

PRACTICUM REPORT

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No. 1, Longgang District, Shenzhen City, Guangdong Province

Student's Name: xiaoyun xiong

ID No.63561802070

Research Report on College Students' online games

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1.1 summary

Through questionnaire survey and interview, this paper aims to understand college students' preference for online games and its influence. The results show that: college students have strong motivation to play online games, 28.9% of them spend 1-3 hours a day playing games, and nearly 63% of them spend more than 3 hours; Online games of war type and leisure online games dominated by cards and small games are more popular; Online games have brought "sequelae of online games" to most students in their study and

life. After playing online games, 26.67% of the students are less involved in real-life collective activities than before; The main motivation of most college students to indulge in games is entertainment motivation, social motivation and decompression motivation.

Key words: online games; college student; Investigation; countermeasure

2.1 thank you

Thanks to my internship unit and leaders of Shenzhen Technician College for their help to my internship career, especially the psychological teachers in the psychological counseling room, who helped me with a lot of professional knowledge guidance. Thanks to my family, who took good care of my family during my internship and let me practice at ease. Thanks to my classmates and friends, who always encouraged me during my most difficult period, Let me look forward to my internship and forward momentum.

3.1 background

The rapid development of Internet and information technology enriches people's ways of entertainment and promotes the popularity of online entertainment. According to the basic data of China Internet Information Center (CNNIC), as of March 2021, the number of Internet users in China has reached 904 million, with an increase of 75.08 million compared with the end of 2018. The number of online game users has reached 532 million, accounting for 58.85% of the total number of Internet users, of which 19.5% are college students or above. Online games usually create a virtual

and real interactive world in the form of relatively open network environment, well-designed game scenes and background music, which can meet the needs of real-time communication, competition, breakthrough and adventure between players. There are many levels set, and there is often no fixed end point. Therefore, compared with traditional games, online games have stronger interactivity and flexibility. With the characteristics of playability and exploration, more and more netizens are attracted to participate in it, and the online time of netizens is greatly increased, which makes it easier to be happy and satisfied. As a result, players prefer to play virtual online games rather than participate in real life activities.

At present, college students have become an important consumer group of online games, and online games have gradually become an experience platform for college students' leisure, entertainment and self venting. But with the development of network technology, there are many kinds of online games, including stimulating challenges, shooting duels and so on. It is easy for college students to indulge in them, which makes them vulnerable to the influence of the virtual world, resulting in personality defects, violent tendencies and other personality disorders. Violent video games will promote the increase of aggressive thinking and aggressive emotions, Playing online games for a long time is easy to make people addicted to the online world, difficult to control the time of playing games, easy to become addicted, and eventually lead to social isolation and other problems. The

impact of online games on college students is widely concerned by the society, and has become the focus of academic attention.

1.2 Objective: through questionnaire survey and individual interview, this paper investigates the motivation and attitude of college students to play online games, summarizes the influence of online games on College Students' mind, body and study, and analyzes the reasons according to the survey data. Based on this, this paper puts forward countermeasures and suggestions for the prevention and treatment of College Students' online game addiction.

4.1 References:

1. Investigation and Research on high school students' addiction to online games Author: Huang Yuming conclusion: with the development of information technology, online games have penetrated into all aspects of middle school students' daily life. The pleasure and vanity brought by online games make students with weak willpower deeply involved and become addicted to online games. As a kind of animation culture, online game itself is not nothing. As middle school students in the new era of information age, we should treat online games with a rational and objective attitude. We should not only obtain pleasure and ease the pressure of learning, but also strengthen our self-control ability to prevent the negative impact of online games.

2. Research on the influence of online games on college students Author:

Zhao Junbo's addiction to online games has always been a major phenomenon in the Internet age, which has a great threat to the physical and mental health of college students. There are many reasons for college students' Internet game addiction, including the influence of external environment and college students' own factors. How to help college students get rid of Internet addiction and cultivate healthy personality is an important and serious problem facing the current society. On the one hand, universities and teachers should take positive and effective measures to help college students overcome their addiction to online games; On the other hand, college students themselves should also be aware of the harm of indulging in online games, strive to cultivate good and benign living habits, get rid of the shackles of Internet addiction, and become healthy and promising young people.

3. The influence and coping strategies of Higher Vocational College Students' online game addiction in the new era Author: Wu Wei

In the new era, online games are novel in form, rich in content, with unique immersive experience and aesthetic attributes, which attract a large number of college students. Some college students are addicted to online games due to their weak self-control, which has a bad impact on their study, life and value orientation. There are many reasons leading to the addiction of higher vocational college students to online games, including students themselves,

social environment and many other aspects,

4. Research on the intervention mechanism of College Students' online game addiction Author: Wang Gang

With the rapid development of Internet information technology, online game addiction has increasingly become an important obstacle to the healthy growth of contemporary college students. The reasons of contemporary college students' addiction to online games and the challenges of intervention are analyzed. It is considered that the intervention of College Students' addiction to online games is based on establishing communication with addicted students and helping them to recognize the game objectively, the key is to help addicted students find interest substitution, and the ultimate goal is to help addicted students establish confidence, clear development and correct behavior.

5.1 organization Description:

This is an internship in Shenzhen technician college.

The internship will take place between February and July 2021.

The resources provided by this school include: students, library, office, information technology, psychological consultation room, etc. according to my judgment, these resources are fair. The president of the school is the president of Shenzhen technician college. He has effective management skills in managing the school, including good decision-making skills, technical skills, interpersonal management skills and good communication

skills.

5.2 organization introduction: the school has set up a psychological consultation room, formulated a scientific psychological health education and psychological intervention program, strengthened the propaganda and education of psychological health science, timely eased the psychological pressure of students, provided psychological assistance to students with psychological problems in time, and effectively helped students to solve psychological problems.

6.1 data sources

This survey was conducted among 50 students who were addicted to online games. The 50 students intervened in the psychological counseling room of the school, and the data were collected in the form of questionnaire survey, interview and program therapy. Through the method of interview and questionnaire survey, the data were collected.

Survey results and analysis

6.1.1 current situation of college students playing online games

Duration of online games

The results show that the 50 students play online games for three to five hours a day, accounting for 46.7%; The second was one to three hours, accounting for 28.9%; There were also more students who lasted five to eight hours, accounting for 17.8%. It can be found that nearly half of college students play online games for 25% - 41.67% of their daily time. With the

popularization and popularization of the Internet, students spend more and more time on the Internet, and some of them will continue to contact with online games. Once such groups lack the necessary guidance, they are prone to rely on the Internet.

6.1.2 types of online games

In this survey, online games are divided into five types: role-playing, combat, leisure, stand-alone and never contacted online games. The survey results show that only 10 students in the sample have not been exposed to any online games, and online games of war type are the most popular, and the game playing time is concentrated in one to three hours, reaching 37.78% of the sample; Secondly, leisure games and stand-alone games, which are mainly in the form of dress up games, cartoon animation games and card games, all of which last for one to three hours, but 4.4% of stand-alone game players can keep more than five hours; The duration of role-playing players is relatively uniform, and there are no players who play such games for more than 5 hours in the survey sample. This result shows that college students like to contact with online games, which is closely related to their psychology of seeking stimulation and challenging limit.

Motivation and attitude of contacting online games

College students often indulge in online games because of some motivations. Through the investigation, the motivations of college students to contact online games mainly include entertainment motivation, social motivation

and decompression motivation. The survey found that the main motivation of 35% of college students addicted to online games is entertainment motivation. This is because online games have become a very popular way of entertainment in the Internet age, and also one of the most extensive sources of entertainment. Regardless of culture, age and gender, it makes college students easy to relax and make them do whatever they want in the Internet world. Freely swim, through the role of immersion, upgrade equipment, fight with others to meet their own fantasy, so as to get emotional catharsis and happiness; Secondly, 22.2% of college students think that they can play online games with their friends to achieve online interaction, and 24% of college students think that online games can expand their horizons, make new friends and help themselves. Self growth will help, which is reflected in the social motivation of college students to contact with online games. Because most of the contemporary college students are only children, lack of communication with their peers in family life, online games are very popular

They can meet their emotional needs, learn how to communicate with others, make friends with the same interests and hobbies, and establish their own communication circle, so as to meet the communication standards to a greater extent, but they only need to bear a small responsibility and risk; Finally, 17.7% of college students think that online games can vent their emotions and relieve their depression. When college students encounter

disappointments or difficulties in reality, playing online games can relieve their emotions and achieve the purpose of decompression.

7.1 the influence of College Students' addiction to online games

7.1.2 the harm of online games to college students' values

Indulging in online games will make college students' values become different under the harm of online games. Some online games are contrary to the fine tradition of the Chinese nation, so college students need to strengthen their own values, not affected by the outside world.

7.1.1 the harm of online games to the ideological and moral level of College Students

If you indulge in online games, it will undoubtedly lower the ideological and moral level of college students. College students are students. They should learn professional courses well, read more books and actively participate in practical activities, broaden their horizons and strengthen their basic literacy. Some bad factors reflected in the game are easy to lead college students to extremes. Bloody and aggressive games are easy to reduce college students' cognitive sensitivity and lead them to deviant behavior.

7.1.3 harm of online games to college students

Most of the respondents show that playing online games affects their frequency of extracurricular activities and their health to a great extent. Play online games often have to be sedentary and keep staring at the electronic screen, which will lead to high myopia and various health risks. Even so,

many students still put the cart before the horse and often show that they have made great achievements in the game, but in reality they are neurasthenic and unable to cope with real life, and even some people have symptoms of dementia, in such a beautiful youth

Time, overdraft physical and mental, cause great damage to their own health.

7.1.4 the harm of online games to college students' learning

24% of the respondents think that they "forget the time when they play", and 3% of the respondents directly indicate that they are game enthusiasts, and their spare time is game time. Most of the respondents said that the time they spend playing games is generally 1 to 3 hours, which shows that college students spend most of their time playing online games. College students should not only give consideration to learning, but also actively participate in extracurricular activities. However, the survey shows that some college students have spent more than half a day playing games, and there is little learning time left except the rest of the time of sleeping, eating and class. College students are supposed to focus on learning, and they can have proper entertainment when they don't study. If they are well controlled, online games are a good way to relax. However, if they indulge in online games, there will be a lot of harm. For example, it will harm students' studies, which may cause failing courses and make-up exams, and ultimately affect students' graduation, and make them face great employment pressure,

Therefore, students should spend more time on learning and self-improvement to adapt themselves to the development trend of society.

8.1 research methods

The school psychological consultation room intervened 50 students with internet game addiction for 5 months from February to July

The goal of intervention is divided into four stages: "game cognition - Enlightening thinking - interest substitution - behavior transformation", to ensure the orderly intervention. The specific process is as follows.

Step one: Game cognition. Addicted students generally have different degrees of guilt or even guilt, and their thoughts and behaviors tend to be closed, which brings a lot of obstacles to the intervention of College Students' online game addiction. Moreover, the more serious the addiction is, the less likely the students are to put down the burden. Especially in the face of the strong intervention from society, school and family, the anxiety and ideological burden of many addicted students tend to become more and more serious. Therefore, it is particularly important to eliminate their negative feelings and emotions and establish communication with them. In the process of intervention, we should adopt the way that the addicted students can accept, and establish the trust relationship between the guide and the addicted students by open communication; Through the analysis of the history and development of online games, the current situation and Prospect of the game industry, the technology and art of game production,

etc., the addicted students can face up to online games, deepen their cognition of online games, so as to alleviate their anxiety and ideological burden caused by online game addiction, and help them enter the correction process smoothly.

The second step: inspire thinking. Discuss the techniques and scripts of online games with addicted students, and timely integrate elements such as history and culture in the process, so as to guide them to think deeply and rationally about online games as researchers rather than consumers. For example, when analyzing the tactics of the timeliness game, we can lead these students to watch wonderful case videos, introduce Sun Tzu's art of war for comparison in the process of appreciating and commenting, and then assign a "special assignment", for example, let them complete two timeliness games, and embody more than three strategies of Sun Tzu's art of war in the process of the game, Finally, submit the complete video. This measure aims to enable students to have a deeper understanding of online game techniques and understand the formation of online game stimulation and temptation

This can accelerate the diminishing effect of marginal utility and make addicted students gradually "immune" to the stimulation and temptation of online games. At the same time, the rational and humanistic thinking of the online game itself can also help the students to constantly reflect on themselves, realize the awakening and gain more perfect self.

The third step: interest substitution. In order to help the addicted students control the game behavior, we adopt the game opening interest alternative mode which has the characteristics of delay, stimulation, strategy, thinking and team. Through collective, organization and collective discussion, the purpose of reducing students' game time can be achieved. Practice shows that the effect of this step is good. Most addicted students can improve their communication with the outside world and establish a good foundation of confidence by looking for interest substitution.

Step four: behavior change. Using engineering and practical software technology and time psychological control therapy (such as game development, thesis writing, etc.) to finally complete the replacement, help addicted students to establish confidence and improve behavior habits. In practice, the third and fourth steps are often carried out alternately or at the same time to meet the needs of students' self realization.

The intervention mechanism experiment of College Students' online game addiction designed a specific intervention scheme for students with online game addiction, and carried out a series of experiments. The subjects of the experiment are all undergraduate students, a total of more than 50 people, divided into three batches to participate in the experiment. In the early stage of the experiment, they spent an average of more than 3 hours / day on online games, and failed in many courses in their academic performance. In the whole process of the experiment, the performance of the experimental

object is tracked and recorded, and timely feedback adjustment is carried out, so as to realize the effective control of the intervention process.

Intervention program of College Students' Internet game addiction

plate	primary coverage	Main tasks
Game experience	Curriculum design of game Mutual Aid Center And significance (1 class hour) History and classification of video games (1 class hour) Tactics and art of war of Sun Tzu (2 class hours) Combat technology training (4 class hours) Appreciation of other kinds of games (2 class hours) Game production company visit (2 class hours)	Establish trust and communication between addicted students, teachers and peers; Exploratory use of games conducive to the comprehensive development of students to replace
Psychological counseling	Psychological basis and time control technology Skillful (4 class hours) Game and life (4 class hours)	Help addicted students learn to control time
Technical training	Engineering Training Center Technology Course (20 class hours)	To guide the addicted students to understand the game making, strengthen the skill training, and help them improve their learning interest and confidence

9.1 summary and feedback

The systematic implementation of the above intervention program is progressing smoothly with good results. In several rounds of intervention practice of online game addicted students, all the students participating in the experiment can successfully complete the whole intervention process,

which shows that the intervention mechanism based on "game cognition heuristic thinking interest substitution behavior change" can be accepted by most students without rejection. According to the follow-up survey, the mental state and mental outlook of the students who participated in the study have taken on a new look. After the intervention, most of the addicted students can effectively control the game time, and their learning state has been significantly improved. Some students begin to try the research of game development or other related technical problems based on the early game technology learning, and many students have a lot of new insights about learning and life. Among them, 7 students who had received serious academic warning successfully completed their studies and engaged in professional and technical training after intervention. Work. For example, in the process of intervention, some students fully realized the spirit of teamwork through the "League of heroes" game. In his summary, he said: "in today's increasingly fierce social competition, teamwork is an indispensable skill to enhance personal workplace competitiveness « League of heroes is a good platform to enhance the spirit of teamwork. In the process of the game, I feel deeply that people without team spirit can't play league of heroes well. In other words, if there is only one player in a team who doesn't have team spirit, then the team will almost end up in failure or even a tragic defeat in any competition of League of Heroes. " It can be seen that the effective use of the positive guiding role of online games will

help addicted students restart their communication mode with the outside world and personal thinking, and correct their game based concept of time consumption.

Online game addiction has always been the direct or superficial cause of College Students' learning and life problems. Today, computers and mobile phones can not be isolated, targeted intervention rather than general ideological and political education is the development trend of online game addiction intervention. Based on the students and the online game itself, we can achieve the goal

The most important step in behavior correction is to establish the trust with the intervened and produce the same frequency resonance, which makes the subsequent ideological and political education, interest training and other content possible, so as to fundamentally improve the quality of life

To help students with internet game addiction correct their behaviors and remove their mental dependence.

In the current college students, the problem of Internet addiction is very serious. As a teacher, we should take the initiative to pay attention to the needs of college students, treat the problem of Internet addiction dialectically, guide college students to apply the correct way of pressure release, and form a positive personality. Teachers should take the initiative to provide behavior guidance and psychological counseling for college students, encourage students to treat online games correctly, eliminate the

turnips, carry out rich campus practice activities, play a joint force of school, family and society, and help college students better deal with the problem of Internet addiction.

In the face of online games, we can't blindly oppose and criticize, but we should treat the existence of online games with a rational and objective attitude, in a positive and correct way

Treat network information.

10.1 recommendations

10.1.1 reforming teaching methods and enriching life style

It is necessary to reform the traditional teaching methods in Colleges and universities.

First of all, through active classroom teaching and effective practice, the school helps college students enhance their professional identity. For example, the establishment of vocational guidance courses.

Secondly, the school should take effective measures to help college students establish their own career planning, so as to enhance their learning motivation and enthusiasm. For example: organizing career planning competition, career planning activities, etc.

Finally, the school strives to enrich college students' extracurricular cultural life, actively cultivate college students' interests, enhance their personality, and help them find other life goals and motivation besides online games.

10.1.2 the harm of online games to college students' spending

Most of the respondents spend between 1000 yuan and 2000 yuan, but more than half of them are willing to spend more on games (see Figure 1). University itself is not exam oriented education, and the cost of university is still a big burden for poor families. Families with good family conditions should not spend freely in games. They should use the expenditure that should be used for their studies to meet their own leisure and entertainment needs. This is not only cheating their parents and teachers, but also cheating themselves.

10.1.3 improving college students' self-control ability

Virtual online games have a huge temptation to college students. Some college students with poor self-control ability will indulge in online games without restraint. Improving college students' self-control ability is the fundamental way to help college students get rid of Internet addiction.

First of all, schools and teachers can set up educational websites to help college students understand the harm of online game addiction and improve their ability to distinguish Internet information.

Secondly, the school should strengthen the mental health education of college students, through cognitive reconstruction, self suggestion and self motivation, to help college students overcome prejudice and correctly understand themselves. Generally speaking, improving college students' ability of self-management and self-control can help prevent them from indulging in online games and resist the temptation of Internet.

10.1.4 enhance students' communication ability

Establish a positive relationship between teachers and students. Higher vocational students are in a critical period of personality formation, and they need teachers' guidance and help objectively. Therefore, improving communication skills and establishing a positive relationship between teachers and students are the key factors affecting students' growth.

10.1.5 cultivating college students' positive subjective experience

Correct understanding of online games. The reason why college students are deeply involved in online games is that they can't meet the needs of self-development in real life, and their self-concept is out of balance. Game characters can bring them satisfaction and make up for the lack of self-identity in real life. Only when individuals have a correct understanding of reality, can they arouse the positive behavior in their heart. Therefore, in daily teaching, we should start from self-concept, guide college students to correctly understand online games, understand the negative impact of online games, guide them to rationalize the role identity of the game, rebuild self-awareness and balance self-concept.

Strengthen the positive experience of college students. Let college students have optimism, can correctly understand themselves, can play a good role in the prevention of online game addiction. Therefore, in teaching, we should guide students to rationally carry out self-evaluation, learn to learn from each other's strong points, actively learn from others' strong points, make

up for their own shortcomings, feel happy learning and life, objectively accept themselves, including their own personality, appearance, family economic status, rationally treat setbacks and failures, and treat themselves with an optimistic attitude. We should not be discouraged and blame ourselves. In addition, online games have both advantages and disadvantages. They have natural advantages in transferring knowledge and values. In higher vocational education, online games can be integrated with advanced socialist culture and excellent traditional culture, which can bring aesthetic edification to students, seize the network position, enrich education mode, and promote the integration of education and games.

10.1.5 strengthen the education of happiness concept. The subjective well-being of college students with internet addiction is generally weak. With the development of economy and society, all kinds of cultures collide. Many college students are influenced by hedonism and money worship, and have negative emotions. Based on this, we should strengthen the education of happiness concept, guide college students to set up correct goals, and make unremitting efforts to sharpen themselves in difficulties, exercise themselves in adversity, and produce happiness experience. In the process of teaching, we should adhere to the dominant position of students, set up elective courses of happiness concept for them, increase relevant newspapers and books in the library, respect the dominant position of students, make them have a sense of happiness and be able to perceive happiness.

11.1 references

1. Investigation on high school students' addiction to online games by Huang Yuming
2. Research on the influence of online games on college students by Zhao Junbo
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