

The Management and Guidance of Network Behaviors of Students in Vocational Colleges in the Internet + Era

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Abstract

With the wide spread and rapid development of the Internet, the "Internet +" era has fully arrived. As a key group of Internet users, students in vocational colleges show significant diversity and increasing complexity in their network behaviors. This article focuses on this, aiming to deeply explore the specific current situation, prominent problems and effective management and guidance strategies of network behaviors of students in vocational colleges in the Internet + era. First-hand data is obtained through questionnaires and detailed analysis is conducted by combining typical cases to comprehensively and deeply explore the network behaviors of students in vocational colleges. On this basis, highly targeted and feasible management and guidance suggestions are put forward, committed to creating a healthy network environment for students in vocational colleges, promoting their healthy growth and all-round development, and enabling them to better adapt to the needs of the Internet + era.

Keywords

Internet +; Students in Vocational Colleges; Network Behaviors; Management; Guidance.

1. Introduction

In the Internet + era, the Internet has permeated into the study, life and social fields of students in vocational colleges with an unprecedented depth and breadth. The Internet has opened up a convenient channel for students in vocational colleges to acquire knowledge and information, enriched their entertainment methods and expanded their social circles [1]. However, everything has two sides. While bringing many conveniences, the Internet also brings severe challenges to the growth of students in vocational colleges [2].

The phenomenon of Internet addiction is becoming increasingly serious. Some students in vocational colleges are addicted to the virtual world such as online games and online live broadcasts and cannot extricate themselves, resulting in their neglect of studies and damage to their physical and mental health. Network fraud means are emerging one after another. Due to their lack of social experience and weak awareness of prevention, students in vocational colleges are prone to become the targets of lawbreakers. While suffering economic losses, they also bear huge psychological pressure [3]. In addition, bad information spreads wantonly on the Internet. The violence, pornography, falsehood and other contents contained in it seriously affect the values and worldviews of students in vocational colleges [4]. In view of this, strengthening the management and guidance of the network behaviors of students in vocational colleges has become an urgent and important topic in current vocational college education, which is of great significance for cultivating high-quality vocational and technical talents and promoting the harmonious development of society.

2. The Current Situation of Network Behaviors of Students in Vocational Colleges in the Internet + Era

2.1. High Frequency of Network Use

In the current era, students in vocational colleges are generally equipped with electronic devices such as smart phones and computers, which enables them to be closely connected to the network almost every day. According to student A (pseudonym), he uses electronic devices for more than 8 hours a day. According to the "2024 China Residents' Sleep Health White Paper" report, college students have a high daily usage duration of mobile phones and a serious problem of staying up late. 56% of college students use mobile phones for more than 8 hours a day, and 52% of them go to sleep after midnight. Even 19% of them go to sleep after 2 a.m. For them, the network is not only a tool for obtaining information but also an important platform for entertainment and social interaction. Whether it is waking up in the morning to check news and information, relaxing through online videos during after-school time, or chatting freely with friends on social media at night, the network is almost seamlessly integrated into every moment of their lives. They use the network to acquire professional knowledge, solve doubts in study, and search for various materials through search engines to assist in completing homework and projects [5]. At the same time, entertainment is also an important purpose for them to surf the Internet. Activities such as watching movies and TV series and playing online games occupy a lot of their after-school time. In addition, social media has become the main way for them to keep in touch with friends and classmates and share life moments. By posting statuses, photos and videos, they show their own lives and learn about others' dynamics [6].

2.2. Diversification of Network Applications

In addition to common social media and online games, the activity fields of students in vocational colleges in the online world are becoming increasingly wide. Online learning platforms have become an important way for them to improve their knowledge and skills. Rich resources such as various professional courses and skill training videos provide them with convenient learning channels. Online shopping also occupies a place in their lives. From daily necessities to school supplies and even some personalized goods, they can be easily purchased through the network. At the same time, online live streaming platforms have attracted the attention of many students in vocational colleges. They obtain entertainment and learn new knowledge by watching live broadcasts. Even some students try to conduct live broadcasts themselves. In addition, applications such as online travel booking and online financial services are gradually integrated into their lives, providing convenience for their travel and financial management.

2.3. Deepening Degree of Network Dependence

With the all-round penetration of the network in the lives of students in vocational colleges, some students have shown the phenomenon of excessive dependence on the network. Some students are addicted to online games and do not hesitate to spend a lot of time and energy in order to obtain a sense of achievement and satisfaction in the virtual world, even sacrificing normal rest and study time. In terms of online social interaction, they pay excessive attention to likes and comments on social media and feel anxious and lonely once they are offline. More than 63% of students indicated that they felt at a loss when leaving their mobile phones. For online entertainment, such as chasing dramas and watching live broadcasts, they are often unable to control themselves, resulting in disordered schedules and affecting physical health. This excessive dependence on the network seriously interferes with their normal study and life rhythms. For example, some students are listless in class because they stay up late surfing the Internet and are unable to concentrate on listening, resulting in a sharp decline in academic performance. There are also students who, because they are addicted to the Internet for a long

time, neglect communication with classmates, teachers and family members in reality, resulting in alienated interpersonal relationships and decreased social skills.

3. Problems Existing in Network Behaviors of Students in Vocational Colleges in the Internet + Era

3.1. Internet Addiction

In the Internet + era, the rich variety of online games and social networking has made many students in vocational colleges deeply trapped and unable to extricate themselves. They immerse themselves in the virtual game world for a long time or interact frequently with others on social platforms, thus neglecting learning and other important affairs in real life. Long-term addiction leads to their inability to concentrate in class, gradually losing interest in learning, and failing to complete homework seriously after class, eventually resulting in a significant decline in academic performance. At the same time, excessive addiction to the Internet also reduces their time for outdoor activities and physical exercises. Sitting in front of the computer or looking down at the mobile phone for a long time, their physical fitness gradually deteriorates, and health problems such as decreased vision, obesity, and cervical spondylosis follow one after another. For example, a student P (pseudonym) in our school was addicted to online games, often stayed up all night, frequently skipped classes, and was sleepy even in class. He failed many courses at the end of the semester. Not only his physical and mental health and studies were affected, but also he disturbed the daily life and rest of other students in the dormitory, triggering internal conflicts among dormitory members.

3.2. Weak Awareness of Network Security

Data from the "Research Report on Network Fraud Trends" shows that the groups being defrauded by telecommunications show a younger trend, with those under the age of 20 accounting for more than half of the proportion. While enjoying the convenience brought by the network, students in vocational colleges are often prone to various risks due to their weak awareness of network security. When registering for various websites and applications, they fill in personal sensitive information such as ID numbers and bank card numbers at will, providing opportunities for criminals. In the face of various temptations on the network, they lack the ability to distinguish and easily believe in false winning information, preferential activities, etc., thereby revealing personal bank account numbers and passwords and encountering online fraud. This not only brings economic losses to the students themselves but also imposes unnecessary pressure on their families. For example, a student received a text message claiming to be a bank customer service, informing him that his bank card needed to be upgraded. He clicked on the link and entered the relevant information. As a result, all the living expenses in the card were transferred away, causing a relatively large economic burden on the family.

3.3. Anomie of Network Morality

Some students in vocational colleges lack restraint on the Internet and post inappropriate remarks, such as maliciously attacking others and spreading rumors, causing a bad social impact. They spread bad information, including obscene, violent, terrorist and other contents, polluting the online environment. Even some students violate others' privacy, obtain others' personal information through online means and disclose or illegally use it. This kind of anomie of network morality not only violates social morality but may also violate laws and regulations. For example, a certain student maliciously spread rumors on an online forum, triggering panic and anger among netizens, and was eventually held accountable according to law.

4. Strategies for the Management and Guidance of Network Behaviors of Students in Vocational Colleges in the Internet + Era

4.1. Strengthening Network Security Education

In order to improve the network security awareness and prevention ability of students in vocational colleges, schools should actively take various measures. By offering specialized network security courses, systematically imparting network security knowledge to students, including types of network fraud, prevention skills, methods of personal information protection, etc. At the same time, regularly hold network security lectures, inviting industry experts to share the latest network security situation and cases, allowing students to intuitively understand the importance of network security. For example, a certain vocational college regularly invites network security experts to hold lectures on campus. The experts introduce common means of network fraud to students in detail, such as frauds by posing as judicial organs, online part-time job fraud, and false investment and financial management frauds, and teach prevention methods, such as not clicking on strange links at will and not revealing personal information easily. Through these lectures, students' prevention awareness has been significantly improved, and cases of network fraud in the school have decreased significantly.

4.2. Improving Network Management System

Establishing and improving the campus network management system is crucial for regulating the network behaviors of students in vocational colleges. Schools should clearly stipulate the time, place and way for students to use the network on campus. For example, some schools stipulate that the time for students to use the network in the dormitory is before 11 p.m. to avoid students' excessive internet use affecting rest. At the same time, strengthen the monitoring and management of the campus network, timely discover and deal with illegal network usage behaviors, such as browsing illegal websites and spreading harmful information. In addition, schools can also guide students to use the network reasonably through technical means, such as setting network traffic limits and access rights control. For example, a certain school found that some students used mobile phones to access the internet during class time, affecting the teaching order. Therefore, the school restricted the mobile phone network signal in the teaching area through technical means, effectively curbing this phenomenon.

4.3. Carrying out Network Literacy Education

Cultivating correct network values and moral concepts for students in vocational colleges is the key to improving their network self-discipline ability. Schools can guide students to view the online world correctly and establish correct concepts of network usage by carrying out network literacy education courses. Organize students to participate in network civilization volunteer activities, allowing them to feel the importance of network civilization in practice. For example, organize students to participate in online rumor-refuting activities to help the public identify false information and spread true and accurate content. At the same time, encourage students to actively spread positive energy on the network, such as sharing excellent learning resources and participating in public welfare activities. Through these activities, guide students to establish a good image on the network and contribute to creating a clear online space.

4.4. Strengthening Mental Health Education

Paying attention to the mental health of students in vocational colleges and timely discovering and solving mental problems caused by network issues is crucial. Schools can set up specialized psychological counseling rooms, equipped with professional psychological counselors, to provide students with online psychological counseling. Psychological counselors can understand students' psychological confusion and stress during the process of network usage, such as network dependence and online social anxiety, through face-to-face communication

with students, and give corresponding psychological support and suggestions. For example, for students who have anxiety and depression due to excessive addiction to online games, psychological counselors can help them analyze the reasons, formulate reasonable adjustment plans, gradually get rid of network dependence and restore mental health.

4.5. Giving Full Play to the Role of Family Education

The family plays an irreplaceable role in guiding students in vocational colleges to use the network reasonably. Schools should strengthen communication and cooperation with parents, hold parents' meetings regularly, introduce students' network behavior situations to parents, and let parents understand their children's network usage habits and possible problems at school. At the same time, formulate management measures together with parents, such as setting internet usage time at home and supervising children's online activities. For example, a certain school distributed questionnaires on students' network behaviors to parents at the parents' meeting, understood students' internet usage situations at home, and discussed and formulated personalized network management plans with parents, achieving good results. Students' network usage has become more reasonable and healthy.

5. Conclusion

In the Internet + era, the management and guidance of network behaviors of students in vocational colleges is indeed a long-term and arduous task. This cannot be achieved overnight and cannot be accomplished by any single party alone. As the main front of education, schools shoulder the important responsibility of cultivating students' correct network concepts and behavioral habits. They should continuously optimize the curriculum setting, incorporate network literacy education into compulsory courses, and at the same time, strengthen teacher training to ensure that teachers can effectively impart relevant knowledge and skills. Not only that, but also more resources should be invested to improve campus network facilities and conduct reasonable control and guidance through technical means.

The family is also indispensable in this process. Parents need to pay close attention to their children's network usage at home, establish a good communication mechanism with their children, understand their network needs and confusion, set an example by themselves, and set a good example for their children to use the network correctly. At the same time, actively participate in activities organized by the school, maintain close contact with the school, and jointly contribute to the growth of children. Society should also play its due role. Government departments should strengthen the supervision of the network environment, intensify the crackdown on online illegal and criminal acts, and purify the cyberspace. Internet enterprises should assume social responsibilities, develop and promote network products and services conducive to students' growth, and at the same time, strengthen the filtering and control of bad information. Only when schools, families and society work together to form a strong joint force, by strengthening education, enabling students to deeply understand the importance of using the network correctly; improving the system to provide clear norms and constraints for students' network behaviors; paying attention to mental health and timely solving psychological problems caused by network issues, can we guide students in vocational colleges to develop good network behavior habits, give full play to the positive role of the network in learning, communication and growth, and ultimately promote the healthy growth and all-round development of students and cultivate more high-quality talents with good network literacy and comprehensive abilities for society.

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