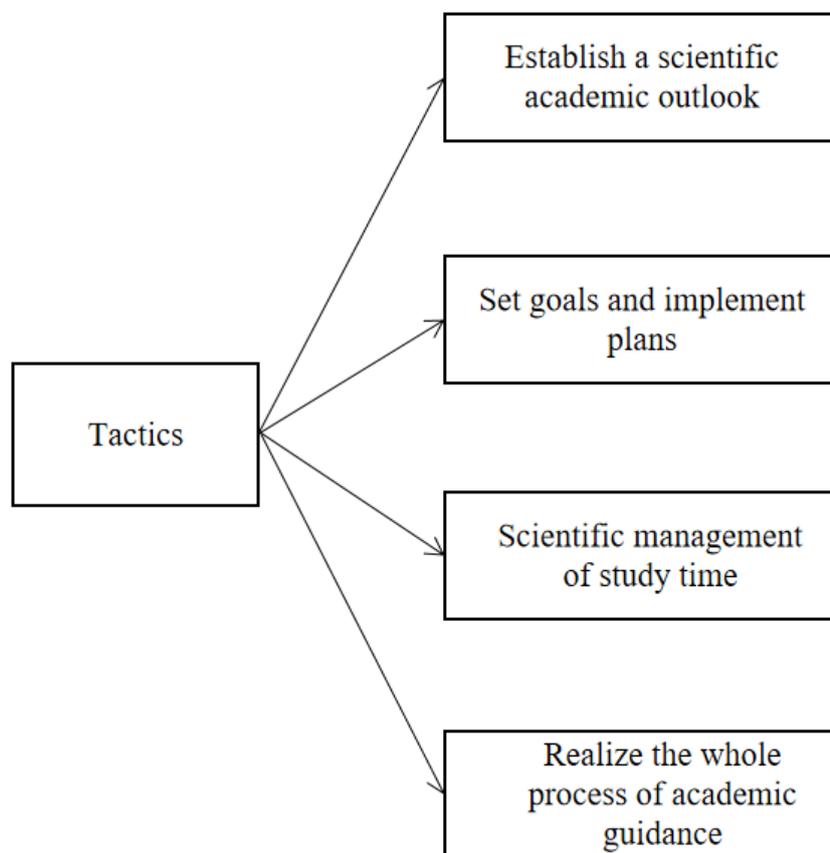


Figure 2 Strategies for strengthening the education of health management talents

4. Conclusions

The reform of academic management is a complex systematic project. What we put forward is only an assumption, and we still need to conduct more in-depth and detailed discussion and Research on policy and regulatory issues. The rapidity and openness of mobile Internet access determine the unlimited information reception of health management talents. Due to the lack of information screening and identification ability of some health management talents, coupled with the lack of self-restraint and self-management ability, mobile phone addiction has become a common problem in Colleges and universities, which should attract extensive attention from society, colleges and families, and work together to form a joint force of health management talent education. Health service is an issue related to the national economy and the people's livelihood. The state has paid more and more attention to health service. However, affected by many factors, the attention and development level of local health undertakings are different, which also brings great hidden dangers to residents' health problems. From the current situation of health management in China, there are some problems, such as insufficient attention, unbalanced distribution of health resources, imperfect construction of management system and so on. We should make rational use of mobile phones and correctly treat the use of mobile phones. To improve the quality of academic planning education, we should improve the corresponding academic management system. In order to realize the great strategy of "rejuvenating the country through science and education", develop China's education and build China into an economic power, every educator should work hard for it.

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